

NEWRY RUNNERS RACE TO RAISE MONEY



Early in September, Peter Clarke, Chair of the AMH New Horizons Newry and Mourne Employer's Forum, received a cheque from Newry City Runners on behalf of AMH. The money was collected on the 22nd August in a street collection in Camlough, Meigh and Rostrevor where the Newry City Runners raised an amazing £1907. Sincere thanks to the Newry City Runners!

BEHIND THE SCENES

On 16th September the OCN Customer Service Skills group from AMH Promote went on a behind the scenes trip to the La Mon Hotel and Country Club to learn more about the hospitality industry and how organisational skills are vital in making things run like clockwork.

Special thanks to everyone who attended and to La Mon Hotel for being fantastic hosts!



SEPTEMBER 2015

IN THE NET



Thank you to everyone who helped to raise an incredible **£1698.62** from our Football Tournament in Newry. The football tournament was organised in partnership with PIPS to raise awareness of poor mental health, suicide and self-harm in young men. In the picture left to right, Vincent Doherty AMH, Laura Mc Guigan PIPS Newry & Mourne and Roslyn Young AMH.

PUTTING MENTAL HEALTH FIRST

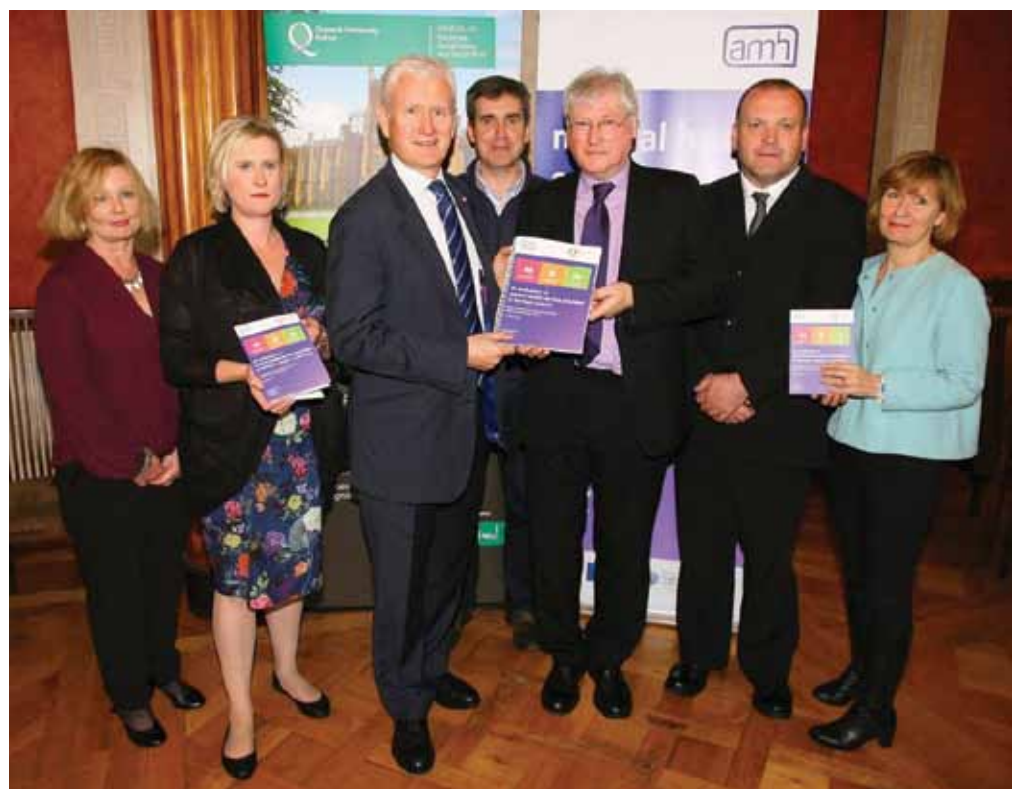


AMH MensSana and Protect Life Project Workers, Heather Robinson and Cherith Edgar, delivered Mental Health First Aid over four evening sessions to 25 participants from the Newry & Mourne Area. Thank you to everyone who became a Mental Health First Aid Carer and for being so enthusiastic throughout every session! Certificates were presented by AMH New Horizons Service Manager Mr Brian Hughes. Congratulations to all of you!

OCTOBER 2015

AMH MENTAL HEALTH RESEARCH LAUNCHES IN STORMONT

In early October we launched our new research in Stormont to raise awareness of the challenges facing mental health service provision in Northern Ireland. The research, which sought the views of service users, providers and carers in regards to the provision of local mental health facilities, highlighted a number of serious financial pitfalls in the current healthcare system which is compromising the wellbeing of mental health patients. In attendance were MLAs Fearghal McKinney (sponsor) and Maeve McLaughlin along with service users Brenda Kerr and Paul Greer, Marie Grattan (Cause), David Babington (AMH), Dr Gavin Davidson (QUB), Dr George Wilson (QUB), Paul Greer and Dr Lorna Montgomery (QUB). The report can be downloaded from: www.amh.org.uk/wp-content/uploads/2010/06/AMH-Study-Final-version-inc-cover.pdf



CYCLISTS RAISE OVER £4,500 FOR AMH

On Sunday 4th October, a record number of cycling enthusiasts from across Northern Ireland got on their bikes to raise funds for AMH by taking part in our annual 55 mile Granite Challenge. Marking the week of World Mental Health Day, hundreds of participants bravely embarked on the long distance cycle which started at our New Horizons Service in Downpatrick, before travelling through the scenic surroundings of the Mourne Mountains and returning back home to basecamp. We would like to thank everyone involved in making this year's Granite Challenge our most successful yet, with an incredible £4,579.30 being raised to further help our mission to provide life-changing services to those living with mental ill-health throughout Northern Ireland.



AMH WIN COVETED CIPR AWARD

On Friday 23rd October, The AMH Comms Team won Best Integrated Campaign for our #12cutsofchristmas campaign at the annual CIPR PRide Awards in the Culloden Hotel. The calibre of candidates was extremely high, so it is a huge achievement for a small in-house team in the voluntary sector like ours to win against the big agencies in such a competitive category. Well done team! Pictured are Tricia Browne, Communications Manager, and Callum Clark, Events Officer.

WILSON GROUP RAISES OVER £11K FOR AMH



The healthcare division of Wilson Group, one of Northern Ireland's leading nursing home providers, property developers and construction groups, presented us with an incredible cheque for £11,634.04 as the final fundraising total of our successful charity partnership. Chief Executive of Wilson Group, Desmond Wilson said: "In our profession, mental ill-health is something we come across every day, which is why we are extremely passionate about promoting positive wellbeing and breaking down the barriers of social stigmatisation that people with a condition can unfortunately experience. For this reason, we are delighted to have played a part in not only helping to raise funds for Action Mental Health, but also bring awareness to the mental health issues that thousands of people across Northern Ireland face and open it up for discussion."

PORTADOWN TURNS PURPLE FOR WORLD MENTAL HEALTH DAY



AMH MensSana would like to say thank you to the Lord Mayor of Portadown and a variety of local businesses, who showed their support for World Mental Health Day by turning Portadown Purple on 7th October. The town looked fantastic!

CLIENT PRESENTATIONS



In October we celebrated with clients at AMH Promote in Bangor and AMH New Horizons in Antrim as they received their certificates of achievement. All clients had a wonderful time and completely deserved the applause they received. Congratulations to everyone and well done!

CONNECT OVER COFFEE



On Friday 9th October we held a Connect Over Coffee event in Downpatrick to mark World Mental Health day and focused on the Five Ways to Wellbeing. We also had the Great Downpatrick Bake Off and outdoor archery which was a fantastic success.

PAYROLL GIVING REACHES 70 DONORS

A HUGE thank you to everyone who has donated towards AMH through payroll giving! Since starting in June, we have reached an incredible 70 donors already from Allstate Northern Ireland, AXA, Belfast Health and Social Care Trust, Dale Farm, Donnelly Group, Whitbread and many more! More about payroll giving can be found at: www.givingonline.org.uk/index.php?getcharityname=Action+Mental+Health

CHI-ME SUCCESS

More than 30 people took part in a free 'Chi-Me' event in Bangor's Ward Park during World Mental Health Day, kindly organised by Ards and North Down Borough Council in partnership with AMH New Horizons Newtownards.

Service Manager Selwyn Johnston said: "Getting active is one of the Five Ways to Wellbeing and Chi-Me is based on gentle exercise which everyone can enjoy. AMH is extremely grateful to the Council for organising the outdoor session for World Mental Health Day and we're looking forward to it becoming an annual event."



A WORK OF ART



The sell-out auction of 'Read Between the Lines' by artist Pat Ross in association with AMH New Horizons Foyle took place in the Playhouse, Derry, after a year-long tour around Northern Ireland. "Read Between the Lines" went on the road and was displayed in a host

of different venues across Northern Ireland including Magee University, Belfast International Airport, Belfast City Hall, Libraries NI, Northern Ireland Assembly, The Guildhall-Derry and many more. Friday 9th October the public got their chance to purchase an original Pat Ross masterpiece for themselves, with all prints being completely sold, resulting in almost £700 being raised for AMH! Thank you to everyone who has been involved, and special thanks and good luck to the very talented Pat Ross!

INTERNATIONAL AIRPORT PARTNERSHIP IS A FLYING SUCCESS

After two enjoyable years of fun-filled events and activities, our partnership with Belfast International Airport has come to a close with over £15,387.95 being raised in total.

The funds collected during the partnership, which was the first of its kind for Belfast International, will go towards teaching local school children about the importance of mental health and emotional wellbeing. Chief Executive of AMH, David Babington said: "It's hugely encouraging to know that such a prominent organisation such as Belfast International Airport has led the way in terms of raising awareness of mental ill-health both inside and outside of the workplace. It has been thoroughly enjoyable working with the airport and we cannot thank them enough for their support."

