

APRIL 2016

THANK YOU BALLYCLARE GOLF CLUB

Thank you to the ladies of Ballyclare Golf Club who teed up an impressive £2,205.06 towards AMH, to help educate school children about the importance of positive well-being and looking after their mental health through our "Healthy Me" programme. Pictured is our Fundraising and Events Officer, Callum Clark, receiving the cheque from Lady Captain of Ballyclare Golf Club, Christine Bartley.



SPORTING OUR CLIENTS ACHIEVEMENTS



Former Linfield Manager, David Jeffrey, joined us in our New Horizons service in Ards to recognise the accomplishments of 60 clients who completed the Wellness Recovery Action Plan (WRAP). Now working as the manager for Ballymena United and as a Senior Social Worker with the Health Trust, Mr Jeffrey presented each client with a certificate of achievement and praised them for their efforts. Well done to everyone involved and thank you to David Jeffrey for joining in our celebrations!

HUSTINGS



Colum Eastwood, leader of the SDLP, visited AMH New Horizons in Newry ahead of the Assembly Elections and spoke to clients and staff about the SDLP's support for mental health.



AMH New Horizons North Down & Ards also hosted a Hustings event where party candidates from the Strangford Constituency were asked questions by both clients and peer advocates about their commitment to mental health and what each of their manifestos will achieve. Joe Boyle of SDLP, Leader of the UUP Mike Nesbitt and Kellie Armstrong of Alliance were all in attendance. Great discussion and debate had by all!

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DRESSED TO IMPRESS



Team AMH

Massive and much deserved congratulations to our very own Joanna Miskelly, Client Development Co-ordinator in our Downpatrick Service, who was the FIRST lady home in this year's Gran Fondo. Joanna completed the 58k Strangford route in an amazing 1 hour 54 mins which is an incredible achievement!

Spectators and like-minded cycling enthusiasts were also impressed by Team AMH who sported our brand new kit while pedalling their way around the Mourne or Strangford route.

SINGING PRAISES



Elizabeth Peachy, AMH New Horizons Antrim client, raised a generous £300 by organising an evening of music, song and dance in Dunclug College, where our very own New Horizons guitar group played a set.

Thank you from the staff and clients at AMH New Horizons Antrim!

CONGRATULATIONS DERRIAGHY CLIENTS

AMH New Horizons Derriaghy held their client certificate presentation at Colin Glen Allotments, where clients enjoyed a BBQ in the sunshine before receiving their certificates in a range of accredited courses. Well done to all involved! #WorkingItOutESF



DON'T FORGET
to sign up to
our annual
55 mile cycle

**THE GRANITE
CHALLENGE!**

SUNDAY 2ND OCTOBER 2016

For more info on
how to register visit
amh.org.uk



ALSO INSIDE: GOING DUTCH | GET WHAT YOU GIVE | REGRESS, REACT, RESOLVE...RESULT! | HUSTINGS

JUNE 2016

GOING DUTCH



AMH New Horizons in Downpatrick had a visit from the Dutch Mental Health organisation – Kwintes. This was an invaluable opportunity for us to share and discuss models of support in our respective countries and also a great opportunity for our clients to connect with people from another European country!

HEALTH MINISTER CHAMPIONS MENTAL HEALTH



Health Minister, Michelle O'Neill, opened the final conference of the Together for You project, and outlined plans to champion mental health in the Executive. Congratulating the project on its success, Minister O'Neill said: "You have greatly exceeded your targets, and have provided services to over 52,000 direct beneficiaries, and to over 110,000 supporters, carers and family members. This is a great achievement, and highlights the importance of the voluntary and community sector in providing mental health services. It is also proof that partnership can work. "We have a growing evidence base, not least from projects such as Together for You, to help us make the case for reform, to correct the historic underinvestment in mental health services. "Mental health is an issue which can affect any one of us. Thankfully, it is an issue whose time has come, and I am committed to championing this cause." Well done to everyone involved in Together For You for helping to make the project such a massive success!

MAY 2016

BLOOMING MARVELOUS



Congratulations to Men's Shed Antrim who won the Best Design award in this year's Ireland Garden Show. We are delighted for them!

THANK YOU GROSVENOR GRAMMAR



Thank you to all the pupils of Grosvenor Grammar School who raised £400 for AMH to help support people in Northern Ireland living with mental ill-health. Students raised the funds by doing weekly collections in the school from September to January as part of Grosvenor's community out-reach programme.

BUILDING SUPPORT FOR WORKERS



As part of Lagan Construction Group's health and well-being initiatives for employees, the company is working with AMH Works to deliver initiatives surrounding mental health and personal resilience to staff. To mark Lagan Construction Group's commitment to their health and well-being initiatives, CEO Colin Loughran met with David Babington to discuss the partnership.

REGRESS, REACT, RESOLVE...RESULT!



After all our hard work and campaigning over the last number of years we are thrilled to see that the Executive has committed itself to improving Mental Health in the Draft Programme for Government Framework. This is a huge accomplishment and we're excited for what the future will bring for mental health support services!

GET WHAT YOU GIVE



On Friday 20 May 2016 we got involved with the Give & Gain Volunteer Day which was organised by Business in the Community. Employees from Boots also provided a staff team to carry out various tasks which included; painting raised beds, moving and spreading bark chippings for the chill out area, weeding and clearing of paths. Another great day was had by all in the AMH New Horizons garden project. A big thank you to the staff team from Boots for their hard work!