

ON THE RIP

“On the Rip” is a unique art project funded by PHA through the Clear project to tackle the dangers associated with young people going out at weekends “on the rip”.

The project challenges attitudes to drug and alcohol use, drink driving and road safety. Central to the project is “Don’t Look Back”, a mixed media art installation created by the young people on our BOOST programme in Fermanagh, read all about the meaning behind this installation on our website.



St Patrick was at the launch of Don't Look Back the day before it appeared at the St Patrick's Day parade in Enniskillen – where it won 2nd prize!

HEALTH IN MIND



L to R Maire Grattan, Cause; Edward Gorringe, MindWise; Irene Knox, Libraries NI, Siobhan Doherty, Aware and Gavin McConvey, AMH.

Nearly 200,000 people across Northern Ireland have been reached with positive mental health and wellbeing information through the Health in Mind project.

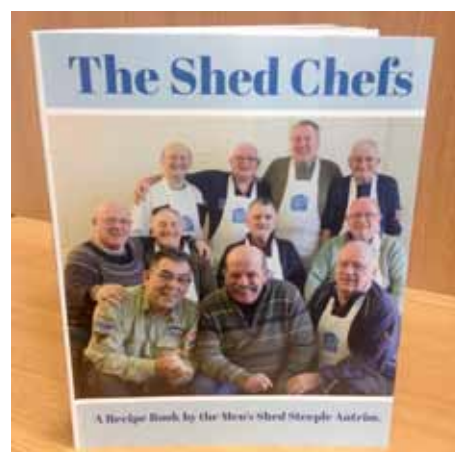
Libraries NI, working along with Action Mental Health, Aware, CAUSE and MindWise, was able to deliver a wide range of events and workshops in public libraries over a six year period. A

celebration event marked the end of the project, with partners, key stakeholders and participants coming together to reflect on the achievements.

The Health in Mind Partnership was funded under the Big Lottery Fund's Live and Learn programme. The Health in Mind website www.yourhealthinmind.org will continue to provide an invaluable, freely available resource for members of the public and anyone interested in positive mental health and wellbeing information.

MEN'S SHED RECIPE BOOK

It has arrived! “The Shed Chefs”, a recipe book by the Men's Shed Steeple Antrim is now available! This cookbook is a result of the collaboration of 20 of the Shedders who cooked and photographed all the food. For more info get in touch with Louise at ljones@amh.org.uk.



MENTAL HEALTH SUMMIT

Thank you to everyone who came to the first Mental Health Summit in the Stormont Hotel on 24th February. We really appreciate your passion and support. Thanks also to our speakers and everyone who helped us organise and run such an ambitious event! #resolvementalhealth
Pictured at the opening is Health Minister Simon Hamilton with Barry Turley, Chair of the Summit; Brenda Shankey, business woman and mindfulness coach; and David Babington, Chief Executive, Action Mental Health.



PARTNERS CALL ON NEXT GOVERNMENT TO MAKE 5 KEY COMMITMENTS

In February, nine leading charities who make up the Together For You consortium called on all the political parties to commit to ring fencing funding for mental health, and provide better leadership on the way forward in the post Bamford era. The charities, which include Action Mental Health; Aware NI; CAUSE; Cruse; MindWise; Nexus NI; Praxis Care; RelateNI and The Rainbow Project have supported the findings of the recent AMH 'Regress, React, Resolve?' report.

AMH ART WORKS



For the entire month of February, the AMH New Horizons North Down & Ards held its own art exhibition in the Ulster Hall, where the many works of art, crafts and photographs by our talented clients were showcased and admired!

WELL DONE SARAH



Pictured: Heather Hamill, Sarah Larmour and Andrew Muir Alliance Councillor Holywood.

Employment Officer Heather Hamill and AMH Promote client, Sarah Larmour, both gave a short talk on learning disabilities at a Good Relations Allsorts Information event in Holywood. Also in attendance was Alliance Councillor, Andrew Muir, who sang Sarah's praises by saying he was very impressed with her achievements and that she should be very proud. Well done Sarah!

MAKE IT COUNT



We're delighted to announce that Ulster's Chartered Accountants raised an amazing £7,600 for Action Mental Health at its charity lunch sponsored by Barclays Bank. Pictured at the cheque presentation in Belfast is David Babington, Chief Executive of AMH, and Patrick Gallen, Chairman, Chartered Accountants Ulster Society. Massive thank you to all involved!

ADDING UP THE POUNDS



A huge thank you to the Lisburn Weight Watchers Group which raised an astonishing £740 for Action Mental Health! Pictured (L-R) receiving the cheque is Carolann McCord (Weight Watchers), Callum Clark (Action Mental Health) and Bernie Walsh (Weight Watchers).

A FLYING SUCCESS



Our two year partnership with Belfast International Airport has concluded with over £16,000 raised to help increase awareness of mental ill-health. Funds were raised through a series of fun-filled activities including a VIP discounted Christmas shopping event, coffee mornings, and pilates taster sessions. In addition, Belfast International Airport kicked off the partnership with a substantial donation of £10,000. Thank you to everyone in Belfast International for making the partnership a flying success!

JANUARY 2016

KEEPING THE BLUES AT BAY

On Blue Monday (18th January), AMH Employer Development Co-Coordinator, Gary Kane visited Tesco employees to shed some light on how they can keep the blues at bay by looking after their mental health and wellbeing!



CONGRATULATIONS!



Congratulations to all our clients from AMH New Horizons Foyle, who each received their certificates of achievement on Thursday 28th January. Several clients received special recognition for their contribution in speaking publicly about their journey through illness to recovery. The event was officiated by Lord Mayor Elisha McCallion, also in attendance were: Western Health and Social Care Trust Assistant Director, Amanda McFadden; WRAPP Manager Nuala Campbell and Andy Hall, Big Lottery Fund NI Impact of Alcohol Programme Manager. Well done everyone and we hope you all enjoyed the day as much as we did!

NOVEMBER 2015

WILSON GROUP RAISE OVER 11K FOR MENTAL HEALTH

A huge thank you to previous charity partners The Wilson Group who raised an amazing £11,634.04 for Action Mental Health last year! It has been fantastic working alongside the entire team during the partnership and we've had great fun every step of the way. The money raised will help to teach the youngest members of our community about mental health and emotional wellbeing. Thank you!



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DECEMBER 2015

RETAIL THERAPY

Many thanks to Belfast International Airport who hosted a series of VIP Christmas Shopping events throughout December and to the fabulous Big Belfast Choir who sang festive Christmas carols. Here's our Communications Officer Amy Black collecting on one of the evenings, with the International Airport's PR Assistant, Lauren Deegan.



#12CHRISTMASWISHES



At Christmas we joined forces with local public figures and health authorities to launch a digital campaign that urged aspiring party leaders to address the mounting challenges facing mental health facilities in Northern Ireland. The social media campaign, entitled '12 Christmas Wishes', involved a series of video messages from

local personalities, MLAs, academics, health professionals and service users, who each made a wish for better support and acceptance of people living with a mental health condition. Overall our message reached an estimated 625,540 people across the province, so thank you to everyone involved - we couldn't have done it without you!



This project is part funded through the Northern Ireland European Social Fund Programme 2014 - 2020 and the Department for Employment and Learning