

LAUNCH OF WORKABLE (NI)



Former Communities Minister, Paul Givan, has announced new contracts with the lead providers of Workable (NI), the Executive’s disability employment programme. Workable (NI) supports people with a range of disabilities to secure and retain paid jobs across every employment sector throughout Northern Ireland.

The three lead providers delivering the programme over the next five years are: Disability Action; Ulster Supported Employment and Learning (Usel); and Supported Employment Solutions (SES), a consortium of seven local disability organisations, of which Action Mental Health is the joint lead. The Minister said, *“This new phase of the Workable (NI) Programme has increased flexibilities regarding hours of employment and levels of support on offer. Ensuring disabled people are afforded their right to work is a priority. I wish Disability Action, Supported Employment Solutions and Ulster Supported Employment and Learning, continued success with the programme and reaffirm our commitment to working in partnership to ensure the programme grows from strength to strength.”*



Kevin Kingston, Chief Executive, Danske Bank and David Babington, Chief Executive, Action Mental Health announce new charity partnership.

DANSKE BANK ANNOUNCED AS NEW CHARITY PARTNER

Danske Bank has announced that Action Mental Health will be its new charity partner for 2017. Money raised through the partnership will help fund AMH’s work with young people through the MensSana project including delivery of Healthy Me; a health promotion programme for 8-11 year olds that aims to positively promote mental health and social and emotional wellbeing in children.

Announcing the new partnership, Danske Bank’s Chief Executive Kevin Kingston said, *“As a local bank, we are aware that mental ill-health is a growing issue in Northern Ireland and we feel privileged to work with Action Mental Health in 2017. This year through our Danske Time to Give volunteering programme, we will have an even greater focus on our staff contributing their time, skills and professional expertise to support Action Mental Health and its clients.”*

To help kick-start fundraising, Danske Bank and AMH will be hosting a Dragon Boat Race on the River Lagan on **Saturday 11 March 2017**.

CELEBRATING CLIENT SUCCESS IN PORTADOWN & DOWNPATRICK



Lord Mayor Cllr Garath Keating presents Grainne McAleavey with her certificate at Action Mental Health's celebration event in Portadown Town Hall. Also pictured is Colin Loughran, AMH Service Manager and Adrian Corrigan, Assistant Director of Mental Health Services.

There was a celebratory mood in Portadown Town Hall on 31 January as AMH New Horizons Craigavon & Banbridge recognised the achievements of their clients. Lord Mayor Cllr Garath Keating was in attendance to present a range of certificates to mark the many accomplishments in areas including employability, IT, photography, horticulture, wellbeing and business and administration. Speaking at the event Colin Loughran, AMH Service Manager said, *"I am delighted to see the achievements of all the learners and applaud everyone on their hard work and recovery journey. It's a pleasure to work with, and for, people so determined to make positive change in their lives no matter how small that role may be."*



Colin McGrath MLA with Robert Owens, Service Manager, AMH New Horizons Downpatrick.

Also celebrating recently was AMH New Horizons Downpatrick, who welcomed Colin McGrath MLA to the service for their Christmas Coffee Morning and to present certificates gained by clients over the past year. Colin McGrath said, *"Having wonderful organisations such as Action Mental Health in our midst, working with and helping local people is a major credit for our area."* A huge well done to everyone who received certificates.

25 YEARS OF SERVICE AWARDS

Congratulations

Congratulations and a huge thank you to valued members of the AMH team who recently celebrated 25 years of service with us. Receiving a memento to mark their 25th anniversary were Audrey Allen, Brian Hughes, Carol Chesney, Caroline Ferguson, Flo Dagens, Jennifer Teggart, Maria McVeigh and Selwyn Johnston.

ROYAL RECOGNITION



Selwyn Johnston, Service Manager, New Horizons North Down & Ards has been recognised in the Queen's New Year's Honours list. Receiving the British Empire Medal for services to the community in Enniskillen, Selwyn has worked with AMH for the past 25 years. One of the founders of the Enniskillen Heritage Group in 1997, Selwyn is Chairman and Curator of Headhunter's Railway Museum in Enniskillen and is passionate about railway heritage and local history. Congratulations Selwyn!

AND THE AWARD GOES TO...

Many congratulations to Pauline Matthews, Skills Coach in AMH New Horizons North Down & Ards who was the first recipient of the Chairman's ICE Award.

The award is presented twice a year in recognition of a staff member's contribution to Innovation, Creativity and Excellence. Pauline was nominated for the project One Thing by her colleagues - well done!



EMPLOYABILITY TRAINING IN DOWNPATRICK



AMH Downpatrick was delighted to receive a visit from Christine Cunningham, Branch Manager, Danske Bank and Joan Fegan, Careers Service, Ballynahinch JBO recently. They visited the service to enable clients undertaking employability training, as part of the ESF Working it Out project, to experience a job interview. This was a very beneficial experience for the clients involved, with the feedback proving to be particularly useful.

MARKING CHINESE NEW YEAR IN FOYLE



Foyle New Horizons celebrated Chinese New Year by welcoming members of the Chinese community to the service. Everyone enjoyed gathering together to sample the 'Gunpowder Beef', a change from their usual menu, followed by a tour of the service. It's hoped that the success of this event will be repeated in the future with other communities.

BOOK PICK-ME-UP



Alan Young, Translink, Mickie Harkin, AMH and Jenni Doherty, Little Acorns Book Store/Guild Hall Press pictured at Translink's Blue Monday Book Sale. Held on Monday 16 January, reported to be the most depressing day of the year, Translink encouraged commuters to purchase a book for their journey, availing of the well-being benefits of reading and enjoying a stress-free journey.

LAUNCH OF HEALTHY ME



Action Mental Health launched its new mental health promotion programme for Primary Schools called Healthy Me, at Carrick Primary School in Lurgan. The initiative is designed to raise awareness of mental health and wellbeing amongst Key Stage 2 children in the school setting, and provide them with the skills, coping strategies and resilience to prevent poor mental health. Healthy Me has been developed in Northern Ireland through a collaboration between Action Mental Health MensSana, the Royal College of Psychiatrists (NI) Public Engagement Committee (RCPsych NI) and Step 2 Child and Adolescent Mental Health Service (CAMHS) in the Southern Health and Social Care Trust.

FUNDRAISING ROUND UP

It's been a busy few months with lots of people and organisations busy raising money for AMH, in a wide variety of ways! A huge THANK YOU to everyone who has very kindly raised money recently. As always, we are very grateful for all donations received.



Craig Connor, a repeat fundraiser raised £80 by running an 'Edyathlon' in memory of his late wife. The event involved a 5K treadmill, 5K bike and 5K rower. The money raised will go to our Boost Project in Fermanagh.



£2,112.50 is the impressive amount presented to AMH from **Donaghmore Construction Ltd** following a year of fundraising events including

an abseil, car wash and Giant's Causeway Coast Sportive.

Slimming World Bangor donated £100.

Grafton Recruitment held a festive Christmas Jumper day raising £92.



As part of AMH's partnership with **Translink**, volunteers helped make Christmas shopping a little bit easier with a gift wrapping fundraiser at Great Victoria Street train station, collecting £514.56. Thanks also to Caffè Nero for keeping our choir and gift wrapping volunteers warm with complimentary hot drinks.

Margaret Bradley, a client at AMH New Horizons Antrim raised a fabulous £120 taking part in our sponsored walk to mark World Mental Health Day.



Killicomaine Junior High School in Portadown gathered £270 thanks to their Home Economics and PE departments organising Ladies Night - Love Me, a health and well-being event, in Lurgan.

The Brownlow Festival Committee raised an amazing £435 which will go to support AMH New Horizons in Craigavon & Banbridge. Gerry McIlroy,

Festival Committee Chair highlighted the importance of the money providing support locally saying, *"The issue of mental health is sometimes hidden. It is important to recognise that mental ill-health can happen to anyone at any time."*



Lidl Northern Ireland donated a remarkable £2,500 to support AMH in Derryagh. Lidl staff nominated AMH to receive the unclaimed prize from an internal

competition. Connor Boyle, Regional Director said, *"At Lidl supporting local causes and being part of the community is extremely important to us... We hope this donation helps to enhance the brilliant services that Action Mental Health provide."*

The fantastic students of **St Mary's Grammar School** in Magherafelt collected £1,000 by organising lots of fundraising activities.



Gary Adair's work in Mental Health Law with **Wilson Nesbitt Solicitors** in Bangor allowed him to see first-hand the important work carried

out by AMH. Due to this we are delighted to receive £1,500 through their charity competition for conveyancing clients.

UP AND COMING EVENTS



Jimmy's 10K takes place on **Sunday 12 March** and **Action Mental Health** is delighted to be charity partner for this event. The event is organised by East Down Athletic Club and starts at 11.00am in Downpatrick, Co. Down. For more information on the event or to register go to www.eastdownac.co.uk or www.athleticsni.org



If you'd like to join over 17,500 runners at **Belfast City Marathon** on 1 May, and raise money for AMH we'd love to hear from you, Email: fundraising@amh.org.uk

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