

MARCH 2015

INSPIRE – INTERNATIONAL WOMEN’S DAY



As part of International Women’s Day, two of our clients from AMH New Horizons North Down and Ards, Coleen Harte and Deborah Carville participated in a project in Seacourt Print Workshop to produce pieces to exhibit at the INSPIRE exhibition in the Andrews Gallery at Titanic Belfast. The theme of the exhibition was “Women Who Changed the World”.

TIME OUT EXHIBITION



Participants in the Time Out programme in AMH New Horizons Fermanagh are showcasing their art work at an exhibition in Grangewood Hospital Gransha Park, Derry. The Time Out programme is funded by the Big Lottery through the Western Regional Impact of Alcohol Portfolio Project. The Time Out exhibition includes our Kaleidoscope collection, a stunning contemporary art installation worked in various hues of shaded glass, inspired by the artists lived experience. Shards of broken glass, symbolising a shattered life, are gently reconnected, piece by piece, creating breath taking art work mirroring the colourful journey of recovery. Sculptures are hand made from recycled cotton or linen, which is treated with textile hardener, and can be used indoors and outdoors – all sculpted by our Time Out artists!

READ BETWEEN THE LINES

Maeve McLaughlin MLA, Chair of the Health Committee, visited our Foyle service, to meet artist Pat Ross. Pat’s “Read Between the Lines – a lived experience of schizophrenia exhibition” visited Parliament Buildings in Stormont for a number of weeks before heading to Belfast City Hall. Pat presented a specially commissioned piece of work to Maeve to take back to Parliament Buildings.



SPRING CLASSIC



The stunning location of Montalto House in County Down provided the perfect backdrop for the first ever Chain Reaction Cycles-organised Spring Classic, the first of three events in the Iconic Cycle Events Series delivered by Pioneer Group with AMH

as charity partner. Nearly 300 riders rolled out of the estate accompanied by the Campiones. Tucked in amongst the riders was the legendary Sean Kelly. Thanks to everyone who visited the AMH tea shop and to our volunteer Alaine Donnelly who helped out!

FAMILY FUN AT THE CHALET!



The Chalet Costcutter Supermarket, in Portadown recently held a family fun day for all their staff and customers. It was a brilliant day with loads going on for the kids including bouncy castles, balloon modelling and face-painting, and food and raffle prizes for the grown up’s! All the money raised will be donated to AMH – their chosen charity this year! Thanks to everyone involved!

BE A SAINT DAY IN ANTRIM



Thank you to the group of volunteers from Michelin Tyres PLC, Ballymena who took part in “Be a Saint Day”, in Antrim New Horizons. This was organised by Business In The Community. Eight volunteers worked in our garden project painting raised beds, preparing ground and sowing potatoes, moving 3 ton of soil, weeding and clearing path ways. Many thanks for your hard work.

amh
infocus

ISSUE 4 JANUARY – MARCH 2015

MAJOR STUDY ON PROVISION OF MENTAL HEALTH SERVICES TO BE CARRIED OUT BY QUEEN’S UNIVERSITY BELFAST



In January, AMH announced the commissioning of a major report into Mental Health Services in Northern Ireland. The study, which is being carried out by Queen’s University Belfast will survey the opinions of staff working with people living with mental ill health, in both the statutory and voluntary sectors, as well as service users and carers.

The aim of the study is to explore possible gaps, limitations, inconsistencies and strengths in services across Northern Ireland. Dr George Wilson of the School of Sociology, Social Policy & Social Work at Queen’s University, who is leading the team of researchers, said “This study is one of the most comprehensive surveys undertaken in Northern Ireland of the views of professional staff involved in providing mental health services and people who use them. It should make a significant contribution in helping to inform future mental health policy and service development.”

PROMOTE VISIT BANGOR ACADEMY SCHOOL

AMH Promote clients Sarah Larmour, Peter White, Shelley McKee, Darragh Conlan and Tina Hewer along with staff member Juliet Gates gave a presentation at the sixth form morning assembly at Bangor Academy School about what it is like to have a learning disability.



The clients put together a PowerPoint Presentation touching upon issues that they felt were important to convey i.e. what it is like to have Down Syndrome or a learning disability with Autism, their difficult times growing up and being teased but, most importantly, all of the things they can do and to highlight that they are not that different from everyone else. The school were very welcoming and the presentation went very well. The school have offered to do some fundraising for AMH in the future.

JANUARY 2015

ON A HISTORY TRAIL



AMH New Horizons Belfast attended the WW1 exhibit "City Hall War Years Remembered".

INTRODUCING ELLIE-ALL-EARS!



Following our competition to find a name for our #elephantintheroom let us introduce you to Ellie-All-Ears!

FEBRUARY 2015

SALUS PROJECT: MODEL MENTAL HEALTH AWARENESS TRAINING FOR YOUNG PEOPLE



Salus sadly comes to an end at the end of April 2015 and to mark the project's many wonderful achievements we hosted a final event, on Friday 27th February at Erne Integrated College, Enniskillen, Co. Fermanagh. Salus (meaning wellbeing in Latin) began delivering in post primary schools across Fermanagh, Derry, Donegal and Cavan in September 2013. This vital project, received over £300,000 from the European Union INTERREG IVA Programme, and was delivered as a joint initiative between Action Mental Health and the National Learning Network, providing pupils, teachers, parents, carers and youth facilitators with vital mental health awareness training. 6,700 young people aged 11 to 25 years and the adults in their lives received Mental Health Resilience training in the form of 'Provoking Thought' workshops. Other bespoke workshops were delivered on topics such as Bullying & Peer Pressure, Confidence & Self-esteem, Self-harm & Suicide Prevention, Stress & Exam Stress – all from the suite of programmes designed by Action Mental Health. AMH are encouraging Policy Makers to endorse this project model which has been independently evaluated and to place Mental Health awareness training as a compulsory subject on the school curriculum.

CO3 AWARD WINNERS



Many congratulations to our own Peter Shields who scooped an award at the CO3 Leadership Awards. Along with Kieran Molloy from the Cedar Foundation, Peter collected the Partnership Award – Working Collaboratively Together. Peter and Kieran were honoured for their work on the SES Supported Employment Solutions partnership which supports people with disabilities and health conditions and helps them get back into employment. SES is made up of seven disability organisations from across N Ireland who have come together to deliver the Work Connect and Workable (NI) Programmes.

AMH WORKS LIVE!



The first in a series of conferences took place in the Waterfoot Hotel in Derry on Thursday 12th Feb. The conference was entitled "Mental Health in the Workplace" and speakers included Gary Kane, AMH Works; Louise Magee Allstate NI and Brendan Miskelly PWC.

MARCH 2015

AMH WORKS LIVE!

The second conference – "Managing Mental Health in the Workplace", took place at the end of March in Clotworthy House. Patricia Harte from AMH Works, Tanya Kennedy BITC, Laura Hourican and Grainne O'Kane from First Source were the speakers. The conference also launched the "Mental Health Toolkit for Managers" which was developed by AMH Works and Business in the Community's Champions Group. Delivered in partnership with The Big Lottery Awards of All fund, these events showcase local businesses and the work they have been doing to better support employees who have developed, or are at risk of developing, a mental health issue.



THANKS AUTOLINE!

Autoline Insurance Group launched a yearlong series of fundraising initiatives and customer reward promotions to celebrate their milestone fortieth year in business. As part of their 40th Year Celebrations they are hoping to raise £1,000 each for 40 well-deserving Northern Ireland based charities, and AMH New Horizons Newry & Mourne are delighted to be one of the chosen recipients.

BELFAST STUDENTS RAISE FUNDS FOR AMH



Thank you to Hannah Neeson and friends at Belfast Met who hosted a beauty information stand at their open day. They raffled off a beautiful hamper with all proceeds going to AMH! Thank you!

ALMOST...



Thank you to Ingeus for inviting us along to a 5-a-side tournament at PlayBall, Stormont on Friday 6th March. Team AMH played with courage and determination but unfortunately were narrowly beaten on penalties in the semi-final. Well done to all who took part and organised the event – we had a lot of fun!

IN GAOL!



A group of clients from AMH New Horizons, Downpatrick, visited the Crumlin Road Gaol. The group are currently working on a history project and the trip gave an insight into life in the Crumlin Road Gaol from its opening in 1845 to its closure in 1996.