

Social & Recreational Activities may include:

- ✓ Day trips/outings
- ✓ Walking
- ✓ Badminton
- ✓ Knitting/Crochet
- ✓ Upcycling furniture

To name a few!

How can you join AMH New Horizons Derriaghy?

Referrals can be made by:

- ✓ Your mental Health key worker in your local Health Trust
- ✓ Employment Advisor from the Jobs and Benefits Office, OR
- ✓ Contact the service directly for further information



new horizons

DERRIAGHY

Have you experienced Mental Ill Health?

Would **you** like to develop new skills, gain qualifications and increase your opportunities?

AMH New Horizons

44-46 City Business Park
Dunmurry
BT17 9GX

T. 028 9062 9759
www.amh.org.uk

Opening Hours

Mon-Thurs: 9.00am-5.00pm
Fri: 9.00am-4.00pm

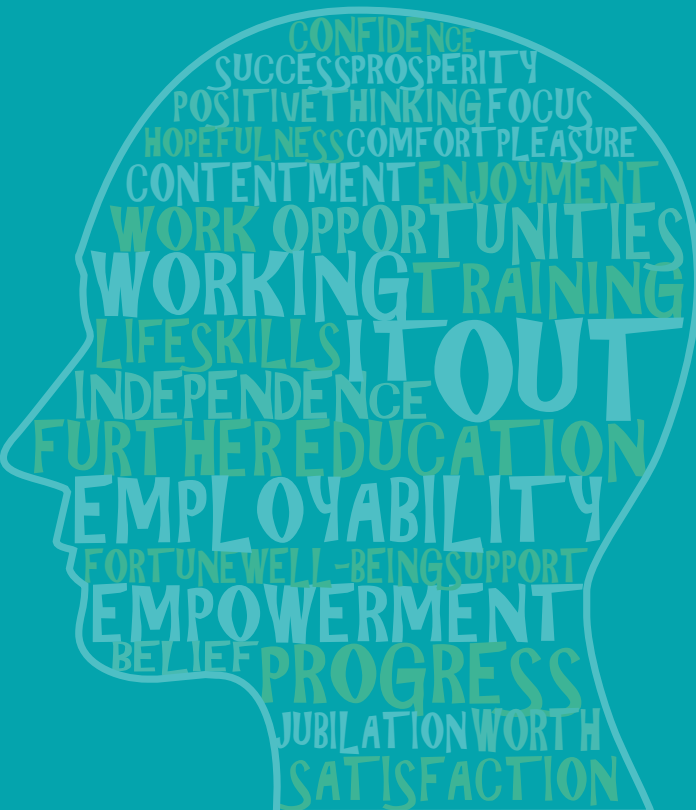
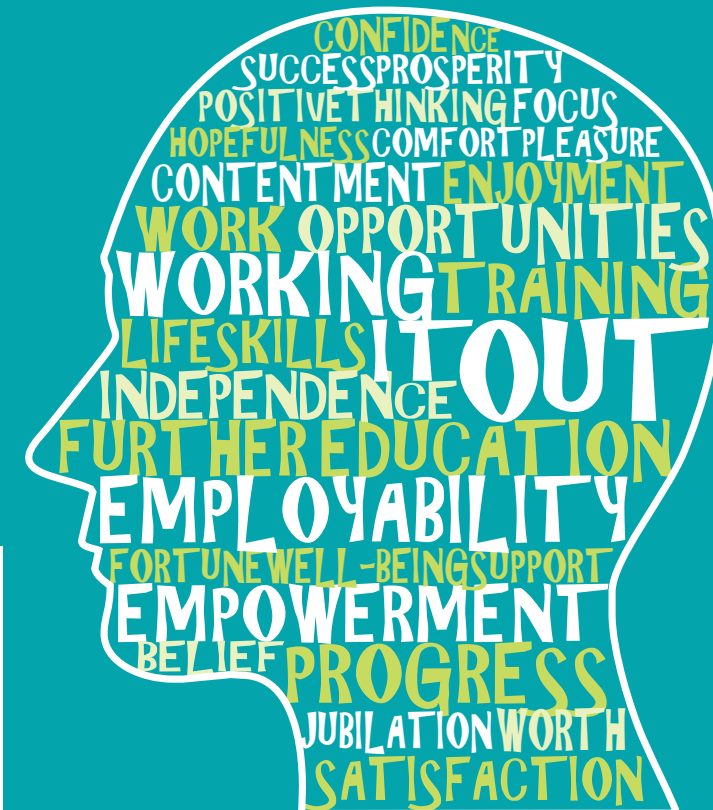
Follow us on:   

Action Mental Health NIC100753.

This leaflet has been produced with the help of AMH's Client Advisory Groups.



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



AMH New Horizons assists adults recovering from mental ill-health. We offer a range of person-centred programmes in a friendly, relaxed atmosphere to support your recovery.

Mission statement

To make a positive difference to people's mental health and wellbeing.

Our Vision

A society which actively values and supports people on their journey to positive mental health.

AMH provide a range of **training programmes** to help you increase your **confidence** and **self esteem**, gain new **skills, qualifications** and improve your **career opportunities**.

The Personal Development programmes may include:

- ✓ Emotional Wellbeing
- ✓ Stress Management
- ✓ Confidence and Self Esteem
- ✓ Motivation
- ✓ Assertiveness
- ✓ Understanding feelings & emotions
- ✓ Teamwork skills

Having your say:

- ✓ We want to hear your views on our service
- ✓ Your suggestions for planning and service delivery are valued
- ✓ You can have your say by joining our Client Local Advisory Group (CLAG)

Vocational Skills training may include:

- ✓ Horticulture
- ✓ Catering/Hospitality
- ✓ Customer service
- ✓ ECDL
- ✓ Basic computers
- ✓ Essential Skills Literacy and Numeracy

The AMH Employment Programme aims to prepare, place and support you to increase your skills and, if you wish to, access employment.

Options include:

- ✓ Accredited employment courses to improve job search and interview techniques
- ✓ Training placements
- ✓ Paid Work
- ✓ Voluntary work
- ✓ Further Education/Training