

BOOST is a young people's programme for 18-25 year olds experiencing mental health challenges.

BOOST aims to help re-build confidence and self-esteem to enable participants to re-engage in main stream education and/or employment. The programme runs a range of personal development, vocational & employability programmes along with a range of fun activities e.g. canoeing, horse riding, go-karting and off-road driving.

Contact Caroline Ferguson or Sean Connolly on 02866323630 for more information.

Social & Recreational Activities may include:

- ✓ Pottery
- ✓ Guitar Lessons
- ✓ Digital Photography
- ✓ Canoeing
- ✓ Day Trips
- ✓ Cycling
- ✓ Walking Club

How can you join AMH New Horizons Fermanagh?

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

AMH New Horizons

7 Cherrymount Road
Drumcoo
Enniskillen
Co Fermanagh
BT74 4GN

T. 028 6632 3630
www.amh.org.uk

Opening Hours

Mon-Thurs: 8.30am-4.30pm
Fri: 8.30am-3.15pm

Follow us on:   

Action Mental Health NIC100753.

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



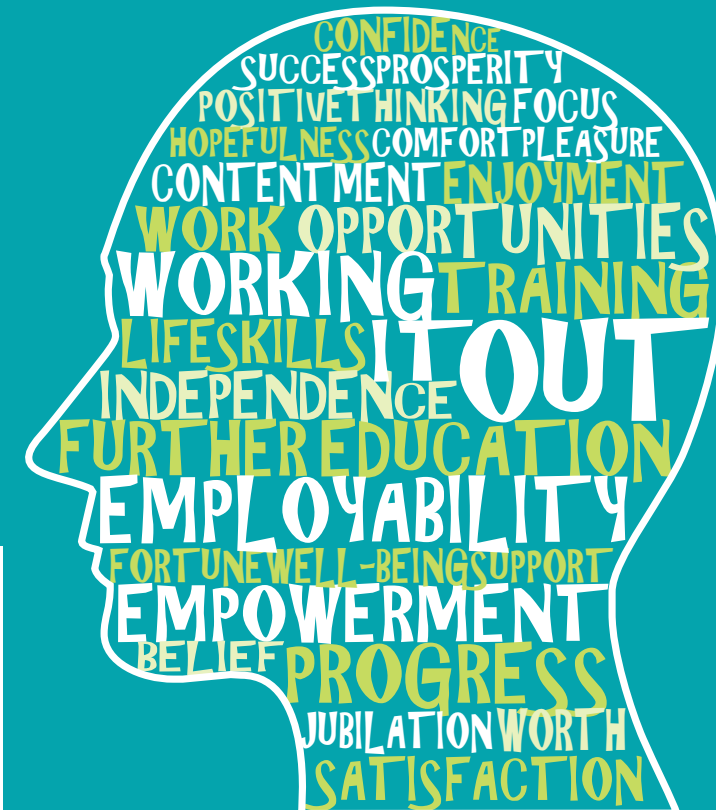
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FERMANAGH

Have you experienced Mental Ill Health?

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



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

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:

- ✓ Health & Social Care
- ✓ Catering/Hospitality
- ✓ Customer service
- ✓ ECDL
- ✓ Horticulture
- ✓ Woodwork

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

Options are:

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