

EVOLVE is a young person's programme established in October 2015 and is delivered in partnership with AMH New Horizons Antrim and Youth Action.

The main aim of the programme is to bring together young people aged 18-25 to help enhance and develop their confidence, self-esteem and social interaction through fun activities and accredited training; OCN level 2 Teamwork Skills and OCN level 2 Employability.

Social & Recreational Activities may include:

- ✓ Social outings
- ✓ Educational Visits
- ✓ Community Links Group
- ✓ Arts & Crafts
- ✓ Badminton
- ✓ Walking Group
- ✓ Garden Project
- ✓ Cookery

How can you join AMH New Horizons Antrim?

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

4A Steeple Road
Antrim
BT41 1AF

T. 028 9442 8081
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.

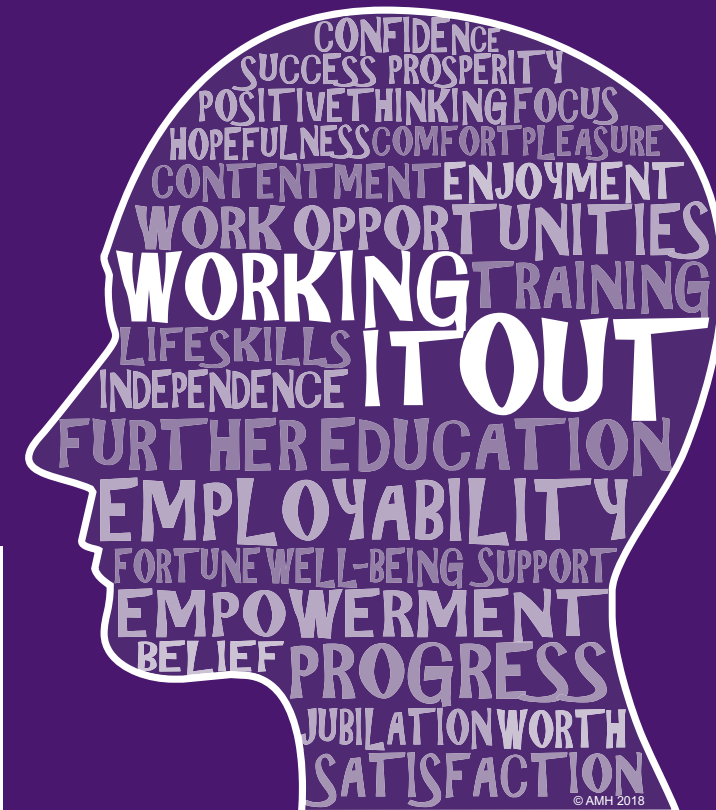


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amh new horizons
ANTRIM

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
- ✓ Business Administration
- ✓ OCN Customer Service
- ✓ OCN IT
- ✓ ECDL

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