

Social & Recreational Activities may include:

- ✓ Social outings
- ✓ Guitar lessons
- ✓ Digital photography
- ✓ Canoeing
- ✓ Educational Visits
- ✓ Cycling
- ✓ Walking Club

How can you join AMH New Horizons Foyle?

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  
FOYLE

## Have you experienced Mental Ill Health?

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

### AMH New Horizons

Unit 13 Springtown Industrial Estate  
Derry/Londonderry  
BT48 0LY

T. 028 7137 3502  
[www.amh.org.uk](http://www.amh.org.uk)

### Opening Hours

Mon-Thurs: 9.00am-4.00pm  
Fri: 9.00am-2.15pm

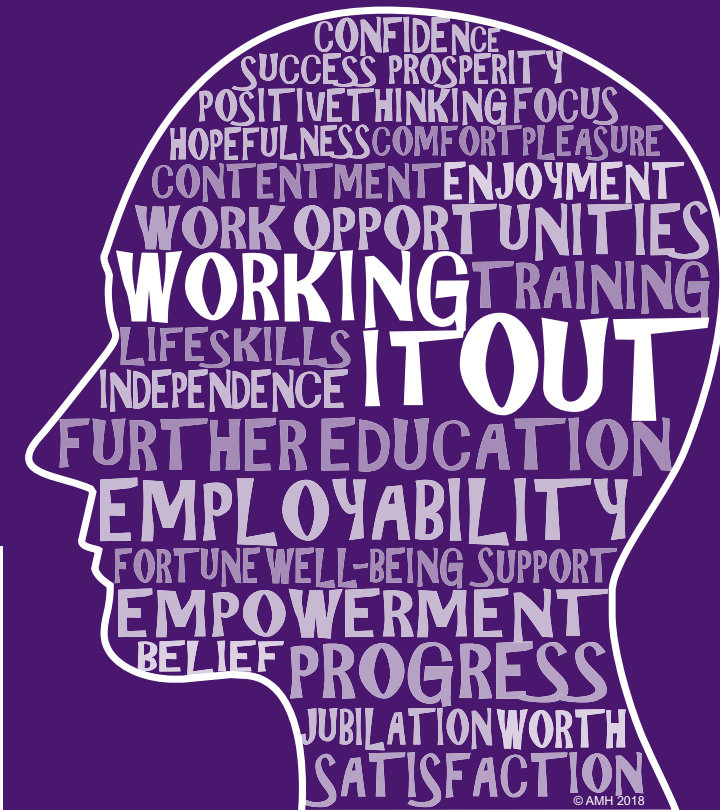
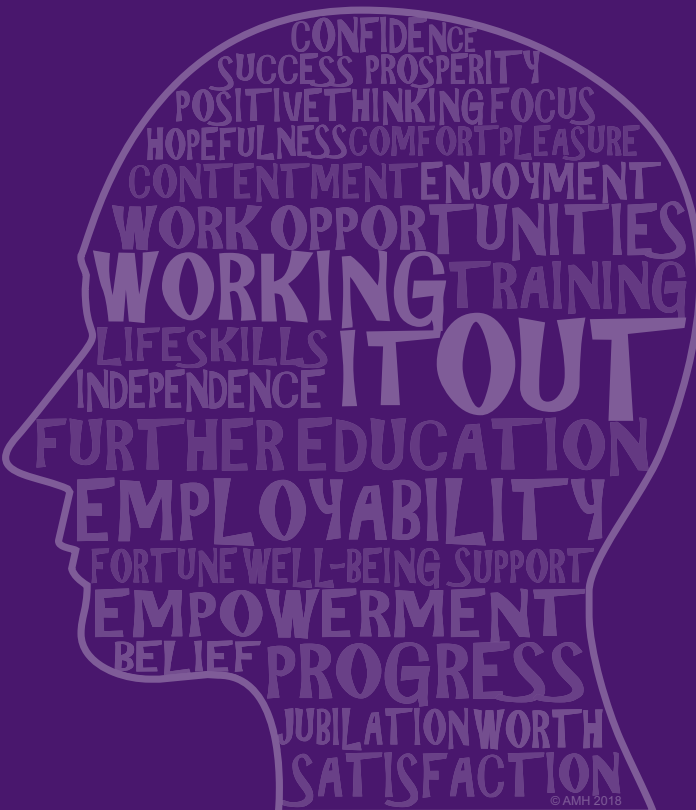
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Action Mental Health NIC100753.

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**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
- ✓ Self Empowerment

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:

- ✓ ECDL Level 1 & 2
- ✓ Catering & Hospitality
- ✓ Work Preparation
- ✓ Personal Skills
- ✓ Creative Crafts
- ✓ Growing Herbs & Flowers

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