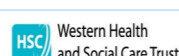


AMH New Horizons Foyle

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AMH Foyle aims to assist people who have experience of Mental Ill Health to lead independent and productive lives.

Coming Up for Spring/Summer 2017

Lots of new exiting activities planned for the coming months.

Keep an eye out on the notice boards, all up to date information will be posted!



The sun always shines at Foyle

Take a walk, see if you can find the sun!

Coming Up

Summer Activities

We have gathered quite a few suggestions from you and we now are well advanced in the planning stages, in fact one of your suggestion which we recently went on was "The Balmoral Show", which was a terrific days craic and the weather favoured us well. This is just one example of our pre-arranged outings and we hope to confirm more over the next few months.

So watch this space!!

Other News

Service Manager Mickie Harkin handing over a new Laser Circular Saw to Albert Kelly Skills Coach Foyle, it was donated to Foyle New Horizons by a very generous sales rep who wishes to remain anonymous. On behalf of AMH Foyle I would like to express our thanks, it is acts of generosity like this which ensures we are able to continue to provide our service.



We would like to take this opportunity to thank Terry Cassidy and customers from The Glen Bar, Dungiven Road who raised a total of £44.85. We appreciate their continued support.

Johnny Blaze at The Balmoral Show

We are very proud to announce that 'Johnny Blaze', our entry into this year's Balmoral Scarecrow competition came third. Mickie Harkin, Service Manager said, "it's been a brilliant few months of activity, planning and building Johnny and his Ghost Rider bike was a unique experience. I would like to congratulate all the clients from Foyle New Horizons and QUEST, your efforts have paid off. I would like also to acknowledge the individual work of Albert Kelly, our very own multi talented Skills Coach and film buff who was the inspiration for the character".



ISSUE 12

MAY 17

AMH New Horizons Foyle Newsletter

Welcome to our Newsletter at AMH New Horizons Foyle, if you have any suggestions or contributions please feel free to pass them on to your skills coach.

Media/Personal Development

The most recent Photography course was rounded up by a trip to the beautiful Swan Park in Buncrana, where clients got to put the new skills into practice. All clients have now successfully achieved their qualification, so well done to all! There were some great photography skills demonstrated throughout the course and some excellent photographs produced. We'll be showcasing some of the clients' best shots over the next few weeks.

Upcoming course: Urban Resources and Enrichment

What the course involves:

We'll look at the personal enrichment and hobby choices, opportunities and resources available to you in your local area and how to access them, for

example, in local community centres, libraries, leisure centres, clubs and various other organisations. These opportunities may include: arts & crafts, fitness, women's health, men's health, cooking, volunteering, gardening, languages & culture, dance, personal wellness, home design/repair, music, parenting and sign language.

Skills Coach Leeanne Devine

The course will involve trips out to visit potential enrichment opportunities and taking part in an activity of your choice.

For more information, speak to your Key Worker.



Harry Campbell on location at Swan Park during a recent photography trip.

Catering

Skills Coach Damian Bonner

The catering department was looking for a new dish to try, last week they made a Sri Lankan (Koffu) street food dish which went down very well with everyone, feedback was positive and everyone enjoyed trying something new. The dish is made with Roti, a simple bread that you can make at home and even serve alongside a curry.

Recipe for Roti Bread

You will need:-

225gm Self Raising flour,
150ml water, pinch salt and table spoon of oil.

You Simply

Mix all above ingredients in a bowl until you get a soft dough mix.

Turn dough mix out onto a table and knead for 10 minutes until dough is smooth. Leave for 10 minutes covered in cling wrap.

Cut the dough into 6 even pieces and simply roll out flat.

Heat frying pan (no oil) and cook Roti bread for approx 1 – 2 minutes each side.

To made the Sri Lankan street food dish - shred vegetables and cook in frying pan and add shredded Roti bread then finish with a spoonful of your favourite curry mixed in and fried with the Roti/Vegetables.

Another option is to serve the roti bread as an accompaniment to a curry. You can finish off the bread by leaving it plain/ brushed with coriander/ chilli/garlic and serve with your curry.

We currently have a few clients wishing to go into catering business as a career option, with continued support from Valerie Holmes, Employment Officer and myself we have already started their journey preparing them in training and skill building to help them achieve their goal.

We made use of the good weather at the start of the month, we got the BBQ out and enjoyed our lunch relaxing outdoors. Hopefully weather is kind to us over next few months and Damian and Albert will fire up the Pizza Oven.



Damian preparing the BBQ for lunch

Special points of interest:

- Photography Group
- Johnny Blaze
- Personal Story
- Personal Development Course
- Balmoral Show
- IT Courses
- Client Stories
- Brain Storming
- Summer Activities

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Sean working hard in the Catering Department

"All I can say is that I would probably not be doing what I am doing now at the minute if it had not been for the help, guidance and support of Foyle New Horizons Service"

Employment

Before coming to Foyle New Horizons I had been very reclusive and very rarely leaving my flat. When it was suggested to me about coming to Foyle New Horizons I was very nervous as I was very anxious and my mood was low and I found it hard mixing with other people. Well anyway I decided to give it a go as anything would be better than feeling isolated and stuck in the house all the time with my anxiety and depression.

When I Started Foyle New Horizons I was based in the Catering Department as I wanted to learn some cooking skills and learn about nutrition as I had not looking after myself and definitely not eating healthy food. It took me awhile to settle in as I am very quiet and don't mix easily. The skills coach Damian was very friendly and made me feel at ease which was good as I felt able to trust him and build up a bond which would help me to work towards mixing with other people in a working environment.

When I was feeling more settled I did some personal development courses which

AMH NEW HORIZONS FOYLE NEWSLETTER

were very good albeit I found very difficult to mix and interact with the others on the courses and I have to say this is no reflection on them it's just the way I am, I have difficulty engaging with others until I really get to know them. I am now doing NVQ level 1 in Catering which I am feeling good about that I can actually gain a qualification as I left school with none.

As part of my review I met with the Employment Officer Valerie who immediately put me at ease and we discussed various options for example Employment, Training Placement or voluntary work. At that stage I was definitely no way near ready for Employment but after discussing various options I agreed to find a possible placement in Stores/Retail. Valerie then informed me that she had contacted a supermarket chain who agreed to a possible training placement and organised for her to accompany me to meet with the Manager to discuss it further. On the day we were going to the appointment I was nervous but Valerie told me that I would not have to meet with the Manager myself that she would be with me in the meeting, this made me feel a bit more at ease although I was still nervous as I haven't had an interview in over 20 years.

We met with the Manager and Assistant Manager and both were very friendly and put me at ease and after discussion we agreed that I would attend one day per week on a Tuesday and work with the Storeman assisting with deliveries and stacking the cages for the floor staff to put on the shelves. I have to say I was really nervous but I just got stuck in and now I enjoy it. Valerie has informed and explained to me the possible options for me moving forward in the future where I can work through Permitted Work rules which allows me to work less than 15.75 hours per week whilst still retaining my benefits which is great as it gives you a chance to see if you can cope with working. At this stage I am unsure as to whether I could cope with Employment but who knows what the future can bring?????? All I can say is that I would probably not be doing what I am doing now at the minute if it had not been for the help, guidance and support of Foyle New Horizons Service and I would still be stuck in my flat not seeing the face of anyone. Sean McCallion

IT

Skills Coach

Paula Duffy

My role involves delivering IT to a wide range of clients; the IT department caters for all levels of abilities offering introductory courses for beginners such as PC & Online Basics and ECDL Levels 1 and 2 and Business Administration Level 1 and 2 NVQ for the more advanced users. One of the clients has recently discover Cryptology through Using IT and is now looking into courses for further education to progress in this field of interest

Clients Testimonial
I am presently doing ECDL level 1 which covers a number of units one of which is 'Using IT' the main focus is on Security and encryption.

A recent discovery of a certain military grade encryption method sparked an interest in cryptology for me. Cryptology or cryptography is the art or skill of encoding and decoding messages. Cryptology is an interest-

ing subject; typically we start to think of Allied code breakers during world war two, attempting to break the original encryption device, the enigma machine.

The first generally accept account of cryptography was in ancient Egypt, non-standard hieroglyphs on a wall of a tomb from the old kingdom of Egypt 1900 BCE which we are still unable to decipher. The full potential of encryption wasn't truly realised until the relatively recent invention of the computer, a high portion of modern electronic devices have some form of data encryption hiding personal and sensitive information.

I've always be interested in computers mostly hardware even build and fixing them as a hobby after dropping out of school but I hope to complete a degree in computer science at Magee in the future.

ECDL Level 2 Software Application

Some of our Clients have applied the skills they have learned through the use of application software have produced some great Flyers for events that have taken place at the service.



One of the recent flyers designed by the IT Department.

Personal Development

Nicky Grant

Easter Activity Fun Day

During the weeks leading up to the Easter break the Personal Development Department organised an Easter Activity Fun day. This involved clients from all the other departments creating an assortment of Easter theme pieces, which included Easter baskets, Easter cards and Easter decorations. Everyone who got involved on the day had a really great time. The atmosphere was very relaxed as everyone worked hard putting their creative talents into practice and producing wonderful Easter designs.



One of the Easter baskets

Ciara Sharkey

Taking part in creating the Easter Baskets was one of my favourite days in Foyle New Horizons. The atmosphere in the room was brilliant and "Spring was definitely in the air". It was great seeing so many clients getting involved and sharing ideas and also materials. We all added our own wee personal touch to our creations. It was a fun packed day that I thoroughly enjoyed and the look on my niece's face was priceless when I said I made the Easter Basket especially for her. Whoever wasn't in the Easter spirit before the Easter activity fun day certainly was afterwards.

Quest/Occupational Skills

Abert Kelly

Trip to The Balmoral Show

Because of my struggles with mental health and addiction over the years I have found it almost impossible to go on outings - either by myself, or especially with others. People told me about going on days out and having a great time and I wished that I could do the same. But fear prevented me from joining in. Fear kept me at home, isolated and alone.

So, when it was announced that Foyle New Horizons was organising a day trip to the Balmoral Show at first I thought I'd just give it a miss as I've always done, and hear all about it when they got back. Deep down I wanted to go, to experience what so many others do seemingly without difficulty all the time. But I felt too afraid to break the lifelong habit of isolating myself.

I mentioned this to one of the other clients and we had a chat. They reminded me that I probably wasn't the only one who felt this way and that I'd be in good company, with staff and other

clients there to support me if I was struggling. That word 'support' is important. It's been, for me, what New Horizons has consistently offered since I started coming.

At home that night I thought about what that person had said. New Horizons had already provided me with so many opportunities to grow as a person. And with each opportunity I became a little less fearful of taking another step. Well, really this was just another step. I decided to face my fears and go.

Well, suffice it to say the trip was a roaring success. The Balmoral Show, which I'd watched on TV many times before, surpassed my expectations. I've always been a lover of animals, and at the show I wasn't disappointed. As well as the cattle and other farm animals, there were more exotic creatures such as snakes and lizards - I even got to hold a boa constrictor that had come all the way from North America! There were literally hundreds of attractions, rang-

Crafts

As we bid farewell to Gavin we are taking the opportunity to completely revamp the crafts area, over the next few weeks we will reorganise the space to ensure it continues meets your needs and that of the planned craft activity. We anticipate that we will have a new staff member in place very shortly, however in the meantime I'm confident that we provide a slightly different but equally engaging and rewarding experience in the crafts area.



Some of the lovely craft pieces on display in the Crafts Department

"I learned a lesson that day – that the support of others is key to overcoming addiction and coping with mental health."

~ Gary



Gary and Mary at The Balmoral Show

"Some of our Clients have applied the skills they have learned through the use of application software have produced some great Flyers"