



REVIEW OF THE YEAR

2016/2017



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VISION, MISSION & VALUES

Action Mental Health changes the lives of those living with mental ill-health and promotes resilience and well-being to future generations.

Vision Statement

“a society which actively values and supports people on their journey to positive mental health”

Mission Statement

“to make a positive difference to people’s mental health and wellbeing”

Our Values

PASSION We are passionate about, and dedicated to, our clients and we are totally committed to realising the mission, vision and values of the organisation.

EMPOWERMENT Our models of practice will be evidence based, and aimed at empowering our client, enabling them to make decisions about their lives, and their recovery.

EXCELLENCE We will strive to deliver excellent service standards, consistently wherever and whenever we engage.

Our clients can expect modern and innovative service delivery.

RESPECT Dignity and respect are at the core of everything we do – for our clients, colleagues and wider community.

We will act in a trustworthy manner in all we do.

AMH SERVICES & PROJECTS

Action Mental Health is a voluntary organisation which supports people's mental health and well-being through vocational training, supported employment options, personal development, health and well-being programmes and resilience building.

AMH New Horizons

At AMH New Horizons we support the recovery of adults experiencing mental ill-health through the provision of a range of training and support programmes.

The "Working it Out" Project is delivered by our New Horizons services and provides a comprehensive programme of specialist training in personal development, vocational skills and employability to meet the individual needs of clients and support their progression towards further education, training or employment. Specialist programmes include young people's programmes in Derriaghy, Antrim (Evolve) and Fermanagh (Boost), the Individual Placement and Support programme delivered in Belfast and the Vision Project in Newry which supports adults with Aspergers' Syndrome.

Locations: Antrim, Belfast, Craigavon, Derriaghy, Downpatrick, Fermanagh, Foyle, Newry, Newtownards, Portadown.

AMH MensSana

AMH MensSana provides mental health education, awareness, resilience building and help seeking strategies for all ages. Programmes include Provoking Thought, Healthy Me and Mindset.

Locations: Across NI.

Protect Life Resource Services

In partnership with PIPS Newry & Mourne, AMH MensSana operate the Southern Area Protect Life Resource Service providing helpful information regarding suicide and self-harm prevention and mental health promotion.

The service is supported by the Public Health Agency.

Locations: Southern Area

AMH Adapt

AMH Adapt aims to create greater awareness of eating disorders, reduce stigma and provide much needed support to both the person affected and their family & friends.

This project is funded by the Southern Health & Social Care Trust.

Locations: Southern Health & Social Care Trust Area.

Managing the Challenge

A self-management programme that teaches skills to manage all aspects of living with a long term health condition.

Managing the Challenge is funded by the Western Health & Social Care Trust under license from Stanford University.

Locations: Western Health & Social Care Trust Area.

Men's Shed

A project for men aged 50+ to share skills, socialise and connect with their wider community. Funded by the Big Lottery until early 2017.

Locations: Downpatrick, Steeple Antrim, Fermanagh.

AMH Promote

A day opportunities service for adults with learning disabilities.

Locations: Bangor.

Together for You

Together For You, led by AMH of nine leading mental health organisations in Northern Ireland. Funded by the Big Lottery Fund, between 2013 and 2016 the project delivered mental health and wellbeing services. Since funding ended the partners remain committed to working together to campaign to improve mental health services provision in Northern Ireland.

Locations: Across NI.

AMH Works

AMH Works is a mental health training and consultancy service working with businesses providing mental health awareness and personal resilience to support healthy resilient workplaces.

Locations: Across NI.

Workable (NI)

Co-lead partner of the SES Supported Employment Solutions partnership which is made up of seven disability organisations, from across Northern Ireland who have come together to deliver the Workable (NI) Programme (and until March 2017 the Work Connect Programme).

Funded by the Department for Communities.

Locations: Across NI.

CHAIRMAN'S REPORT



The Brexit vote and local political uncertainty must mark out this last year as one of the most unsettling in a generation. Combined with continuing pressure on public funding, forthcoming benefit changes and the need for structural reform it is clear there are major challenges for organisations such as AMH, their clients and staff. Whilst AMH has highlighted the particular issues in the mental health sector and there has been some recognition by politicians of the need for extra support, such as a Mental Health Champion, we believe we need to remain more committed than ever in demanding parity for mental health with physical health.

The Brexit vote has brought a keener focus on long term sustainability and we are very conscious that the charity sector is under severe financial pressure which has led to the closure of some charities and a reduction in the services offered by others. In this climate only those organisations with resilient finances, operational excellence and innovation will survive and I'm confident that AMH has these.

AMH has continued to develop and grow services this year across our well established recovery services but also now the newer resilience building part of the organisation. Whilst this effort is in line with regional policy direction resourcing it remains an issue but I'm delighted that AMH has grown these services against this backdrop and found innovative ways to provide support, including using AMH's own resources.

We are indebted to our staff and range of partners for support in delivering our services and I would like to particularly highlight the positive involvement of our clients in developing our services to make them what they are. I believe that what sets AMH apart in the sector is strong sense of responsibility to lead the sector and represent our clients and I'm delighted that this has been recognised through various awards for individuals and parts of our organisation.

I'd like to express my sincere thanks to our Directors for their commitment to the Board and I want to thank the Chief Executive, managers and all our staff and volunteers for their dedication in these challenging times. AMH is an organisation that is positive about its future, and in the midst of these turbulent times I see it not just surviving but thriving and continuing to deliver quality services for its clients.

Peter Fitzsimmons

CHIEF EXECUTIVE'S REPORT



I'm delighted to report on another successful year for AMH. Given the demanding environment it is remarkable that the organisation has reached more clients than ever as well as building long term sustainability in terms of operational capacity and financial resilience. We continue to deliver successfully against objectives in our Strategic Plan even though there has been considerable political uncertainty which is likely to persist for some time and for the future this may slow further progress.

A significant area of growth this year has been in fundraising which the Board committed resources to in order to diversify funding. The results have been extremely positive with the energetic commitment of corporate partners such as Danske Bank and Fane Valley. They have shown enormous dedication to raising funds and tackling the issue of stigma amongst young people and in the workplace.

The launch of the new Staff Wellbeing plan this year also coincided with ten staff being awarded their 25 year long service awards which is a remarkable feat and demonstrated the strength and depth of the staff team in AMH - they also played a key role in AMH gaining a Gold iIP Award for the new Generation 6 standard. Above all else I'm grateful for their commitment and

passion to our staff and volunteers in making a positive difference to people's mental health and wellbeing. Our collaborative approach and variety of partnerships is a key driver in our success and I am sincerely grateful for the range of partners be they Heath Trusts, agencies or funders.

Finally, I would like to pay tribute to our energetic and talented Board of Directors that has been ably led by our Chair Peter Fitzsimmons. Together they have ensured that AMH is well managed with excellent leadership and governance which, alongside our secure finances, is a strong platform for further growth and more services for clients throughout the region.

David Babington

2016/2017 AT A GLANCE



21,047

people were supported by AMH Services and Projects



18,637

children, young people and adults supported by AMH MensSana across NI



1749

clients attended AMH New Horizons Recovery Programmes



men's sheds supporting 159 older men



Regional coverage from 11 locations by 163 staff



people supported on government employment programmes Work Connect & Workable NI



4000

Nearly 4000 accredited certificates were achieved by AMH clients



186

clients progressed to paid employment, voluntary work or further education



52,000

Together For You successfully reached over 52,000 beneficiaries over the life of the project

2016/2017 SNAPSHOT



POLITICIANS GRILLED WITH GUSTO

AMH New Horizons North Down and Ards hosted a hustings event pre-election, when party candidates from the Strangford constituency were quizzed by clients and peer advocates on their commitment to mental health and its priority within their manifestos.

Joe Boyle of the SDLP, UUP leader Mike Nesbitt, and Alliance's Kellie Armstrong underwent a thorough grilling during the hustings event.



APRIL



MAY

REGRESSES, REACT, RESOLVE... RESULT!

AMH's years of campaigning bore fruit when the Northern Ireland Executive committed itself in May to improving mental health issues in the Draft Programme for Government Framework.

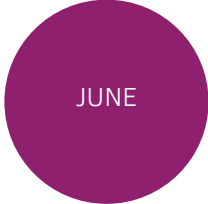
AMH Chief Executive David Babington launches the campaign to get the Northern Ireland Executive to address mental health issues in the Draft Programme for Government Framework.



HEALTH MINISTER CHAMPIONS MENTAL HEALTH

Then Health Minister Michelle O'Neill opened the final conference of the umbrella Together For You project, when she outlined her plans to champion mental health in the Northern Ireland Executive.

Michelle O'Neill celebrates the Together For You project with AMH Chief Executive David Babington.



JUNE

CLIENTS WORK IT OUT FOR SUCCESS

ESF Working It Out clients in AMH Derriaghy celebrated their many achievements during a special certificate presentation ceremony. Ceremonies like this take place annually in all of AMH's New Horizons services.

Derriaghy clients received certificates for a range of accredited courses during a BBQ at Colin Glen Allotments.





PUTTING THE WHEELS IN MOTION

Clients of the AMH New Horizons Foyle service got on their bikes for AMH's Life Cycle Project. The Big Lottery-funded scheme encouraged clients to integrate regular physical activity, like cycling, into their daily lives for the positive effects on their mental health.

Clients get on their bikes for the benefit of their mental health and well-being.

JULY /
AUGUST

SEPTEMBER

AMH NEW HORIZONS ANTRIM TURNS 25

Clients and staff at AMH New Horizons Antrim brought out the balloons to toast their silver anniversary.

Service Manager John Davis toasts the milestone anniversary with staff and clients.



CYCLISTS RAISE THOUSANDS FOR AMH

Hundreds of cyclists got on their bikes for the annual Granite Challenge, to raise funds especially for the Men's Shed in Downpatrick.

Some of the many cyclists who formed the AMH 'peloton' through the Mourne mountains for AMH's Men's Shed, raising almost £8,000 in 2016.

OCTOBER

WORLD MENTAL HEALTH DAY BATHES NORTHERN IRELAND IN PURPLE

Some of Northern Ireland's most iconic and historic buildings turned purple for the global spotlight on mental health issues.

Newry Town Hall and Guildhall, Londonderry



ALL ABOARD WITH TRANSLINK AS IT ANNOUNCES AMH AS CHARITY PARTNER

AMH Chief Executive David Babington gets on board with Translink's Group Chief Executive Chris Conway.



MENTAL HEALTH CAMPAIGN SCOOPS TWO INDUSTRY AWARDS

For the second year running Action Mental Health's Communications Team triumphed over stiff competition to clinch the Gold in the coveted Healthcare and Public Affairs categories for its ambitious Regress, React, Resolve campaign, which challenged the Government to tackle underinvestment and fragmentation of mental health services in Northern Ireland.



LIGHTS, CAMERA, ACTION MENTAL HEALTH

Clients from AHM New Horizons North Down & Ards turned movie makers when they developed, scripted, filmed and acted in their own short film, 'One Thing', to portray how they cope living with mental health issues.

The film was showcased at Belfast City Hall before guests like Deputy Lord Mayor Mary Ellen Campbell and Father Brian D'Arcy.

HEALTHY ME LAUNCHED

Action Mental Health launched its new mental health promotion programme for Primary Schools called 'Healthy Me', designed to raise awareness of mental health and well-being amongst Key Stage 2 children in the school setting.

Healthy Me was launched at Carrick Primary School in Lurgan by Action Mental Health Chief Executive David Babington who said the programme will help prepare primary school children for the stresses of transfer test and big changes in their educational life.





LAUNCH OF WORKABLE (NI)

Former Communities Minister Paul Givan announced new contracts with the lead providers of Workable (NI), the Northern Ireland Executive's disability employment programme. The programme supports people with a range of disabilities to secure and retain paid jobs across every sector in Northern Ireland.

Former Communities Minister Paul Givan launches Workable (NI) with a host of key providers.

DECEMBER



CLIENTS CELEBRATE SUCCESS IN PORTADOWN & DOWNPATRICK

ESF Working It Out clients celebrated their successful completion of courses in a variety of fields from IT, photography and horticulture to business and administration.

Lord Mayor Garath Keating congratulates Grainne McAleavey on her Working It Out success during a certificate presentation ceremony at Portadown Town Hall.

JANUARY

DANSKE BANK PARTNERS UP WITH ACTION MENTAL HEALTH

Danske Bank announced Action Mental Health as its charity partner for 2016, with a special aim of funding AMH MensSana, with a special focus on its Healthy Me health promotion programme for young people aged from 8 to 11.

Danske Bank Chief Executive Kevin Kingston confirms the new fundraising partnership with AMH Chief Executive David Babington.





EMBRACING SPIRIT OF EVOLVE

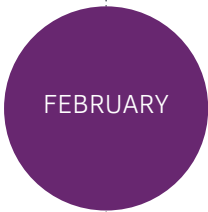
It was a big thumbs up from the young people who took part in EVOLVE in AMH New Horizons Antrim.



WARRIOR WOMEN'S ART IN FERMANAGH

The Warrior Women exhibition showcased the skills of a group of fearless women in Fermanagh, depicting their journey through various mental health issues through a collection of beautiful and thought-provoking sculptures.

Art warriors join trainers and AMH staff at the launch of the unique exhibition.



FEBRUARY

NEW AMH PROMOTE SERVICE LAUNCHED IN BANGOR

AMH Promote was relaunched last February following a change in focus to better support clients' diverse needs, supported by funding from the South Eastern Trust.

David Babington, AMH Chief Executive joins clients at the start of a new era at Promote in Bangor.



MARCH

ARTISTIC TALENT UNVEILED

AMH Antrim client Louise O'Donnell revealed her artistry in a special display her paintings at the Leaves Across a Landscape exhibition at Clotworthy House, Antrim Castle Gardens.

Louise and her father at the launch of the Leaves Across a Landscape exhibition.



Follow us on:

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TREASURER'S REPORT

It gives me great pleasure to report another strong financial performance during 2016-2017. This strong performance was demonstrated by increases across Net Income, Net Assets and Total Funds.

Despite a small decrease in Total Incoming Resources to £6.07m (2015-16 - £6.15m), there was an increase in Income from Charitable Activities to £5.66m (2015-16 £5.59m) and an increase in Net Income for the year to £426k (2015-16 £406k).

As in previous years, by far the largest proportion of our income came from grants and contracted funding – almost 90%. And on the expenditure side, the largest proportion, just over 66% (£3.95m), related to staff costs. The remaining expenditure related primarily to property, client programmes and business support costs.

It is worth noting that although the restricted activities of the organisation operated at a deficit (£190k), due to the strong performance and excellent financial management, the charity was able to continue to support this area.

There are undoubtedly challenges and uncertainties in the current and future funding environment, not least due to Brexit and continued austerity budgets, but there are also opportunities. The profile of mental health need continues to increase and it is essential that we

focus on the funding opportunities this may bring, for example, through our successful relationships with key charity partners. There are also consolidation opportunities across the sector and AMH will continue to look for opportunities for growth that will allow us to achieve our mission.

So from the wider financial perspective, our aim is to continue to secure and manage the funding streams and assets of the charity to ensure sustainability and growth – but most of all to ensure a high quality of service and better outcomes for our clients.

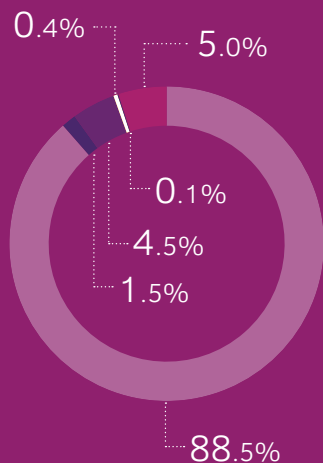
To achieve this we continue to focus on good governance, prudent yet robust financial management and long term financial planning which takes account of the changing funding landscape.

With Net Assets at 31 March 2017 of almost £5.7m (2016 - £5.2m) which includes relatively liquid assets, i.e. investments and cash at bank, of over £3m plus a range of owned property, I can say, with some confidence, that I believe we are in a strong position from which to continue our development.

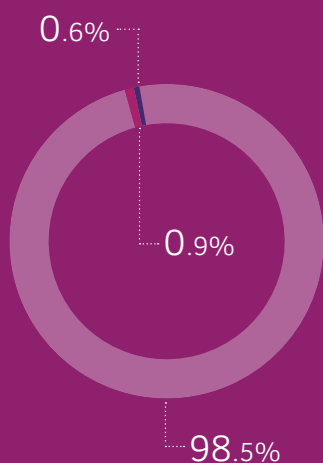
I look forward to continued sustainability, growth and success in the years ahead.

Patrick Barr

SUMMARY OF ACCOUNTS



INCOME	£
Charitable activities	5,661,962
Donations	95,428
Other trading activities	286,052
Investments	26,275
Gains on Investments	6,680
Unrealised gain on investments	318,105
Total income	6,394,502



EXPENDITURE	£
Charitable activities	5,878,286
Raising Funds	55,793
Other	34,798
Total Expenditure	5,968,877

A full copy of the annual report and audited accounts for the year to 31st March 2017 can be downloaded from our website www.amh.org.uk or by contacting cchesney@amh.org.uk

AMH is a charity recognised by the Inland Revenue under reference XN47959, registered with the Charity Commission for Northern Ireland NIC100753. The company is registered in Northern Ireland, 27 Jubilee Road, Newtownards, BT23 4YH. Company No. NI5568.



FUNDRAISING OVERVIEW



The growing awareness of and interest in mental health, alongside the increased acceptance of its importance to the very fabric of society has led to a rapid rise in the desire to support charities like Action Mental Health.

As our range of services and number of beneficiaries continue to grow, so too does the need for an increased range of income sources to supplement statutory funding.

We were delighted to secure corporate partnerships with three of Northern Ireland's leading household names:

- Danske Bank
- Fane Valley
- Translink

Staff from these partners have not only got involved in a range of fundraising, they have fully embraced the promotion of positive mental health through initiatives such as volunteering and staff awareness training. Their ongoing support will help raise the profile of Action Mental Health still further, whilst helping in our ambitions to reach

out and support yet more people. We would also like to acknowledge all the other businesses and organisations who "took action on mental health" this year, in particular Donaghmore Construction, Lidl, Peak Body Gym, Royal Victoria Hospital – Pathology, Dance Kraze, NI Housing Executive, East Down Athletics, SERC and Wilson Nesbitt.

AMH would also like to acknowledge the growing band of individual fundraisers who enthusiastically ran, walked, abseiled, quizzed, skydived, danced, bag packed and car washed, in aid of AMH services throughout NI. We are so grateful!



BOARD MEMBERS

Mr P Fitzsimmons *Chairman*
Mr R C Mowbray *Vice Chairman*
Mr P Barr *Treasurer*
Mr H W R Kohner
Dr S E Hillan
Mr T A J McKeever
Mr C B McMurray
J L C Thompson DL
Mr E F Fee
Mr D McKeown
Dr T O'Neill
Mrs A Craigan
Mr D McAuley
Mr W McKeown
Ms N Kerr

SENIOR MANAGEMENT

Mr D Babington *Chief Executive*
Mrs I Gallen *Head of Business Support*
Mrs A Allen *Head of Operations*

