

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 **Kathryn Hughes** on **028 6632 3630** 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.

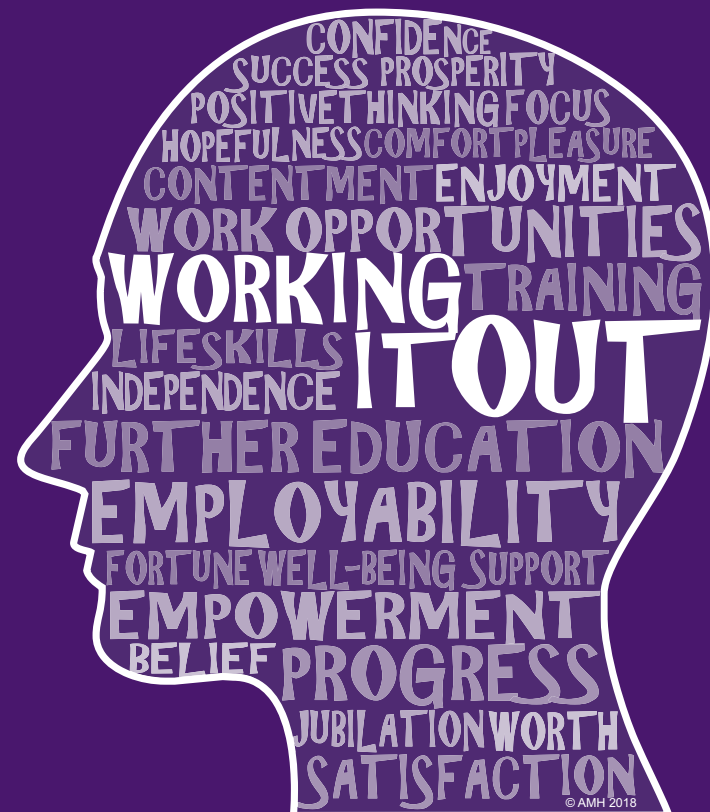


This project is part funded through the Northern Ireland European Social Fund Programme 2014 - 2020 and the Department for the Economy.



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