

AMH Promote provides opportunities for adults with a learning disability to be **socially active** and **develop new skills** in a supportive and engaging environment



IT



Horticulture



Health &
Well-being



Cooking



Music



Independent
Living Skills



Digital
Photography



Sports



Arts & Crafts

You can find us at:

AMH Promote
6 Enterprise Road
Bangor BT19 7TA



Monthly Coffee Mornings

Come and join us on the last **Thursday of each month** at our coffee morning where you can treat yourself to freshly made coffee and delicious homemade treats!

T 028 9127 5953
www.amh.org.uk

Follow us on   

AMH Promote is funded by



**South Eastern Health
and Social Care Trust**



Seasonal Plants & Crafts

Come visit us at our coffee mornings or at our stall at Bangor Market where we will be offering a range of seasonal plants and crafts for sale produced by our clients.