



New Horizons'

Away Day

27th February 2015

1. Participants

- MC NH
 - SP NH
 - CD NH
 - MJ NH
 - JD NH
 - NF NH
 - PD NH
 - RW NH
 - JG NH
 - GJ NH
 - MJ NH
-
- Phil Gillard NH Chair
 - Kristy Davies NH Staff
 - Janet Whiteman NH Staff
 - Natalie Jones NH Staff
 - Tracy Thomas NH Staff
 - Carly Griffiths NH Staff
 - Lisa Thomas NH Staff

2. Welcome & apologies

Phil Gillard (Chair) welcomed all to the away day

Apologies - Phil gave apologies for the facilitator (Billy Hardy - University of South Wales) and from Carolyn Sansom, Gill Malpas and Delia Powell (trustees).

3. Achievements – April 2012 to December 2014

- The Lamplight report for the thirty three month period demonstrated the range of services that New Horizons offered.
- This included the data on the Recovery STAR – a holistic approach that is service users led, providing a visual tool demonstrating the distance travelled for participants
- It was also noted that New Horizons moved its' Cynon resource centre and offices in this time period

4. Lamplight data - April 2012 – December 2014

A presentation was given by NJ and CG on the Lamplight data

From the data it was confirmed that there were -

- 11,146 attendances –service users and volunteers
- Service user attendances – 9000 – 603 different people
- 3,324 different sessions were provided
- 610 different people
- STAR assessments – 457 attended all appointments DNA 83 different people
- Referrals- there were 468 self referrals and 138 formal referral from partner organisations
- 238 people attended formal training courses- (OCN accredited)
- 284 people attended social events
- 290 attended informal activities

The numbers of people moving on were also identified -

- Into employment - 6
- Place at university - 1
- Learned to play guitar - 1

Participants were asked to record what they saw as the achievements for New Horizons and themselves from 2012-2014 and the responses were as follows-

Participants comments "New Horizons does help people"

- Improved health
- Improved confidence
- Feeling more positive
- Improved physical health
- Enjoy the peer support
- Meeting new people
- Reduced isolation
- The 1:1 support
- The holistic approach

Participants comments "I have achieved a lot since coming to New Horizons the support I've received and I am more confident in myself an can do things I never thought I could"

- Looking at my strengths and weaknesses
- Becoming a volunteer
- Training
- Evidence of progress made
- Learning self-management techniques
- Moved
- The Star courses
- Courses/ training
- Partnership working
- Youth project – range

Participants comments "Since coming to New Horizons Ive made friends that had made me feel more confident and I feel more positive about my future."

Participants comments "Since I have been referred to the Gym which has also helped me a lot, the staff in New Horizons are excellent."

5. The Recovery College

Phil gave an overview of the Recovery College that is being introduced from April 2015 including -

- The developments for New Horizons – what is going to happen
- The new timetable/ prospectus
- A discussion on becoming a peer support trainer
- Proposal for a workshop to discuss ideas for courses in the autumn

A DVD was shown of a Recovery College in London

6. Next steps

It was agreed that a sub group will be set up soon for a small group of staff, trustees, service users and volunteers to join to look at ways of being involved in future developments of the Recovery College.