



NEW HORIZONS
MENTAL HEALTH
Patron Boyd Clack

New Horizons'
Business Planning
Away Day -
May 2014

New Horizons Away Day 2014

New Horizons Away Day 2014

Introduction

Mission Statement

“New Horizons projects the positive image of people suffering mental health problems through challenging discrimination by means of education, outreach work, information and support services”.

New Horizons is a community based Third Sector organisation that has been supporting people with mental health or emotional wellbeing issues since 1995.

New Horizons now provides support at our resource centres in the Cynon and Rhondda valleys plus an outreach centres in Hirwaun.

This is in addition to project managing a highly successful mental health website (www.mentalhealthsupport.co.uk) aimed at providing information to mental health service users, carers and healthcare professionals and developing NH2 Creative Design as a social enterprise.

At New Horizons members can currently access a range of opportunities including -

- 1:1 support using the Recovery model
- Volunteering -both within New Horizons and with other partner organisations
- Access to information and advice from a range of agencies
- Training including IT and confidence building
- Activities including music and art & craft.
- Signposting to community activities

The 2013-14 statistics (below) demonstrate that there is a high demand and an on-going need for our services.

New Horizons - 2013/14	Numbers
Total number of attendances	4964
Total number of people receiving 1:1 support and 3 month reviews	160
Number of volunteer sessions	654
Number accessing training courses	643
Number accessing activities during the year eg music and art & craft	2065
www.mentalhealthsupport.co.uk Number of -	
<ul style="list-style-type: none"> • Hits • Visits 	3,517,897 434,047

New Horizons has experienced challenging times and has faced questions around the direction of travel - where we go in the context of the economic climate and other external and internal pressures.

A Business Planning Away Day have been held which have helped to agree the future directions and next steps for the organisation and these have been included in the business planning progress.

Moving on ... times have changed for the organisation and in order celebrate our achievements and to consider the next steps a 2014/15 Away Day was held to help inform our future directions.

The Day

The day was opened by Phil Gillard (Vice Chair). Phil outlined the achievements and successes that New Horizons has undergone since the last Away Day. Billy Hardy (University of South Wales) facilitated the day.

During the day trustees, members, staff and volunteers (Appendix 1- agenda and Appendix 2 - list of attendees) were asked to consider the two questions below. The comments made on the day were put onto post it notes and have been written up in this report.

- Where are we now?
- Where do we want to go

The Findings

1. Where are we now?

The Achievements of New Horizons to date

Services provided

- Investors in people award
- Public Health Wales national award -Small Workplace Health Award
- Positivity of the Recovery Star
- Youth projects in Cynon and Rhondda
- One to one support
- Art is in community running art/craft courses
- The people who work there are so kind and helpful it not to much trouble if you have a problem.

Financial security

- 3 year funding
- Directorship which means New Horizons is still here.
- Longer term funding for the youth project
- Secure funding for the Youth project
- Funding for 2 MHS Project workers

Partnership working

- Eye to Eye
- Beat/ Gofal
- Music event Making Mind
- Youth & B-Eat & Eye to Eye
- Supporting statement from Aberdare College Maintaining link
- Develop with other youth projects

Projects for young people

- DJing skills from E3+ Group
- Displays of work
- DVD
- Personal Digital Stories
- Launch of youth project
- Afternoon Celebration then music in evening
- MHS Focus Groups

Support for eating disorders

- B-EAT/ Gofal here at Aberdare every two weeks

Research

- More Away Days in university's etc
- Increase in Facebook and Twitter Followers
- Number of hits on MHS
- Increasing awareness of organisation in wider community

Social enterprise

- Celebrate NH2 Launch
- NH2
- Development of NH2 at new premises

2. Next steps- Where do we go from here?

- Further develop youth Forum
- Develop job club from Princes Trust report
- Increase hours to celebrate
- Fundraising for outside evaluations
- Develop self harm support project
- Develop youth newsletter
- Lowering age group for access to services to 16
- Social enterprise- NH3/NH4
- In Pontypridd (between Aberdare and ATS)
- Bigger funding to secure assets etc
- Increase Physical Activities
- NH2 & further Social enterprises
- Additional Youth Groups
- Emotional overeating Group & Healthy eating
- More Art and Craft
- Update New Horizons slogan
- Expanding premises
- Personal Development
- Increased access to computers and internet to be improved
- Social events
- Advertising
- Offer professional training

- More safe space sessions
- Increase opening hours
- Peer led projects Mountain Ash and Hirwaun
- New and longer term SLA Funding
- Young enterprise at ATS and YPP to talk about setting up businesses
- Expansion of youth -additional funding, outdoor pursuit youth, improve partnership working CMHT/ CAMHS, Flexible working hours
- Change to 16+ for youth project
- Postnatal services - with University of South Wales, Mother and Baby Reflexology/ Massage
- Out reach development - Discharge/ Moving on peer Led Group
- Flexible and more hours
- Continue to improve partnership with CMHT and CAMHS.
- Improve funding opportunities
- P/T fund raiser post?
- Digital story telling
- Healthy eating, Cooking, Emotional eating, shopping skills
- Walking activities
- Gardening
- Holistic Treatments, Indian Head message, reflexology, yoga
- Service user perspective

Conclusions

Twenty six people attended the day including trustees, service users, staff and volunteers. Contributions on the day were written down and have been typed into this report as stated.

The key themes that emerged from the day included-

- The achievements over the last year that needs to be celebrated
- The value that members put on using New Horizons' services
- How using the services helps to increase self confidence and self esteem
- How using the services reduces the risk of hospitalisation
- Additional services for young people living with mental health issues are needed
- Additional services supporting people with eating disorders

The findings from this Away Day will inform the Business Plan for 2014/15 onwards.

A further Away Day will be arranged in 2015 to reflect upon the findings from this Away Day and to agree the future direction for New Horizons from 2015 onwards.

***Thanks to all who came on the day and
contributed***

New Horizons - Business Planning Away Day

**NEW HORIZONS'
BUSINESS PLANNING
AWAY DAY - 2014/15**

FRIDAY 30TH MAY 2014

12.30pm-4pm

Agenda

12.30-1pm Lunch

1-1.10pm –Introductions and overview

1.10-1.30 pm Cynon youth project - DVD

1.30-2.30 – Celebrate our achievements

2.30-2.45 - Tea/coffee

2.45-3.45 - Where do we want to go?

3.45 - 4pm- Summary & next steps

Participants

• Billy Hardy	Facilitator/ University of South Wales
• SP	NH
• RW	NH
• LP	NH
• NB	NH
• MJ	NH
• CD	NH
• SB	NH
• MC	NH
• MS	NH
• EM	NH
• PD	NH
• JD	NH
• GL	NH
• Melanie Hutt	NH Trustee
• Phil Gillard	NH Vice Chair
• Carolyn Sansom	NH Trustee
• Katy Marshall	NH Staff
• Kathryn Thomas	NH Staff
• Kristy Davies	NH Staff
• Janet Whitman	NH Staff
• Natalie Jones	NH Staff
• Tracy Thomas	NH Staff
• Claire Gore	NH Staff
• Carly Griffiths	NH Staff
• Sarah Davies	NH Staff
• Mark Williams	NH Staff
• Delia Powell	NH Trustee