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Welcome

Thank you for taking the time to read our Summer 2017 newsletter. The newsletter summarises our achievements over the last term and provides information on the Recovery College courses and other services that we offer. It also gives updates on events that are coming up or ones that have taken place plus it gives us an opportunity to express “our thanks” to many supporters.

There are many ways that you can become involved with the charity, you can enrol on a Recovery College course, access daytime activities, the peer support group, volunteer, fundraise or make a donation. Or if you are an organisation that would like to work in partnership with New Horizons please get in touch to help us with our fight against the stigma of Mental Health.

Cwm Taf Recovery College Autumn term 2017

The new timetable will be available from mid-August and the Agored accredited courses will be starting in September 2017.

The courses will include:

- Individual Difference & Abnormal psychology
- Domestic Abuse Awareness
- Harm Reduction
- Improving own Confidence
- Knowing Myself
- Problem Solving Skills
- Popular Psychology

Please see the website for further details or phone 01685 881113 for a copy of the new timetable.

Cwm Taf Recovery College

The Summer term at New Horizons has been very busy with many courses running across RCT. The range of courses have included Psychology, Anger Management, Stress, Management and Managing Anxiety. The feedback from participants has been very positive with many wishing to know about the Autumn Term, as they are eager to continue learning new skills to help them manage their issues better and gain further knowledge.

Congratulations to all our students who have gained accreditation and benefitted from attending a course with the Recovery College.



Cynon –

The activity timetable is currently under review with service users and more details will follow soon.

Monday – 1.30 – 3pm Safe Space

4.30 – 5.30pm Choir

4 – 8pm Young Person Project (18-25 years)

Wednesday – 2 – 4pm Art & Craft

Friday - 1 – 4pm Peer Support

The Cwm Taf Recovery College courses will start from 9th September will be held and on Mondays & Wednesday 9.30am – 12pm.



New Course for Summer

Starting Wednesday 2nd August

Time: 9.30am — 12.00pm

6 Weeks



At New Horizons, Dean Street Aberdare CF44 7BN

Tel: 01685 881113

In partnership with HAPI Newydd Housing & Aspire Training.

New Staff

We have two new staff members Sarah Williams and Laura Harding:

- Laura - My role is the Activity Coordinator. I am working with service users to facilitate a wide range of activities to enhance the mental health and well-being of our service users. I plan activities with the service users to encourage independence and increase confidence and resilience.
- Sarah - My role at New Horizons is to focus on bringing more funding into the organisation, by writing funding bids, looking for new opportunities as well as fundraising. As we are living in a tough economic climate, it is important that New Horizons looks for new funding streams so that we can continue to provide the best levels of support to those who really need it. Everyone has an experience of mental health issues, and it is important for us to keep looking for new opportunities so that we can continue to offer practical and effective support, which is easily accessible to all.
- Michael Webb will also be starting in post soon as the Volunteer Support Worker for our partnership project with TooGoodToWaste.

Tonypandy Community College & First Give Project

Pupils of Tonypandy Community College year 9 were asked to be the first to be involved in a pilot of the First Give Project in Wales. The First Give project is designed to work in partnership with secondary schools to help young people to give their time, tenacity and talents to improve their local communities. The vision is to help build a new generation of motivated and switched-on young people who want to use their skills to support local charities and make the lives of others in and around their communities better.

Over eight lessons, the Programme encourages an entire year group of students to identify social issues in their area and engage with local charities that address them. The students will then have the opportunity to compete for £1,000 of grant money for their chosen charity. Teams will do this by advocating for their charity in a school competition.

As such a group of pupils chose New Horizons as the charity they would like to support and over the weeks the group met with staff and service users of New Horizons to find out more about what we do and how we support people in the community. The group then worked on a presentation about New Horizons and how mental health affects people in the community. This also included a film about a person feeling lonely, ridiculed and judged by others due to their mental health issues with the conclusion that if they come to New Horizons for support they will feel accepted for who they are and build friendships reducing isolation and loneliness.

Our group of students were successful in the competition and New Horizons has received a grant for £1000 from First Give. Tracy Thomas Rhondda Service Manager said "The pupils were brilliant given that mental health can still be a taboo subject and many people avoid discussing it."

Thank you to First Give and Tonypandy Community College for letting us be part of this project and especially Thank You to our group you were fantastic



PQASSO



New Horizons continues to work towards achieving the PQASSO national quality mark for third sector organisations. The closing date for New Horizons for the application is the end of August 2017 with the assessment taking place over the next 6 months.

At the recent Away Day an update on the progress to date was outlined by one of the New Horizons PQASSO Quality assurance sub group volunteers. The volunteer also discussed the Quality Area 'User centred services'. As part of this presentation an exercise was undertaken to ask participants to review two aspects of New Horizons-the environment and how to give feedback. A selection of the comments included –

- Welcoming, brighter colour paint on walls needed, décor needs brightening up and need more funding for more group activities.
- Like the feedback tree, whiteboard with events coming up and newsletter via post.

We will keep you posted on progress to date.

Small Workplace Health Award

New Horizons is pleased to announce that our application to have the national Award revalidated at Bronze level was successful. The Small Workplace Health Award is the national mark of quality for health and wellbeing aimed at organisations employing fewer than 50 people.

It is a developmental process, based on good practice and improvement and can be used to support the creation of activities that promote the health and well-being of employees. The award has been developed to target the key preventable ill-health issues in your workplace, which will also help to increase organisational performance and productivity.



Get Porth Connected

New Horizons is part of the Get Porth Connected Forum and through this was successful in obtaining funding for Depression Busting and Mental Health First Aid courses, which we ran in The Factory in Porth during March and April.

Those who attended gave their comments on the impact of the courses -.

“The Depression Busting course was great in empowering me to manage my depression, it has helped me to look at changing aspects of my lifestyle to improve my mental health.”

Depression Busting - Those who attended found it helpful but also aided social interaction as they were isolated and felt alone. Two of those attended said it helped them to push themselves to come out and have contact with others. As well as realizing they are not alone in what they are going through, that there are many others suffering exactly the same.

Mental Health First Aid – “I feel that learning from the course will aid me within my line of work as I work directly with people whom are often presenting with mental health concerns. The course will help me to identify risk factors, warning signs and strategies to implement to aid someone whom is in/or potentially at crisis.”



Volunteer Week

Each year in June all around the UK organisations celebrate the good work that their volunteers do. New Horizons very much appreciates the dedication our volunteers give us each year and this year was no different. New Horizons held a celebration afternoon to give a Big “Thank You” to our volunteers, where we gave out certificates and had a buffet. Everyone enjoyed themselves and it was lovely to see staff, Trustees, volunteers, and service users celebrating together.

Thank You to you all of our volunteers!

