

# Mental Health News

Summer 2019



## New Horizons –Mental Health

### CONTACT DETAILS:

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THE FACTORY

JENKINS STREET,

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REGISTERED CHARITY  
NUMBER:

1153115

[WWW.NEWHORIZONS-  
MENTALHEALTH.CO.UK](http://WWW.NEWHORIZONS-<br/>MENTALHEALTH.CO.UK)

[INFO@NEWHORIZONS-  
MENTALHEALTH.CO.UK](mailto:INFO@NEWHORIZONS-<br/>MENTALHEALTH.CO.UK)

SOCIAL MEDIA

TWITTER –

FACEBOOK – New  
Horizons Mental Health

### Croeso

Diolch i chi am gymryd yr amser i ddarllen ein cylchlythyr Haf 2019. Mae'r cylchlythyr yn crynhoi ein cyflawniadau dros y chwe mis diwethaf ac yn darparu gwybodaeth am y Coleg Adfer a gwasanaethau eraill a gynigiwn. Mae hefyd yn rhoi'r wybodaeth ddiweddaraf i chi am ddigwyddiadau neu ddigwyddiadau sydd ar y gweill yn ogystal â rhoi cyfle i ni fynegi ein diolch i'n cefnogwyr niferus.

Mae yna lawer o ffyrdd y gallwch chi ymwneud â'r elusen - gallwch gofrestru ar gwrs Coleg Adferiad, cael mynediad i weithgareddau yn ystod y dydd a'r grŵp cefnogi cymheiriaid, gwirfoddoli, codi arian neu wneud rhodd.

Os ydych chi'n sefydliad a hoffai weithio mewn partneriaeth â New Horizons, cysylltwch â ni i'n helpu gyda'n brwydr yn erbyn y stigma iechyd meddwl.

### Welcome

Thank you for taking the time to read our Summer 2019 newsletter. The newsletter summarises our achievements over the last six months and provides information on the Recovery College and other services that we offer. It also gives you updates on events that are coming up or ones that have taken place plus it gives us an opportunity to express our thanks to our 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 and the peer support group, volunteer, fundraise or make a donation.

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.

### New Horizons - Cwm Taf Recovery College

The following Agored accredited courses will be offered during the September- December 2019 term in Cynon, Rhondda and Taff Ely and will include:

- Beliefs & Values
- Managing Anxiety
- Mental health & Wellbeing
- Psychology
- Train the Trainer

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

If you have any comments or suggestions for future courses please contact Tracy Thomas or Natalie Jones to discuss.

**Please note the next term will be starting in late-September and the timetable will be available in early August.**

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### New Horizons- Cwm Taf Recovery College

The 2019 Spring & Summer terms of the New Horizons' Cwm Taf Recovery College were very busy there were a range of courses offered including- Anger Management, Depression Busting, Mental Health & Wellbeing, Peer Mentoring, Stress Management and many others.

We are really please that 130 students will be receiving an accredited award from the Spring & Summer term courses.

The feedback from participants was very positive with many students wishing to know about next term's courses as they are keen to continue learning new skills to help them manage their mental health issues better and gain further knowledge.

Congratulations to all of our students who gained an accreditation and benefitted from attending a course with the New Horizons Recovery College.

*Congratulations*

### Learning to Live Our Lives Well Course at Dewi Sant Hospital -

The course was run in partnership with Arts Factory and was funded by The Coalfields Regeneration Trust. The course helped students to learn how to manage and understand stress and mental health better.

Students who completed the course said:

*"It's helped me to get out of the house and trying to do something positive"*

*"I made good friends in the group"*

*"It has helped with breathing and going for a walk getting fresh air"*



### New Activity coordinator

My name is Chris Goldring. I'm really pleased to be appointed as the New Horizons Activities Coordinator and I'm looking forward to getting to know everyone. I'm originally from London, but have called Wales home for the last 5 years. I find being outside really relaxing and therapeutic, especially gardening and walking, and love living in Wales for that reason. I love cooking (and eating!), and enjoy playing or watching most sports – I have recently started bouldering (rock climbing without ropes), I'm not very good though!



### **30<sup>th</sup> Anniversary – Date for your diary**

New Horizons will be celebrating our 30<sup>th</sup> anniversary on 6<sup>th</sup> January 2020. The main event will be held at Abercwmboi Rugby Club on 6<sup>th</sup> January 2020 – details to follow. All invited. A series of celebratory events are being planned for the year – watch this space!



### **New Horizons appoints new Patron!**

New Horizons is pleased to announce that Delia Powell has agreed to become our second Patron along with the actor and writer Boyd Clack who has served as the charity's Patron since for many years. Delia will now be helping to raise the profile of New Horizons' work in our local community and beyond.

As the Key member of the founding group of New Horizons Delia has served the charity in various capacities over the years and this appointment is an appropriate way to honour and acknowledge her service. Delia is undertaking to write a book on the history of New Horizons, the launch of which will form part of our 30<sup>th</sup> anniversary celebrations next year. Watch this space for further updates about the book and our celebrations!!

Carolyn Sansom, Chair



## Trusted Charity

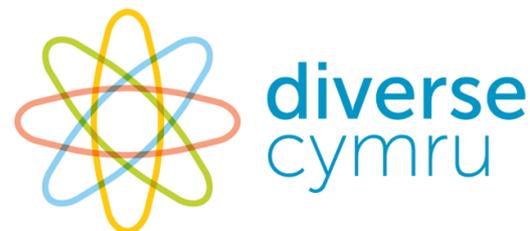
New Horizons was very pleased to be celebrating the first anniversary of being awarded the PQASSO/ Trusted Charity Quality Mark in March. The name of the Quality Mark was recently changed to “Trusted Charity” as it needed to make it clearer what the award is for, The NCVO chief Stuart Etherington said at the recent launch - *“the Trusted Charity quality mark enhances how your organisation operates and therefore people can put their trust in you”*



## Diverse Cymru Cultural Competence tool kit

New Horizons is pleased to confirm that the Charity is working towards achieving the Diverse Cymru Cultural Competency Quality Mark during 2019.

Charlies Willie and Suzanne Duval from Diverse Cymru recently met with the New Horizons’ Quality and Monitoring Sub Group to discuss the next steps for New Horizons to achieve this award.



## Fundraising

New Horizons was pleased to be chosen by the Cynon Valley Ladies Choir as the charity for their annual fundraising event to celebrate St. David's Day. The event raised over £300 on the night



## Fundraising night - March 2019

Thank you to Carrieanne Foley, plus family and friends for organising a Fundraising event for New Horizons. On the night there was live music, a raffle and auction and over £900 was raised for the Youth Project.

Carrieanne is also running 1000 miles during 2019 in aid of raising funds for New Horizons.



CHARITY NIGHT IN AID OF

Youth Project  
**NEW HORIZONS**  
Mental Health & Emotional Wellbeing Centre

**Tickets Prior £8**  
**Tickets On Night £10**

**SHOVELFACE - KARAOKE**  
**RAFFLE - AUCTION**

@TheMackworth DOORS OPEN @7PM  
**Friday 22nd March**  
(Tickets Available Now From The Mackworth)

Thank you to The Stay Well at work team at RCTCBC who recently raised to date £480 for New Horizons.

thank you!

Thank you to Treorchy Comprehensive School (Year 8 Pupils) who raised £93.68 for New Horizons in a Danceathon

thank you!

Thank you to Ysgol Nantgwyn for winning the First Give Programme £1000 grant for New Horizons

thank you!

### New RCT Mayor's chosen charities

New Horizons is very pleased to announce that it has been chosen as one of the new Mayor of RCT's charities for fundraising during 2019/20. Mayor Councillor De Vet has said -

*"Councillor De Vet is keen to meet as many people across the County Borough as she can during her term in Office, helping to raise the profile of many charities and fundraising groups across Rhondda Cynon Taf."*

New Horizons was pleased to welcome the Mayor to our Aberdare centre.



### Julie Denley, Assistant Director of Operations Mental Health and Learning Disability at Cwm Taf Morgannwg - visit to The Factory (Porth Rhondda) – June 2019

Following her visit Julie said -

*"I just wanted to thank you for your recent welcome to the factory when I visited with Fiona and Gareth. Your hospitality was amazing and we really appreciated the time you gave us."*

*Having not visited New Horizons there (Rhondda) previously I was really impressed that the ethos and approach of your other services was really strong."*

*We had the opportunity to see the outcomes of your great work and support first hand and clearly people have benefited from what you do."*



### Ruth Treharne Visit – June 2019

Ruth Treharne, Deputy Chief Executive of Cwm Taf Morgannwg UHB /Director of Planning and Performance visited New Horizons to discuss her role and to meet service users. Ruth also helped present the Volunteer Week certificates to our volunteers.

*“Many thanks for an excellent few hours spent with you all in New Horizons. It was really informative and I thoroughly enjoyed meeting you all. So many inspiring people!” – Ruth Treharne*



### Dilys Jouvenat visit – February 2019

Dily Jouvenat is the Third Sector Rep on Cwm Taf Morgannwg UHB. Dilys visited both New Horizons centres in Cynon and Rhondda to meet service users and volunteers to talk to them about their experiences of New Horizons and Mental Health services.

Volunteers and service users found the discussions with Dilys really interesting.



### Phil Lewis Visit- January 2019

Phil Lewis , Head of Nursing for Mental Health at Cwm Taf Morgannwg UHB, visited New Horizons to meet service users and discuss their experiences of Mental Health services and any improvements that can be made, plus to hear about New Horizons services.

*“Excellent time with New Horizon. Great to hear so many positive stories (as well as a few points for improvement)! Looking forward to getting some service user stories to share at our Governance Forum.”- Phil Lewis*



### Community Health Council Visit – Spring 2019

Thank you to Leanda Wynn from the Cwm Taf Morgannwg Community Health Council for visiting New Horizons Aberdare centre. Service users and volunteers enjoyed the discussions:

*“It was good that they came to see us, so they know what we are all about”- quote from a volunteer*



### **Collette Rees - Planning Manager/Mental Health Directorate, Cwm Taf Morgannwg UHB – April 2019**

Collette visited the New Horizons Cynon resource centre and met with service users, Volunteers, staff and trustees. Please see Collette's response below -

*"A massive thank you for the heartfelt welcome that you, your team and services users gave me the other day. I was honestly overwhelmed and honoured to be part of your discussion.*

*It was evident from the service user's stories how much the work you and your team do, makes a real difference to their life's, very often in a massive way. You and your teams passion and your over and above commitment to your work is priceless and is clearly seen.*

*You should all be so proud of your achievements in supporting people who need it most and quite often as I heard your support as a 3rd sector has saved life's, - I was choked up hearing that story and it still chokes me now thinking of it." – Collette Rees*



### **Volunteer Celebrations – Thank you!**

Each year in June all around the UK organisations celebrate the good work that their volunteers do. New Horizons very much appreciates the support and dedication that our volunteers give us each year and this year was no different. New Horizons held a celebration to give a big "Thank You" to our volunteers who were all given certificates (presented by Ruth Treharne CTM UHB) Everyone enjoyed themselves and it was lovely to see staff, trustees, volunteers, and service users celebrating together.

Thank You to you all of our brilliant volunteers!



## Mental Health Today

New Horizons staff and service users attended the Mental Health Today Wales Conference at the Motorpoint Arena, Cardiff. It was a well-attended conference.

The speakers were from all different backgrounds and organisations specialising in the topic areas. The talks were very informative and inspirational.

*“Very informative. A bit behind the times in terms of the fact service users had been saying a few of the mentioned main points for years”*

*“I found the event enjoyable”*



## Penygraig GP Surgery

New Horizons is working in partnership with Penygraig GP Surgery to deliver Recovery College courses. The practise manager Bethan Dwdney said *“We are pleased to have New Horizons delivering courses in the surgery that will help the patients of the surgery”*

New Horizons recently held Confidence Building and Anger Management courses at the in Penygraig GP Surgery and the students fed back that they enjoyed the courses.

There will be Mental Health & Wellbeing and Managing Anxiety courses running in the autumn term at the surgery - please see the new timetable for details.



## Arts for our Wellbeing

Members of the New Horizons' Art for our Wellbeing groups in Rhondda and Cynon are continuing their projects. The Arts for our Wellbeing groups meet every Wednesday 2pm – 4pm in Aberdare and every other Tuesday in the Rhondda 10 – 12pm.

The Art for our Wellbeing groups have been asked to design a logo for the charity's 30<sup>th</sup> anniversary celebration.



**ARIENNIR GAN Y LOTERI  
LOTTERY FUNDED**

## Creative Writing group - Cynon

The group meets every Monday afternoon from 2:30pm – 4pm. Members of the group are currently learning how to write poem.

## Music group –Cynon

New Horizons is pleased to announce the start of a new music group on Friday 23<sup>rd</sup> August 2019 from 11am -1pm.

Please come along to learn more.

## New Horizons' Welsh Language Group – Cynon

Mae'r grŵp Cymraeg i ddechreuwyd wedi rhoi cyfle i bobl ddysgu Cymraeg sylfaenol. Mae'r grŵp wedi dysgu geiriau Cymraeg sylfaenol ar gyfer gwrthrychau bob dydd, yr Anthem Genedlaethol a sut i ffurfio teimladau. Mae'r grŵp yn cyfarfod bob prynhawn Mawrth 1:30 - 3pm.

The beginner Welsh group has given people the opportunity to learn basic Welsh. The group has learned basic Welsh words for day to day objects, the national anthem and how to form sentences. The group meets every Tuesday afternoon from 1:30pm - 3pm.



Gorwelion newydd canolfan iechyd meddwl a lles emositnol

Gorwelion newydd celf a chreffft dydd mercher 2pm tan 4pm canolfan aberdar

Mwynhad I bawb

Dysgyu gwahanol sgiliau

Curdd a phobl newydd a chymde' thash

Croeso I bob iefel sgiliau



## dyfyniad gan aelod o'r grŵp

Ymunais a'r grwp cymraeg tua thri mis yn ol.

Doeddwn i ddim yn gwybod beth i'w ddisgwyl ond dwi wedi dysgu cymaint!

Yr i'd dosbarth yn wirioneddol unchafbwynt fyn wythnos.

Mae wedi aifgreu fy angerdd a brwdfrydedd dros cymraeg ac yr iaith gymraeg.

Mae natalie yn athrawes wych!

Ar wahan i'r budd i'm dysgw Cymaeg.

Dwc'i wedi gwedd yn uniongyrchol y budd i ddefnyddwyl gwasanaeth.

Y dosbarth hwn - dwi'n si wy bod y lleill wedi'u darparu yn New Horizons yn witioneddol deulu - darparu llediad i'r thai sydd ei angen I dderbyn y gefnogaeth anthisiadwy sy'n ofgynnol.

ni allaf ddiolch yn ddigon New Horizons am ganiatau imi gael y fraint i fod yn than o hyn ac i fod yn dyst i'r gwaith gwych rydych chi'n ei wneud.

### Y Don – The tune

Rwyn eistedd yma yn gwrando ar y radio

Tapio fy hbroed l’r curiad

Gwyllo alawon yn mynd trwy fy mhen

Bopping l ffwrdd l’r cwriad cyflym

Dyma fin cena l’r gan

Ddim mewn tiwn ond pwysy’n poeni din ond fi

Teimior rhythm trwy fy hgorff ac enaid

Gwneud imi deimlo fy mod l’n cerdded ar yr awyr



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### Diwrned yn y gwanwyn - Springless in spring

Dw i'n

Pysgota yn y glaw

Mae'r defnyrnaun cwympo o'r dewisi'r pwll

Mae'r pysgod yn nofio ac yn tasgu ar y cyrs

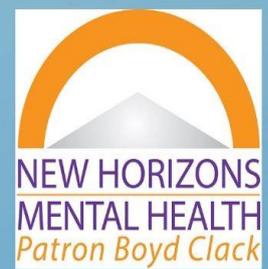
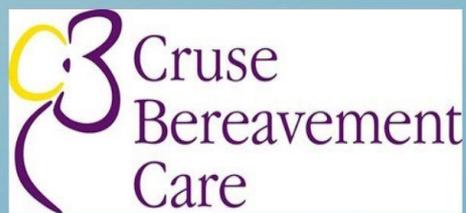
crafang y lffantod a rhybum y brogaod

mae'r natur yn fyn yn gyffredind

rwy'n gweld hwyaid bach yn nofio ac yn chwarae

mae'r ddiwrnod heddych ion yn y gwarwyn





# CRUSE

COFFEE MORNING

## DROP IN

Come and meet with bereavement supporters and have a cup of tea or coffee, and a slice of cake and biscuits

Meeting every 3rd Tuesday of the month 10am - 1pm

at:

New Horizons  
16 Dean Street  
Aberdare  
CF44 7BN

Contact 01685 881113 for more information



## **New Horizons Mental Health CIO**

**We are inviting applications to join the Management Committee.**

Are you a strategic thinker who is committed to improving the lives of people experiencing mental health issues living in Cwm Taf?

New Horizons offers a wide range of support services for people along their mental health recovery journey. This includes; the Recovery College, peer support, volunteering opportunities and social & leisure activities.

If you are looking for an opportunity to contribute to the local community then why not join our Board of Trustees? Your initial commitment must be for three hours once a month. **We particularly welcome applicants with an interest in mental health issues as well as skills in fundraising, HR, financial management and/or legal rights.**

Applicants will work with fellow Board members and the Director to shape our vision and direction, developments and promoting our support services for people living with mental health issues across RCT.

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For further information please email-  
[janet.whiteman@newhorizons-mentalhealth.co.uk](mailto:janet.whiteman@newhorizons-mentalhealth.co.uk) or  
[Chair@newhorizons-mentalhealth.co.uk](mailto:Chair@newhorizons-mentalhealth.co.uk)