

Summer 2010

New Horizons - Mental health & emotional wellbeing centre

Past Events

Over the past 3 months New Horizons have been pleased to have mental health awareness raising stalls in Darren Las, Perthcelyn and Fernhill Communities First Centres and the Diabetes Peer Support conference. Well done to all those involved for the success of the events.

- Saturday 27th March- Fundraising music event at the plough, a big thanks to all that took part the event was a huge success raising £1400. Members have enjoyed informative talks from fire service, South Wales Police, Gamblers Anonymous, Friends R Us and Communities 2.0 on digital story telling. If you wish to tell your digital story please contact the centre for the next workshop date.

Dates for your Diary

The centre is running two new groups

- Tuesday 11:30-1:00 Gardening
- Wednesday 1-3 Drama please feel free to come along
- Thursday 8th July- New Horizons Summer Disco at Elliots Aberdare, please see staff to put your name down
- Wednesday 14th July- Diabetes Self Management Course please contact the centre to book your place.
- Thursday 12th August- New Horizons summer trip to Tenby.

Welcome

Firstly thanks to everyone for their patience and commitment to New Horizons during 2009-2010 in what has undoubtedly been a year of change. In particular members who have been so positive and enthusiastic about these

changes. We are now back in a stable position and are looking forward to the future. We are taking the culture of the organisation back to its' roots of service user involvement and empowerment. We are very keen to expand our partnership working with both statutory and voluntary sector organisations and to consider new opportunities for developing the organisation in the future.



Progress since October -

- Financially we are working to a realistic budget and all expenditure is being carefully considered. Funding for 2010-11 has been confirmed at the same level as last year.
- A review of staffing levels was undertaken resulting unfortunately in three posts being made voluntarily redundant. This is not having an impact on our services.
- A new Director has been appointed from April - Janet Whiteman.
- Discussions have been held with the owners of Cardiff Street to look at options for future use.
- A very successful fundraising evening was held and raised just over £1,400. The monies raised are being used to buy new equipment for the music and cookery groups. Future events are being planned.
- Numbers of people using the Aberdare continue to increase with one day seeing 44 people using the Centre which resulted in standing room only. Numbers of people applying to be volunteers has also increased.
- Members are undertaking fundraising activities to raise money to purchase sports equipment.
- Self help groups facilitated by members have been being set up with staff available to support when necessary.



Rhondda Cynon Taff
Iechyd, Gofal Cymdeithasol a Lles
Health, Social Care & Well-being
Rhondda Cynon Taff



STRONG HERITAGE | STRONG FUTURE
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NEW HORIZONS
Mental Health & Emotional Wellbeing Resource Centre

- Training courses are being run in drama and assertiveness training as well as IT, cookery, music and art .A support group for men has also been set up.
- The internet cafe is now on both the ground floor (in the drop in) and the first floor. Increasing numbers of service users and volunteers are involved in this now. Members have also volunteered to participate in digital story telling for the website. A members' forum for the website and the newsletter have been set up to ensure that these are targeted at members' needs.
- In the Rhondda alternative premises have been secured for the Ton Pentre project. A date for completion has yet to be agreed. In the meantime transport continues to be provided for Rhondda members to access the Aberdare Centre on a Thursday and members are welcome to make their own way to the centre on other days.
- The centres in Llantrisant and Pentre continue to keep busy and the Manager will be holding an open day for the Llantrisant Centre to raise awareness of the services on offer at this Centre.

Our future plans include-

- A planning away day will be held on 28th September for all to look at our achievements to date and to plan for the next three years. Please come to this day as we would like your views.
- The University of Glamorgan 'Mental Health Service User Involvement in Research Group' will be holding a survey on our website asking members to identify what you see should be the priorities for their future research.
- A jointly run support group for women is being started with the Caradog Unit in June.

I am looking forward to our away day to discuss what you see as the priorities for the future and to also reflect on how far we have come since the doors of the organisation opened fifteen years ago in 1995.

Phil Gillard
Chair

New Horizon Outreach Centres

Llantrisant Outreach

Our Outreach, which moved to the Caerlan Hall in Llantrisant a year or so ago, has welcomed a steady flow of new members over that period.

We meet every Friday, and the centre provides a friendly welcome, a cup of tea and coffee and a chance to chat with others suffering with Mental health Issues. We enjoy a variety of activities, from Crosswords and Bingo through to Arts and Crafts. Lately, we have made some lovely cushion covers and T shirts- creating personal designs with fabric paints.

Pentre House

Our Pentre House Outreach, in the Rhondda Valley, is very well established and is attended every Tuesday by twenty plus members.

We provide the same friendly welcome, cup of tea or coffee and chance to chat, as our other centres.

There is a billiard table, for those who like to play, and we are very lucky to be able to share Pentre Houses' garden, especially when the weather is nice. Otherwise we do a variety of activities, including Art and Craft projects, Cross words and Bingo. Lately we have been painting some very pretty Garden Pots ready for the summer.

i If you want to help us to produce the next newsletter or just contribute an article, give us some feedback or want to see specific articles in the next newsletter please get in touch. Either post it to us at New Horizons, 44-49 Cardiff Street, Aberdare, CF44 7DG or email it to us at: newhorizons2001@btconnect.com
Tel: 01685 881113, Fax: 01685 877253.

Volunteer of the Year

Name: Janet Griffiths

Age: (Optional) 43 ½

Sex: Female

Why they started volunteering:

I starting volunteering because it gives me a reason to get out of bed each day.



How long you're been volunteering/and what volunteering do you do:

I have been a volunteering for eight years. Started with teas and coffee and now I am time banking on reception.

What do you gain from volunteering / and what's your biggest volunteering achievement so far:

I gained loads of courses out of volunteering also became volunteer of the year and own my own place, and meeting all new friends which I love very much.

Hobbies & interests:

Volunteering is my biggest interest, walking my dog & watching T.V.

What are your goals for the future?

Well I hope that I will be able to go back to work and I am doing a university course from home, to talk in the community to people about the stigma against mental health.

i 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.

Volunteering Opportunities

New Horizons offer a wide variety of Voluntary roles within its centres from helping in our Drop-in facilities with peer support to facilitating groups, web-site support, and fundraising plus much more. Those who volunteer with us receive training and support in their voluntary role. Volunteering can make a difference in anyone's life as giving time to help others will not only boost you confidence, it could also help with your career. Please contact: Tracy Thomas on 01685 881113 for more information.

Mental Health Support

The team at www.mentalhealthsupport.co.uk have been working hard to keep the site up to date with the latest news, what's on and job vacancies.

Great opportunities are available for Volunteers: learn to research and write articles and stories, source images or take photographs, provide technical IT support to the web-site co-ordinator, share IT skills with other contributors. We are always looking for new volunteers to help run the website so if you are interested please get in touch with one of the team.

A website focus group has now started and meets up every month. Digital Story telling is a big hit, with members creating their own stories. And a reminder what you can find on the site: discuss latest issues with other forum members, chat online in the chat room with other users, sign up for newsletters, check out the latest news on mental health advice and find local/national mental health organisations and check out the latest blogs. If you haven't already done so check it out at www.mentalhealthsupport.co.uk

Mouthwatering Recipes

Prawn Cocktail

Mayonnaise and Tomato
Puree - Stir Well
Defrost Prawns in Cold Water
for ½ hour to hour.

Mix and serve
by Nigel Bennett

Liver and Onions

Chop in Onions, Fry in butter
Cook Liver at 200 Celsius
Oven bake in foil for 25 Mins
Drain Juice from onions over liver



Fry onions until piping hot
Add boiled potatoes
Cook and Serve - Enjoy!
by Nigel Bennett

Apple Crumble

Peel and chop apples
Oven Proof Dish
3 Ounces Sugar - Sprinkle
over Apples
3 Ounces Marge
4 Ounces Flour Plain - Rub
together with Marge to make
bread crumbs
5 K in 3 Ounces of Sugar
Bake
Sprinkle Sugar on top - Enjoy!
by Nigel Bennett

Members Statement of Support

"I have been using this service since 2005, and in that time I have grown immensely in character and well being. I am a sufferer of Bipolar Affective Disorder and have in the past abused Drugs and Alcohol to an extent it severely affected my mental health leading to several hospital admissions. I have also had many suicide attempts behind me and feel lucky to be alive. My confidence and lust for life were severely affected and my life was a complete mess. I had no real outlook left on life and you could say had given up. I was referred to CBT by my GP and from there was advised to check out New Horizons which I did.

I was welcomed into the Horizons community immediately and although having virtually no confidence in myself I started taking part in their activities. I was later offered a volunteer position which I took and began my journey to recovery. In my time at New Horizons I have led various courses using my life skills. The courses included were German Language, Creative writing, Men's Group, Self Help Groups, Action Policy and research group. I have also undergone various

training which I gladly took the opportunity to take part in. I have attained a Health and Hygiene certificate, Listening Skills, Chairing and managing meetings. I have done various other self development courses during my time at New Horizons and have immensely built my Character. I am a success in my eyes, and through the dedication of staff volunteers and service users alike I have a new found vigor for life. I will be attending college later this year to take part in a counseling skills course and hopefully upon passing the exam would like to take it further and develop my skills helping others who have come from a similar background to me.

I will always have Bipolar but without New Horizons I may not have been here today otherwise. I would also like to take this opportunity to say a massive thank you to the staff volunteers and service users alike for helping me develop to a somewhat kind of normality, and for keeping me alive when I thought nothing else mattered but dying. You showed me a way back to life."

Mike Olson

Fire Brigade visit to New Horizons

I recently attended the fire talk session I learnt a lot from this meeting. The fire crew explained many issues regarding how serious and quickly fire is able to spread. I also enjoyed the DVD that was shown-they showed many basic intervention skills were shown so all who attended were left understanding and reassured on safety and what to do if a fire ever occurred. Thank You to all the crew/fore brigade staff for attending.

After the talk members signed up to have new electric deep fat fryers with a safety device to cut the power to the deep fat fryer if necessary. Members were very pleased with their free Kenwood fryer.

By Vince Mckendley

How you can help us

How you can help us:

Making a one-off donation

There are several ways to make a one-off donation to New Horizons. Don't forget that if you're a UK taxpayer, you can add 28% to your donation without it costing you more, through the Gift Aid Scheme:

Donate online at:

www.justgiving.co.uk/newhorizons

Donate by Post with a cheque (payable to New Horizons).

Send it to:

New Horizons

44 - 49 Cardiff Street

Aberdare

CF44 7DG