

Summer 2011

New Horizons - Mental health & emotional wellbeing centre

## Dates for your Diary

### August

**Friday 5th August- Sunday 7th August**  
the Big Bite at Ynys Angharad Park, come along and visit the New Horizons stall, see the music group play (Friday provisionally), learn how to use the mental health support website and learn more about the Rhondda centre (Sunday).

**Tuesday 9th August**  
4.00pm come to New Horizons Aberdare and meet Bernadine Rees the Cwm Taf LHB Director for Primary Care and Mental Health Division and discuss with her the benefits of you attending New Horizons

**Thursday 11th August**  
New Horizons has a stall at the Rhondda Housing Association annual summer fayre.

### September

**Monday 5th September**  
12:00pm at Merthyr Tydfil Rugby Club Mental Health consultation on Adult Mental Health Services (will include discussions on the closure of St Tydfils hospital)

**Tuesday 6th September**  
6:00pm at Aberdare Girls School Mental Health consultation on Adult Mental Health Services (will include discussions on the closure of St Tydfils hospital)

**Thursday 8th September**  
Positive Steps (taster session) 10.00am - 12:30pm at New Horizons Course offering a positive journey towards increased confidence and well-being through creative learning. To book a place on this course call Maria Abson (Interlink) on 01443 846200  
**October: AGM 17th October at 5pm**

## Welcome

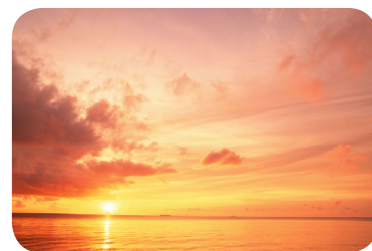
As always New Horizons would like to thank you for taking the time to read the newsletter, keeping up with the events at the centre and your continued support. We are pleased to announce that 2011 has so far been a year of growth within the organisation, we have now re-opened and relocated our Rhondda centre to Apple Tree Stores, opened outreaches in Hirwaun and Bryncynon and run a weekly outreach project in partnership with Rhondda Housing Association. We have also extended the amount of partner agencies we are working with and have continued to work closely with the partner agencies we have already formed working relationships with (please see page 2 for the Directors report on partnership working and to find out what partner agencies now offer services in Aberdare.

## Members Statement

What can I say, one word sums them up "wonderful".

October 2010, I found myself jobless no where to turn the future unpromising I was really feeling at my lowest.

My previous role in employment had seen myself accompanying a young person to New Horizons, they always had lots to chat about after their visit to the centre on what activities they had been involved in throughout the day, and how they felt as part of the organisation. So curiosity.....I took the decision to approach New Horizons in Aberdare, when I found my self in this really sad episode in my life. They made me feel so welcome, from the day I set foot into the building, seeing and understanding from what the youngster had said was all that! Before I knew it no more feeling sorry for my self, I was enjoying the attention and the positive vibes



learning new skills, New Horizons were producing making me feel I am somebody "somebody needs me"!! The confidence boost I needed came from New Horizons.

So with many new skills, a positive attitude to life, I felt I was ready to jump back into the world searching for the job I craved.

I found the perfect job, the interview I had was the best ever, the confidence rush on the day made me feel so great about myself, I couldn't have achieved without the support of New Horizons. 'Go check out New Horizons' I did..I'm so glad I did'.

Thank You New Horizons Aberdare.



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



STRONG HERITAGE | STRONG FUTURE  
**RHONDDA CYNON TAF**  
TREFTADAETH GADARN | DYFODOL SICR



**NEW HORIZONS**  
Mental Health & Emotional Wellbeing Resource Centre

# Increased partnership working

New Horizons Mental Health one stop shop  
I am really pleased to confirm that there are now seventeen partner organisations offering services from our Aberdare base. The partners include statutory sector and local & national third sector organisations.  
The range of services now being provided includes -

- activities (including music, gardening and arts & crafts)
- bereavement support
- carers' support
- counselling
- housing advice
- peer support
- physical health including peer support
- training
- volunteering opportunities
- vocational support
- welfare rights advice

The UK charity Beat Cymru are also helping to start an eating disorder peer support group here as well as possibly basing their local office later this year.

The 'added value' of this partnership arrangement is that New Horizons can offer a holistic service and as the partner organisations are easily accessible to service users it will help to help to improve the recovery journey. This partnership project illustrates how 'no one sector alone can make the real differences necessary to improve the quality of life or achieve what many people want. Welsh Assembly Government 2008 strategy document 'Designed to Add Value-a Strategic Direction for 'the Third Sector in Supporting Health & Social Care.

If you would like further information on any of the services please contact Natalie, Tracey or Kristy.

Janet Whiteman  
Director

**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.

# New Horizons Community Mental Health One Stop Shop

## Directory of Services

- Activities (Including -IT, art & craft, gardening and music) New Horizons.
- Carers- The RCT carers support group (First Wednesday of every month 11-1).
- Communities First- Bryncynon The Strategy confidence building and stress management courses (Wednesday 9:30-3:30).
- Counselling - Eye to Eye, FADS , Merthyr & the Valleys' Mind and Relate
- Housing advice- Gofal (once a fortnight on a Monday).
- Peer Support -Beat Cymru (summer 2011)
- Diabetes peer support (once a month on a Saturday), Mental Health Foundation (provide support to the self help group on a Friday) and MDF Bipolar group (Second Monday of every Month).
- Physical health & well being- Mentro Allan Walking group (Physical activity every Wednesday, Thursday and Friday) and New Horizons' British Heart Foundation healthy living courses (when advertised).
- Service user involvement- New Horizons.
- Socialisation in a 'safe' place- New Horizons Aberdare and outreach projects
- Support -New Horizons (Monday- Thursday 11:00-6:00), Friday- Saturday 11-4:30) and Platform 51 (Monday - Friday 9-5).
- Training -NVQ - Coleg Morganwg (Thursday) and Bryncynon - The Strategy (Wednesday).
- Volunteering-New Horizons.
- Vocational support including return to work skills- Elite (Wednesday) and Merthyr Tydfil College (Monday-Friday).
- Welfare rights advice CAB - Mountain Ash (Friday 11-2) and Pontypridd (Monday 11-1).

**FADS**  
A Family Service

**mind**  
Merthyr and the Valley Minds

**relate**  
the relationship people

**beat**  
beating eating disorders

**girls and women at heart**

**ELITE**  
Supported Employment Agency Ltd

**MDF**  
the Bipolar Organisation Cymru

**cyngor ar bopeth**  
**citizens advice bureau**

**Mental Health Foundation**

**The Strategy**  
BRYNCYNON. A COMMUNITY IN ACTION



# Visits to New Horizons

## Dr Chris Jones Visits New Horizons Aberdare



The Chair of Cwm Taf Local Health Board, Dr Chris Jones, visited New Horizons Mental Health Resource Centre in Aberdare on March 17th 2011.

The visit was to inform Dr Jones of the range of services that New Horizons currently offers to people who are experiencing mental health problems in RCT. The Chair (Mr Phil Gillard), Vice Chair (Mrs Gill Malpas) and trustee Mrs Delia Powell gave Dr Jones an overview of the services that the charity offers including opportunities to access -

- Training courses eg confidence rebuilding & stress management
- Advice and information from partner agencies eg CAB and Gofal,
- Volunteering with New Horizons and other community organisations
- Social and leisure activities
- Signposting to counselling from partner organisations

Dr Jones spoke to a number of service users who explained why they access New Horizons Services. Mr Gillard explained that services are provided across RCT and on average fifty people a day use the services of New Horizons and confirmed that a new outreach project is about to open in the Rhondda - Apple Tree Stores in Dinas. During the visit Dr Jones gave his ongoing support for the charity and stated that he would help the organisation where it may be feasible.

Gill Malpas said after the visit-  
“Everyone was pleased to welcome Dr Chris Jones when he came to visit us at New Horizons on March 17th. We were all impressed with the interest and enthusiasm he showed toward our organisation.

He took a tour of the building, spoke to members about their involvement with New Horizons, and showed great interest in the music and art groups that were taking place whilst he was there.

Most impressive was his obvious passion and support for local charities, which made his visit both enjoyable and informative and which gives us reason to look forward to meeting with him again at some point in the future”

## Congratulations

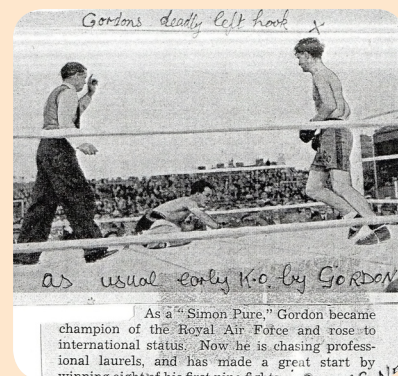
To Tracy James on gaining employment with Merthyr Mind.

To Natasha Lewis on gaining employment in Admiral in Cardiff.

To Sarah Davies, Laura Williams, Helen Hughes, Natasha Lewis, Gerald Evans, Michelle Stead, Carol Edmunds, Tracy James and Kristy Davies for completing Mental Health First Aid Training

To volunteer Kay Jones for developing “The New You” group. The group is a fashion group concentrating on helping build peoples self esteem and confidence and has grown form strength to strength. The group takes place every other Monday 1:30-3:00 at New Horizons Aberdare, the next group is on 18th July feel free to come along.

**Member Gordon Davies Boxing for the army.** Gordon has recently been offered a publishing deal for his autobiography which he is currently writing. This will be Gordon's fourth published book as he is an accomplished poet.



## Gardening Group



Our lovely 'Gardening Group' started on a lovely sunny Thursday afternoon.

We had the joy of company of Merthyr College, seven wonderful young students who were full of joy and wit. Not forgetting the company of Tracey, New Horizons member of staff, and our own 'Garden Queen'

What have I learnt from this lovely group?

It has given me the knowledge to grow my own vegetables and beautiful flowers in my own garden, shared by my threes ready to learn grandchildren.

KJ - New Horizons Gardening Group Member (July 2011)



## Volunteering Opportunities

New Horizons offer a wide variety of Voluntary roles within its centres from helping in our Drop-in facilities, reception duties, 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 your 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](http://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 in-house volunteers and virtual volunteers: learn to research, 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 week. 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](http://www.mentalhealthsupport.co.uk)

## Mouthwatering Recipes

### Mince Beans

#### Ingredients

1lb mince

1 large onion

1 tin of baked beans

#### Method

Cut the onion into small bits

Fry the mince and onions together until brown

Drain off the fat

Add the beans and simmer for no more than 5 minutes

Eat on its own or with some bread and butter.

### Shortcake Biscuits

#### Ingredients

1/2lb butter

4 oz icing sugar 4oz cornflour

1/4 tsp salt

Method: Beat butter and icing sugar until light and fluffy, add cornflour and salt. Press into toffee tin and roll firmly with rolling pin. Prick with fork to base of tin

Cook for 40 minutes Gas Mark 4

Sprinkle with castor sugar while hot and cut into fingers and allow to cool in tin.



# Official Opening of Apple Tree Stores Dinas, Rhondda

New Horizons opened its' outreach centre at Appletree Stores Dinas on the 7th April 2011. New Horizons was privileged to have not only our Patron, the celebrated actor and scriptwriter Boyd Clack present, but also the Deputy Mayor Cllr Jones and Dr Richard Quirke from Cwm Taf Local Health Board. They both made a short speech with Boyd cutting the ribbon to officially announce the new outreach centre opened.

Over thirty people attended from a range of organisations including the statutory and voluntary sector. It was an enjoyable day - one when we could look forward to the future in a positive way- but it was also one which accentuated the serious issues that we are trying to address by the opening of this new centre - that of providing support for those in the community trying to live everyday with mental health issues.



The new outreach centre will provide a much needed service in the Rhondda area. We will initially provide an open-door facility, allowing adults in the area who have mental health issues; a safe place to socialise, access to support and information & advice from partner organisations. There will be various craft and other activities on offer and we will be offering a variety of training and self-help courses. New Horizons will be in working closely partnership with other organisations in the area to provide these services.

The Centre is now open on Monday, Wednesday and Thursday from 9am-4pm

For further details about the Apple Tree Stores please contact:  
Alison Williams on 01443- 681881

## Local MP Visits Apple Tree Stores

On Friday the 20th May 2011 the MP for the Rhondda Chris Bryant visited New Horizons' recently opened outreach project at Apple Tree Stores in Dinas. During his visit Mr Bryant showed a keen interest in the work that New Horizons is doing at the centre including providing support and information to adults experiencing mental health issues as well as signposting to partner organisations including CAB and Gofal.

The activities available at Apple Tree Stores currently include arts and crafts and music. A range of self-help courses in confidence re building and assertiveness training will also soon be up and running.

The Apple Tree Stores Centre is open on a Monday, Wednesday and Thursday from 9am-4pm and is located in front of the Miners' Rescue building.



There will be a very warm welcome for anyone experiencing mental health issues who would like to access this service.

## Members Corner

In conjunction with national volunteer week New Horizons had their own celebrations at the Aberdare centre on Thursday 9th June to acknowledge and thank the volunteers for all their hard work and achievements throughout the year. During the celebrations Tracy Thomas (who has coordinated the volunteers during the last year) and Gill Malpas (vice chair of the management committee) presented the volunteers who were able to make the event with certificates to acknowledge their contribution to New Horizons. During the celebrations the William Jones



volunteer of the year award was awarded to Kelly Ann Gomer.

William Jones was both a member and volunteer of New Horizons for many years, unfortunately William suddenly passed away and his family wished to leave a lasting legacy of William who was a dear friend to all who attended the centre so the William Jones volunteer award was developed. Kelly achieved this award for her outstanding contribution and dedication to New Horizons as voted for annually by the members. After the celebrations volunteers enjoyed a beautiful buffet and socialized with one another.

## Volunteer Of The Year Kelly Ann

**An Interview About Her Volunteering Achievements (As Told To Dianne Hipkiss)**

Name: Kelly-Ann Gomer

Age: 32 - Sex: Female



**Why did you start volunteering?**

I started volunteering to meet other people, to keep myself busy and to help other people who are sometimes unable to do things for themselves.

**How long have you been volunteering for, what centres do you volunteer in and what tasks do you do?**

I have been volunteering at New Horizons Aberdare for 9 years, making teas and coffees, helping keep the centre clean and tidy and also socialise with people who are often lonely. I have also recently started volunteering at the New Horizons outreach centre in Llantrisant

**What do you gain from volunteering and what is your biggest volunteering achievement so far?**

I gain new skills as I get to go on courses and I enjoy meeting new people who I would not meet if it wasn't for volunteering. My biggest achievement is gaining the award of volunteer of the year and getting my own trophy.

**What are your other hobbies and interests?**

Playing pool, Watching T.V., bingo, Karate and Music

**What are your goals for the future?**

To continue volunteering and get a job in the future.

## 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](http://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