

Summer 2012

New Horizons - Mental Health & Emotional Wellbeing Resource Centre

Dates for your Diary Training & Activities

- Thursday 16th August
Open Day 2pm- 4pm
- Monday 24th September
1pm- 3pm (Aberdare
Centre) Basic Skills
- Monday 24th September
5pm AGM (Aberdare
Centre)
- Tuesday 25th
September 9:30am-
3pm (Aberdare Centre)
Money Management
Skills
- Wednesday 26th
September 9:30am-3pm
(Apple Tree Stores,
Rhondda) Money
Management Skills
- September/October
date TBC "Walk and
Talk" group (Aberdare
Centre)
- "Walk and Talk date
TBC (Apple Tree Stores,
Rhondda)
- Confidence Building
date TBC (Apple Tree
Stores, Rhondda)
- October 8th - 13th RCT
World Mental Health
Week

Please contact the centre where the course is taking place should you wish to attend.

Welcome

Welcome to our summer newsletter.

Since April New Horizons has seen many positive changes to the way we work including - introducing the Recovery Star project (see overleaf for more information), we have relocated our Aberdare Resource Centre and offices and opened a new outreach centre in Mountain Ash at The Providence Church.

See below and over leaf for service users' reactions to the new service and premises.

New premises

The Aberdare centre moved at the end of May from Cardiff Street and is based at 16 Dean Street in the town centre.

The Resource Centre consists of two floors, the ground floor has a large room where all the groups and activities take place, to the side of the reception area there is a 1:1 interview room for assessments (this room is also available for hire). There is also a small kitchen for people to have refreshments and two toilets (one with disabled access). Our Internet Cafe is also located here and is made up of four computers with internet access which can be accessed during 'safe space' hours. The upstairs of the building can be accessed through a separate door and is used as office space and has a large training room.



Members quotes about the building

"The special layout is inviting with a separate room for privacy if needed. As a volunteer of the craft group we have been given space to display our work for sale and show the talent of our members"-SD

"I like the new building it has more warmth and when there is a good few members together its great that we can sit down and chat (during safe space). I also like the different days because there's always something going on"- JG



STRONG HERITAGE | STRONG FUTURE
RHONDDA CYNON TAF
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Recovery Star Project

The recovery star was formatted and developed by the triangle consulting and mental health provider's forum to monitor the progress using a chart which is formulated like a star.

The Recovery Star Project helps our members to monitor their progress, target areas for development and to maintain an active control of their lives. It also helps us to monitor our progress and to keep us at the cusp of excellence in providing quality support for our members. The Plans also include details of what services our members can expect from New Horizons and partner agencies and any gaps in services.



The service can be accessed via self referral or a referral from a GP, Community Mental Health Team or a mental health professional. To self refer you need to feel you are suffering from a mental health condition and need help with aspects of your life. You will then be invited by a key worker to a 1:1 assessment which generally takes about an hour. During this hour the key worker will ask you a number of questions relating to areas in your life such as relationships, managing mental health and social networks you then plot your own answers which will formulate the star, this looks at the person holistically (as a whole) and indicates areas in which the person needs support. The key worker and the person will then formulate goals to help them with these areas and have 3 monthly reviews to check on progress. These assessments then help New Horizons to deliver service user led groups, courses and activities to suit our member's needs and to aid in recovery. If you think you are eligible for

the star project or would like more information please call the centre you wish to use (Cynon or Rhondda).

Quotes on the Recovery Star Project

"I think the Recovery Star Project is very good - the reason being it gives you goals to reach and a new outlook in life. The centre makes a big difference now as we are more motivated and we gain more confidence and self worth" - KJ,DE,DH & JH

"The star project is helpful to see on paper your progression, it's the first time I have felt completely supported in my recovery. The building is bright airy and friendly it's easier to mix with other people rather than our group being on its own. There is always someone to help in the form of staff or a volunteer- The Caradog Group.

Support Iwan Griffiths

Iwan Griffiths will be running Cardiff Half Marathon 2012 for New Horizons on 14th October. You can help him raise money for New Horizons by visiting www.justgiving.com/iwanhgriffiths



Mental Health Support

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 and virtual volunteers to help run the website so if you are interested please get in touch with one of the team. If you haven't already done so check it out at www.mentalhealthsupport.co.uk

For all projects

10am-1pm Recovery Star, Project 1:1 support, 1pm - 4pm Activities, Groups, Training and Safe Space

Cynon
16 Dean Street
10am - 4pm
Every Tuesday, Thursday & Friday
Providence Chapel
Mountain Ash
10am - 4pm
Every Monday

Rhondda
Apple Tree Stores, Dinas
10am - 4pm
Every Wednesday, Thursday & Friday
&
Pentre House, Pentre
(next to St.Peters Church)
10am - 4pm
Every Tuesday

Volunteer
led peer support
group Fridays
1pm - 4pm
St.Lleurwg's Church
Hirwaun.