

TOG Mind Newsletter

See what's going on at your local Mind.



“Stalybridge at Dusk”

Get to know your Gadget!

Learn more about our new tech support session aimed at helping people feel confident and connected with their technology.

Fantastic Fundraising Results

We are always grateful for the terrific work our fundraisers do. Including updates about some of last month's fundraisers!

Volunteer Week 2023

A chance to recognise the contributions volunteers make to our communities and say thank you for all of their hard work.

**June 2023
Issue #10**

 **mind** Tameside, Oldham and Glossop



Meet the Team!



My name is Gemma Cooper and I've been asked to provide a bio of myself for our newsletter, so here I am!

I work as a Project Manager in the Community Development team, I oversee the Peer Support Project, Social Prescribing and the Wellbeing Hub alongside the amazing coordinators and volunteers.

I started at TOG Mind 3 years ago as a Peer Support Coordinator. Joining during Covid was an experience to say the least—the project I joined had a 400% increase in referrals and was busy! One positive from this time is that covid really gave people the chance to say they were struggling when previously they may have struggled to ask for support. During this time I

worked closely with a team of lived experience volunteers and their dedication and commitment was inspiring, we could not have reached the amount of people we did without their support.

I have been lucky enough to see these volunteers develop and several are now my colleagues.

I'm extremely passionate about the value of lived experience and what this brings to the service. In the role I am now in I continue to champion this and as an organisation we strive to hear everyone and develop our services. I am part of the Lived Experience Panel and I would love to say more about this, but I am limited on space... But if you want to find out more please do contact me for a chat! :)



Name:

Gemma Cooper

Role:

Community Development Project Manager

Favourite Animal

Elephant

Years with org:

3 years

Favourite part of role:

Speaking to different people every day and seeing the development in volunteers

Join our Lived Experience Panel

Do you have 1.5 hours to spare once every 3 months?

Would you like to make a difference within your community, have your say, and help with:

- Consultation on service design & delivery
- Sharing your insight & experiences to influence service strategy and governance
- Offer feedback to support service development



For more information - please contact **Caroline** or **Gemma** on **0161 330 9223** or email wellbeinghub@togmind.org.

Get to know your Gadget!

Do you own a mobile phone, laptop, or tablet but aren't sure exactly what you can do with it? Have you ever wanted to access YouTube or make a WhatsApp group but wouldn't know where to start? Would you like to learn how to get the most out of your devices and the internet?

Our **FREE** fortnightly group for **Tameside Residents** offers 1-1 support from our staff and volunteers in an open group setting with you and other attendees.

Get to know your Gadget is all about helping individuals to learn about and make the most of their tech devices. We can support you to navigate a new device, help with installing and using apps, support you to find new means to connect to others, support you in securing your device with strong passwords or help you to learn new ways to acquire or develop hobbies.

As with all our Wellbeing Hub sessions, free tea and coffee is available throughout, there isn't a limit to the number of sessions you can attend, and there is no pressure to join for the full 2 hours or turn up at 10am.

This is a drop-in service, and you are welcome to call in at any time between 10am and 12pm.



If you would like to attend one of these sessions, please come to our Wellbeing Hub, in our Ashton premises:

**Tameside, Oldham and
Glossop Mind**
216 – 218 Katherine Street
Ashton-under-Lyne
OL6 7AS

Alternatively, [click here](#) to learn more about our wellbeing hub.



For more information email:

wellbeinghub@togmind.org

or call **0161 330 9223** and ask to speak to Caroline.

Complete our Community Hive Word Scramble!

Our Youth in Mind team have developed an interactive word scramble.
Can you decipher the words below?

COMMUNITY HIVE WORD SCRAMBLE

FLSE EMTSEE

MOCUNIATIONM

LEWBELIGN

POUPSRT

Submit your solutions to our Youth in Mind team by
messaging them on Instagram! ([click here to visit](#))

Youth
in mind



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Fantastic Fundraising Results!



Following on from last month's fundraising update we're so happy to feedback and let everyone know how successful *Joanne, Jeni, Sola Collective* and *Mindful Movements* were in fundraising for Tameside, Oldham and Glossop Mind.

People who fundraise for us really do make a difference in the lives of local people, helping to remove stigma around seeking support, generating funds to develop our work further and perhaps most important of all - helping people understand that help is available if they need it, local to them.

Joanne and Jeni with the support of friends and family managed to raise an incredible £2000 for TOG Mind with their fantastic fundraising evening in memory of Andrew Ives.

The work and dedication put in to making the night a huge success hasn't gone unnoticed and we are hugely appreciative of the support.



The students at Manchester University also managed to organise two wonderful events celebrating mental health and wellbeing, encouraging conversations and highlighting local support available, whilst a great time was had by all attending. Collectively they managed to raise a fabulous £897!

Massive thanks to MMU, Sola Collective (pictured above in the banner) and Mindful Moments (pictured left) – It was a pleasure to once again work with students from MMU and of course, the University themselves.

If you are interested in supporting your local mental health charity with a fundraising activity - no matter how big or small, please feel free to contact **Jason** at: fundraising@togmind.org for support and advice.

Click here to visit the fundraising section of our website.



Educational Offer

Fundraising Pack

Thrillseeking

Challenges

Charity of the Year

Run your own event



Volunteers' Week 2023

Volunteers Week takes place 1 - 7 June every year.

It's a chance to recognise the fantastic contribution volunteers make to our communities and say thank you.

Volunteers' Week is supported and celebrated by small grassroots organisations as well as larger charities.

Together they run hundreds of activities across the UK, which showcase and celebrate volunteers and their contribution to our communities.

Volunteers' Week 2023 is a time to celebrate and inspire. Aiming to highlight that our diversity is our strength, show that there's more than one way to volunteer and encourage people to be the change that we want to see.

Volunteers are always active at the heart of every UK community. So taking the time during Volunteers' Week to celebrate and recognise their efforts and all they contribute to our local communities, the voluntary sector and society as a whole have never been more important.

#VolunteersWeek

GET INVOLVED

Calendar of Events
Month of June 2023

All Month Long — Pride Month

All Month Long — International Men's Mental Health Month

- | | | |
|-----------|---|---------------------------------|
| 1—7th | - | Volunteer's week |
| 5—11th | - | Carer's week |
| 12th | - | Race Unity day |
| 13th—19th | - | International Men's Health week |
| 18th | - | Father's day |
| 22nd | - | Windrush day |



Arc Arts for Wellbeing

unlocking creativity, transforming lives

Would you like to:

- Relax
- Develop confidence
- Feel less isolated
- Build self esteem
- Be creative

Arc's Arts for Wellbeing programme is for Stockport, Oldham and Tameside residents and can be accessed virtually or face-to-face.

All creative abilities are welcome.

All of our courses are free of charge.

To find out more, please contact our referrals team at referrals@arc-centre.org or call us on **0161 474 1462**. More information and a referral form can be found on our website www.Arc-Centre.org/

**"It's a life changing place!
What happens here spills out
into your whole world"**

Arc participant



NHS
Stockport
Clinical Commissioning Group

The Henry Smith
Charity
founded in 1888

GMCA GREATER
MANCHESTER
COMBINED
AUTHORITY

 **COMMUNITY
FUND**

Creative Corner!

Every month our creative corner will highlight some of the fantastic work our staff / volunteers / clients create!



Phantasmagoria Visit

As part of our Wednesday Community Connections sessions (from a few weeks ago) we were fortunate to host the wonderful team from Phantasmagoria and some of their quirky creations!

To find out more, [click here to view their Facebook page.](#)

Activities Timetable Week.1



| | | |
|-----------|---|---|
| Monday | B 11am - 1:00pm Yoga | |
| Tuesday | 10am - 12pm Next Steps (Over 60's) | 4pm - 6pm Autism Peer Support Group (T.A.I.M) |
| Wednesday | 10am - 12pm Community Connections | 3pm - 8pm Young People Services (8-18yrs) |
| Thursday | 10am - 12pm Chi Ball Meditation (coming soon) | 2pm - 4pm Arts & Crafts |
| Friday | B 10am - 12pm Creative Writing | 1:30pm - 3:30pm Healing Through Arts (Referral Only) |

For more information or to book, please contact Caroline at wellbeinghub@togmind.org or call 0161 330 9223.

B : These sessions require booking to attend

What's on for Wellbeing

The first week of June starts on **Week 1**, alternating between **Week 1** and **Week 2** as it goes.

Our Wellbeing Hub operates from our Ashton Wellbeing Centre, this service is **FREE** and available to adults (**18+**) living in the **Tameside** and **Glossop** area.

For more info, call **0161 330 9223**.

Mind
Tameside,
Oldham
and Glossop

Activities Timetable Week.2



| | | |
|-----------|---|---|
| Monday | B 11am - 1:00pm Yoga | |
| Tuesday | 10am - 12pm Next Steps (Over 60's) | 2pm - 4pm Bob in for a Brew |
| Wednesday | 10am - 12pm Community Connections | 11am - 1pm Walk & Talk |
| Thursday | 10am - 12pm Get to know your Gadget | 2pm - 4pm Arts & Crafts |
| Friday | B 10am - 12pm Creative Writing | 1:30pm - 3:30pm Healing Through Arts (Referral Only) |

For more information or to book, please contact Caroline at wellbeinghub@togmind.org or call 0161 330 9223.

B : These sessions require booking to attend

Get in touch!

Here you will be able to find contact and address information for Tameside, Oldham & Glossop Mind:

Ashton Office

216-218 Katherine Street

Ashton-under-Lyne

OL6 7AS

Oldham Office

19-25 Union Street

Oldham

OL1 1HA

Phone: 0161 330 9223

Email: office@togmind.org

Emergency Numbers

We have a list of phone numbers you can contact should you find yourself in an emergency and you're not sure where to turn for support.

Carer's Centre - 0161 342 3344

Anxiety UK - 08444 775 774

Citizen's Advice - 0161 342 5005

PAPYRUS - 0800 068 41 41

Depression Alliance - 0845 123 2320

CALM - 0800 58 58 58

Mindline TransPlus+ - 0300 330 5468

NSPCC - 080 800 5000

Adult Social Services Oldham - 0161 770 1122

