

# TOG Mind Newsletter

See what's going on at your local Mind.

Image Credit: The Vegan Queens at Oldham Pride 2022



## Celebrating Local Pride 2023

TOG Mind will be supporting both Tameside and Oldham Pride in July this year, if you're taking part, stop by and say hello!

## Next Steps — Social Group

Our Wellbeing Hub offers a space for adults aged over 50+ in Tameside a safe, warm space to meet others and learn new things

## South Asian Heritage Month 2023

SAHM runs from 18th July to the 17th August and seeks to commemorate, mark, and celebrate South Asian cultures and histories.

July 2023  
Issue #11

 mind Tameside, Oldham and Glossop





# Meet the Team!



**H**ello readers! My name is *Andrew Stevens*. I've been tasked with providing a bio for myself for our newsletter, so here I am!

Where do I start? Well... I currently work as a Adult Counselling Service Manager for Tameside Mind. I am responsible for the counsellors in training for the area and I'm passionate about providing the best counselling services in this region.

I started at TOG Mind almost 4 years ago as a counsellor returning back to my roots after 7 years working with children and families. I have many years working as a counselling manager and I've witnessed many changes over the years. The one constant is my passion and drive is in empowering people to change what is not working for them. The other drive I have is

helping Transpeople to reach their full potential in what can be a very challenging pathway to self actualisation.

As part of my journey I have had an interesting career firstly, in the prison service where I accompanied Harold Shipman on his first court appearance. To working closely with those struggling with substance misuse and working closely with children and families to overcome adversity. So far it's been amazing to work for TOG Mind who focus on good mental health and wellbeing for all empowering their staff and the community to reach out for help.

We've achieved so much in such a short space of time, and I'm excited to see what's next for us, not just in terms of training but for the organisation as a whole!



## Name:

Andrew Stevens

## Role:

Adult Counselling Service Manager (Tameside)

## Fun Facts About Me!

- ⇒ I love driving super cars!
- ⇒ I enjoy art, particularly drawing portraits
- ⇒ I'm a big fan of watching psychological thrillers

## Rose of Lancaster - Rise to the Challenge!

This month we are celebrating the fantastic fundraising effort from *Ant and the team* at the Rose of Lancaster in Chadderton. Over the course of the last 12 months through amazing support from the local community, the team have managed to raise a whopping **£7563.64** for Tameside, Oldham and Glossop Mind.

From weekly football cards to animated snail racing, everyone involved went above and beyond to help raise funds for local mental health and wellbeing support. *Landlord Anthony Walton* said:

*"We have an amazing community here and we all really recognise how important mental health support is for people. So many we know have been affected over the last couple of years and it's great to know local support is out there for people who need it".*

Here at TOG Mind we are hugely appreciative of the efforts from everyone at the Rose of Lancaster in supporting the charity, with fundraising and donations helping make a real difference locally for children, young people and adults.

If you are interested in supporting TOG Mind with a donation or fundraising activity, please contact *Jason* by emailing: **[fundraising@togmind.org](mailto:fundraising@togmind.org)** or by calling us on **0161 330 9223**.

**Massive thanks to Ant, the team and patrons at Rose of Lancaster, Chadderton!**



# Next Steps Social Group



Our Next Steps group is a social group aimed at adults **over the age of 50 living in the Tameside area** where we provide a safe warm space with free tea, coffee, and coming very soon, TOAST!

From week to week, we offer a variety of activities to get involved with, including Jigsaws, Brain Teasers, Painting, Crafting, Knitting, Gardening & Seed Growing. We're also open to suggestions from our attendees of what they'd like to get involved with, and love to include the ideas our volunteers bring to the sessions.

## Our Next Steps group aims to:

- Reduce isolation
- Help others feel more connected to peers
- Give participants a safe environment with free hot drinks and a snack
- Offer a routine, and something to look forward to
- Provide a chance to learn new things and meeting new people

On the first Tuesday of every month, we have Helen (a qualified yoga teacher) who comes to deliver an ability appropriate session, she says: *"It's very rewarding to work with older adults because yoga helps maintain mobility, strength, and independence. And the group members always seem to really enjoy the savasana (relaxation) at the end!"*

The Wellbeing Hub provides the perfect environment to give local over 50's a chance to participate in a planned activity, or just enjoy having a brew and a natter with peers.

If you are, or you know someone, aged 50+ living in the Tameside area and would like to join us, please call in to our Ashton Premises:

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

**Any time between 10am – 12pm on a Tuesday morning.**



For more information email:  
[wellbeinghub@togmind.org](mailto:wellbeinghub@togmind.org)

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



# Celebrate South Asian Heritage Month with TOG Mind!

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South Asian Heritage Month runs from 18th July to the 17th of August and seeks to commemorate, mark and celebrate South Asian cultures and histories, particularly the intertwined histories of the UK and South Asian communities and how South Asian cultures are present throughout the UK.

The theme for 2023 is **'Stories to**

**Tell'** and Tameside, Oldham and Glossop Mind will be celebrating throughout the month with a range of activities and opportunities for the public to get involved in. At both our Oldham and Ashton offices, TOG Mind will have a pop up gallery exhibition of South Asian hand painted artwork **'A Journey Through the Story of Asian Cinema'**, with members of the public encouraged to visit the exhibition and contribute by telling their story.

Abdul Shakoor who works with TOG Mind and sits on our Equality, Diversity and Inclusion panel said 'Celebrating South Asian stories and lives is so very important.

Our diversity here at TOG Mind is very similar to the wonderful diversity we see within our local communities and through story telling and connecting we can better support these communities around all aspects of health and wellbeing.'



Interviews with TOG Mind staff around South Asian culture, mental health, wellbeing and stigma will also be shared throughout the month across social media channels along with celebrating people's stories from across the world! There's even South Asian *'lunch and learn'* sessions planned for our staff and volunteers that will be filmed and made available to the public.

For anyone wishing to find out more about our celebrations or get involved, please contact *Jason* at our office on **0161 330 9223** or email: **marketing@togmind.org**



# Free Hot Drinks

(Tameside Residents Only)

As part of our wellbeing hub sessions we are pleased to be able to provide all attendees with **FREE** hot and cold drinks (with the occasional biscuit).

If you would like to leave a donation towards the upkeep of our supplies, then please use the donation tin situated next to the water urn in the Hub.



**Calendar of Events**  
 Month of July 2023

**All Month Long — Disability Pride Month**

**All Month Long — South Asian Heritage Month**

**14th** - International non-binary people's day

**15th** - Tameside Pride

**21st—23rd** - Oldham Pride

**25th** - National Schizophrenia Awareness day



# Complete our Community Hive Wordsearch!

Our Children, Young People and Families team have put together a wordsearch themed around Affirmation. Can you find all *seven* words?

## COMMUNITY HIVE "I AM..." AFFIRMATION WORDSEARCH

e	i	n	s	p	i	r	e	d
y	a	u	n	i	q	u	e	m
l	l	m	c	e	i	a	b	h
o	s	o	a	b	d	b	r	a
v	e	t	i	z	n	i	a	p
e	b	u	r	b	i	a	v	p
d	a	l	o	l	k	n	e	y
s	t	r	o	n	g	b	g	m

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





# PRIDE 2023!

July is home to two of our local pride events, both Tameside Pride and Oldham Pride will be happening this month.

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*Tameside, Oldham & Glossop are proud to announce that we will be attending both events.  
If you're attending, please drop by and say hello!*

## Tameside Pride

**Saturday 15th July at Cheetham's Park in Stalybridge**  
**12pm - 5pm**

The day-time free-to-all event will be held in Cheetham's Park, Stalybridge. There will be a market with stalls from a range of LGBT+ supportive organisations, a big stage with acts throughout the afternoon, a kids playground, and a food/refreshment area.

Want to help support our local community?  
Donate, attend the fundraisers, and get involved!

Tameside Pride intends to promote LGBT+ equality and inclusion within Tameside bringing the community together to celebrate diversity and put the Proud back in Pride. In 2023 the focus will primarily be on the mental health and wellbeing within the LGBT+ community in Tameside and the surrounding areas.



[Click here to learn more at their website.](#)

## Oldham Pride

**21st to 23rd July at Queen Elizabeth Hall in Oldham**  
**12pm - 6pm**

Oldham Pride this year takes place over the course of 3 days, with each day offering a different selection of things!

### Friday 21st July

Pre-pride party at The George Tavern from 8pm, including cabaret and games.

### Saturday 22nd July

The Pride Parade starts at noon and will travel through the town centre to Queen Elizabeth Hall where there will be community stalls, a youth event, and a main stage cabaret until 7pm.

### Sunday 23rd July

Pride finale including a family picnic in Alexandra Park (1pm–3pm) and a Pride Service at 6pm at Oldham Parish Church.

[Click here to visit Oldham Pride's Facebook.](#)

**WE ARE OWL EQUAL**

**Oldham Pride**  
**21-23 July 2023**  
**Free event!**

**Friday 21 July**  
Pre-Pride party at The George Tavern from 8pm, including cabaret and games.

**Saturday 22 July**  
The Pride Parade starts at noon and will travel through the town centre to Queen Elizabeth Hall where there will be community stalls, a youth event and a main stage cabaret until 7pm.

**Sunday 23 July**  
Pride finale including a family picnic in Alexandra Park (1pm-3pm) and a Pride Service at 6pm at Oldham Parish Church.

Find out more on the Oldham Pride Facebook page #welong #oldhampride



# Work With Us!

## Vacancies with Tameside, Oldham and Glossop Mind

 Tameside, Oldham and Glossop

### We're hiring!

Children, Young People  
& Families Service

#### Take 5 - Project Manager

Hours: 36 hrs\*

Salary: £30,664.64

\*8am-8pm This role includes at least 1 late shift



#### Summary of Main Duties and Responsibilities

We are looking for a Project Manager to inspire and motivate our practitioners and volunteers, bringing a positive and pro-active approach to the role.

The successful applicant will have excellent leadership qualities and come with a person centred approach which enables our clients to feel heard valued and build trusting relationships when they come to Take 5.

#### Title:

Take 5 - Project Manager

#### Hours:

36 hours\*

\*(8am-8pm this role includes at least 1 late shift)

#### Contract:

Permanent

#### Based in:

Oldham

#### Salary:

£30,664.64

We are a flexible and fast-moving charity delivering mental health services across part of Greater Manchester. Our aim is to continue to provide the best quality local mental health services in prevention, early intervention and primary care; alongside empowering individuals and our communities to live well. We offer various services across the community and to individuals aiming to improve wellbeing and raise awareness around the importance of mental health support.

#### Title:

#Thrive - Project Manager

#### Hours:

25 hours\*

\*(8am-8pm this role includes 2 late shifts)

#### Contract:

Permanent

#### Based in:

Heywood

#### Salary:

£21,294.89 (actual salary)

 Tameside, Oldham and Glossop

### We're hiring!

Children, Young People  
& Families Service

#### #Thrive Project Manager

Hours: 25 hrs\*

Salary: £21,294.89 (actual)

\*8am-8pm this role includes 2 late shifts



#### Summary of Main Duties and Responsibilities

The Project Manager we are looking for will provide strong leadership skills and have experience working in a multi-agency partnership where their alignment of values is a priority.

Full job brochures and more information are available through our website.

**Please click here to learn more** and to apply for any of the roles we have available.



# Wellbeing Hub - Summer Open Day!

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Come along to our open day and find out about **EVERYTHING** on offer from our Tameside Wellbeing Hub on:



**Friday 18th August**  
**10am - 2pm**

Find us at:

**TOG Mind**  
**Wellbeing Hub**  
**216 - 218 Katherine St.**  
**Ashton, OL6 7AS**

Join us for a day of fun, food, and activities at our Wellbeing Hub.

**This offer is exclusively for Tameside residents 18+.**

Come along and meet our team of Staff and Volunteers, find out about sessions you can access, volunteer opportunities, and our 1-1 Peer Support Project.

Participate in some taster sessions such as Creative Writing and Yoga, as well as creative activities to get involved in throughout the day and a fun quiz to end it all!

**SAVE THE DATE!**

**18th**  
**August**

**10am:** Creative Writing Taster

**11am:** Mindfulness / Yoga Taster

**12pm:** Chi Ball

**1pm:** Hub Quiz!



# Creative Corner!

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

There was a fair lady  
called Sian  
Who acts like she was  
born in a barn  
Who is teaching a lesson  
But she called it a  
session  
And she burnt toast and  
set of the alarm.



This month, our Creative Writing group have been writing their own limericks!

A limerick poem is a type of poem where the first, second and fifth lines have the same rhyme and rhythm. The third and fourth lines within a limerick will rhyme too!

Limericks poems are usually fun poems designed with humour, but that doesn't always have to be the case. They are sometimes read quite quickly, and the final line is designed to make people laugh.

If you'd like to explore your creative writing skills, or maybe wouldn't know where to start but would like to try, call in to our group which runs every **Friday 10am – 12pm**.

There one was a kid called  
Ben  
Who learned how to count  
up to ten  
He used his fingers and  
toes  
And sometimes his nose  
But wasn't quicker than  
big sister Jen.



There was a writer called  
Sian  
Who thought she could  
teach a good yarn  
She applied to TOG Mind  
She was all they could  
find  
They mistakenly thought:  
what's the harm.



## Creative Writing

# 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](mailto: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

