

TOG Mind Newsletter

See what's going on at your local Mind.

Image Credit: Our Annual Organisational Away Day for 2023.

Our varied teams from across TOG Mind came together recently to explore our values, build connections, set goals and get to know each other better.



Thank you to Co-op in Royton

We received an incredibly generous community donation of £150 from a local co-op. This donation will help support our young people services.

Join our Lived Experience Panel!

A Lived Experience Panel (LEP) offers the opportunity to help shape the design and development of the TOG Mind services.

Become a Board Trustee

At TOG Mind we're on the lookout for exceptional individuals to join our board of trustees. This isn't your run-of-the-mill gig.

October 2023
Issue #14

 mind Tameside, Oldham and Glossop

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Meet the Team!



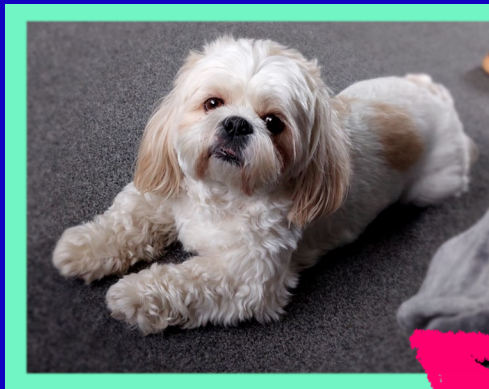
Hello readers! My name is Vikki. I've been asked to provide a bio for myself for our newsletter, so here it is!

My journey at TOG Mind started just over a year ago, I had worked as a TA in primary schools for many years and naturally fell in to supporting young people with their emotional wellbeing, especially as I had my own personal experiences when I was in school. As well as supporting in the classroom I ran Nurture groups, self esteem workshops and I trained in Lego Therapy.

Back in December 2021 I decided that I wanted to support young people full time with their emotional wellbeing and I made the decision to leave education and try something new, it was a really big change which I was both nervous and excited about it. I was fortunate to be given the role at TOG Mind as a CYP Practitioner for the Community

Hive Project in Ashton and I began this role in January 2022, there was so much training and new things to learn I was really excited and passionate about the project, everyone was so welcoming and supportive and I finally felt I was doing something that was really making a difference to young people.

Fast forward a year I am now the Project Manager for the **Community Hive** service and I am extremely proud of the service the team and I are delivering to support young people and their family's here at TOG.



Name:

Vikki

Role:

Community Hive
Project Manager

Fun Facts About Me!

- ⇒ My favourite colour is purple
- ⇒ I support Manchester United
- ⇒ I **love** LEGO
- ⇒ I enjoy Mindful Colouring
- ⇒ Marvel movies are my favourite
- ⇒ I have a dog called Harley Bear who gives the best cuddles!

Super Students from St. Peter's Primary School



A huge thanks to the fantastic students and staff at *St. Peter's C.E. Primary School* for their fundraising efforts, raising a terrific **£229!**

We managed to catch up with them recently after the summer holidays! Every penny makes a difference for local people.

If you or your school / organisation / business would like to try fundraising, there's loads of ways to get started!

Our website has resources and information available on how to tailor your fundraising adventure to you!

[Click here to learn more about Fundraising at our website.](#)

Or, gives us a ring on **0161 330 9223** or email us at fundraising@togmind.org.

Training with TOG (Mind)

Learning & Development Training Courses

We had a busy couple of weeks at the start of September, delivering Mental Health Training to over 210 staff members at the local manufacturing factory, Amann Threads, Ashton. We delivered Mental Health Awareness sessions to over 170 employees and Managers Supporting Mental Health sessions to over 40 Managers. We have had some amazing feedback!

“Thank you Leanne. Great 3 hours, it flew by! 5 stars!”

“The course taught us that mental health is just as important as physical health. The trainer was able to give credible examples & answers for all scenarios and questions. Very well presented, taught us a lot.”

“This training helped me to recognise in myself and others when my mental health is not at its best and what to do about it.”

We are going back to Amann Threads to deliver MHFA sessions to staff in the future!

Fun Fact: Amann Threads manufacture the yellow thread used in Doc Martins, the threads used in UK Passports, the thread used in car leather interior stitching (chairs and steering wheels) and the thread used in car airbags and aeroplane seatbelts!! And it is all manufactured round the corner from us!

To book training with us or for more info about the courses we offer, please email training@togmind.org.



The Menopause Project

To celebrate World Menopause Day, we are attending Whitworth Art Gallery's 'Creative Menopause' event on **Wednesday 18th October 2023**.

This event enables you to get creative about your menopause journey with a range of drop-in activities:

- **Collage**
- **Mindful Art**
- **Drawing**
- **Zumba**

The workshops will be drop-in from 11-1pm in the morning and 2 - 4pm in the afternoon.

The Mind in Greater Manchester team are delivering one of our 90-minute Mindfulness and Relaxation for Menopause taster sessions. [More information about our Menopause Project can be found online.](#)

To book a place, click here to visit Eventbrite.

In addition to the creative workshops and Mindfulness session, we will also be attending with a stall to provide more information about the Menopause and to promote our project and the Menopause courses we offer, alongside other stalls, including Dr Zoe Hodson from Manchester Menopause Hive.

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Join our Lived Experience Panel

We want **YOU** to have **YOUR** say!



What is a Lived Experience Panel?

A Lived Experience Panel (LEP) offers the opportunity to help shape the design and development of the TOG Mind services.

We want people who have experience of Mental Health difficulties and accessing support / services from our organisation, using your voice to help form our offer.



TOG Mind wants to use a combined approach to improve and develop all aspects, ensuring all clients, volunteers and staff can contribute their experiences and knowledge.

Our panel meets on the last Friday every 3 months with **free** hot drinks and a light lunch provided.

Our next session will be taking place Friday 6th October at 12:30 - 2pm at our Wellbeing Hub in Ashton.

If you would like to become a part of our panel and help shape TOG Mind's future, please email us at:

wellbeinghub@togmind.org

For more information on the above, email:

wellbeinghub@togmind.org

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

Thank you Co-op Royton!

A massive thanks to Co-op in Royton for their generous donation! Donations like these help to support our services and enable us to make them the best they can be for the community!

Victoria from our Children, Young People and Families department met with the Royton Co-op store manager and member pioneers to receive a community donation of **£150!**

These funds will go towards supplies for our weekly Craft & Create drop-in sessions for young people in Oldham.



Calendar of Events

Month of October 2023

Black History Month

- | | |
|-------------|---|
| 8—14 | - International OCD Awareness week |
| 10th | - World Mental Health day |
| 11th | - National Coming Out day |
| 18th | - World Menopause day |
| 21st | - Show Racism the Red Card |
| 26th | - Intersex Awareness day |

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★ Join Our Team as a Board Trustee! ★

Do you crave a challenge that's anything but boring? Are you ready to break down barriers and make a meaningful impact on your community? If you're nodding your head read on, because this opportunity is anything but typical.

At Tameside, Oldham & Glossop Mind we're on the lookout for exceptional individuals to join our board of trustees. But let's forget about the stuffy, formal descriptions for a moment. This isn't your run-of-the-mill gig.

It's an opportunity to be a superhero in disguise, making a real difference in people's lives.

Why choose to be a Trustee with us?

Challenge Potential	We promise it won't be boring or scary. Instead, it's a chance to flex your skills, tackle real-world issues, and make an impact.
Accessible & Funny	We're all about keeping it real. No fancy jargon or masks here. Just genuine people, doing good things, and sharing a laugh along the way.
People Focused	Our charity is all about people – the ones we help and the ones who help us. If you're passionate about making lives better, you'll fit right in.
On Brand	We're proud of what we do, and our values are at the core of everything we stand for.
Commitment Details	Of course, we're all about commitment, but we also value your time. We'll give you the lowdown on what's expected and the impact you can make.

Ready to be a part of something bigger? **Visit our website by clicking here** to learn more about us, our values, and why we do what we do.

Join us in making a positive change! Apply now and be the hero you were meant to be.

Click here to learn more about applying to become a Trustee!

Work With Us!

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Vacancies with Tameside, Oldham and Glossop Mind

 Tameside, Oldham and Glossop

We're hiring!

Community
Development

Volunteer Manager

Hours: 30 hrs

Salary: £25,521.60

(FTE: £30,644.64)



Brief Summary of Role:

In your role as Volunteer Manager, you will work as part of the Community Development Team and you will be responsible for establishing an effective cross-organisation approach to our volunteer opportunities including recruitment, induction, training, support and recognition.

Being the initial point of contact for volunteers looking to take up a volunteering role and engaging with volunteers to ensure a positive experience... and more.

Title:

Community Development
Volunteer Manager

Hours:

30 hours

Contract:

Permanent

Based in:

Ashton or Oldham offices

Salary:

£25,521.60

(FTE: £30,644.64)

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:

Women's Health & Wellbeing
Project Manager

Hours:

36 hours

Contract:

Permanent

Based in:

Ashton or Oldham Office &
supporting services across GM

Salary:

£30,628.73

 Tameside, Oldham and Glossop

Women's Health
and Wellbeing

Project Manager

Hours: 36 hours

Salary: £30,628.73

We're hiring!



Brief description of role:

This project focuses on supporting individuals experiencing Peri-menopause or Menopausal symptoms and how to deal with them.

You will be responsible for Project managing the GM Menopause Project and be responsible for monitoring of KPI's, linking with Stakeholders, SME's, and attendees.

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.

Community Corner!

Our community corner showcases some of the fantastic work our staff / volunteers / clients get up to!



A big thank you to Change, Grow, Live Tameside for hosting Caroline recently as part of their September "Recovery Month".

We were able to deliver a beginners guide to origami, and demonstrated how this simple technique of paper folding can help to focus the mind and calm the body.

Connect with us!

Our Social Media Channels:



: Facebook



: Instagram



: Twitter



: LinkedIn



: TOG Mind Website



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

Children's Social Services Oldham - 0161 770 3730

