

# TOG Mind Newsletter

See what's going on at your local Mind.

**Image Credit:** A walk and talk session, taken by Caroline from the TOG Mind Wellbeing Hub.



A big thank you to everyone for all of the spooktacular pumpkin submissions into our Families in Mind competition. Choosing a winner wasn't easy.

The award for best pumpkins goes to Leo and Luca.

**Congratulations!!**

## **P.E.E.R.S Group**

A chance to receive support, or support others! A new group to talk openly with others who understand and may share similar experiences.

## **Training Success**

Our Training team have been hard at work delivering mental health training to local businesses across Tameside and Oldham.

## **A Movement for Good!**

Please consider nominating Tameside, Oldham and Glossop Mind for us to be in with a chance of winning £1000!

**November 2023  
Issue #15**

 **mind** Tameside, Oldham and Glossop

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# Meet the Team!



**H**ello readers! My name is Chris. 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 the Peer Support Volunteer Coordinator.

My involvement with TOG Mind began as a Peer Support Volunteer, where I had the incredible opportunity to connect with and support individuals facing mental health challenges. My firsthand experience in this role allowed me to witness the transformative power of peer support, which inspired me to take my commitment a step further.

Driven by my passion for making a positive impact, I transitioned to become first a Peer Support Worker for SAFE Tameside then a Peer Coach on the Neighbourhood Mental Health

Team. In this role, I provided personalized support and guidance to individuals within the community, helping them navigate their mental health journeys and achieve their wellness goals.

As the Peer Support Volunteer Coordinator at TOG Mind, I am honoured to guide and empower a team of dedicated volunteers who share the same commitment to helping others as I do. Together, we strive to create a welcoming and nurturing environment where individuals can find the support and encouragement, they need to overcome obstacles, develop coping strategies, and ultimately lead fulfilling lives.

When I'm not busy working with our amazing volunteers, I volunteer myself as a youth worker in Gorton on Saturday evenings. Or you can find me at the print making studio.

**Name:**

Chris

**Role:**

**Peer Support Project  
Coordinator**

**Fun Facts About Me!**

- ⇒ I recently qualified as a yoga instructor
- ⇒ I used to manage Gandalf's pub! (Ian McKellen owns a pub called The Grapes in London)
- ⇒ I am proficient in sheep midwifery



**I got to learn how to handle my anxiety better.**



— Peer Support Project Client



**It meant a lot to be able to make a difference to someone else.**



— Peer Support Project Client

**Click here to learn more about our Peer Support Project.**

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# P.E.E.R.S Group

## Fridays from 1pm - 2:30pm



**A chance to receive support, or support others!**

Starting as a fortnightly session, our P.E.E.R.S Group (**P**eople **E**nsuring **E**veryone **R**eceives **S**upport) is a peer-led group for **Tameside** adults who have accessed or are accessing our *Counselling, Peer Support, or Wellbeing services*.

It's a place to attend to sit and talk openly with others who understand and have been there. With lived experience facilitators we offer a chance to check-in, bring to the group what you would like to discuss, and an option to leave topics in the suggestion box for the group to discuss at the next meeting.



**Planned dates for the rest of 2023:**

- **November: 10th & 24th**
- **December: 8th**

For more information on the above, email:

**[wellbeinghub@togmind.org](mailto:wellbeinghub@togmind.org)**

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

## Training Success!

This month we have delivered Mental Health Training at B2W Group and Positive Steps. The B2W Group consists of Back2Work Complete Training and Just IT and together they have trained and supported tens of thousands of people, making a positive difference in people's lives and communities.

The B2W Group provide forward-thinking recruitment and training solutions made available through various streams of government funding.

Positive Steps is a charitable trust that delivers a range of targeted and integrated services for young people, adults and families. Attendees from both sessions have provided really positive feedback and are already looking to book in their next training courses!

*Please click here to learn more about Training with TOG Mind.*

**We look forward to working with them again very soon!**



## Calendar of Events

Month of November 2023

### November

- |                    |  |
|--------------------|--|
| <b>1st</b>         | <b>- Stress Awareness day</b>                      |
| <b>9th</b>         | <b>- Social Media Kindness day</b>                 |
| <b>13th - 19th</b> | <b>- Transgender Awareness week</b>                |
| <b>20th</b>        | <b>- Transgender day of Remembrance</b>            |
| <b>25th</b>        | <b>- White Ribbon day (violence against women)</b> |
| <b>26th</b>        | <b>- Intersex Awareness day</b>                    |

# A Movement for Good – Support TOG Mind

At the **Benefact Group**, charitable giving is at the heart of what they do – and has been for over 135 years. They are an international family of specialist financial services companies that give all available profits to charity and good causes.

The Movement for Good Awards is their annual programme of giving and this year they'll be giving over £1million to charities and good causes – **with your help**.

Please consider nominating **Tameside, Oldham and Glossop Mind** for us to be in with a chance of winning **£1000!**

It'll only take you 1 minute and could help your local mental health charity (TOG Mind). The more nominations a charity gets, the greater their chances of winning, so please **spread the word!**



In aid of  
**mind**  
Tameside,  
Oldham  
and Glossop

Please take one minute  
to nominate us  
for £1,000!



**Please click here to visit the nomination page.**

The deadline for nominations is **17th December 2023.**



**Thank You!**

## TOG Mind signs up to Easyfundraising.org.uk

Did you know you can support Tameside, Oldham and Glossop Mind without it costing you time or money?

Launched in 2005, a community of over 2 million supporters have raised over £42 million for thousands of causes across the U.K.

**Turn your daily shopping into every day magic!**

Shop through [easyfundraising.org.uk](https://easyfundraising.org.uk) and see your favourite brands donate to the cause you care about whenever you shop with them – it's really that simple but would help us massively!

easyfundraising is the UK's biggest charity shopping site

Launched in 2005, our community of over 2 million supporters have raised over £42 million for thousands of causes across the U.K.



 Amazon Up to £10.00 donation	 eBay Up to 0.50% donation	 Argos Up to 3.00% donation	
 JUST EAT Up to 2.00% donation	 Marks and Spencer Up to 3.00% donation	 Tesco Groceries Up to £3.50 donation	

easyfundraising partners with over 7,000 brands who will donate part of what you spend to a cause of your choice.

**It won't cost you any extra. The cost is covered by the brand.**

**Please consider signing up today.**

# Work With Us!

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## Vacancies with Tameside, Oldham and Glossop Mind

 Tameside, Oldham and Glossop

**Community  
Development**

**Peer Coach**

**Hours: 18 hours**

**Salary: £10,202.40\***

**\*FTE: £20,404,80**

**We're hiring!**



**Title:**

Community Development  
**Peer Coach**

**Hours:**

18 hours

**Contract:**

Permanent

**Based in:**

Oldham

**Salary:**

£10,202.40

**(FTE: £20,404.80)**

**Brief description of role:**

For this role we are looking for people who have lived experience of mental ill health either through their own experience or supporting another and would like to take the step in supporting people within their own community.

This service delivers one-to-one peer support to adults in Oldham who are experiencing mental health difficulties. Our aim is to use coaching and mentoring techniques to support people to improve their mental health and wellbeing whilst reducing loneliness and isolation.

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:**

Children and Young People  
**Counsellor**

**Hours:**

Full and Part time available

**Contract:**

Fixed Term March 2024

**Based in:**

Oldham

**Salary:**

£27,449.14

(full time equivalent)

**We're hiring!**

**CYP Counsellor**

**Hours: Full and part time hours available  
including evenings**

**Based in: Oldham**

**Salary: £27,449.14 Full Time Equivalent**

**Some of the main duties and responsibilities:**

- Undertaking client consultations meeting with parents, teachers and children to assess suitability for the service.
- To provide one-to-one Counselling working within a time limited framework.
- Able to work flexibly to deliver sessions outside of education hours during school holidays



**Youth  
in mind**

**Work with an  
award winning  
mental health  
charity.**

**Apply today!**

 Tameside, Oldham and Glossop

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!



Thank you for everyone who got involved with our  
**“Fancy Dress If You Fancy It”**  
 Tameside Autism in Mind Halloween session!

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](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

Children's Social Services Oldham - 0161 770 3730

