

# TOG Mind Newsletter

See what's going on at your local Mind.



#### **A fantastic volunteer event!**

We recently held an event celebrating all of our fantastic volunteers and the wonderful work they do to support us.

#### **Families in Mind**

Our Families in Mind service has had a fancy new rebrand, take a look at some of our new materials and learn more about the service.

#### **Help us grow!**

We have been fortunate enough to acquire an allotment space for 2024, can you support us with developing our community plot?

**December 2023  
Issue #16**

 **mind** Tameside, Oldham and Glossop

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# Meet the Team!



Hi, my name is Leanne and I have been asked to write a little something about me to introduce myself in our newsletter.

I started at TOG Mind at the start of May 2023 as the **Learning & Development Project Manager**. The role is quite diverse, which I enjoy as no two days are the same! Over the past couple of months I have been busy creating course content and delivering external bespoke training, creating social media content for our *#TrainingTuesday* posts (be sure to follow us on social media if you aren't already!), and working collaboratively with our team and the Mind in Greater Manchester partners, supporting the funded *'Menopause Project'*.

Following a 10-year career as a Head of Year and Secondary School Teacher, I am looking forward to this next chapter of

my life - learning new skills, expanding my knowledge and working in a more relaxed atmosphere with new and exciting challenges – although I am still unsure about giving up all of those teacher holidays!

Seeing first-hand, in my previous role in school, just how much mental health impacts everyone (adults and young people), and how easily it is masked every single day my aim for our external training is to raise awareness of mental ill health and provide more people and workplaces with the toolkit to best support family, friends, and colleagues with their mental health.

The past couple of months have been a whirlwind, and as my colleagues keep telling me, it feels like I have already been here for years... in a good way! I am keen to see what else this new role has in store for me!

## Name:

Leanne

## Role:

**Learning & Development  
Project Manager**

## Fun Facts About Me!

- ⇒ I have 2 dogs – Georgie (Best) and Ole (Gunnar Solskjaer) – can you guess which team my husband supports...
- ⇒ I am OBSESSED with Florida – Universal Studios and Disney parks all day every day! We try to make sure we go at least every 2-3 years!
- ⇒ My family are my world – they even came on my honeymoon with me!!!

## TOG Mind signs up to [Easyfundraising.org.uk](https://www.easyfundraising.org.uk)

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 UK.

amazon.co.uk Amazon Up to £13.00 donation	ebay eBay Up to 0.50% donation	Argos Argos Up to 3.00% donation	JOHN LEWIS & PARTNER John Lewis & Partners Up to 5.00% donation
JUST EAT JUST EAT Up to 2.00% donation	M&S Marks and Spencer Up to 3.00% donation	TESCO Tesco Groceries Up to £3.00 donation	Etsy Etsy Up to 1.00% donation

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.



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

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

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

**[Please consider signing up today.](https://www.easyfundraising.org.uk)**

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# TOG Mind Volunteer Celebration Event!

On Saturday 18th November at the 4C Centre in Ashton-under-Lyne, staff from across all of our services came together to host a thank you celebration event for all of our wonderful volunteers across the entirety of TOG Mind.

As an organisation we are very aware how vital volunteers are to the running of our services - and we couldn't accomplish the incredible work we have so far without their amazing support.



The event consisted of:

- A thank you speech from our CEO, Jenny Higson
- A creative activity for everyone to get involved with, which is soon to become a display piece in one of our newly renovated rooms (pictured below)
- Stories and experiences shared by our volunteers talking about their journey
- A delicious homemade chicken and vegetable curry, courtesy of Anna from [Wellbeing Improvement Fitness Initiative & Catering Service North West](#)

And beautiful handmade thank-you gifts as a token of our appreciation!



# A Movement for Good – Support TOG Mind

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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.



Deadline for nominations is  
**17th December.**

**Thank You!**

## Calendar of Events

Month of December 2023

- |             |                                      |
|-------------|--------------------------------------|
| <b>3rd</b>  | <b>- Day of Disabled Persons</b>     |
| <b>5th</b>  | <b>- International Volunteer day</b> |
| <b>7th</b>  | <b>- Christmas Jumper day</b>        |
| <b>23rd</b> | <b>- Night of the Radishes</b>       |
| <b>25th</b> | <b>- Christmas day</b>               |
| <b>26th</b> | <b>- Boxing day</b>                  |
| <b>31st</b> | <b>- New Year's Eve</b>              |

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# Families in Mind

 mind  
Tameside,  
Oldham  
and Glossop

A mental health and wellbeing service for families

We can support your family with:

- Conflict
- Connection
- Boundaries
- Communication
- Family Roles

**Where** Various locations across Tameside, Oldham, and Glossop.

**Next Steps** Here's how to get in touch:  
 - Call: 0161 330 9223  
 - Email: [familiesinmind@togmind.org](mailto:familiesinmind@togmind.org)

**Tameside, Oldham & Glossop Mind**

- We are a trusted service designed to help families navigate moderate conflict / challenges.
- Working together to support all members of the family



[togmind.org/youth-mind](https://togmind.org/youth-mind)

Registered Charity Number: 1123549

Registered Company Number: 6340472



# Families in Mind

 mind  
Tameside,  
Oldham  
and Glossop

A mental health and wellbeing service for families.

## What is Families in Mind?

Families are diverse, unique, and special. At times, challenges do arise that make things difficult in the family; conflict and struggles happen. Families in Mind is a service that can support your family through this, helping you navigate these moderate conflicts and/or experiences.

## Is this the right service for your family?

- Our aim is to empower families. With our support your family can:**
- Set family goals and work together
  - Identify and understand the varied roles and responsibilities of family members
  - Explore the strengths of your family
  - Identify areas that can contribute to conflict and explore ways to reduce this
  - Learn productive ways to communicate
  - Explore and share difficult emotions in a safe, non-judgemental place

## How? Next Steps

**How?** Families in Mind will prioritise the well-being of your family. We carefully match your family's needs with the most suitable practitioners, ensuring that you receive personalised support, specifically tailored to your situation. Working with every member of the family we will plan a range of activities that help you understand your difficulties and achieve your goals. We aim to make these as inclusive, interactive, and enjoyable as possible.

**Next Steps** If you feel this service will benefit your family, then please register your interest by scanning the QR code to the right, or simply email [familiesinmind@togmind.org](mailto:familiesinmind@togmind.org) and request a referral form. Once you have registered, a practitioner will be in contact to invite you all to an initial session. The purpose of the first meeting is to find out a little bit more about what is and has been happening in your family and to explore if this service is right for you. Then if your family wishes to access our service (Family Solutions) we can get you booked in.

We understand that on occasion a family may not wish to start Family Solutions - in these circumstances we will provide information about other support services in the local area.



We have recently redesigned our materials for the Families in Mind service.

Families in Mind is a service for the whole family to access together whether that be as an individual family unit or alongside other families with similar difficulties.

Families can work on communication skills, reducing conflicts increasing family connections and strengths.

**This service available for residents of both Oldham and Tameside.**

Please click on either our Poster to the left, or our Postcard up above to view a larger version online to learn more or you can visit our website by clicking the link at the bottom of the page

Alternatively, you can give us a ring on 0161 330 9223 or drop us an email at: [familiesinmind@togmind.org](mailto:familiesinmind@togmind.org).

**Click here to learn more about Families in Mind.**

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# Can you help us grow?

TOG Mind have been fortunate enough to acquire an allotment space where in 2024 we plan on holding a variety of activities to our Tameside community.

Our spot is based in Dukinfield on the Lodge Lane allotment site, and whilst we're excited to get started - as you can see from the pictures below there is a lot of work to be done!

We are starting this new project from scratch and before we can jump in we're asking if anyone is able to support us in the form of...

- Unwanted gardening tools
- PPE (gloves/kneepads/etc)
- Outside storage
- Outdoor furniture

If you would like to be a part of this promising new project.

Please email Caroline at:

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



## The Road Not Taken

A poem by Robert Frost.

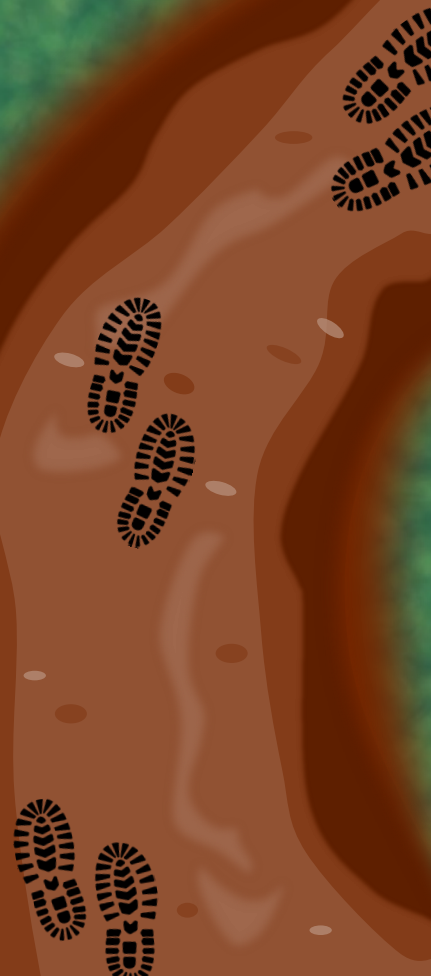
Some people are often worried about picking the wrong path in life. This poem captures that feeling and is very inspiring and encouraging.

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveller, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I—  
I took the one less travelled by,  
And that has made all the difference.



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# Tameside Wellbeing Hub December 2023 Activities


\*Please note, these activities are only available to Adults (18+) Living in the Tameside Area.

<p><b>Wednesday</b> <b>20th</b> <b>December</b> <b>10am—2pm</b></p>	<p><b>Festive Fun Day!</b></p>	<p>Come join us for a day of activities and socialising before we wind down for the festive period.</p> <p>With creative activities, festive snacks and drinks, session demonstrations from our wonderful volunteers, giving you a taster of what you can access in 2024, finished off with a quiz!</p> <p><i>*Community Connections: Access to food bank vouchers, Winter Warmers, and pantry will also be available between the hours of 10am-12pm.</i></p>
<p><b>Thursday</b> <b>28th</b> <b>December</b> <b>11am—1pm</b></p>	<p><b>Winter Break Drop-in</b></p>	<p>As there will be very limited sessions running from the Hub over the Christmas week, we'll be offering a social drop-in.</p> <p>Pop along any time between 11 - 1 for a hot drink, festive treat, and a chat.</p>
<p><b>Friday</b> <b>29th</b> <b>December</b> <b>11am—1pm</b></p>	<p><b>Community Connections</b></p>	<p>Community Connections: Access to food bank vouchers, Winter Warmers, and pantry will also be available between the hours of 10am-12pm.</p>

Please see reverse for our December opening times and activities running.



**B** = You will need to book onto this activity if you wish to attend  Tameside, Oldham and Glossop

Mon	Tue	Wed	Thu	Fri
 <b>Wellbeing Hub: December 2023</b>				<b>1</b> <b>10am-12pm:</b> Creative Writing
<b>4</b> <b>11am-1pm:</b> Yoga	<b>5</b> <b>10am-12pm:</b> Next Steps <b>4pm-6pm:</b> Autism in Mind	<b>6</b> <b>10am-12pm:</b> Community Connections	<b>7</b> <b>10am-12pm:</b> Get to Know your Gadget <b>2pm-4pm:</b> Arts & Crafts	<b>8</b> <b>No Creative Writing</b> <b>1:00-2:30pm:</b> P.E.E.R.S
<b>11</b> <b>No Yoga</b>	<b>12</b> <b>10am-12pm:</b> Next Steps <b>2pm-4pm:</b> Board Games & Brews	<b>13</b> <b>10am-12pm:</b> Community Connections <b>11am-1pm:</b> Walk & Talk	<b>14</b> <b>10am-12pm:</b> Get to Know your Gadget <b>2pm-4pm:</b> Arts & Crafts	<b>15</b> <b>No Creative Writing</b>
<b>18</b> <b>11am-1pm:</b> Yoga	<b>19</b> <b>10am-12pm:</b> Next Steps <b>4pm-6pm:</b> Autism in Mind	<b>20</b> <b>10am-12pm:</b> Community Connections <b>10am-2pm:</b> Festive Fun Day	<b>Dec 21st / 22nd</b> <b>No Sessions</b>	
<b>Dec 25th / 26th / 27th</b> <b>Closed</b>			<b>28</b> <b>11am-1pm:</b> Social Winter Break drop-in session	<b>29</b> <b>10am-2pm:</b> Community Connections
<b>Jan 1st / 2nd</b> <b>Closed</b>		<b>3</b> <b>10am-12pm:</b> Community Connections	<b>4</b> <b>10am-12pm:</b> Get to Know your Gadget <b>2pm-4pm:</b> Arts & Crafts	<b>5</b> <b>TBC:</b> Creative Writing <b>1pm-2:30pm:</b> P.E.E.R.S



# Community Corner!

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



This month's Community Corner comes from one of our clients who has created these adorable woolie winter hats.

**Thank you Sylvia, for bringing us some festive cheer!**

## 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)



# Winter Support

The festive period can be a positive time of year for some, but for others the struggles can be overwhelming. Below are a few resources that can offer support during this time of year.



(Please click to view.)

[Mental Health at Christmas: How to Cope During the Holidays](https://www.priorygroup.com)  
[priorygroup.com](https://www.priorygroup.com)

[Christmas and Mental Health: Coping Tips](https://www.manchestermind.org)  
[manchestermind.org](https://www.manchestermind.org)

[Christmas and mental health](https://www.mind.org.uk)  
[mind.org.uk](https://www.mind.org.uk)

[Top tips for looking after your mental health at Christmas](https://www.mentalhealth.org.uk)  
[mentalhealth.org.uk](https://www.mentalhealth.org.uk)

[12 tips to look after your mental health this Christmas time](https://www.northernhealthcare.org.uk)  
[northernhealthcare.org.uk](https://www.northernhealthcare.org.uk)

[Join the New Life Centre for a Christmas Dinner](https://www.newlifecentre.org.uk)  
[New Life Centre - Ashton](https://www.newlifecentre.org.uk)

