

TOG Mind Newsletter

See what's going on at your local Mind.

Image Credit: Canva

Help us grow!

Tameside Adults! Come and join our allotment planning meeting on Friday 12th January to help shape the future of our space.

Happy New Year!

We hope everybody had the best new year and festive period they could. Let's make 2024 a new year to remember.

Take-care with Self-care

Our focus this edition is self-care and support information. Winter can be a tough time of year at the best of times

January 2024
Issue #17

 mind Tameside, Oldham and Glossop

1 Self-Care for Winter Wellbeing

The Winter months can be harsh on your wellbeing.

The darker evenings and colder temperatures can affect your mood and your immunity.

But Winter doesn't have to be a miserable time of year.

Here are the top tips for looking after yourself:

- Go outdoors when you can. Going for a wintery walk, even if it's just around the block, can be the perfect way to get some fresh air and exercise along with a change of scenery. Being in the same house for too long can get a bit intense, so getting out and about can do us good.
- Exercise can be great for mental health and there are still ways that we can keep it up over the winter; go for a swim, an exercise class, or have a dance-off to some festive classics.
- Try and keep a balance to your diet with some fruit and vegetables. This can help us to avoid energy lows that can have an effect on our mood.
- Try adding cinnamon, ginger or curcumin, which are all linked to improved immunity, to your food and drink.
- Try to keep to regular sleep patterns as much as possible.
- Stay hydrated. Many of us find it difficult to drink as much water in the Winter as we do in the Summer months, so why not try drinking hot drinks such as herbal teas?
- Avoid excessive alcohol consumption. We know alcohol can affect our mood and mental health, so try not to overdo it during the festive season.

[For more tips on how to improve your mental wellbeing all year round, click here.](#)

Credit:

Buckinghamshire Mind: bucksmind.org.uk/self-care-tips-for-winter-wellbeing/

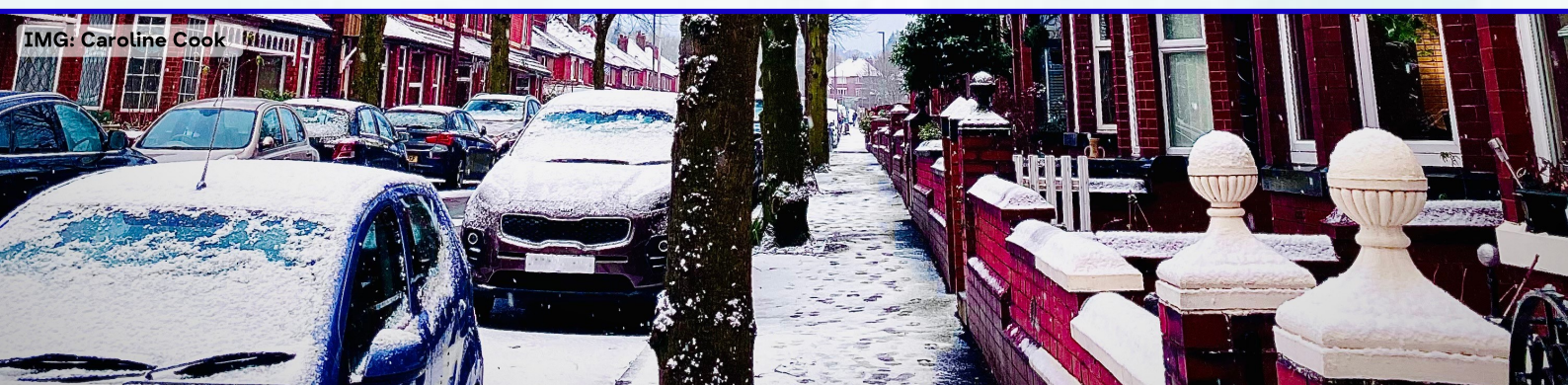


Shine Bright in 2024: Inspiring Mental Wellbeing Tips

Let's face it, 2024 deserves a dazzling entrance. We've all navigated some twists and turns, and now's the time to nurture our health and step into the year with vibrant mental wellbeing. Here are some inspiring tips to help you shine!

- 1) **Embrace the Growth Mindset:** Ditch the "fixed mindset" that sees challenges as roadblocks. Instead, view them as stepping stones to learn and grow. Remember, every stumble is a chance to rise stronger, wiser, and more resilient.
- 2) **Befriend the Pause Button:** In a fast-paced world, it's easy to get swept away. But hit the pause button regularly! Take mindful breaths, savour a cup of tea, or simply step outside for a few minutes - whatever the weather! These mini-breaks recharge your mental batteries and bring you back to the present moment.
- 3) **Celebrate the Small Wins:** Don't wait for grand gestures to celebrate. Acknowledge and appreciate the little victories, like conquering a tough workout, mastering a new skill, or simply getting through a busy day with a smile. These small wins build momentum and fuel your confidence.
- 4) **Cultivate Gratitude:** Gratitude is a superpower! Take time each day to reflect on what you're grateful for, big or small. It can be the warmth of the sun on your skin, a delicious meal, or a supportive friend. Focusing on what you have, rather than what you lack, shifts your perspective and fosters inner peace.
- 5) **Move Your Body, Move Your Mood:** Exercise is a magic potion for mental wellbeing. Whether it's a brisk walk, a dance party in your living room, or a yoga session, physical activity releases endorphins, boosts energy, and helps manage stress. Find what makes your body and mind sing!
- 6) **Connect with Your Tribe:** Humans are social creatures, and strong connections are vital for mental health. Nurture your relationships with loved ones, join a club or online community, or simply reach out to someone new. Sharing laughter, support, and experiences strengthens your sense of belonging.
- 7) **Embrace Nature's Therapy:** Spending time in nature is a powerful antidote to stress. Go for a hike, sit by a babbling brook, or simply gaze at the stars. Immersing yourself in the natural world has a calming effect, reduces anxiety, and boosts creativity.
- 8) **Fuel Your Mind and Body:** Nourish yourself with healthy foods that energize and replenish. Don't forget to stay hydrated! Remember, what you put on and in your body plays a big role in how you feel.
- 9) **Prioritize Sleep:** Sleep is essential for mental and physical health. Aim for 7-8 hours of quality sleep each night. Create a relaxing bedtime routine, avoid screens before bed, and make your sleep haven a cozy sanctuary.
- 10) **Be Kind to Yourself:** We all have our off days, and that's okay! Practice self-compassion. Forgive yourself for mistakes, celebrate your progress, and remember to be your own biggest cheerleader.

Remember, mental wellbeing is a journey, not a destination. Experiment, find what works for you, and most importantly, have fun along the way! Let your inner light shine brightly in 2024 and beyond!



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Meet the Team!



Hello everyone, and a warm welcome to the first newsletter of 2024! I'm Julia, the Volunteer Manager who joined just a few weeks ago. In this section, I'll try to share a bit of my personal and professional journey.

I have experienced mental health (MH) difficulties for most of my life. However, I wasn't aware of what was going on in my head. I am originally from Latin America, where the stigma surrounding MH is profound. My relocation to the UK for my Master's degree served as a transformative chapter, as I learned more and more about MH. Now, I'm excited to transform my lived experience into positive actions for our community.

My professional journey started in 2011 with my role as a Volunteer Coordinator. I engaged with over 100 charities and non-profits to lay the groundwork for the first law aimed at safeguarding

volunteers in my home country.

Over the last 10 years, I've embraced diverse roles — a lecturer, project manager, Student Council president, organised a TEDx, co-founded a political movement and a start-up, and even worked in a brewery and a bakery.

Reflecting on my diverse career, I decided to return to my original passion—creating a welcoming space where everyone can volunteer. Volunteering was the first space where I felt a sense of belonging, and now I'm so lucky to have the mission to provide each volunteer at TOG Mind with a genuinely positive experience across all services.

Do you have some ideas to help us make the volunteer experience even better? We would love to hear from you—share your thoughts and stories anonymously in the form below!



Name:

Julia

Role:

Volunteer Manager

Fun Facts About Me!

- ⇒ I finished the last Harry Potter book in less than 2 days!
- ⇒ I LOVE to hike in the Peak and Lake district
- ⇒ I have a very large collection of herbal teas

[Click here to view our Volunteer Experience form.](#)

FREE Menopause Training & Support

As part of a collaborative project with the four other Minds in Greater Manchester, Stockport & District Mind are running FREE Menopause Awareness Training to support employees, volunteers and managers of small to medium-sized enterprises (SME) across Stockport and the rest of Greater Manchester.

An SME is any organisation that has fewer than 250 employees and a turnover of less than 50 million or a balance sheet total less than 43 million.

Menopause Awareness for Employees

A 90-minute workshop that's interactive and practical. The course offers ideas and tools to build confidence to support people in this important transitional life stage.

- Tuesday 16 January – 9.30am – 11am
- Thursday 8 February – 9.30am – 11am

Supporting Employees through the Menopause

An in-depth course, which additionally includes a 1 hour pre-learning module, that offers the tools for Managers to support employees through the Menopause.

- Monday 29 January – 9.30am – 11.30am
- Tuesday 20 February – 10am – 12noon

[For more information and to book, click here.](#)

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Let's Move for Mind 2024!

One in four of us will experience a mental health problem at some point in our lives.

That's why supporting TOG Mind and Mind, the UK's leading mental health charity, is more important than ever! In 2024, let's come together and fundraise for better mental health for everyone.

Here are just a few ways you can get involved:

Take on a Challenge

- Move for TOG Mind: Get 30 minutes of movement every day for a month and raise money while staying healthy!
- Run for TOG Mind: Join in races from marathons to mud runs throughout the year. Achieve your goals and change lives!
- Climb mountains, bake cakes, dance through the streets: Create your own unique challenge and inspire others to join in.

Spread the Word

- Talk openly about mental health: Break the stigma and encourage others to seek help if they need it.
- Share your fundraising story: Inspire others with your journey and motivate them to support TOG Mind.
- Raise awareness in your community: Organise events, share TOG Mind's resources, and show your commitment to better mental health for all.

Remember:

- Every penny counts: Even a small donation can make a big difference!
- Together, we can make a real impact: Your support helps TOG Mind provide vital services for children, young people, adults and families whilst empowering people affected by mental health problems.
- It's not just about fundraising, it's about community: We're all in this together, and your participation makes a HUGE difference.

Get started today!

Visit [JustGiving to create your fundraising page](#) or explore other ways to support TOG Mind.

- Follow TOG Mind on social media for updates, inspiration, and fundraising tips.
- Use the hashtag #SupportTOGMind2024 to share your journey and connect with others.

Let's make 2024 the year we move mountains for mental health!

Bonus: Here are some resources to help you with your fundraising:

[TOG Mind Fundraising Toolkit](#)

[Tips for Crowdfunding](#)

[Creative Fundraising Ideas](#)

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...

We will be holding a planning meeting on **Friday 12th January at 11am** if you would like to get involved, please come along to our Ashton hub.



- 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



Calendar of Events

Month of January 2024

- | | |
|-------------------------|--|
| 1st | - Happy New Year! |
| 4th | - World Braille day |
| 22nd - 28th | - Cervical Cancer Prevention week |
| 24th | - International day of Education |
| 27th - 4th (Feb) | - National Storytelling week |
| 27th Jan | - Holocaust Memorial day |



Cancer Support in Gujarati / English

The aim of Anmol Cancer Support Group is to raise awareness in the *Hindu, Jain, Sikh and other minority and Gujarati* speaking communities to dispel cultural barriers and taboos associated with cancer and encouraging the community members to access cancer screening.

This group is open to:

- 1) People living or lived with cancer
- 2) Care givers of family or friends who are experiencing or experienced cancer

Meeting every Monday at:

TOG Mind 216—218 Katherine Street, Ashton,
OL6 7AS

Times:

4pm - 6pm one week
& 6pm - 7:30 the other.



Contact Details

Chairperson: Mrs. Mrudula Thaker

Email: anmolcsg@gmail.com

Phone: 07591 335 246

Boost your mental health knowledge and skills with Tameside, Oldham and Glossop Mind!

Empower yourself and your community with training opportunities from a leading mental health charity.

Whether you're a professional, volunteer, or simply passionate about mental wellbeing, Tameside, Oldham and Glossop Mind (TOG Mind) has something for you.

Here's why you should choose TOG Mind training:

- **Diverse range of courses:** From Mental Health First Aid to bespoke training packages, explore topics like stress management, suicide prevention, and working with young people.
- **Expert-led sessions:** Learn from qualified and experienced trainers who are passionate about sharing their knowledge.
- **Flexible options:** Choose from online learning, in-person workshops, and blended formats to suit your needs and preferences.
- **Make a difference:** Gain the skills and confidence to support individuals and communities in achieving better mental health.
- **Invest in your future:** TOG Mind training can enhance your career prospects and personal development.

Here are some highlights of their current offerings:

- **Mental Health First Aid:** Equip yourself with the skills to identify and support someone experiencing a mental health crisis.
- **Youth Mental Health First Aid:** Learn how to recognise and respond to mental health concerns in young people.
- **Suicide First Aid:** Gain the knowledge and confidence to intervene and help someone at risk of suicide.
- **Bespoke training:** Tailor a training program to your specific needs and interests, covering topics like mindfulness, resilience, and workplace wellbeing.

Don't miss out!

[Visit the TOG Mind website to explore our full training offer](#)

[Sign up for our newsletter to stay informed about everything TOG](#)

[Follow us on social media for the latest updates:](#)
[Facebook](#) | [Twitter](#)

Investing in TOG Mind training is an investment in your own well-being and the well-being of those around you. Take the first step towards a healthier and happier future today!

Together, we can create a more supportive and understanding community for everyone.

Has someone you know passed away?

Loss and grief affects everyone, but we can provide support in your language to help you at this difficult time.

We politely request that children don't attend with you.

Contact Hasina today on:

07591 572844

hasina@diversitymattersnw.org.uk

Healthy Living Centre

20 Great Norbury Street

Hyde, SK14 1BR.

Work With Us!

Vacancies with Tameside, Oldham and Glossop Mind

 mind Tameside, Oldham and Glossop

We're hiring!

Children & Young People Therapeutic Schools Counsellor

Hours: 36 hours
Salary: £27,462.24



Brief Summary of Role:

We have an exciting opportunity for a qualified Therapeutic Counsellor to join our organisation, working closely with the Oldham Schools Mental Health Support Team on a permanent basis.

Mental Health Support Teams (MHSTs) are a growing service designed to support mild to moderate mental health needs of children and young people in school & education settings.

Title:

Children & Young People
**Therapeutic Schools
Counsellor**

Hours:

36 hours

Contract:

Permanent

Based in:

Oldham

Salary:

£27,462.24

Rochdale Mind, one of our partners as part of Mind in Greater Manchester network are also recruiting:

- Marketing and Engagement Coordinator
- Living Well Wellbeing Coordinator
- Listening Lounge Lead

[Click here to learn more about these vacancies and apply through their website.](#)

 mind
Rochdale
and District

Title:

Children and Young People
Practitioner

Hours:

24 hours

Contract:

Permanent

Based in:

Heywood

Salary:

£16,910.40 (actual)
£25,365.60 (FTE)

 mind Tameside, Oldham and Glossop

Children, Young
People & Families

Practitioner (Heywood)

Hours: 24 hours
Salary: £16,910.40
*FTE: £25,365.60



We're hiring!

Brief description of role:

In this role you will be responsible for providing initial discussion within a safe space to explore mental health related concerns and assess what type of support is appropriate. Using your experience, and knowledge you will build and manage a caseload of supporting children, young people and families using administrative systems and provide mild to moderate support.

You will be responsible for managing issues relating with safeguarding children and young people from risks with the support of your team.

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: January 2024

For adults (18+) living in the Tameside Area

<h2>Yoga</h2>	<p>B = Bookable session. To book onto a session please call, email, or pop in and speak to someone on reception. You will need to book your place a week in advance as we have limited space for this session.</p>
<h2>Anmol Cancer Support Group</h2>	<p>The aim of Anmol Cancer Support Group is to raise awareness in the Hindu, Jain, Sikh and other minority and Gujarati speaking communities to dispel cultural barriers and taboos associated with cancer and encouraging the community members to access cancer screening.</p> <p>If you wish to attend this group, please contact: Mrudula on 07591 355 246 or email: anmolcsg@gmail.com</p>
<h2>Walk & Talk</h2>	<p>B = Bookable session. To book onto a session please call, email, or pop in and speak to someone on reception. You will need to book your place by 4pm the day before so we can notify volunteers.</p> <p>Walk & Talks are in Stamford Park, meeting by the café steps in the centre of the park.</p>
<h2>Location</h2>	<p>Wellbeing Hub: Tameside Oldham and Glossop Mind 216—218 Katherine Street, Ashton-Under-Lyne, OL6 7AS</p>
<h2>Contact details</h2>	<p>Call: 0161 330 9223 Email: wellbeinghub@togmind.org</p> <p>For further information on individual sessions, please take a leaflet from the Wellbeing Hub notice board which is situated next to the upstairs door.</p>



Wellbeing Hub: January 2024

For adults (18+) living in the Tameside Area

Mon	Tue	Wed	Thu	Fri
1st / 2nd Closed		3 10am-12pm: Community Connections	4 10am-12pm: Get to Know your Gadget 2pm-4pm: Arts & Crafts	5 10am-12pm: Creative Writing 1:00-2:30pm: P.E.E.R.S
8 11am-1pm: Yoga 4pm - 6pm Anmol	9 10am-12pm: Next Steps 2pm-4pm: Board Games & Brews	10 10am-12pm: Community Connections 11am-1pm: Walk & Talk	11 10am-12pm: Get to Know your Gadget 2pm-4pm: Arts & Crafts	12 10am-12pm: Creative Writing 1pm-2:30pm: P.E.E.R.S
15 11am-1pm: Yoga 6pm-7:30pm: Anmol	16 10am-12pm: Next Steps 4pm-6pm: Autism in Mind	17 10am-12pm: Community Connections	18 10am-12pm: Get to Know your Gadget 2pm-4pm: Arts & Crafts	19 10am-12pm: Creative Writing 1pm-2:30pm: P.E.E.R.S
22 11am-1pm: Yoga 4pm-6pm: Anmol	23 10am-12pm: Next Steps 2pm-4pm: Board Games & Brews	24 10am-12pm: Community Connections 11am-1pm: Walk & Talk	25 10am-12pm: Get to Know your Gadget 2pm-4pm: Arts & Crafts	26 10am-12pm: Creative Writing 1pm-2:30pm: P.E.E.R.S
29 11am-1pm: Yoga 6pm-7:30pm: Anmol	30 10am-12pm: Next Steps 4pm-6pm: Autism in Mind	31 10am-12pm: Community Connections	P.T.O for more information	

Community Corner!

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

The feature of this month's Community Corner is our up-and-coming allotment space! We're incredibly excited to get our boots on and get stuck right in!

The space needs a little tender love and care before we can officially open it, but we can't wait to share more.

Date for your Diary:

Friday 12th January 11am - 12pm

we will be meeting to plan our new 2024 venture: The Community Allotment.

This as with all our wellbeing sessions is open to Adults living in the Tameside area, we're inviting anyone interested in getting involved with this project to come along on this day to help plan our vision, share ideas, give input, and help to make this a co-designed offer.



Connect with us!

Our Social Media Channels:



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

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
priorygroup.com

Christmas and Mental Health: Coping Tips
manchestermind.org

Christmas and mental health
mind.org.uk

Top tips for looking after your mental health at Christmas
mentalhealth.org.uk

12 tips to look after your mental health this Christmas time
northernhealthcare.org.uk

Join the New Life Centre for a Christmas Dinner
New Life Centre - Ashton