

TOG Mind Newsletter

See what's going on at your local Mind.

Image Credit: Community Development Team



LGBT+ History Month 2024

The 2024 theme celebrates LGBT+ peoples' contribution to the field of Medicine and Healthcare both historically and today.

Live Great Adventures

Our first Community Spotlight! Learn more about this fantastic local community organisation supporting mental health.

Time to Talk Day 2024

Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day to talk, listen, and change lives.

February 2024
Issue #18

 mind Tameside, Oldham and Glossop

Training

Testimonials

At Tameside, Oldham & Glossop Mind we believe in better mental health for all.

We won't give up until everyone experiencing mental health problems gets better support and respect. To that end, we have had some fantastic feedback from organisations and individuals that have accessed training with us:

- Our instructor is so passionate and knowledgeable about what she does that she has made this course very enjoyable even when sensitive subjects arose, Ann always checked to see if we was okay as a group and took it at our pace. Feel very lucky to have done this course and would recommend to anybody else!
- I feel like I have learned so much on this course, I will now approach all conversations - even those not about mental health, in a totally different way. It helped some candidates to openly discuss their own issues and it made me feel that I wasn't alone in my mental health journey.
- Brilliant service and felt like what I knew already was made easier to understand. I feel it was all explained in the simplest way and the activities used really helped us to understand the subject matter.
- A good introduction, and nice to feel some reassurance about things, but also feel there is more to learn. The course was informative without being overlong or losing peoples attention.
- Brilliant service and felt like what I knew already was made easier to understand. I feel it was all explained in the simplest way and the activities used really helped us to understand the subject matter.



Click or scan the QR code to learn more about our Training offer.

Calendar of Events

Month of February 2024

Black History Month

LGBT + History Month

- | | | |
|------------------|---|---------------------------------|
| 1st | - | Time to Talk Day |
| 4th | - | World Cancer Day |
| 5th - 12th | - | Children's Mental Health Week |
| 10th | - | Lunar / Chinese New Year |
| 14th | - | Valentine's Day |
| 20th | - | National Love Your Pet Day |
| 26th - 3rd March | - | Eating Disorders Awareness Week |
| 29th | - | February 29th (Leap Year Day) |

Claiming our past
Celebrating our present
Creating our future

We support:

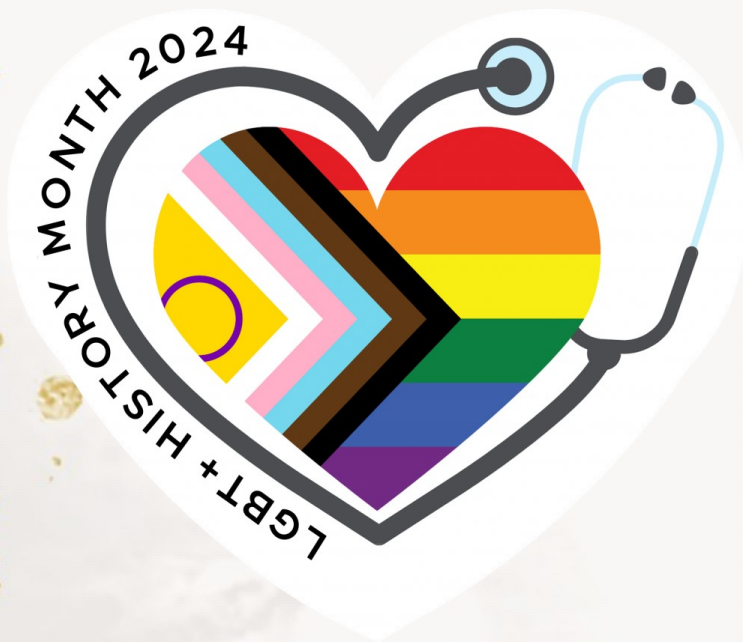
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LGBT+
History
Month

Founded by:
**SCHOOLS
OUT**

LGBT History Month 2024

Medicine – #UnderTheScope



The 2024 theme celebrates LGBT+ peoples' contribution to the field of Medicine and Healthcare both historically and today.

It is a fantastic chance to showcase the amazing work of LGBT+ staff across the NHS and in other healthcare settings, in providing healthcare especially during the pandemic, whilst still shining a light on the history of the community's experience of receiving healthcare which has been extremely complicated, leaving LGBT+ people still facing health inequalities even today.

At a time when the LGBT+ community is experiencing a rise in hate crime and hate instances we also encourage you to look

'Under the Scope' and listen to LGBT+ peoples' lived experiences.

When you're planning your events, please remember to include LGBT+ people in all our diversity and add your events to the official LGBT+ calendar.

You can easily show your support in person by buying the 2024 Badge and/or lanyard and on social media by including the hashtags: #LGBTplusHM & #UnderTheScope in your post.

We do hope you will join us to celebrate UK LGBT+ History Month 2024.

We at Tameside, Oldham & Glossop Mind will be sharing resources and information throughout LGBT+ History Month this February.

[Click here to learn more by visiting their official website.](#)

Community Spotlight

Live Great Adventures CIC

Who are Live Great Adventures?



Live Great Adventure was founded by Liam Gray & Jo Gray, we are both super passionate about helping and supporting people with their mental health, raising awareness for mental health and suicide prevention.

Live Great Adventures is a community organisation dedicated to enhancing the mental health and overall wellbeing of individuals through a diverse range of both outdoor and indoor events. Operating in Tameside and its surrounding areas, we provide a nurturing environment for the community, including vulnerable adults forging meaningful connections and cultivating a positive mindset which assists them with acquiring the tools necessary for crafting a fulfilling and joyful life.

Mission Statement: At Live Great Adventures, our unwavering ethos is to IMPROVE LIVES. We are passionately dedicated to breaking the silence surrounding mental health and strive to become a beacon of light within the community for anybody needing support on their journey. We aim to create positive ripples which will grow into waves across the UK in time with national events etc.

What are our current projects?

All of our events are free and are funded by fundraising & grants, our current projects are as follows:



Men's Minds Matter

We currently run a men's social/support group every Wednesday at Academy HQ in Stalybridge called Men's Minds Matter, this group began in November 2023 and is growing at a fast pace – it is an opportunity for men to come together, connect, create friendships, share their stories to help and support one another through the journey of life.



Mental Health Walk and Talk

We run monthly Walk & Talk events in the northwest area with a focus on health, well-being, and mental wellness. We hold men only events along with mixed events and family events. We feel that these events are a fantastic opportunity to reconnect with your inner self, make new friends and explore the local countryside whilst embracing the great outdoors.



Mindset Workshops

We run in-person monthly mindset workshops primarily aimed at women in the local areas, these groups are led by an experience life coach and each session has a different topic to enable participants to learn new skills, bring awareness to their lives and foster healthier coping strategies whilst making new friends.

Community Spotlight

Live Great Adventures CIC

Our strategy for raising funds

We are dedicated to maximising our direct contribution to the charity, and to achieve this, we have devised a comprehensive fundraising approach:

Raffles: Engaging our community in exciting raffle events to generate financial support, we are seeking local businesses who could help with donation of prizes for our raffles.

Events: We have already undertaken a gruelling 23-mile hike along the Jurassic Coast in Dorset raising over £1300, our next big event is Everest Base Camp and the plan is to organise more charity events to raise awareness and generate funds for Live Great Adventures.

Donations: We welcome contributions from generous individuals, businesses and organisations who share our vision and cause and want to help us achieve our goals by supporting people.

Grants: We have received some funding for our events and will continue to apply for grants and funding where applicable to ensure that we can grow as an organisation and support as many people as possible through the charity.

Sponsorship: We are looking to collaborate with other charities, businesses and organisations that feel aligned with our mission to provide invaluable support and backing – this does not have to be financial support, just having an organisation sharing our post and supporting our goals is priceless!

Social Media Promotion: We are keen to collaborate with companies and individuals that harness the power of social media to amplify our message, broaden our reach and engage a wider audience.

Facilitating Industry Connections: We are eager to establish meaningful relationships with other companies, creating opportunities for synergistic partnerships and mutual growth.

Your support in any of these capacities would be instrumental in helping us achieve our goals.

Together, we can make a significant difference.



B20 Bomber Crash Site, Glossop.
- Family Event

Indians Head Dovestones, Saddleworth.
- Men Only Event



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Community Spotlight

Live Great Adventures CIC

LGA is heading to Everest Base Camp!



Date: 24th March 2024
17 Day Expedition

Fundraising Target: £25,000

Expedition Total Cost: £2,500
Equipment Cost: £500

Current Sponsorship Total:
£11,655.00

17 Hugs for 17 Lives – Suicide Prevention Campaign

Liam is heading to Everest Base Camp to not only raise funds for Live Great Adventures but also raise awareness for suicide prevention and mental health.

Statistically on average 17 people die by suicide every day in the UK so he will be giving “17 hugs for 17 lives” for each day of his 17 day trek – this will raise awareness, create talking points and begin to break the taboo of talking about mental health.

The trek will be heavily promoted on social media, we are gaining traction, and we are excited to see how far these ripples can spread with what we are doing!

We are looking for individuals, companies & organisations that can support us with this campaign.

If you feel you can help us in any way please get in touch and we would love to chat – remember support doesn't have to be financial, it can be simply sharing our posts or donating your services.



Could you help?

Would you like to get involved?

Learn more at their Facebook.

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“NOT TOO BAD”

SOMETIMES MEANS I FEEL LOST AND ALONE

Have a conversation about mental health



time to talk day
01/02/24



In partnership with



#TimeToTalk

Save the Date!

(Tameside Adults, 18+)



Where: Lodge Lane Allotments

When: Time to Talk Day 2024

Date: Thursday 1st February

Time: Between 11am - 2pm



*We will be offering a mini bus traveling from our TOG Mind offices to the allotment for anyone interested. This will be leaving from Katherine St. at 12pm

Alternatively, we can also reimburse bus fares for anyone traveling to see us on this day.

Please email Caroline: wellbeinghub@togmind.org if you would like to reserve your place on the mini bus.

Time to Talk Day 2024

“Hey! How’s it going?”

sometimes means I’m here if you want to talk.

time to talk day

01/02/24



Time to Talk Day is the nation’s biggest mental health conversation. Happening every year, it’s a day for friends, families, communities, and workplaces to come together to talk, listen and change lives.

Time to Talk Day 2024 will take place 1 February 2024. It’s run by Mind and Rethink Mental Illness and is being delivered in partnership with Co-op for the third year running. Across the UK, it’s delivered by See Me in Scotland, Inspire in Northern Ireland and Time to Change Wales.

The more conversations we have, the better life is for everyone. Talking about mental health isn’t always easy and sometimes it’s even harder to say how you really feel. But a conversation has the power to change lives.

Time to Talk Day is the perfect opportunity to start a conversation about mental health.

At Tameside, Oldham & Glossop Mind we supported Time to Talk Day as we do every year, please keep an eye on our social media for updates and resources following the day.

Work With Us!

Vacancies with Tameside, Oldham and Glossop Mind

 Tameside, Oldham and Glossop

Children, Young People & Families

Community CAMHS Navigator

Hours: 36 hours
Salary: £27,462.24

We're hiring!



Brief description of role:

In your role as a Community Child & Adolescent Mental Health Service (CAMHS) Navigator you will work as part of the Children, Young People and Families Directorate and will be responsible for supporting children and young people transition from statutory mental and emotional wellbeing services, into community support to help aid their recovery, and sustain outcomes following completion of work with CAMHS.

To apply, send your CV and a cover letter which sets out how you meet the criteria for the role to applications@togmind.org

Please send your documents in word or pdf format and clearly state your name, the job title, and reference number in your email.

Reference Number: 169

Title:

Children & Young People
Community CAMHS Navigator

Hours:

36 hours

Contract:

Fixed Term → March 2025

Based in:

Tameside

Salary:

£27,462.24

Reference Number:

169

To Apply:

- Send your CV and a cover letter which sets out how you meet the criteria for the role to applications@togmind.org.
- Please send your documents in **Word** or **PDF** format and clearly state your name, the job title, and reference number in your email.

Title:

Safe Tameside
Peer Support Worker

Hours:

26 hours

Contract:

Fixed Term → March 2025

Based in:

Ashton-under-Lyne

Salary:

£14,736.80(actual)
£20,404.80 (FTE)

Reference Number:

168

 Tameside, Oldham and Glossop

We're hiring!

Safe Tameside Peer Support Worker

Hours: 26 hours
Salary: £14,736.80
(£20,404.80 FTE)



Brief Summary of Role:

In the role as Peer Support Worker for the Safe Tameside service you will provide a warm and welcoming reception to anybody accessing the service, speak with people 1:1 around what is troubling them and support them in their management of and recovery from experiencing mental health crisis.

For this role you will have experience and knowledge of, personally or professionally, emotional wellbeing and mental health issues. You will also have experience of liaising with members of the public.

To apply, send your CV and a cover letter which sets out how you meet the criteria for the role to applications@togmind.org

Please send your documents in word or pdf format and clearly state your name, the job title, and reference number in your email.

Reference Number: 168

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 shoutout of thanks to Graham and team at Minuteman Printing in Ashton for hosting a TOG Mind collection tin in this year. We're really appreciative of the support and also the great printing deals!

Every penny makes a difference in us supporting local people of all ages!

If you're a business that could help us out by hosting a collection tin and maybe some wellbeing resources for staff and the public, please get in touch with us and our fundraising project manager will make all the arrangements for you.

You can email: fundraising@togmind.org or call us on 0161 330 9223.

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

