

# TOG Mind Newsletter

See what's going on at your local Mind.

Image Credit: Local Mind Excellence Awards



**Equality and diversity**

Tameside, Oldham and Glossop Mind

**WINNER 2023**

#### Local Mind Excellence Award

We are incredibly excited to announce that we participated in this year's excellence awards down in Birmingham.

#### Live Great Adventures

This weekend Live Great Adventures will be trekking towards Everest base camp giving out 17 hugs a day for mental health.

#### Morris Dental Care Oldham Walk Miles for Mind!

A big thanks this month to Morris Dental Care who chose to hike as a team to raise funds for TOG Mind!

March 2024  
Issue #19

 mind Tameside, Oldham and Glossop



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# Community Spotlight

## Live Great Adventures

This weekend Live Great Adventures CIC will be taking part in their exciting campaign '17 Hugs for 17 Lives'. Trekking through the Nepalese mountains towards Mt. Everest base camp.

Each day giving out 17 hugs to get the conversation started around mental health.

Every day around 17 people in the UK complete suicide. We will work tirelessly until we reduce this number to 0, and we are incredibly grateful to support our community with this endeavour.

A **very big thank you** again to Live Great Adventures.

[Learn more at LGA's GoFundMe page, click here to visit.](#)



### Live Great Adventures is heading to Everest Base Camp



**Date: 24<sup>th</sup> March 2024**

17 Day Expedition

Fundraising Target: £25,000

Expedition Total Cost: £2,500

Equipment Cost: £500

**Current Sponsorship Total:**

**£11,930.00**

### Live Great Adventures interview

We recently had a sit down with Live Great Adventures to have a chat about their campaign.

[You can watch this interview in full on our YouTube channel by clicking here.](#)



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# Strengthening Relationships Training

Are you parents / carers that live together?

Blended family or co-parenting?

Want to improve your parenting relationship?

**If you do - this course is for you!**

1

**How conflicts arise and dealing with them**



2

**Relationship development**



3

**Reflecting on behaviour**



4

**Understanding feelings**



5

**Helpful and harmful conversations**



Working with Amity and Tameside Council

**Running throughout the year - Term Time**

Call 0161 330 9223

Email: [familiesinmind@togmind.org](mailto:familiesinmind@togmind.org)

For more info or to book your place.

 **mind**  
Tameside,  
Oldham  
and Glossop



 **Tameside**  
Metropolitan Borough



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# Morris Dental Care Oldham Walk Miles for Mind!

A very big thank you this month to Morris Dental Care (MDC) in Oldham who chose to hike as a team to raise vital funds for TOG Mind!

*Morris Dental Care is dedicated to making a positive impact in the fight for Mental Health Awareness.*

*We believe in creating a better world for everyone, and we need your help to make these changes happen.*

*Nobody should face a mental health problem alone, and it'll be because of your kind donations and our teams joint fundraising efforts that TOG Mind can support anyone who's struggling!*

**The team at MDC recently completed their 20-mile skyline walk in Edale raising an incredible £837.10!!**

This is incredible and hugely appreciated. We couldn't continue to do all we do without the amazing support of local people and businesses.

If you'd like to set up your own fundraising event or make a donation to TOG Mind, you can find out more info **by clicking here.**

**Working together, we can make a real difference for local people.**







**Please connect with us on our social media channels!**



[Facebook.com/TamesideOldhamGlossopMind](https://www.facebook.com/TamesideOldhamGlossopMind)



[Facebook.com/YiMind](https://www.facebook.com/YiMind)



[Youtube.com/@tog\\_mind](https://www.youtube.com/@tog_mind)



[Instagram.com/tog\\_mind](https://www.instagram.com/tog_mind)



[Instagram.com/youth\\_in\\_mind\\_](https://www.instagram.com/youth_in_mind_)



[Instagram.com/togmind\\_wellbeing\\_hub](https://www.instagram.com/togmind_wellbeing_hub)



[Twitter.com/TOGMind](https://twitter.com/TOGMind)



[Justgiving.com/togm](https://www.justgiving.com/togm)



# Local Mind Excellence Awards

Tameside, Oldham & Glossop Mind recently attended the Mind Quality Mark awards in Birmingham.

The Mind Quality Mark is the set of standards and improvement framework that each part of the Mind family works within.

The Mind Quality Mark (MQM) is a guarantee that the Mind family of charities:

- Can be trusted
- Are well run
- Deliver safe and effective services

To run Mind services, local Minds, Mind Retail (who run Mind shops), and national Mind must work to these standards. They must complete an MQM review every 3 years.

The MQM is also an improvement framework. It makes sure we nurture a culture of improvement. It's a tool that helps us to improve our support for people with mental health problems.

We are incredibly delighted to announce that we were successful in winning the category for **“Equality and Diversity”** among 100+ local Minds.

We fully intend to continue working and developing our commitment to equality and diversity - there is always more work to be done, and we aim to be at the forefront of the charge.





# MUSIC COURSE



TASTER 4TH APRIL  
12:30PM - 2:30PM

8TH - 19TH APRIL  
10AM - 4PM | **WEEKDAYS**

Interested in music and radio production, social media & creative writing?

Learn how to make music and create a radio show.

Lunch & travel provided.

TO GET INVOLVED CALL OR TEXT  
07983836252 OR  
0161 806 0879  
OR EMAIL  
[PROJECTS@REFORMRADIO.CO.UK](mailto:PROJECTS@REFORMRADIO.CO.UK)



ELIGIBILITY:  
19-30 YEARS OLD  
UNEMPLOYED  
GREATER  
MANCHESTER

Scan Me



Funded by

**GMCA** GREATER  
MANCHESTER  
COMBINED  
AUTHORITY



Education & Skills  
Funding Agency



MANCHESTER  
CITY COUNCIL



# Community Corner!

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



Feel the days stretching out? Sunshine getting a little warmer? Spring is on the horizon, and with it comes a chance to hit reset on your wellbeing.

Soak up the extra light with a walk outside – nature's a great mood booster. Maybe even use the changing season as an excuse to declutter a bit, create a space that feels calming.

Spring is all about new beginnings, so why not let it inspire you to take care of yourself too?

## 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

