

# TOG Mind Newsletter

See what's going on at your local Mind.



### Celebrating Local Heroes!

Jonathan Clutterbuck shares his weight loss story, and talks about what inspired him to support his own mental health.

### Time to Talk Day 2023

Discussing the upcoming Time to Talk Day, a fantastic opportunity to get the conversation about mental health started.

### LGBT+ History Month

February 2023 is LGBT+ History Month. The theme for this year is "Let's Connect". We share how we will be supporting it this month.



## Meet the Team!



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### Hello readers!

My name is Erin Acton. I'm a member of the Access Team, meaning I'm often picking up phones and greeting anyone who walks in! A few of us are doing biographies for the newsletter, so here's a bit more about my journey here!

I actually started out volunteering with Mind 4 years ago, helping out with data entry. This was my first time seeking work and I remember being a nervous wreck waiting for the interview. Thankfully Mind had some booklets about anxiety at reception, which I can say from experience were quite helpful!

Since then, I've built up experience and confidence, but

that feeling of understanding and support has never left.

My passion for mental health work comes from my own experience with mental health struggles. I believe strongly that services such as this should be as welcoming as possible; the step to seek support is a big one, and we're here to make sure people taking that step are greeted with kindness and understanding. I suppose this drive made my transition from admin to working the front desk quite a natural one!

We're in a changing world, but I think we, as people, change most of all. I think, a year from now, all our biographies would be completely different, and I find that really exciting...

### Name:

**Erin Acton**

### Role:

**Access Team Worker**

### Favourite Animals

**Tortoises**

### Favourite Game

**Pokémon**

### Favourite Part of my Role

**Helping people feel at ease as they come in!**

## Jonathan and the wrong trousers A local Inspiration!

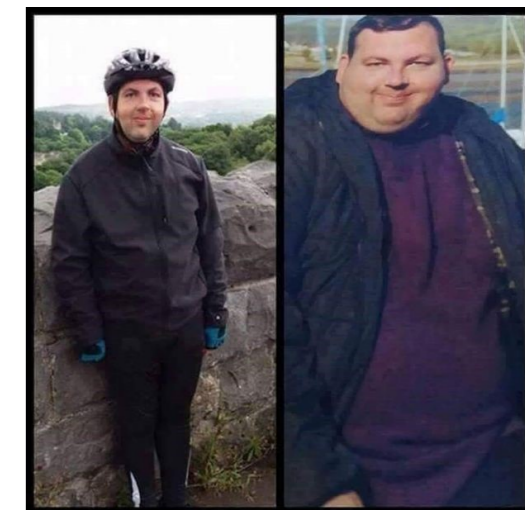
Jonathan has accessed various sessions at TOG Mind for some time and has recently made a donation to the charity which we are hugely grateful for.

More importantly though, is his inspiring story of overcoming challenges and obstacles to achieve amazing goals.

Jonathan was born with cerebral palsy 34 years ago and developed epilepsy at the age of seven. His epilepsy has been more of a struggle throughout life than his cerebral palsy, as having fits regularly has restricted independence and ability to try new things. Accidents along the way have been common place including burns, bruises, falls and injury. This led to feelings of exclusion, depression and weight gain.

Nowadays Jonathan has completely turned his life around.

"I had life changing brain surgery. I have transformed my body by losing over 10 stone. I am now very active and want to set a positive example for other people. I want to share my story to inspire people to keep active and work hard to achieve their goals. You can change your life for the better if you just try. If I can do it, anyone can!"



Winter 2023  
Issue #6

 mind Tameside, Oldham and Glossop

You can read Jonathan's full story of overcoming challenges, weight management, running and becoming a local celebrity by clicking here.

# Time to Talk Day 2023

Join us on Thursday 2nd February!

time to  
talk day  
02/02/23

mind Rethink  
Mental  
Illness.

#TimeToTalk

In partnership with



I've been  
feeling.....  
can we talk?

Make space in your day  
for a conversation  
about  
mental health

#TimeToTalk

I've got  
..... on my mind,  
can we talk?

Are you feeling  
.....  
I'm here to listen

## Ashton

**10am - 12pm:** Time to Talk Day Coffee Morning, free hot drinks and biscuits. General chat, services available to access, and how to help maintain positive mental health & wellbeing.

**2pm - 4pm:** Time to Talk Arts and Crafts - Making and decorating prompt cards, helping to spark that conversation that may be needed but not knowing how to start. All materials provided, as well as free hot drinks.

**5pm - 6pm:** Time to Talk Stress and the Emotion Cup - Session for parents and guardians. Join us for a tea or coffee and discuss stressors, feeling overwhelmed and what to do to feel better.

## Oldham

**12pm - 2pm:** Time to Talk with Young People - We will be set up in the Student Hub at Oldham College to speak with students about their overall mental health and wellbeing and provide support.

**5pm - 8pm:** Time to Talk Listening Space - Walk in support for any adults from Oldham experiencing mental health difficulties. Help and advice provided by our friendly peer support workers or just a calm space to feel safe.

*Please call or email us to express interest or ask any questions*

Make space in  
your day for a  
conversation about  
mental health.

#TimeToTalk

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mind

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Mental  
Illness.

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Claiming our past  
Celebrating our present  
Creating our future

We support:

LGBT+  
History  
Month

Founded by:  
SCHOOLS  
OUT

## LGBT History Month

Claiming our past—Celebrating our present—Creating our future

## LGBT+

History Month is for everyone; whether you work in education, a museum, library or art gallery, a business, a service, are a member of a network/ social group or an individual.

It is celebrated every February across the UK, and was founded in 2004 by Schools OUT co-chairs, Paul Patrick & Professor Emeritus Sue Sanders. It was first celebrated in February 2005.

[Click here to learn more about the theme for LGBT+ History Month 2023.](#)

Keep an eye out on our social media platforms this February as we will be sharing information, support options, and news to help bring awareness to the month.

From all of us at Tameside, Oldham & Glossop Mind - we hope everyone has a fabulous and enjoyable LGBT+ History month.

## Exciting Update!

It was recently announced that there would be a new law passed aiming to ban

conversion therapy attempting to change someone's sexuality or gender identity, the new law includes transgender people.

Mental health groups have warned all types of conversion therapy are **"unethical and potentially harmful"**.

This new law is a massive success for the LGBT+ community.

**Source: BBC.co.uk**



### 3 Training with Tameside, Oldham & Glossop Mind.

**Celebrating success!** Our training team have been hard at work in the community delivering training and educating the public about the vital importance of mental health. What you can do in the event of a crisis, and how you too can support others who may be suffering from poor mental health.

We are delighted to announce that our training has been incredibly well received and we couldn't be happier with the reception, we have delivered training to groups and organisations all over Manchester

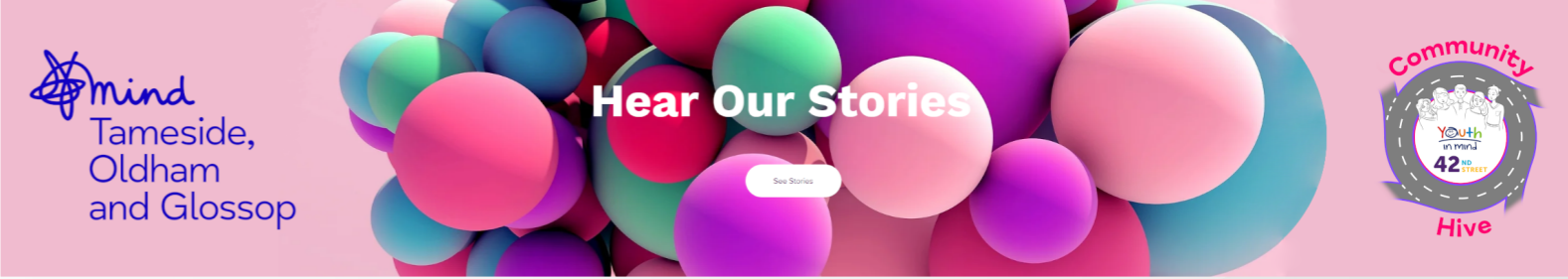
Recently, we delivered bespoke '*Supporting Mental Health*' training to staff from **Ashton Sixth Form College** at **The Etihad Stadium**. An engaged and vibrant team enjoyed the session and took much away to implement in work as well as their personal lives. You can see the lovely pictures from the session on the cover of this newsletter, or in the bottom left of the collage below!

Some other examples of training we've delivered to the community are:

- **Cognitive Behaviour Therapy training** to **Oldham Council**
- **Mental Health First Aid training** to the **Health and Wellbeing College**
- **Youth Mental Health First Aid** to **teachers across Rochdale**

...and more!

If you or anyone you know would like to access our range of training, the next step is to click the link here: <https://www.togmind.org/training>



### 2 Children's Mental Health Awareness Week Poetry Competition!



In celebration of Children's Mental Health Week, the Community Hive Team are collaborating with our Hear Our Stories website to hold a poetry competition.

To enter you must be aged 8 - 18 years old, live or attend school within the Tameside and Glossop area, poems around 500 words or less and the topic must be around but not limited to the theme of Children's Mental Health Week - **'Lets Connect'**.



Entries should be submitted through the **Hear Our Stories** website by the **12th February**, our co-production group will review all entries and the winner will be announced **Friday 24th February** on our social media, so make sure you're following our Youth in Mind Instagram and Facebook pages!

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

Voucher prize will be given to one lucky winner and a selection of the poems will feature on the **Hear our Stories** website.



**Coming up between 6th—12th February will be Children's Mental Health Awareness Week. This year's theme is 'Let's Connect'.**

**Take part in Children's Mental Health Week, and help make a difference to the lives of children and young people across the UK.**

**Please keep an eye on our social media channels as we will be sharing resources and information throughout the week in addition to the poetry competition.**

**Children, Young People and Families - Celebration Event**

This event is a celebration of the first anniversary of the Community Hive offer and is also opportunity to showcase the great work Thrive partners are doing locally, to support young people and their families mental and emotional wellbeing.

We are inviting other local services who form Tameside's Thrive partnership, to allow families to explore what is available to them should they need additional support.

There will be presentations from local partners, workshops, and opportunities to network with various services that support young people and their families.

The celebration is set for **16/03/2023**, at **The Meeting Point, St. Barnabus, Hattersley Road East, Hattersley, Hyde, Cheshire.**



**Community Hive - Hyde!**

We are also excited to announce that we have an opening date for our hub in Hyde!

**Our hub will be located at:**  
**St Barnabas Hattersley Rd East, Hattersley, Hyde SK14 3EQ.**

Please click here to learn more about our Community Hive.

# Creative Corner!

Every month our creative corner will highlight some of the fantastic work our staff / volunteers / or clients create!



This month for our Creative Corner, we're showing off our work celebrating this year's Chinese New Year!

Our team spent time painting our windows to show off Chinese culture. Chinese New Year this year took place on **Sunday 22nd January**.

This year marks the **Year of the Rabbit**.

## Get to know your Gadget!

Do you own a mobile phone, laptop, or tablet but aren't sure exactly what you can do with it? Have you ever wanted to access YouTube or make a WhatsApp group but wouldn't know where to start? Would you like to learn how to get the most out of your devices and the internet?

Our new fortnightly group Get to Know your Gadget will be starting Thursday 9th February 10am - 12pm. We will be running this for 6 sessions, with a view to continue if there is enough interest. Planned dates are:

- Thursday 9th and 23rd February
- Thursday 9th and 23rd March
- Thursday 6th and 20th April

**There is no need to book a place, you can just turn up, however, we cannot provide devices to practice on, you will be expected to bring your own device for support.**



# 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**

