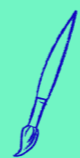


TOG Mind Newsletter

See what's going on at your local Mind.



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Meet the Team!



Hello, my name is Caroline and I coordinate the Wellbeing Hub and Wellbeing Activities on offer to Tameside residents aged 18 and over.

My journey with TOG Mind started in July 2017, after experiencing Mental Health difficulties for most of my adult life, I had always wanted to turn my personal experiences into something positive.

I attended their 10-week 'community mental health worker' level 2, and to go alongside this (as all my experience up to this point was personal) I started to volunteer within the org too. By a fortunate series of events I was taken on as a Health and Social Care Apprentice, which then lead to me gaining a coordinator's role.

During my time at TOG I've been fortunate to work on some great projects including: The Together Project which was aimed at reducing the suicide rate within Tameside through a combination of counselling and alternative support to run alongside. Then when Covid hit we went straight into delivering a variety of online sessions, some of which are still running to this day; and from those the Wellbeing Hub was created and has been running for just over 12 months!

There are many things I love about my role. From the people within our community who I get to meet on a regular basis, they really do make my days feel like I'm making a difference; to my volunteers who make all this possible. Their time, care, and selflessness makes me proud to be part of such an amazing team.

Name:
Caroline

Role:
Wellbeing Hub Co-ordinator

Fun Fact #1

I own 7 pairs of dungarees!

Fun Fact #2

My hair has not been a 'traditional' colour since 2014

Fun Fact #3

I've been obsessed with Dinosaurs since I was about 5 years old. If there's something in the office with a dinosaur on it, there's a 99.9% chance it belongs to me!

Fantastic Fundraising!

As we approach Spring and the start of a new financial year, it's worth reflecting on fundraising and how we connect with amazing local people who donate to TOG Mind or organise fundraising activities or events.

Over the last 12 months we've had people complete the Mt Everest base camp trek, a yoga headstand event, a 'Music with Mind' event in partnership with Strings Music School in Ashton, a 24 hour walk in full ice hockey gear and so much more. Wherever possible, we celebrate these achievements with certificates, videos and shout outs of thanks across our networks and it's always a joy connecting with local people, finding out more about them and why they are wanting to help support local mental health.

What's just as important are our collection tins. Hosted in various settings locally, they allow people to make a small donation to the charity or to scan the QR code and make a donation online. Any and all support no matter how small, makes a difference to the charity and helps to ensure our vital services and support continue.

If anyone is interested in hosting a TOG Mind collection tin in Tameside, Oldham, or Glossop or has an idea for a fundraising event or activity, please contact Jason at: fundraising@togmind.org or by calling **0161 330 9223**.



Have Your Say!
Join our Lived Experience panel for an opportunity to help shape the design and development of our TOG Mind services.

Take 5
Take 5 is a Mental Health and Wellbeing Hub for children, young people and their families aged 8 - 18 in Oldham.

Calendar of Events
See what events are taking place this March and if anything piques your interest! There's loads to get involved with this month.

March 2023
Issue #7

 mind Tameside, Oldham and Glossop

Together, we can help ensure local people of all ages get the help and support they need, at the right time,

Have your say!

Join our Lived Experience Panel

Lived Experience Panel provides an opportunity to help shape the design and development of our TOG Mind services. Evidence suggest that the outcomes of individuals experiences, are enhanced through using the expertise of people to develop services.

TOG Mind uses a collaborative approach for all service developments, ensuring the public, volunteers and staff can contribute their experiences and knowledge.

The role and tasks of the TOG Mind LEP:

- Consultation on service design & delivery
- Representation – create forum for service user expression of interests and views
 - Support the delivery of training/courses. Can offer insight into personal experience and demonstrate participation
 - Sharing insight to influence service strategy and governance, share feedback at strategy meetings
 - Recruitment & selection of staff



Calendar of Events

Month of March 2023

Coming up for the month of March we have a wide variety of event days to keep an eye out for:

1st	-	Self-Injury Awareness Day
2nd	-	World Book Day
8th	-	International Women's Day
13th to 19th	-	Neurodiversity Celebration Week
19th	-	Mother's Day
21st	-	World Poetry Day
30th	-	World Bipolar Day
31st	-	International Trans Day of Visibility



Take 5 is a Mental Health & Wellbeing Hub for children, young people and their families aged 8 - 18 in Oldham. We offer a variety of support for children and young people struggling with low-level mental health issues or in need of wellbeing support.

We offer a drop in service on Thursdays 3-8 (7:15 being the last appointment)

At the drop in we will offer an assessment then look at various support avenues:

Counselling

Art Therapy

Coaching

Peer Support Group

Craft Group

Anxiety/Anger Group

Children under 13 must be accompanied by a parent/carer/guardian.
Young people 13+ can access without parents/carers/guardians.

f : YiMind

o : youth_in_mind_

globe : Take5 (website)

Children, Young People & Families Community Hive & Partners Celebration!

Reserve your place today

We're very excited to announce that we are planning a 1 year celebration event for our Children, Young People and *Community Hive* service!

The event will be taking place **16th March 2023** at The Meeting Point, St. Barnabus, Hattersley from 4pm – 7pm.

Prizes, Give Aways, Workshops, Guidance, Food and more!

More information will be available in the coming weeks.

Scan here to book your place!



There is still time to book on to our CYP and Family's event! We have some amazing services confirmed to attend: **OKE - Our Kids Eyes, Tameside South and Longdendale Foodbank, Kooth, TOG Mind Wellbeing Hub, and Positive Steps** to name a few.

Booking is advised to secure your place!

Creative Corner!

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



This month's feature is from our recently completed Kintsugi course highlighted in a previous Newsletter. We are proud of the amazing work and creations that have been produced by this engaging and passionate group of attendees.

Despite the underlying reason for this group (domestic abuse) through the process of creating, destroying, and rebuilding Kintsugi has helped our participants find beauty and strength in their experience.

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

Activities Timetable Week.1



Monday	B 11am - 1:00pm Yoga	
Tuesday	10am - 12pm Next Steps (Over 60's)	4pm - 6pm Autism Peer Support Group (T.A.I.M)
Wednesday	10am - 12pm Community Connections	3pm - 8pm Young People Services (8-18yrs)
Thursday	10am - 12pm Chi Ball Meditation (coming soon)	2pm - 4pm Arts & Crafts
Friday	B 10am - 12pm Creative Writing	1:30pm - 3:30pm Healing Through Arts (Referral Only)

For more information or to book, please contact Caroline at wellbeinghub@togmind.org or call 0161 330 9223.

B : These sessions require booking to attend

What's on for Wellbeing

The first week of March starts on **Week 1**, alternating between **Week 1** and **Week 2** as it goes.

We have recently added some new and upcoming sessions to our ongoing timetable; such as:

- Community Connections
- Chi Ball Meditation
- Creative Writing

Activities Timetable Week.2



Monday	B 11am - 1:00pm Yoga	
Tuesday	10am - 12pm Next Steps (Over 60's)	2pm - 4pm Bob in for a Brew
Wednesday	10am - 12pm Community Connections	11am - 1pm Walk & Talk
Thursday	10am - 12pm Get to know your Gadget	2pm - 4pm Arts & Crafts
Friday	B 10am - 12pm Creative Writing	1:30pm - 3:30pm Healing Through Arts (Referral Only)

For more information or to book, please contact Caroline at wellbeinghub@togmind.org or call 0161 330 9223.

B : These sessions require booking to attend

