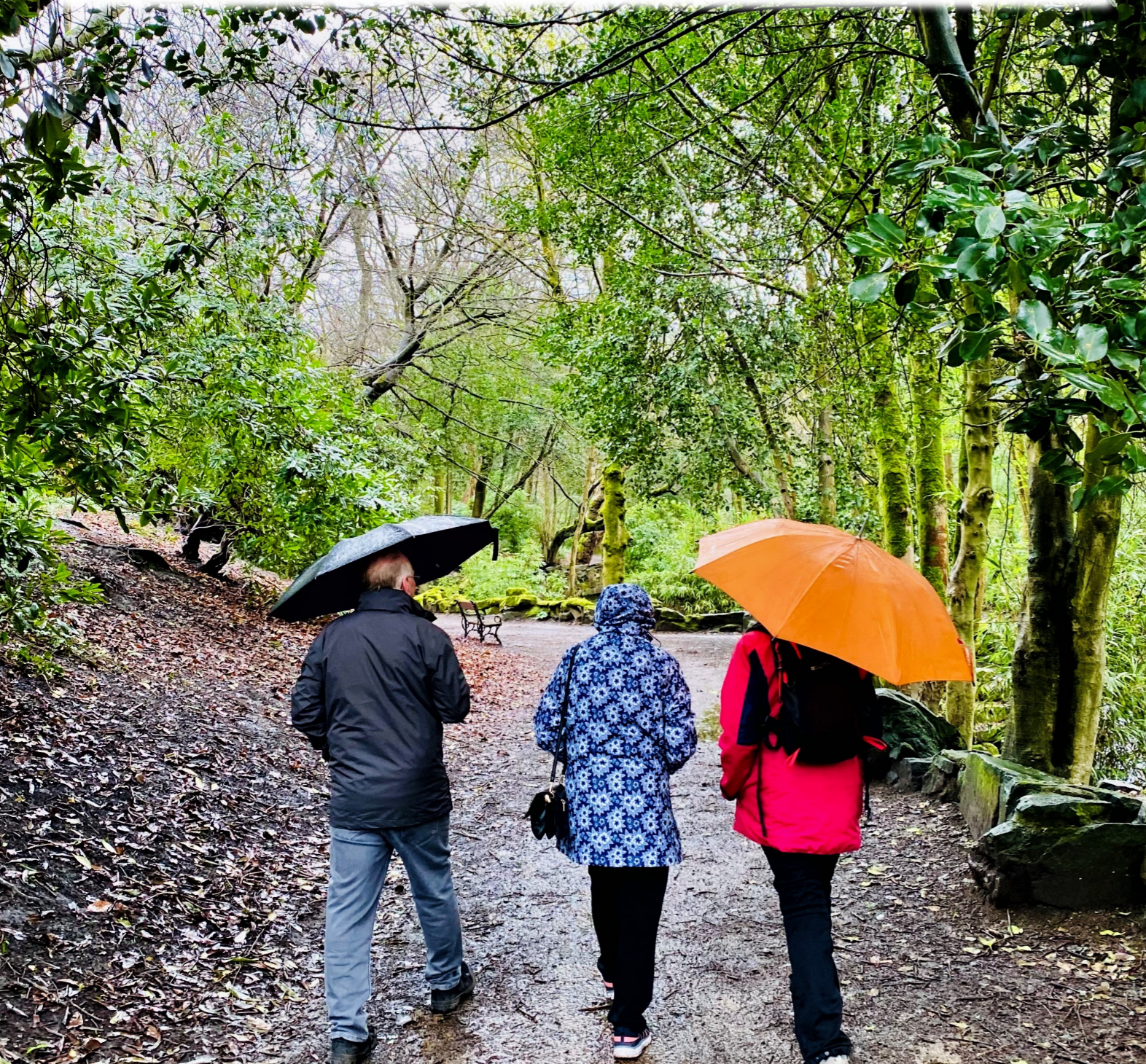


TOG Mind Newsletter

See what's going on at your local Mind.



Community Hive Celebration

Thursday 16th March was our Community Hive Celebration, and we're happy to report the event was an incredible success!

Adult Services in Oldham


We take a deep dive into the wide variety of services we offer within the Oldham area; such as our *Listening Space* or *Navigator* service.

Menopause Project

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

Image Credit: Walk & Talk with the TOG Mind Wellbeing Hub

April 2023
Issue #8

 mind Tameside, Oldham and Glossop



Meet the Team!



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Hello readers! My name is Kelsey Urey. I've been tasked with providing a bio for myself for our newsletter, so here I am!

accessing support at TOG Mind, our team have been working really hard to contact families and ensure they receive the support they deserve.

Where do I start? Well... I currently work as a Project Manager for the Families in Mind services across Oldham and Tameside.

So far on my TOG Mind journey I have come to realise that it is a very unique place to work, where individuality is embraced and nurtured. Everybody is made to feel welcome and is treated like family. The team here at mind is made up of many different people with their own stories and experience which makes for a inclusive and appreciative work culture.

I am quite new to TOG Mind and only started in December. Families is a service that I feel very passionate about and hope that my experience of working in the community, in schools and in different countries will help to shape and influence the work we do with all our families.

I'm excited to see the family offer grow and expand, with the hope of reaching and empowering more families to be part of the movement.

It's been amazing to see lots of Families from different areas

Name:

Kelsey Urey

Role:

Families in Mind Project Manager

Fun Facts About Me!

I have a cocker spaniel called Vera.

I have extremely small feet, size 2 on a good day.

I have swam with sharks and crocodiles.

New Resources

We recently printed off a set of brand new support resources for both our Tameside and Oldham offices.

These resources are completely free for you to take and cover a broad variety of topics such as:

- How to be mentally healthy at work
- Understanding mental health problems
- Coping with self-harm
- Finding support (getting help if you're worried about your feelings)
- Dealing with anger
- Your wellbeing (looking after your mental wellbeing)
- Understanding mental health problems
- Quick tips on stress / student life / workplace wellbeing / sleep / peer support / money and mental health



...and many more! If you're ever visiting either of our offices, check out our self-help resources and please help yourself.



Community Hive Celebration Smashing Success!!

Thursday 16th March was our Community Hive Celebration, and we're happy to report the event was an incredible success!

The Community Hive team just wanted to say a big **THANK YOU** to all the families, services and young people who attended the event. We hope everyone enjoyed themselves to the fullest.

Here's a sneak peek at some of the amazing things that took place on the night.

These are just some of the lovely pictures from the event, keep an eye on our social media channels for more to come from the event, including a video highlight reel.



Great event!
Really enjoyed the bracelet making and movie making.
Thanks.

I loved the bracelets making and biscuit decorating.
Everyone was so nice to me!!

Excellent event!
Well organised, amazing groups, and people attending were lovely and engaging!

Adult Services in Oldham



Here at TOG Mind we host a plethora of approaches and specialty services designed to support people in their management and recovery of mental health and illness, such as anxiety, depression, trauma, and the range of feelings that occur as a result. Mental Health Navigators provide support for people experiencing challenges with their mental health and difficult circumstances causing them to feel low.

Navigators offer interventions such as guided self-help, coaching and wellbeing checks, alongside working with other services including Early Help, Housing, NHS Healthy Minds, Turning Point, Age UK, GPs etc to facilitate wrap-around care for you depending on what best suits your support needs.

In addition to the navigators, TOG Mind also host person-centred counselling with both qualified and placement counsellors, peer support on a walk-in basis through our crisis service 'The Listening Space' and dedicated guided self-help for specific issues such as low self-esteem, grief

and loss, anger, stress and panic attacks, through our Active Monitoring service. Before receiving any of these services, you will be invited to an initial discussion with yourself and a practitioner so we can explore which service would be the best fit for you at this time in your life.

You can seek our services through our wonderful Access Team, who will be able to guide you through the process and arrange your first conversation with us.

Simply walk into our office on **Union Street, Oldham**. Monday - Friday 8am - 8pm or Saturday 10am - 2pm to have a chat. Alternatively, you can call us on **0161 330 9223** or email us at **office@togmind.org**.



Some of the wonderful feedback we've received in relation to The Listening Space:

- "I would highly recommend this place to anyone needing to talk. Thanks with all my heart."
- "I feel like I have a sense of direction after talking about my feelings."
- "After the session I feel more comfortable, relaxed and know how to move forward now."
- "I felt calmer, less anxious and more motivated at the end of the session."

Feedback we've received regarding our navigator service:

- I can still remember that day that I first met with the navigator. I was distraught and thought I will never be able to go back to my life. And they said to me that I can make it and thought to myself that you have no idea what you are talking about. Now 3 months later I reflect on that time and understand how right they were. Thank you for the understanding and time you gave me. Your support and knowing that I have someone that is listening was all I needed. Thank you!
- When the navigator came to introduce themselves I thought 'how is she going to help me turn my life around. She probably doesn't even know what addiction and struggle is'. However, when we started talking she let me cry and allowed me to understand that she cared and that she was listening and that she wanted to help. I knew that she might not be able to, but I felt like I could trust her because she actually cared about me and my story! Thank you so much!

Fundraising Heroes!

On Saturday 25th March, we received a fantastic £1300 from Sarah's Charity Challenges along with other charities. Massive thanks to Sarah, friends and family for all the support and raising awareness of TOG Mind and the help available. An amazing effort from all involved in various challenges and events over the last 12 months.



A special thank you to Ian and team at **Queen St Barbers** in Oldham, for their kind donation of £50 towards our continued work and also for hosting information about our services for others to seek help, should they need it. The Barbers shop can often be a safe place for people to open up and talk about their stresses in life and we can all appreciate a good chat with our barber or hair dresser!



On Monday 27th March, Jason had the pleasure of meeting Eric at **Hack Oldham** who provide a fantastic range of sessions and a welcoming and safe space for the people of Oldham.

Thanks so much for being the first business in Oldham to host one of new collections tins and for also displaying our support info. The more knowledge people have of what they can access locally to support their mental health and wellbeing, the better!



Any local businesses big or small, can help TOG Mind and the local community by getting in touch with Jason on **0161 330 9223** or by emailing fundraising@togmind.org to request a collection tin and local mental health support information to host.

Calendar of Events Month of April 2023

All Month Long — Stress Awareness Month

- 2nd** - World Autism Awareness Day
- 6th** - International Asexuality Day
- 22nd** - Earth Day
- 26th** - Lesbian Visibility Day

The Menopause Project

“£1.97 million awarded to support women in the workplace!”

Sixteen organisations across England including Mind in Greater Manchester (A partnership of the five local branches of Mind including TOG Mind), will receive a share of £1.97 million from the government to support women experiencing reproductive health issues in the workplace.

Funding follows successful applications to last year's Voluntary, Community and Social Enterprise Health and Wellbeing Fund.

Money will help women to remain in or return to the workplace through and following pregnancy, pregnancy loss or menopause, and delivers on commitments in the first ever Women's Health Strategy for England.

Launched in April 2018, the **Voluntary, Community and Social Enterprise (VCSE) Health and Wellbeing Fund** is a joint initiative run by the Department of Health and Social Care, NHS England and the UK Health Security Agency.

A new round of the fund is launched every year and typically runs over 3 financial years.

Mind in Greater Manchester are funding a project to improve health outcomes for women and people experiencing reproductive health issues by delivering workplace training, raising awareness of the issues and providing an improved mindfulness offer for anyone across Greater Manchester to tap into.



For anyone wishing to access support, workshops and training you can find out more by clicking here.

Where individuals can register for the various sessions and workshops on offer including a 3 hour 'Supporting Employees Through the Menopause Course', a Menopause Awareness for All workshop and a Mindfulness and Relaxation for Menopause course.



Menopause Awareness for All

A 90-minute online workshop

Everyone is affected by the menopause and learning helps ourselves and others. This workshop is an interactive bitesize workshop for all.

Register on our dedicated Me Learning Platform. Scan the QR code or follow the link below:



app.melearning.co.uk/auth/validate-key?registerKey=FJSZCDPW



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Supporting Employees through the Menopause

A 3-hour course

An essential course for anyone who manages staff and volunteers. All participants will receive an E Resource pack on completion of the course.

Register on our dedicated Me Learning Platform.



VCSE Health and Wellbeing Fund 2022 to 2025

An interactive course which will include:

- Myth busting
- Signs and symptoms
- The effect of hormones
- The impact of the menopause on the workplace
- Managers and employer's legal responsibilities
- Creating a menopause friendly workplace
- Holding supportive conversations



VCSE Health and Wellbeing Fund 2022 to 2025

Creative Corner!

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



Happy Easter!

Our Over 60's and Arts & Crafts group have been getting passionate for pompoms!

As well as working on a pompom wreath. The groups have decided to celebrate spring by creating the perfect spring icon, little fluffy chicks!

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 April starts on **Week 2**, 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**

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