

# TOG Mind Newsletter

See what's going on at your local Mind.



Image Credit: [@mind\\_and\\_stitch](#) on Instagram

## Volunteer With Us!

Ever wanted to jumpstart your career in the field of mental health? Volunteering with TOG Mind is a fantastic way gain experience.

## Mental Health Awareness Week

This May, Mental Health Awareness Week falls between the 15th and 21st. The theme for this year is "Anxiety".

## Thankful for Fundraisers

Celebrating some of the positively incredible fundraisers who have supported us recently. We are grateful beyond words.

May 2023  
Issue #9

 mind Tameside, Oldham and Glossop





# Meet the Team!



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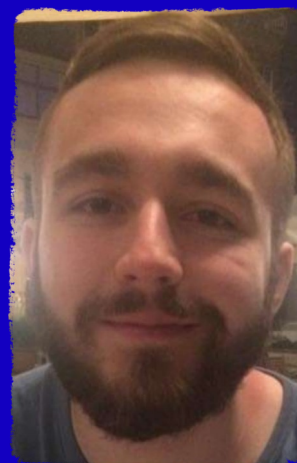
**H**ey folks! My name is Charlie, I am absolutely terrible at talking about myself so this might be really odd OR deeply boring.

I am one of many of our wonderful Children, Young People and Family practitioners. In my role, I deliver low-level guided self-help support to children and young people through our ACBI framework or in groups. I also facilitate family low-level family support sessions to aid families in managing struggles with communication and/or conflict.

I have not been at TOG Mind for very long, I started in mid

September 2022. But in my short time with the organisation I have had numerous positive interactions with clients that will stay with me for the rest of my life. I am very proud of the work I have completed alone and alongside many of my colleagues.

I love learning and in this role I feel as if I learn from each client and colleague alike. I believe I am very lucky in that I get to interact with such a diverse and amazing plethora of people—people who are so passionate about the propagation and support of positivity that they are essentially trying to work themselves out of a job.



**Name:**

Charlie

**Role:**

CYP Families Practitioner

**Fun Facts About Me!**

- I am scared of the sea!
- I love Mexican food
- I have two cats!

Duchess (Duchy) and Skylar (Sky)! Here's a few pictures!



## Menopause Project across Gtr Manchester

Local Minds working in partnership to support women experiencing reproductive health issues.



Learn more about this project at our website by clicking below:

[gmmind.org.uk/  
menopause-project](https://gmmind.org.uk/menopause-project)

Scan here!





# Want a career in Mental Health?





# Volunteer

**Would you** like to give back to help others, use your experience and skills to help support people accessing our services, or start your journey into a career in mental health?

**Can you** offer 2-3 hours a week to help deliver wellbeing activities or 1-1 support.

**You can** attend one of our recruitment sessions to find out more about these two fantastic projects and their opportunities.



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## Our next recruitment event is:

**Date:** Friday 16th June

**Time:** 2pm – 4pm

**Location:** Tameside Oldham and Glossop Mind  
216-218 Katherine Street, Ashton, OL6 7AS

To book a place call us on **0161 330 9223**

Or email either:

**wellbeinghub@togmind.org**

**peersupport@togmind.org**

# With Us!

## Volunteer With Us!

### Kickstart your career in mental health.

Our wellbeing hub and peer support projects offer low level support to adults in the Tameside area.

Our services wouldn't be what they are without the support of our incredible volunteers. If you're considering or have ever considered a career in mental health, both our Peer Support Project and Wellbeing Hub services can offer you an opportunity to begin your journey in this field.

- Full induction and DBS
- Level 1 Certificates in Adult and Child Safeguarding and Level 1 Certificate in Data Security
- Enhanced CV and future employment opportunities
- Free skill development workshops (e.g. self-care, resilience, basic counselling skills, boundaries and endings, coaching skills)
- Access to TOG Mind's Accredited Suicide First Aid, Mental Health First Aid courses
- Reasonable volunteer expenses provided including travel and activity costs

We will be holding a recruitment session at the following date where you can learn more about our offer, come meet our team, and see our Ashton wellbeing centre!

Please [click here](#) to register for the next Recruitment Session.



# Fabulous

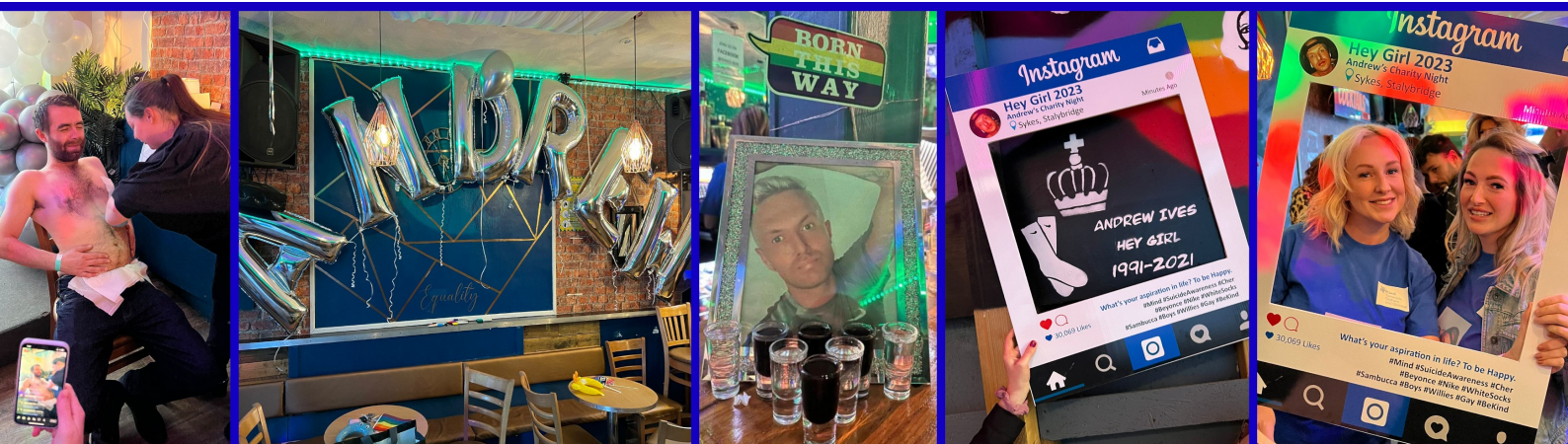
# Fundraisers!



**S**aturday 22nd April - A fantastic night was had by all attending a fundraiser in memory of Andrew Ives, who sadly took his own life in 2021.

With cocktails, singers, music, drag queens and raffles, the evening was a celebration of Andrew's life whilst also raising awareness of local support for anyone in need.

Huge thanks to Joanne and Jeni for organising the event and to friends, family and everyone else for supporting TOG Mind with your kind donations.



**We don't have grand totals yet but keep an eye on our socials for updates very soon!**

Fundraising and donations help us keep doing what we do as a charity, with Mind branches across England and Wales being responsible for their own funding.

From extending our opening hours and rolling out mental health training across Gtr Manchester to provision of dedicated children's wellbeing support, counselling and early intervention services, for over 40 years, we've helped local communities with a broad range of support.

If you're interested in donating to or fundraising for TOG Mind, we'd be hugely appreciative.

**[You can find out more at our website by clicking here.](#)**



**Tuesday 25th April** - We supported a wonderful 'Zen and Wellness' fundraising fair organised by Sola Collective. One of two amazing groups of students from MMU completing their event management degrees and choosing to work with TOG Mind to raise awareness and funds.

Everyone attending had a great time and we wish the team every success in the future, with whatever career paths they choose to take.



**Friday 28th April** - The second group from MMU, Mindful Movements, hosted a 'Chuckle for Charity' comedy night to raise awareness of mental health support available and funds for TOG Mind. This was after they completed a gruelling half marathon running from Oldham to Glossop.

The evening included several talented comedians, drinks, laughs and a raffle. We want to thank this young group of lads from MMU for their support and for helping reduce the stigma around accessing support.





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# Mental Health Awareness Week

Mental Health Awareness Week (MHAW) runs from **15th** to **21st** May 2023.

The theme nationally this year is '**Anxiety**'. Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

We will be celebrating MHAW 2023, here are some of the things we have planned:

- Sessions with the Honeywell Centre Group, Admire Group and Carvan Adab Group around anxiety and mental health awareness
- Take 5 and Community Hive - Young People's Wellbeing and Support Sessions
- Sharing tips and ideas from staff, volunteers and the public on managing stress and anxiety
  - A special competition for local young people to get involved in – **#ShareYou**
  - Yoga, Walk and Talk, Arts & Crafts and Creative Writing sessions



**Feeling  
anxious?  
You're not  
alone.**

15 to 21 May 2023

# Mental Health Awareness Week



#ToHelpMyAnxiety

## Calendar of Events Month of May 2023

### All Month Long — National Walking Month

- |                    |   |   |
|--------------------|---|---|
| <b>1 - 7th</b>     | - | <b>Maternity Mental Health Awareness Week</b>                                 |
| <b>8th</b>         | - | <b>Victory in Europe Day</b>  |
| <b>15th - 21st</b> | - | <b>Mental Health Awareness Week</b>   |
| <b>12th</b>        | - | <b>International Nurses Day</b>   |
| <b>17th</b>        | - | <b>IDAHO: International Day against homophobia, transphobia, and biphobia</b> |
| <b>21st</b>        | - | <b>World Meditation Day</b>   |
| <b>24th</b>        | - | <b>Pansexuality Visibility Day</b>  |



Freebies

Conversation

# WELL BE FEST

Everything wellbeing under one roof

Sunday 21st May  
12pm to 4pm

THE SATELLITE CENTRE, GREENFIELD,  
SADDLEWORTH  
OL3 7AL

Young People

Pop-up café

FREE ENTRY

Samba Drumming

Family

LISTEN TO OUR SPEAKERS

Including:

- Debbie Abrahams MP •
- CAMHS •
- Andy's Man Club •
- Heidi Flack •
- MIND •

Massage

Workshops

- Local Mental Health Services •

Stalls and information

Health Checks

- SPECIAL GUEST  
tba •  
and more!

Wellbeing Garden

BROUGHT TO YOU BY **BREATHE PEER SUPPORT GROUP**  
and the Co-op



# Work With Us!

## Vacancies with Tameside, Oldham and Glossop Mind

 Tameside, Oldham and Glossop

### We're hiring!

Therapeutic Services

## Mental Health Navigator

Hours: 36 hrs

Salary: £27,462.24



#### Summary of Main Duties and Responsibilities

In your role as Navigator, you will work as part of the Access and Crisis Team and you will be responsible for supporting clients with their mental health needs by carrying out initial discussions and providing a range of guided self-help services. More info can be found in our job brochure.

#### Title:

Mental Health Team Navigator

#### Hours:

36

#### Contract:

12 months fixed term

#### Based in:

Oldham

#### Salary:

£27,462.24

We are a flexible and fast-moving charity delivering mental health services across part of Greater Manchester. Our aim is to continue to provide the best quality local mental health services in prevention, early intervention and primary care; alongside empowering individuals and our communities to live well. We offer various services across the community and to individuals aiming to improve wellbeing and raise awareness around the importance of mental health support.

#### Title:

Project Manager  
Mental Health Urgent Triage

#### Hours:

20

#### Contract:

Fixed term—until March 2024

#### Based in:

Moss Side, Manchester  
(including some travel)

#### Salary:

£17,024.80

 Tameside, Oldham and Glossop

### We're hiring!

Therapeutic Services

## Project Manager

(Mental Health Urgent Triage)

Hours: 20 hrs

Salary: £17,024.80



#### Summary of Main Duties and Responsibilities

This is an exciting opportunity to lead on a brand new service within a multi-disciplinary team. Mental Health Urgent Triage (MHUT) is currently in its pilot stage, and has been created to offer speedier and more effective mental health support to those who call 999 in search of help.

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.



# Take a meno-pause

with  **mind**  
in Greater Manchester  
Local Minds working in partnership



**Free  
Training!**

Scan here! 





# Creative Corner!

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



## King's Coronation 2023

We're wishing Charles III the very best for his coronation this coming May 6th.

This month's Creative Corner (and front cover) comes from our of our Arts & Crafts attendees who let us watch over Crochet Charles for a week. You can see more of their work over on their Instagram account [@mind\\_and\\_stitch](#)

Mind  
Tameside,  
Oldham  
and Glossop

### Activities Timetable Week.1



Monday	<b>B</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>B</b> 10am - 12pm Creative Writing	1:30pm - 3:30pm Healing Through Arts <b>(Referral Only)</b>

For more information or to book, please contact Caroline at [wellbeinghub@togmind.org](mailto:wellbeinghub@togmind.org) or call 0161 330 9223.

**B** : These sessions require booking to attend

## What's on for Wellbeing

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

Our Wellbeing Hub operates from our Ashton Wellbeing Centre, this service is **FREE** and available to adults (**18+**) living in the **Tameside** and **Glossop** area.

For more info, call **0161 330 9223**.

Mind  
Tameside,  
Oldham  
and Glossop

### Activities Timetable Week.2



Monday	<b>B</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>B</b> 10am - 12pm Creative Writing	1:30pm - 3:30pm Healing Through Arts <b>(Referral Only)</b>

For more information or to book, please contact Caroline at [wellbeinghub@togmind.org](mailto:wellbeinghub@togmind.org) or call 0161 330 9223.

**B** : These sessions require booking to attend



# 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

