

TOG Mind Newsletter

See what's going on at your local Mind.

Image Credit: Rayven at the "SEVERANCE" exhibition



"Widow"
RAYVEN
Oil on Canvas
2023



Walk and Talk

Learn more about our Walk & Talk sessions run as part of our Wellbeing Hub offer in Tameside for adults aged 18 and up.

"SEVERANCE"

Featuring a local artist from Stalybridge in Tameside - a creative art exhibition with inspirations rooted in mental health.

Hear Our Stories!

Learn more about our new website, aimed at supporting young people, sharing their stories and experiences to help inspire others.

August 2023
Issue #12

 mind Tameside, Oldham and Glossop



Meet the Team!



Hello everybody! My name is Leonie Paton and I have been asked to share a little about my role for this month's newsletter, so here I go!

I currently work as a Senior Manager within the Adults Therapeutic Services team. I oversee multiple of the Access and Crisis projects which offer a variety of mental health support such as 1:1 wellbeing sessions, group sessions and walk-in crisis services.

I started at TOG Mind just over 3 years ago as a trainee Psychological Wellbeing Practitioner and before this I was practicing as a qualified person-centred counsellor. Through this work, I found my passion to support clients with more complex needs who

struggle to engage with services and piloted our navigator role.

It's been incredible to see the development of the Access and Crisis team since the piloting stage and I feel very proud to be a part of it. We work in close partnership with other mental health services, providing joint appointments where this is beneficial for the client. We aim provide seamless, wrap around care for clients who need more than one service involvement.

I am excited about the future development of not just the Access and Crisis team, but the whole of TOG Mind and I will continue to use my passion to develop our services and achieve better mental health across our communities.



Name:

Leonie Paton

Role:

Adults Therapeutic Services Senior Manager

Fun Facts About Me!

- ⇒ I was on TV in Waterloo Road!
- ⇒ I got chased by a wild elephant in Sri Lanka and just about managed to get away!
- ⇒ I made a DIY zipwire in the rain as a child and broke my shoulder.

Whitecroft Riders take on 60-mile challenge in support of TOG Mind

Over the last 12 months, Whitecroft Lighting has partnered with Tameside, Oldham and Glossop Mind which provides a mental health service to members of our local community (both children and adults), Each of the Whitecroft Riders have personal awareness or know someone who has struggled with their mental health, and TOG Mind help people to manage and improve their situation while providing a safe space to help others.

To raise donations to help these essential services continue, a group of employees from Whitecroft Lighting teamed up to tackle the 'Christie's Manchester to Blackpool' charity bike ride on 9th July.

As one of the biggest fundraising cycle events in the UK, the 60-mile feat started in Salford Quays and finished beneath the iconic Glitterball on Blackpool's South Promenade.

Whitecroft had a fundraising target of £1,000 and absolutely smashed it out of the park, we could be any more thankful the event went well, and grateful to Whitecroft for the support.



The ride has been completed now, but their JustGiving page is still open if you would like to pass a donation their way!

Please click here or scan the QR Code





Community Highlight

SEVERANCE

“Rayven” is an up-and-coming artist hailing from Stalybridge. Her passion for art drives her to explore exciting and unique mediums. After struggling with mental health difficulties, Rayven was inspired to visualise her experiences, to create art from emotion.

This project - “SEVERANCE” captures the essence of Rayven’s spirit, the profound impact mental health can have on us all visualised in Rayven’s own personal way. Everyone’s experience is unique, and there are countless ways to share that story.

“SEVERANCE” is now an exhibition on the top floor of *The People’s Gallery* in Stalybridge, and will be on display until 14th September 2023.

Severance represents the contrasting divide between the different parts of the human personality. Everyone has good and evil tendencies. It is up to the individual how to act on them.

In this exhibition, the artist has become free, pushing artistic boundaries to new limits by painting on a diverse range of surfaces and employing unorthodox subject matter to depict these tendencies in a way which may, sometimes, appear absurd, yet intriguingly mysterious.

The artist has conducted extensive research into interactive and immersive exhibitions in order to

create an exhibition which it is hoped the viewer will find entertaining, exciting, and most of all - emotionally moving.

This unique exhibition is hugely inspired by Robert Louis Stevenson’s famous Gothic novella ‘*The Strange Case of Dr Jekyll and Mr Hyde*’, a darkly complex tale highlighting dramatically the duality of the human psyche.

The scene is set in a Victorian living room and a laboratory, designed to transport the observer not only into the past but into the mind of one man, graphically illustrating how the predominance of his inner evil brought about his eventual downfall.

You, the viewer, are invited to use the lamp provided to explore the exhibition space and interact with the prompted objects.

You will find yourself immersed in a quest to reveal the secrets hidden within the diary, whilst also delighting in the originality of the mystical and captivating artwork that adorns the scene.

Take time to study these original and unique artworks, imaginatively presented across a diverse range of scale.

Commencing at microscopic level in the laboratory, extending to the large paintings in the living room, you can fully absorb the atmosphere pervading this scene of historic Victorian melodrama.

On completion of what we hope you will find to be a captivating and memorable experience, you are invited to view further exclusive original artworks and prints available to purchase.

You may also take the opportunity on your visit to meet the artist, where you will be welcomed to take a peek into the confines of the artist’s studio and perhaps view further artworks as they are being created.

About the Artist

Rayven
Fine Art

4

Hi, I'm Rayven! I was born in 2004 in Stalybridge, a small town about 9 miles east of Manchester. I may be a young artist, but my passion for art drives me to explore different media and practices on the daily. I have always loved art and anything creative, much more than academic subjects. My earliest memories of painting come from nursery, where my teachers commented that I was very engaged!

Art is something that I've always been at the top of the class in. From achieving Grade 9 at GCSE - to A* at A-Level, and a Distinction in my foundation diploma. I continue to impress my tutors with my creativity and drive to create art.

As well as working on my own projects in my studio, I will be studying BA (Hons) Fine Art at Manchester School of Art which will allow me to gain much more knowledge about art, and also introduce me to new practices. This will help me advance from an amateur artist, to a professional.



I used to specialise in portraiture, as faces and emotion fascinate me, and how you can portray somebody's psyche and tell a story, through a painting. However, I am starting to venture out of my comfort zone by improving my skills in landscape painting. I am currently in the process of creating a series based on my travels in Italy, bringing the essence of Italy to Stalybridge.

My proudest achievement so far is having my artwork displayed in the Courtauld institute in London, and having my first solo exhibition at 19 years old.

The exhibition is available for viewing at *The People's Gallery* in Stalybridge

(2 Melbourne St, SK15 2JJ)

See more of Rayven's art by visiting her Instagram.



Walk & Talk



Stamford Park Perfect in Every Season!



Join us for our fortnightly Walk & Talk!

Held every other week from Stamford Park, our Walk and Talk group meets Wednesdays at 11am, and enjoys a gentle stroll around this beautiful local setting.

Our wellbeing hub coordinator, Caroline said:

“Stamford Park has been a firm favourite with all of our Walk and Talk attendees. Over the years we’ve been using this park as a walk venue, we’ve learned to appreciate the beauty and changes regardless of the seasons.

I’ve done countless walks here and still discover or notice something new! It’s incredibly accessible with a choice of routes and terrain, making it the perfect venue for walkers of all abilities. Also, the café provides the perfect way to wind down after the walk or somewhere to shelter should the weather suddenly change. ☺

If you would like to join our fortnightly walking group, please email wellbeinghub@togmind.org, call us on 0161 330 9223 or pop into our Ashton Office on Katherine Street and ask for Caroline



For more information email:

[**wellbeinghub@togmind.org**](mailto:wellbeinghub@togmind.org)

or call **0161 330 9223** and ask to speak to Caroline.

Hear Our Stories!

Our website “**Hear Our Stories**” is designed specifically with young people and those who support young people in mind. Full of resources, information, and stories from other young adults.

This website exists to show young people that they are not alone in their struggles, and that there is support out there to help them understand how they are feeling.

We have created a couple of videos to show you how best to navigate and make the most out of our website, whether you're a young adult looking for support and something to help you make sense of how you're feeling, or a parent/teacher looking to support one of your children/students.

Self-Care Ideas

If you'd like to share what helps you with your mental health, get in touch!

We will post ideas shared by young people here.

Get in touch



Hear Our Stories:
A Parent & Teacher's Guide
A Young Person's
Guide

Calendar of Events

Month of August 2023

4th	-	Cycle to work day
8th	-	International Cat day
9th	-	National Book Lovers day
14th	-	World Lizard day
19th	-	World Photography day
25th - 28th	-	Manchester Pride
30th	-	National Grief Awareness day

7

Warburtons |  Morrisons

ASK FOR ELLEN

at a Morrisons café to receive two
FREE WARBURTONS CRUMPETS
with butter & jam



Serving suggestion

AVAILABLE FROM
17TH July – 13TH August

Work With Us!

Vacancies with Tameside, Oldham and Glossop Mind

 Tameside, Oldham and Glossop

We're hiring!

Title:
Children & Young People Service
Admin Assistant

Hours:
30 hours*
*(including 2 days finishing at 7pm)

Contract:
Permanent

Based in:
#Thrive service - Heywood

Salary:
£17,004 (actual salary)

Children and Young People Services

Admin Assistant

Hours: 30 hours*
Salary: £17,004 (actual)

*including 2 days finishing at 7pm



Summary of Main Duties and Responsibilities

In this role you will be responsible for offering a warm welcome to young people and families entering our hub, ensuring the space is inviting, safe and calming, you will be a vital member of the team, accepting and processing referrals, handling enquiries, managing waiting lists, inputting data onto our client management system and providing general administrative support to the team.

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.

 Tameside, Oldham and Glossop

We're hiring!

Children, Young People, and Families team

School Practitioner

Hours: 18 hrs
Salary: £12,675.88
(FTE: £25,365.60)



Title:
Children, Young People and Families Team
School Practitioner

Hours:
18 hours

Contract:
12-months Fixed Term

Based in:
Oldham Community and Schools

Salary:
£12,675.88 (FTE: £25,365.60)

Summary of Role:

- To carry a caseload of clients Children age 8-18 and to effectively manage all client contact
 - To effectively deliver psychoeducational courses to children and young people with identified emotional wellbeing and or mental health needs
 - To manage all admin tasks involved in client interaction and booking of service including managing waitlist, liaising with school professionals regarding referrals and collecting all appropriate client info
- (more information available in our job brochure)

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.

Celebrating Pride in Tameside!

On Saturday 22nd July we had the pleasure of supporting Oldham Pride 2023 and what a wonderful day it was. The rain didn't stop the fun, and plenty of people braved the weather to ensure a successful parade through Oldham. Entertainment was provided throughout the afternoon to a packed out Queen Elizabeth Hall and our staff were able to chat with so many people throughout about our services and support.

A special thank you to all the amazing volunteers who helped ensure the smooth running of the event and the entertainment who kept the crowds partying all afternoon and into the evening!



South Asian Heritage Month Celebrations Abdul and Maria Interviews

As part of South Asian Heritage Month we interviewed a couple of our staff members and asked them to share their stories and experiences with us.

We have cut these interviews into a series of parts and will be releasing them over the coming days. [Visit our YouTube channel](#) to learn more about both Abdul and Maria's journeys into mental health, early career, and what support means to them! **Please subscribe whilst you're there!**

Please click either thumbnail below to see each video

Part 1 of 5



**Abdul's
Journey
Into
Mental
Health
Work**

Part 1 of 5



**Maria's
Journey
Into
Mental
Health
Work**

Creative Corner!

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



Growing Very Nicely!



It's that time of year again, the Hub is losing space to pots, shoots and seedlings.

Our over 50's group and Community Connections activity between them have planted Radish, Peppers, Onion, and Italian Ryegrass.

They're coming along really well if we do say so ourselves. Plenty of sunshine and water to keep them growing and happy!

You can follow their progress by following our Wellbeing Hub on Instagram. ([click here](#))

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

