

What a year!

This month, our Wellbeing Column has definitely turned a **little bit festive** and has loads of advice and information to support your mental health and wellbeing, along with RED January news, volunteering opportunities and our Festive Fundraising Appeal - **It's our 40th Anniversary!**

Whilst this time of year can be for celebrating and coming together, some people can **really struggle** in the run up to Christmas. Read on for tips, and ways to access support this season.

Big 40 Festive Appeal

To celebrate our 40th anniversary and the approaching festive period we are launching our **Big 40 Festive Appeal!**

Between now and Christmas we'll be sharing 12 different mental health videos we've made, providing a broad range of advice and support information on mental health.

Every 2 hours someone takes their own life and we want to change this for the better.
With your help, we can.

We'd like you to consider sharing these videos and supporting TOG Mind by making a gift to our Christmas appeal so we can continue to provide expert advice across Tameside, Oldham, Glossop and the wider area.

Volunteering

Volunteering is great not only for supporting the community, but it's also a brilliant way to meet new people and make new friends!

We offer loads of different types of opportunities to get involved, if you'd like to learn more you can check out our website at www.togmind.org or give us a call on **0161 330 9223**.

During the winter months the cold conditions and snow may deter us from leaving the house and engaging with others, volunteering could be a good incentive to get out and be active!

Winter is Coming!

As the winter season approaches, and the days get darker, these **colder months** can really put a strain on our mental health.

Here's a few tips to help take the best care of your mental health and wellbeing over the festive period and into the new year!

1. Keep yourself safe and healthy, especially relating to alcohol, food and socialising.
2. Try to maintaining good physical health as it's proven to have a positive impact on your mental health—even 5 mins a day!

(Search **#REDJanuary** for a great event this January)

3. Trying to meet people face-to-face can be hard but you could send a card, a text, an email or chat on the phone, it's good to connect.
4. Give yourself a gift, it doesn't have to be something you buy, the gift could be being kind to yourself and accepting you can't do everything people expect.
5. Plan for what you can do, don't feel you have to over-spend and over work.
6. Give yourself some **time to relax!**

Visit our website

To find out more about your local mind, visit our website:

www.togmind.org



Donate Now!

This year we're turning 40! Support the campaign by texting **TOGM40** followed by **"£2"**, **"£5"**, or **"£10"** to **70070** or donate online.

#TheBig40

Tell us about how you are supporting us and getting involved with the **#TheBig40** and we will share your successes!
It's running until the end of March 2019.

