

TOG Mind Newsletter

See what's going on at your local Mind.

Celebrating Black History Month.
Featuring a panel discussion between members of our staff and a piece about the actions we as an organisation have taken towards our goal of cultivating an inclusive space for all.

Supporting World Mental Health Day 2022 #WMHD
October 10th was World Mental Health Day. The day may be over but the messages it brings stay with us year round.

Join our ever-growing team!
We're always looking for new people to come and join us at Tameside, Oldham and Glossop Mind. Learn more about vacancies we have, or about volunteering with us.

Donate with Amazon Smile
An incredibly easy way for you to support your local mental health charity while doing your regular shopping - at no extra cost to you!

Our CEO Jenny interviewing Charles from the Caribbean and African Health Network.
Full video coming later this month!



World Mental Health Day 2022



'Make mental health and wellbeing for all a global priority'

The World Health Organisation recognises World Mental Health Day on 10 October every year.

The theme of 2022's World Mental Health Day, set by the World Federation for Mental Health, is 'Make mental health and wellbeing for all a global priority'.

In line with the theme for this year, for World Mental Health Day (WMHD) we shared a new poem from one of our staff members titled "Ships At Sea".

Also during the day, we supported the #WMHD2022 Walk of Hope at Stamford Park in Ashton-under-Lyne.

In addition we created various wellbeing videos with members of our charity and have been sharing these throughout the week following WMHD.

Working alongside other Tameside based organisations; The Anthony Seddon Fund, Tameside Council, Jigsaw Homes Tameside and many more!

In these videos our staff share a little bit about themselves—tips and tricks on how they look after and support their own mental health and wellbeing.

We had a fantastic turnout for the walk and we couldn't be more grateful to everyone who took part.

Some of the pictures from the walk can be seen below.





Meet the Team!



Hello readers! My name is Ayesha and I am a Senior Manager here at TOG Mind.

I first came to TOG Mind in 2019 as a wellbeing worker in our Safe Haven service at the Royal Oldham Hospital, and have since moved into management looking after all of our Access and Crisis services alongside our wonderful team.

Having grown up with a sibling who had severe mental illness I saw first hand just how difficult it was to get help for someone experiencing mental health difficulties and their families. I believe this is why I found a career in mental health to be extremely rewarding. Here at

TOG Mind we strive to provide an inviting, safe space so that receiving support for your mental health isn't so scary and complicated.

We have grown so much in the past few years in terms of our staff teams and the services we offer, and we are always looking to adapt and develop as the needs of our communities shift and change.

I am proud to be a part of an organisation that seeks to be accessible for all and I am hopeful we can offer a place of support and hope to people when they come to struggle with their mental health, which can happen to any of us.

- Name:**
Ayesha
- Role:**
Adult Therapeutic Services Senior Manager (Access & Crisis)
- Favourite Food:**
My husband's Sunday roast
- Favourite Film:**
When Harry Met Sally
- Favourite Song:**
Red Light Spells Danger by Billy Ocean

Vacancies

Join our ever expanding team!

At Tameside, Oldham & Glossop Mind we are always expanding our diverse workforce. We work closely with communities across the Tameside, Oldham and Glossop footprint to help bring them the best support that we can offer. We are always looking for new people to help us continue to improve our offer to make our services the best that they can possibly be.

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.

Our Organisational Values:

Relationships

We listen and ask questions to understand others and to build trust. People matter to us both inside and outside our organisation.

Aspiration

We support one another, clients, and communities to achieve better mental health.

Learning

We seek insight and grow from experience; finding new or better ways to contribute to the field of mental health.

Potential

We encourage personal responsibility for development by discovering and realising the abilities and energies of people.



Have you heard about Amazon Smile?

Amazon Smile is a simple and automatic way for you to support a charity of your choice every time you shop, at **no extra cost to you**.

Amazon will donate an additional 0.5% of every purchase you make through the platform to a charity of your choosing.

If you would like to select us as your charity of choice then simply log in to your Amazon account and select us through Amazon Smile.

How to turn on Amazon Smile in the Amazon mobile app:

1. Open the app and go to the main menu
2. Scroll down to settings and tap Amazon Smile
3. Select your charity of choice and turn on Amazon Smile

How to turn on AmazonSmile in the Amazon mobile app

1

Open the app and go to the main menu (☰)



2

Scroll down to settings and tap AmazonSmile



3

Select your charity (if you haven't done so already) and turn on AmazonSmile



Once AmazonSmile is activated in the app, donations will be automatically generated on eligible purchases



At the moment we are looking to recruit a Community Development—Senior Manager to join our ever growing team!

In this role you will work closely with other senior managers across business development, access and crisis, and therapeutic services.

Applications for this role can be sent through our website—where you can also find other roles we have available. Click here to visit the page.

Community Development Senior Manager

As the community development senior manager, you will work closely with other senior managers across business development, access and crisis, and therapeutic services.

- 36 hours per week
- Salary: **£34,388.64**
Deadline: **Friday 4th November**



Volunteer with us!

The work Tameside, Oldham & Glossop Mind does covers a broad spectrum of different things; from working with young people, offering peer support to adults, to offering a wealth of different wellbeing activities and courses... and more!

One of the main things all of these have in common... is our volunteers! We couldn't do the work we do in the community without the help our incredible volunteers, the support they offer is truly what makes our work as special as it is. Most of our counselling sessions, workshops, fundraising, cafes and other endless activities are delivered by an amazing band of people who volunteer with us.

If you've ever considered volunteering, why not volunteer with us? We have volunteer opportunities available for many services we offer within our charity—visit our website to learn more, there could be something perfect for you!

Actions Not Words - Black History Month 2022

It's black history month, and this year the theme is **'Actions Not Words'**. Now, we realise the irony of writing an article about 'Actions Not Words' but this is not just a talk piece, this is a real, metered review and breakdown of the actions we as an organisation have taken towards our goal of cultivating an inclusive space for staff and clients.

It's important then to set out from the start that, our mission is and always has been to bring about better mental health for everyone and to that end, we must recognise and act on the very real differences in each person's life. Though it is noble to see people as 'all the same', the truth is that we are not all the same. We each face different challenges and adversities through life and it is a good thing to validate and recognise our differences.

Black history month presents us with an opportunity to review, analyse and act on the already extensive work we do as an organisation to ensure we provide a fair, equal and most of all inclusive environment, not only for clients but for our staff too.

Whether due to race, sexuality, gender, health or faith – our experiences are shaped by the way our 'key' fits into societies 'lock'.

To make these changes, we have to be brave, bold and compassionate. Mistakes will be made, but if we cannot allow these mistakes to happen, the conversation will end. We'll stifle our ability to learn and we won't make the essential changes we need.

To that end, let us take you through the actions we have taken.

Equality, Diversity & Inclusion Group

Our work started early on in the COVID pandemic – we started by setting up a group of staff and volunteers who all came from various backgrounds, ethnicities and beliefs. It was from here, drawing from considerable resources and links within communities, thanks to our staff, we developed an outline and action plan to achieve our goal operating an equal, diverse and inclusive organisation.



Black History Month Panel

Our response to this month's call to action, was to establish a baseline perspective of our staff – we organised a panel discussion where we asked candidly, questions that would lead us to a more detailed understanding of the experiences black people and other ethnicities face.

Curious about the questions we asked?

Take a look below...

Even more curious to know how everyone responded?

[Click here to watch the full panel discussion!](#)

Questions had to be asked.

It was from our EDI group that some difficult questions were asked. Questions like "Why aren't there more black people who want to work for us?"

"What communities aren't using our services?"

"Who are the people that aren't getting the same standard of treatment?"

It was questions like these that led us to review our recruitment processes and highlighted the necessity of diversifying our team – how else can we provide the services needed by our clients?

How else can we create an environment where everyone understands the differences, we each have?

This has all led to us recognising that the strongest team and the best services are made when we draw upon the wealth of experience and understanding that comes from diversity within the workplace.

We have resolved ourselves to continue this work as it has become bound with our core values and overall mission.

Panel Questions

How important do you feel black representation is in mental health?

Have you ever had a conversation about race with a child?

Have you ever experienced racism be passed off as 'banter'?

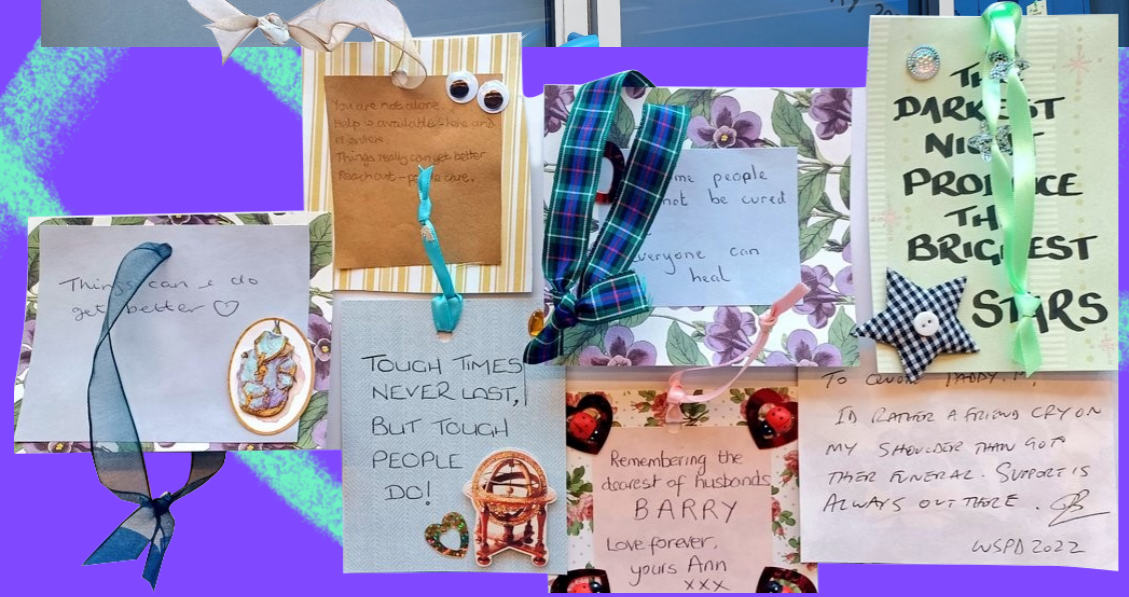
Do you feel experiences of racism have affected your mental health?

Statistically black people are less likely to access primary care / early intervention mental health services.

Why do we think that is?

Creative Corner!

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



This month's highlight **Window of Hope** comes in support of World Suicide Prevention Day. We decorated our office and people submitted their messages of hope for our window.

Ships At Sea

— for World Mental Health Day

Theme: Different Boats, Same Storm.

In torrid waters and crashing wave
Hope here now, our lives might save
Across the bow, beyond the dark
Sailors fraught, their struggle stark.

If not for such, this here storm
We could make it, until the morn
When suns sweet break, you shall see
We weather the same storm, you and me.

by James Kennedy

Silhouettes faded, upon the storm,
Their fight to live, broken and drawn
Upon such sights, I can see
They share the same fate, you and he

[Click here to view a video featuring our staff reciting this poem.](#)

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

