

TOG Mind Newsletter

See what's going on at your local Mind.

Celebrating the amazing work you do!

A very big thank you to all our fundraisers and community supporters for the fantastic work they do.

A very special volunteer celebration

We recently held a thank you event for all of our community development volunteers, with the help of funding from Action Together.



Godley in Winter



Fundraising Success!



1

Music in Mind

On Saturday 3rd December Strings Music School in Ashton hosted a gig at *The Bridge Inn* to support TOG Mind and help raise funds.

Although it was a dark and cold December evening, all the performers and supporters had a fantastic night of entertainment with local talent including *The Strings Choir*, *Acoustix Mayhem* and *The 170's* as well as young talent from across Tameside.



We want to give a special thank you to Dan and the team at Strings Music School for the amazing partnership work and support and also, to all the amazing performers who gave their time for free to support the charity.

The grand total raised was **£258.98!** and you can watch a short 5 min highlights video of the evening here on our YouTube channel: https://www.youtube.com/watch?v=AoVMr_OfNqs

Some pictures from the event:



Winter 2022
Issue #4

 mind Tameside, Oldham and Glossop

We hope to work with Dan and the team again next year on something special so please do keep an eye out for future fundraising events and opportunities to get involved!





Stephen Completes the Pennine Way Challenge for Tameside, Oldham & Glossop Mind!

Sunday 20th November 2022, we had the fantastic pleasure of presenting *Steve Warrington* with a fundraising certificate for his completion of the Pennine Way Hike.

During his trek, Steve hiked a whopping **268!** miles, having raised £1,165 for TOG Mind.

A massive thank you to Stephen and his wider network for all of the incredible support they have provided.

[To find out more about how you can fundraise for TOG Mind please visit our website by clicking here.](#)

Day 14 - Dutton to Alston. Wow! What a day! 20 miles started with a short ramble out of Dufton (after that breakfast I predicted!) only to face a real hack up Green Fell and onto Great Dun Fell with the radar station and onto Little Dun Fell with quite violent westerly winds!! Upwards to Cross Fell the highest point on the Pennine Way to have lunch in Greg's Hut out of the wind. A never ending descent to Garagill followed by a 4 mile hike with the rain over farm land to Alston. Tired but content today!!



A festive gift from B&Q in Ashton!

A very special thank you both to *Jodie and Paul* at B&Q in Ashton who kindly donated a range of items last week; including:

- Paint
- Varnish
- A range of evergreen plants; including conifers, and alpines
- And a fab trolley for storing supplies.

These donations are part of B&Q's new scheme we signed up for recently. A huge help to the charity as we continue to renovate and improve our Ashton office on Katherine Street!



2

3

Volunteer Celebration!

Celebrating the wonderful work of our community development volunteer team.

Recently, we held our annual Community Development Volunteer Celebration event.

Here at TOG Mind we value each and every one of our amazing volunteers, and in the roles of Peer Support and Well-being, these services would not be available if it wasn't for these wonderful people who give so much more than just their time to their roles.

As quoted by one of our attendees:
"volunteers aren't paid, because they're priceless".



The start dates for our wellbeing hub sessions beginning in 2023 will be:

Upcoming Dates:

- | | |
|-------------------------|-------------------|
| • Yoga | - To be confirmed |
| • Next Steps (Over 60s) | - 17th January |
| • Bob in for a Brew | - 24th January |
| • Autism in Mind | - 17th January |
| • Walk and Talk | - 11th January |
| • Arts and Crafts | - 12th January |
| • Healing Through Arts | - 13th January |
| • Creative Writing | - To be confirmed |



Meet the Team!



Hello :)

I started with TOG Mind in September 2022 as a School counsellor and it has been a great experience so far.

Staff have been very welcoming and I've just settled into the role very quickly.

With my role, communication is key, and I am able to be in

constant contact with my supervisor and the schools that I work in.

I can see the impact I am making in my work and it is very rewarding. I look forward to making more of a difference and broadening my skills.

In my spare time I enjoy reading, swimming and playing football.



Name:

Dalmain

Role:

School Counsellor

Fun Fact #1:

I play the guitar

Fun Fact #2:

I'm into Djent music (check it out if you're into instrumentals!

Fun Fact #3:

I used to be a chef!

Book recommendations:

Anna Karenina—Leo Tolstoy;

The body keeps the score—Bessel van de Kolk;

1984—George Orwell.



Congratulations to Abdul!

Congratulations to our colleague **Abdul** (*Covid-19, Dementia and Learning Disabilities Link worker*), on his recent Cancer Champion award, recognising his fantastic work around cancer awareness, anxiety and stigma locally.

Our staff have a range of skills and experience that helps in supporting others locally and many have lived experience of mental health, making them more empathic and able to understand people's circumstances.



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

