

TOG Mind Newsletter

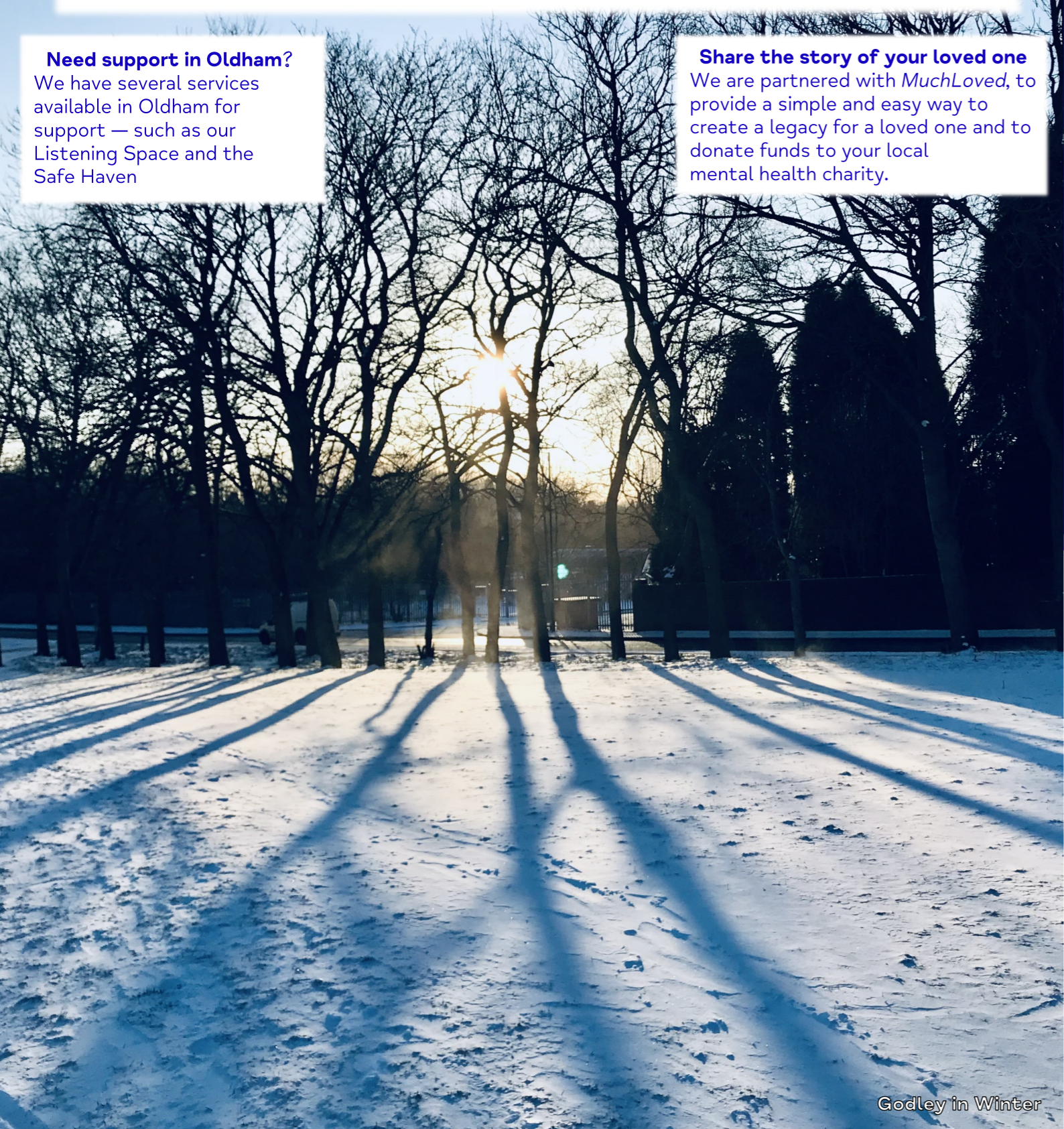
See what's going on at your local Mind.

Need support in Oldham?

We have several services available in Oldham for support — such as our Listening Space and the Safe Haven

Share the story of your loved one

We are partnered with *MuchLoved*, to provide a simple and easy way to create a legacy for a loved one and to donate funds to your local mental health charity.



Godley in Winter

Winter 2022
Issue #5

 mind Tameside, Oldham and Glossop



Meet the Team!



1



Hi everyone! My name is Denver Cooper and this is my bio. Some of you may or may not agree that writing about yourself can be challenging but I will do my best!

My current role with TOG Mind is Youth in Mind Senior Manager for our Tameside Children and young peoples directorate.

I joined TOG Mind over 2 years ago as a children and young people's practitioner, supporting drop-ins on our #Thrive project in Rochdale before moving over to Ashton as Project Manager for The Hive.

Experiencing different projects and roles has been an exciting and challenging journey but has given me opportunity to see the different projects grow and also

see the positive impact made to lives of young peoples

Working closely with different partners and colleagues, I have been privileged to be part of the fantastic work done with young people and families, providing them with the tools needed to help improve their mental and emotional health.

In the last 12 months I have been involved with the delivery of our new Community Hive project in Tameside, in an effort to make mental health support as accessible as possible for all young people.

The team have done some fantastic work and the feedback from children and their families makes all their hard work even more worthwhile.

Name:

Denver Cooper

Role:

Youth in Mind - Senior Manager

Fun Fact #1:

I share my name with a US state.

Fun Fact #2:

I used to work in a gold mine!

Fun Fact #3:

I love Caribbean food

Children, Young People & Families Community Hive Celebration!



One for the diaries!

We're very excited to announce that we are planning a celebration event for our Children, Young People and Families *Community Hive* service!

The event will be taking place **16th March 2023** at The Meeting Point, St. Barnabus, Hattersly from 3pm— 7pm.

More information will be available in the coming weeks.



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Sharing the life and story of a loved one

Creating a legacy for a loved one lost, can be a difficult and emotional thing for anyone.

We've partnered with the organisation MuchLoved, to provide a simple and easy way to create a legacy for a loved one and donate funds to your local mental health charity.

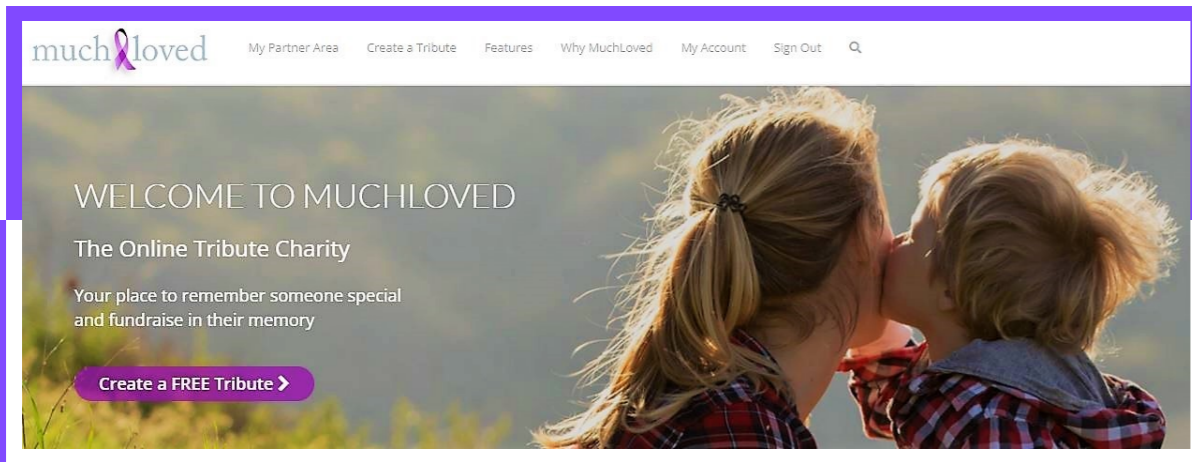
MuchLoved is the leading Tribute website service. So far, they've helped over 300,000 bereaved people create their own personalised and free online memorial in memory of a loved one.

What is an online tribute?

This is your own special memorial website in tribute to your loved one, where you can share memories, thoughts and stories with family and friends as well as light candles, add music, photos and videos.

You can find out more here: <https://www.muchloved.com/>

Please do contact us if you would like any help or support in setting up a legacy or in celebrating the life of a friend or family member. You can call us on **0161 330 9223** or emailing fundraising@togmind.org.



Send us your pictures and stories!

Do you have a photo you've taken that you're particularly proud of? We're looking for photo submissions we can consider for use in our newsletter and website!

We'll give full credit to the photographer if we use the picture anywhere across our publications but any images submitted will most likely be used in our newsletter.

We're particularly interested in images taken in the Tameside, Oldham and Glossop areas that might be good for front page publication!

We're also looking for **guest contributors** to our monthly newsletter.

Are you someone who works or volunteers in and around the field of mental health and wellbeing?

Please submit your story to us for consideration. Ideally 500 words approximately on anything that relates to wellbeing.

It could be a story of recovery, positive impact of therapeutic support, how you've helped a friend, family member or client, the benefits of accessing mental health training. *Anything within reason!*

Please submit your written articles to – marketing@togmind.org.



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The Safe Haven - Oldham

Ensuring people can quickly and easily receive the right support, in the right setting, from mental health professionals.

The Safe Haven, Royal Oldham Hospital is a partnership of Pennine Care, Tameside, Oldham & Glossop Mind, and Early Help (Positive Steps).

The Safe Haven team are there to provide a therapeutic, multi-disciplinary approach to crisis intervention.

This service runs from Monday - Friday / 5pm - 8am.

From 5pm - 9pm we run appointments only.

From 9pm - 9am we are open for clients to self-refer by contacting our main number.

-The Safe Haven - Royal Oldham Hospital



Address: The Safe Haven, Forest House The Royal Oldham Hospital, OL1 2JH. Tel: T0161 716 2288 / 0161 716 2289

The Safe Haven, Royal Oldham Hospital is a partnership of Pennine Care, Tameside, Oldham & Glossop Mind, and Early Help (Positive Steps).

The Safe Haven team are there to provide a therapeutic, multi-disciplinary approach to crisis intervention.

This service runs from Monday - Friday / 5pm - 8am.

Referrals can be made from Oldham A&E / Liaison Mental Health Team, Community Mental Health Team, or the Oldham Home Treatment Team.

Please get in touch for more information.



To access this service, call 0161 330 9223 - extension 2169 during opening hours (*overleaf*) to speak to a peer support worker.

Find us:

TOG Mind Oldham Office



19-25 Union Street, Oldham, OL1 1HA.



The Listening Space

The Listening Space is a walk-in service for any adult in Oldham experiencing mental health difficulties. You will receive help and advice from our friendly peer support workers, or simply have a calm space to feel safe. Take a look at our opening times below to find a time that works for you.

Opening Times:

| | | |
|------------|------------|---------------------|
| Monday: | 5pm - 8pm | - Open Space |
| Tuesday: | 5pm - 8pm | - Open Space |
| Wednesday: | 9am - 3pm | - 1 to 1 Space |
| Thursday: | 5pm - 8pm | - Open Space |
| Friday: | 5pm - 8pm | - Open Space or 1:1 |
| Saturday: | 10am - 2pm | - 1 to 1 Space |



The Listening Space

Do you need to talk to someone about your mental health and wellbeing?

The Listening Space is available for anyone who would like support with their mental health and wellbeing, especially during this difficult time.

This services provides an informal comfortable setting and is a free confidential space for adults aged 18 and over who feel they need someone to talk to and to get some early support.

Adults are able to attend the listening space for face-to-face appointments in a COVID compliant environment.

This is a walk-in or self-referral basis.



Creative Corner!

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



In preparation for our new Creative Writing group due to start on Friday 27th January 10am – 12pm, here is an example activity we've previously done:

“Oh, if you could walk in my shoes” (By Mary Taylor, using techniques from the book “Writing Works”) – can be fact or fiction.

Choose a favourite pair of shoes you (or your character if writing fiction) currently own.
Open to interpretation; can be a story, a poem, anything!

What memories are attached to those shoes?

Where is their favourite place to walk or go?

Are you grateful for the places they have taken you?

What future adventures do you think the shoes are going to go on?

Finally, why did you choose those shoes?

Can be written in first (I) person or third (they) person.

Hub Progress Update!

Our wellbeing hub repaint is coming along wonderfully! A touch of paint has completely revitalised our room and we can't wait for everyone to see it in person. It isn't quite done yet but we're really excited to show it off when it is.



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

