



Seasonal Self-Care

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!
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 of you.
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!

Festive Fundraiser

A small gift to our festive appeal could help in so many ways. It could pay for workshops and support groups, it could help us train teachers and support workplaces to look after their own mental health, and it could give young people the chance to grow up in a supportive environment where mental health is taken seriously. Above all it will help ensure we continue to provide support for people as quickly and effectively as possible.

By donating £1.00 or more we will provide you with one of our fabulous TOG Mind pin badges and you can continue to support us and spread the word by wearing it whenever you can!

www.justgiving.com/campaigns/charity/togmind/togetherthischristmas



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Winter Wellbeing Project

Worried about how you will cope over winter? Can this time of year get you down? If so come to our Topaz Café and Wellbeing Centre to get IMMEDIATE access to mental health support at a Winter Wellbeing check.

The wellbeing check will include a wellbeing assessment, tools for mental health self care over winter, information about social and wellbeing activities, signposting for practical help plus a FREE drink and snack included for people accessing support.

Mondays 1-3pm **Tuesdays 10-12pm**
Thursdays 1-3pm **Fridays 10-12pm**

Visit our website!

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

www.togmind.org

E-Update

Want the latest news? We have a weekly e-newsletter with everything TOG Mind. You can find it by checking out our website and looking for the E-Update button!

YouTube

Did you know we have a YouTube channel? You can find all sorts of helpful wellbeing content by searching YouTube for "Tameside, Oldham and Glossop Mind"

What a year!

We've had a fantastic year at TOG Mind and have worked with many amazing individuals, businesses and communities to improve and raise awareness of mental health services and vital funding.

We'd like to say a massive thank you to all of the people who have worked hard to raise funds for mental health services within the local community.

Fancy fundraising yourself? We have a wealth of opportunities to get involved, you can visit togmind.org or call 0161 330 9223.



We are part of:



in Greater Manchester
Local Minds working in partnership

