

What's happening at your local Mind? — Feb / March 2019

Winter Warmers Project

We can often take for granted how **important a hot meal is** and the benefit it can have on our overall wellbeing.

Evidence shows that people experience **higher levels of mental health distress** over the winter months. Therefore, this is the time when people need additional support to get through and keep safe during the winter months.

With the support of Tameside Council, we are providing **free** hot meals and support options to those in Tameside who may be struggling through the winter months. This will be running from Saturday 19th January through to the **end of March!**

To find out more about how to access a free warm meal and refreshments you can contact us directly via email at: office@togmind.org, or by calling our office on **0161 330 9223**.



Name _____ Date of birth _____
Gender _____ Postcode _____
Contact number _____ GP surgery _____
Types of support interested in:
 1-1 Group Training Social Activities Volunteering
Do you have any additional support needs?

TAMESIDE, OLDHAM & GLOSSOP

RED January Reflections

RED January is over and we're incredibly happy with the reception we received throughout the month, everybody got involved and did it in their very own unique way!

Don't let the spirit of RED January **burn out**, why not continue on with your routine and keep yourself active every day throughout the year?

A **very big thank you and congratulations** to everyone who helped to fundraise this RED January, and to everyone who took part.

BRAVO!



Women's Health Month

Linking with Tameside Council throughout March, we will be **supporting Women's Health**. Throughout the month we will be providing information and advice for women's health in partnership with Pennine Care NHS Foundation Trust, the Wellbeing College and other local partners.

We'll be providing information through social media and our **E-Update newsletter** and sharing interesting opportunities from across the local area.

If you're interested in signing up for our E-Update, you can check our website at www.togmind.org and sign up.

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"**

New Year New Mindset

2019 is chugging along, January has come and gone and we're now **(hopefully)** on the path towards some nicer weather. We're not out of the cold yet though, make sure you remember to take care of yourself and stay warm through these final winter months.

With the new year out of the way, it can be all too easy to forget about those **new years resolutions** you set for yourself. Don't think of them as annoyances or obstacles in your way, think of them more as the path to a better and happier you. Why not challenge yourself and stick to them like glue?

You'll feel better for it!

Small, achievable goals will give you a sense of satisfaction and ensure you stay on track.

Don't forget we're here to help!