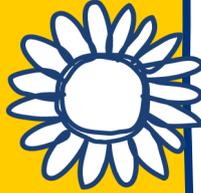




Summer is Coming

As we all know too well, the weather in the UK can be very unpredictable. Summer is well on the way and it's impossible to know if we'll get a summer of scenic sun or relentless rain.



Wherever the coin lands, make sure you **take care of number 1** (and 2, 3, 4... if you're a parent!) whatever the weather brings.

Staying hydrated is always important in hot weather, make sure to drink plenty of water if you're feeling parched.

Exercise and eating well are always great ways to feel better and improve your wellbeing, and summer is always a great excuse to get out and **go for a run!**

It's always useful to have an umbrella on standby, you never know when that lovely sunny weather could become a downpour.

The Buddy Project

Want to volunteer? **Be a Buddy!**

Our Buddy Project has launched and we're so delighted to see the **fantastic reception** it's received!

We are recruiting buddies who can volunteer one morning or afternoon a week for up to 3 months (depending on support required), working with people and supporting them into social and community activities.

Become a Buddy!

Start your Buddy journey by completing our **online volunteer application form** and selecting the buddy project role on our Volunteer Application Form; or for more information, telephone:

TOG Mind:	0161 330 9223
Diversity Matters North West:	0161 358 3268
LEAP:	0161 214 8300

If you'd like to learn more about the Buddy Project, then you can visit our website for more at: **www.togmind.org/buddy-project**

Apply through our application form: **www.togmind.org/node/112**



Topaz Café - Good Mood Food

Our vegetarian 'Topaz Café' offers a wide variety of freshly prepared food for all, at great prices.

We also have a special offer available for all students who are able to get 10% off food and drinks purchased at our café!

Why not drop by for lunch this summer?



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"**

Fundraising

Have you ever wanted to **try skydiving?** Take part in a 5k or even **a marathon?** There are loads of ways we can support your fundraising and events.

We have a brand new fundraising pack that's chock full of info and advice relating to fundraising with us at TOG Mind and what we can do to help you.

Interested? Get started with our JustGiving page: **justgiving.com/togm/** or by visiting our website: **togmind.org/fundraising**

You can also get in touch with us via: **fundraising@togmind.org**, or calling **0161 330 9223**.



We are part of:



in Greater Manchester

for better mental health

Local Minds working in partnership

