

TOG Mind Newsletter

See what's going on at your local Mind.

Image Credit: Julia - Dovestones Walk



Greater Manchester Walking Festival

We warmly welcomed the community to join in on a walk to support people getting active for GM Walking Festival 2024.

A Beautiful Wedding and Tribute

Louise and Steven had a beautiful wedding and chose to ask guests to donate rather than receiving wedding gifts in memory of *Julie*. ♥

Meno... Pause!

As part of our wellbeing hub "Communi-Tea" sessions we will be hosting Menopause Café's. Open to everyone in Greater Manchester.

Summer 2024
Issue #20

 mind Tameside, Oldham and Glossop

1 Greater Manchester Walking Festival

Dovestones Reservoir Community Walk!

On Saturday 11th May we warmly welcomed our community to join in on a walk hosted by us to support people getting active as part of the Greater Manchester Walking Festival 2024.

We had a wonderful community walk this May with more planned for the future!

We invited volunteers, staff members, service users, families, friends, and more! The whole community was invited.

It was a lovely day for a walk and we couldn't be more happy with how it turned out.



At Tameside, Oldham & Glossop Mind we host a variety of events regularly.

From community based, to training offers, to informational events. The best way to keep informed is to see what we have running via our Eventbrite page, or by visiting our social media channels.

[Click here to view our Eventbrite.](#)

[Click here to view a list of our social media channels.](#)

Calendar of Events

Summer 2024

June

Pride Month

1st	-	Volunteer's Week
16th	-	Father's Day
17th—23rd	-	Learning Disability Week
18th	-	Autistic Pride Day
27th	-	National PTSD Awareness Day

July

20th	-	National Love Your Pet Day
25th	-	National Schizophrenia Awareness Day
30th	-	International Friendship Day

August

1st	-	Cycle to Work Day
19th	-	World Photography Day
26th	-	International Dog Day

Learning Disability Week

Monday 17th - Sunday 23rd June 2024

This year's theme is "Do you see me?" which is all about being seen, heard and valued.

Each year, the third week of June is Learning Disability Week. It is when we make sure the world hears what life is like if you have a learning disability.

The topics to talk about each day during Learning Disability Week are:

- **Monday 17 June:** "Do you see me?"
- **Tuesday 18 June:** "Do you understand me?"
- **Wednesday 19 June:** "Will you work with me?"
- **Thursday 20 June:** "Do you hear me?"
- **Friday 21 June:** "Do you include me?"
- **Saturday 22 June:** "Will you support me?"
- **Sunday 23 June:** A summary of the week.

**Learn more about
Learning Disability
Week.**

Meno-Pause

MENOPAUSE
cafe 

As part of our Monday afternoon sessions “**Communi-Tea**” we will be hosting the first Monday of every month as a Menopause Café*. Open to everyone in the GM* area.

Our aim is to:

- Provide an accessible, respectful, confidential space.
- Open to all adults* (18+) regardless of age or gender.
- No intention of leading to any conclusion, product, or course of action.



2024 Dates:



5th August
2nd September
7th October
4th November
2nd December

**TOG Mind
Wellbeing Hub:**

216—218

Katherine Street
Ashton,
OL6 7AS

**1st Monday of
every month:**

2pm - 4pm

***Please note: *ADULTS:** (18 years and over)

***Café:** The term 'cafe' does not mean we will be serving food. There will be beverages and small snacks available during 'Communi-Tea' as we do with all our sessions.

4 A beautiful wedding and tribute to support TOG Mind

Fundraising and donations are hugely important to our continued work and earlier this year, Louise and Stephen got married and chose to ask guests to donate to TOG Mind rather than receiving wedding gifts.

This was in loving memory of Louise's sister Julie, who sadly took her own life 21 years ago. It was a beautiful wedding with a memory table and mental health resources for anyone attending to view.

Collectively friends and family managed to raise an incredible £719.00!

We want to send a massive thank you to Louise and Stephen but also to Annemarie who originally contacted TOG Mind.

Also huge thanks to Mum Anita, Dad Chris, Louise, elder sister Tracey, Christopher and all other friends and family who not only helped make the day so special, but also donated to us!

Donations and fundraising can take many different forms. Big or small, we'll happily work with anyone wishing to support Tameside, Oldham and Glossop Mind, local mental health and suicide prevention.



Did you know?

There are over 100 branches of Mind across England and Wales, all responsible for their own fundraising.

Every penny for any branch, keep services running and help reduce waiting times. There are currently over 2 million people waiting for mental health services nationally.

Let's come together and help change this. Mental Health Matters!

Ashton Sixth Form College



Massive thanks to students and staff at *Ashton Sixth Form College Inclusive Learning*, who have raised **£400** for TOG Mind, through (mainly) crafting and selling the products to friends and family.

An extra special surprise was to find out that this is now an annual fundraiser for the college and ourselves.

We're hugely appreciative of the support and every penny truly makes a difference.

If you're interested in fundraising for TOG Mind and helping the wellbeing of local people whilst reducing the stigma associated with accessing mental health support, you can get in touch anytime by emailing: fundraising@togmind.org or by calling us on: **0161 330 9223**.

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We want **YOU** to have *your say!*

Join our Lived Experience Panel

Join our Lived
Experience
Panel

The one thing
you have that
nobody else has
is **YOU!**

Your voice,
Your mind,
Your story,
Your vision.

 mind
Tameside,
Oldham
and Glossop



We're looking for individuals who have accessed our Tameside services to join our Lived Experience Panel.

Whether you've accessed one to one counselling or Peer Support, any of our Wellbeing groups, or have been a parent/carer who has attended any of our Children, young people, and families' services.

We want you to have your say in how we shape our offer, by listening to your lived experiences and implementing them to improve the support we offer.

Would you like to make a difference? Have your say and help with:

- Consultation on service design & delivery
- Sharing your insight & experiences to influence service strategy and governance
- Offer feedback to support service development

Learn more about our Panel (Tameside) and Forum (Oldham) offer by visiting our website.

 mind Tameside, Oldham and Glossop

Menopause Project across Greater Manchester

We at TOG Mind are part of a collaboration with the other Mind organisations in Greater Manchester and have received government funding to provide **free** menopause support across the ten boroughs of Greater Manchester.

These courses and training sessions are dedicated to menopause awareness and support, and are run by expert trainers in the field.

The courses we offer are listed below:

Mindfulness and Relaxation for Menopause

- **Taster Sessions:** 90-minute introductory classes providing a glimpse into the benefits of mindfulness and relaxation techniques tailored for menopause
- **8-Week Courses:** Comprehensive programs that delve deeper into mindfulness practices to help manage menopause symptoms

Workplace Training

- **Menopause Awareness for Managers and Staff:** Specialised training designed to educate and equip workplaces with the knowledge and tools to support colleagues and staff going through the menopause.

Culturally Appropriate Menopause Awareness

- **Menopause Awareness for Diverse Communities:** Focused sessions aimed at addressing the unique challenges faced by individuals from diverse backgrounds with the menopause.

For more information and to register, please visit our website and check out our socials.

Don't miss this opportunity to enhance your understanding and support for those experiencing menopause.



Menopause Project across Gtr Manchester

Local Minds working in partnership to support women experiencing reproductive health issues in everyday life and the workplace.

[gmmind.org.uk/
menopause-project](https://gmmind.org.uk/menopause-project)



Get in touch:

Visit our Website: [Mind in Greater Manchester Menopause Project](https://gmmind.org.uk/menopause-project)

Our Facebook: [Menopause Project on Facebook](https://www.facebook.com/menopauseproject)

Our Instagram: [Menopause Project on Instagram](https://www.instagram.com/menopauseproject)

Why train with TOG?

At Tameside, Oldham and Glossop Mind, we believe in better mental health for all. We're a local, independent charity and we're here to support you.

Any profit we make from training is **invested back into our charity** to enable us to continue to provide and develop our services for young people and adults at a time when they are needed more than ever.



Ready-made training courses to support your workplace wellbeing strategy



Accredited training courses available to be delivered online or face-to-face



Tailor-made training bespoke to your organisation's needs



Open courses for individuals to attend in person at our TOG Mind training sites

Discover Our Open Mental Health Training Courses!

We're excited to announce the launch of our open training courses, available to individuals and members of the public, at our Ashton office. These courses are designed to equip you with essential skills and knowledge to support mental health in your community. Whether you're looking to broaden your understanding, offer better support, or learn life-saving intervention techniques, we have a course for you.

Mental Health Awareness Training

Gain a foundational understanding of various mental health conditions, learn to recognise signs and symptoms, and explore effective ways to combat stigma. This course is perfect for anyone looking to enhance their awareness and support those around them.

Supporting Mental Health

Delve deeper into strategies for providing effective mental health support. This course covers key topics such as de-escalation, having challenging conversations, and resilience building. Empower yourself to make a positive impact in the lives of others.

Suicide Prevention Training

Learn critical skills for understanding suicide, identifying protective factors, and engaging in crucial conversations. Our training also covers safety planning and signposting to appropriate resources. Equip yourself with the tools to save lives and provide compassionate support.



Join us in fostering a more informed and supportive community. Sign up for our courses today and make a real difference in the world of mental health.

For more information and to register, [click here](#) to visit our Eventbrite collection page.

Together, we can promote mental wellbeing for all.



Please connect with us on our social media channels!

-  [Facebook.com/TamesideOldhamGlossopMind](https://www.facebook.com/TamesideOldhamGlossopMind)
-  [Facebook.com/YiMind](https://www.facebook.com/YiMind)
-  [Youtube.com/@tog_mind](https://www.youtube.com/@tog_mind)
-  [Instagram.com/tog_mind](https://www.instagram.com/tog_mind)
-  [Instagram.com/youth_in_mind_](https://www.instagram.com/youth_in_mind_)
-  [Instagram.com/togmind_wellbeing_hub](https://www.instagram.com/togmind_wellbeing_hub)
-  [Twitter.com/TOGMind](https://twitter.com/TOGMind)
-  [Justgiving.com/togm](https://www.justgiving.com/togm)

DO YOU LOVE ARTS AND CRAFTS?



We need volunteers to lead our Bee Creative group for children and young people aged 8-13.

The purpose of this role is to use creative activities to help participants explore their emotional wellbeing, provide coping mechanisms, and foster a supportive and engaging environment.

We work with people of all ages and our dedicated Youth in Mind team work with young people and children.

We typically work with over 5,000 people per year and have consistently received feedback that over 70% of people felt their wellbeing had improved as a result of using our services.

If you're ready to make a positive impact through creativity, we'd love to hear from you!

Are you free Wednesdays from 4:30 to 6:30pm, and passionate about Arts & Crafts?

We're searching for volunteers to lead our [#BeeCreative](#) group, where we use creative activities to explore emotional wellbeing.

Our Bee Creative group is designed to support children and young people with their wellbeing and mental health through creative and interactive activities.

We are looking for a dedicated volunteer to support and lead our group which offers weekly sessions for young people aged 8-13.

DO YOU LOVE ARTS AND CRAFTS?



We need volunteers to lead our Bee Creative group for children and young people aged 8-13.

[Learn more about this exciting volunteer opportunity by visiting our website.](#)

Thanks for choosing TOG Mind to volunteer. Your interest and time means a lot to us!

If you would like to express your interest in volunteering, please visit the Volunteer page of our website. We will contact you with new opportunities when they become available through our volunteer newsletter.

We have many different types of volunteering opportunities at TOG Mind, [click here to learn more](#) and find the perfect one for you!

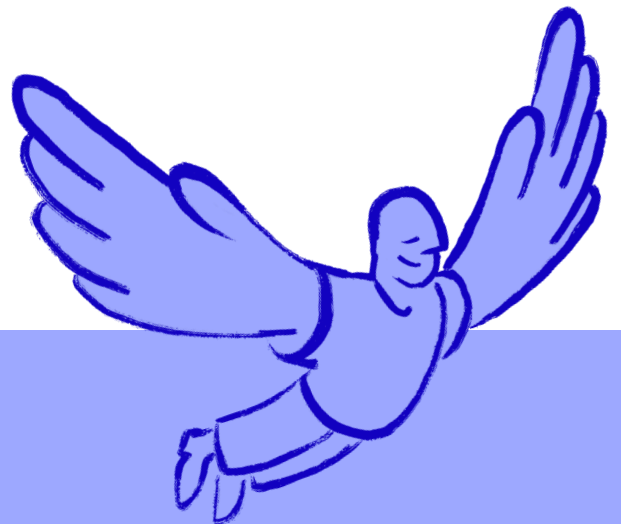
Community Corner!

Our community corner showcases some of the fantastic work our staff, volunteers, and clients get up to!



Some fantastic pictures from our Daisy Nook walk to cap off Walking and Cycling Month in May.

There may have been dark skies, and A LOT of mud, but that didn't stop any of us having a great couple of hours out in the woods.



Connect with us!

Follow our Wellbeing Hub online:

 : [Instagram.com/togmind_wellbeing_hub/](https://www.instagram.com/togmind_wellbeing_hub/)

 : togmind.org/wellbeing-hub

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

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