

# TOG Mind Newsletter

## See what's going on at your local Mind.

**Introducing the launch of our brand new monthly newsletter talking everything TOG Mind.** Featuring a word from our CEO, Jenny Higson.

**Featuring this month, our very own Wellbeing Hub.** Our Hub Lead, Caroline talks about the work she does supporting the community, and the support options the hub offers.

**Supporting World Suicide Prevention Day #WSPD** September 10th is World Suicide Prevention Day 2022 and the theme for this year is "Creating Hope Through Action".

**An overview of our Children, Young People and Families offer.** Our CYPF team operates throughout the Tameside, Oldham, Glossop and Rochdale areas, we talk about what's on offer and where it's available.



## A word from our CEO, Jenny Higson.

**Hello and welcome to the first edition of our brand new TOG Mind newsletter.**

**Each month will look a little different as we introduce various areas of the charity, individual staff and teams, guest contributors and organisational opportunities.**

**We'll also be highlighting mental health related work and key dates throughout the year to raise awareness, and sharing tips and tricks to take better care of your own wellbeing.**

In our first edition, we wanted to focus on our Wellbeing Hub in Ashton and the broad range of support our dedicated Children and Young People's team provide across Tameside, Oldham and Glossop.

me understand where people can get support when they need it, this is especially useful when my family and friends are experiencing difficulties.

You'll also find a staff biography which will be a regular feature in the newsletter and some information on additional help and support provided by other organisations locally and nationally.

Saturday 10th September is World Suicide Prevention Day and we really want to encourage as many people as possible to link in with us across our social media channels, and consider accessing free online training to help understand suicide more and start a conversation – if and when needed. You can find more info about this on page 2 (overleaf).

As someone who has experienced my own personal mental health distress, and still experience difficulties from time to time, I am passionate that as an organisation, we are there to support members of the community.

If you have any ideas or suggestions for content over the coming months, do get in touch with us. I truly hope you find the newsletter useful and please consider helping us spread the word to encourage others to sign up.

To keep myself well I practise a lot of the hints and tips that the newsletters will cover. It also helps

- Jenny Higson, CEO, TOG Mind.



# Meet the Team!



**Hello readers!** My name is Mel Kelly. I've been tasked with providing a bio for myself for our newsletter, so here I am!

Where do I start? Well... I currently work as a senior manager within the business development team who are responsible for Training, Marketing, and Fundraising.

I started at TOG Mind 5 years ago as a Community Development Coordinator and have spent the majority of my time here delivering training on mental health to staff and local organisations.

I've seen lots of changes throughout the years but the one thing that remains constant is the drive and dedication of our

team to improve mental health through education.

It's been amazing to see how lots of organisations have seen the importance of empowering their staff to support each other with their mental health and have really made it a focus of their staff training since the pandemic.

I've been a part of training so many wonderful organisations from the police, to local housing providers and we even trained the Nightingale Hospital in Manchester at the very beginning of 2020!

We've achieved so much in such a short space of time, and I'm excited to see what's next for us, not just in terms of training but for the organisation as a whole!

- Name:**  
Mel Kelly
- Role:**  
Business Development Senior Manager
- Years with org:**  
Five
- Fave Animal:**  
Red Panda
- What I love about my role:**  
Every day and every course I deliver is different. The varied groups keep the training exciting and fun.

# Youth in Mind Children, Young People & Families

Just as our bodies can become unwell, people's minds can become emotionally unwell too and this may be more common than you think, with **3 children** in every classroom experiencing a mental health problem at any given time. Did you know, 75% of all mental health starts before the age of 18?

In recognising the significance of early intervention and prevention in mental health, our Youth in Mind initiative is specifically targeted to respond to the needs of children and young people.

This offer reaches across Tameside, Oldham, and Glossop through a few different services, depending on the area.



[Click here to learn more about Community Hive.](#)

Tameside, Oldham & Glossop Mind have teamed up with 42nd Street to bring young people's ideas of what mental health support should look like to life.

As part of the Community Hive, Mental & Emotional Wellbeing Offer, we can provide a range of support, information, guidance, and training to young people age 8 - 18 years old, living in Tameside and Glossop. We also offer parent support through workshops and drop-ins and work with the whole family as part of our Families in Mind offer.

All of this is delivered via local community bases located in Ashton, Glossop, Hyde, Stalybridge, and Denton.

# World Suicide Prevention Day 2022

September 10th is World Suicide Prevention Day (WSPD) 2022 and the theme for this year is **"Creating Hope Through Action"**.

Every year, communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide.

An estimated 703,000 people a year take their life around the world. For every suicide, there are likely 20 other people making a suicide attempt and many more have serious thoughts of suicide.

Millions of people suffer intense grief or are otherwise profoundly impacted by suicidal behaviours.

On this day and throughout the week we will be sharing stories, information, and resources to support - and to help raise awareness.

Some of the resources we'll be sharing are support options / training opportunities such as **Shining A Light On Suicide** and **Zero Suicide Alliance Training**.

We will be sharing everything over on our social media channels so to stay in the know, please click on the links below and give us a follow.

- : Facebook
- : Instagram
- : Twitter
- : LinkedIn

The Take5 Hub is our Oldham-based Children, Young People and Family service, located in the heart of Oldham on Union Street. We offer a variety of intervention options that have been designed to support young people and their families in their first steps to accessing mental health support:

- Weekly open-access drop in assessments—our first point of access.
- Brief Intervention/Guided self-help
- Group Courses in Anger and Anxiety Management
- Counselling
- Art Psychotherapy
- Peer Support Group
- Take5 & Create—weekly arts for wellbeing group
- Families in Mind Services



[Click here to learn more about Take5.](#)



[Click here to learn more about #Thrive.](#)

#Thrive is our service in partnership with Pennine Care NHS Foundation Trust, supporting children and young people in **Heywood, Middleton, and Rochdale** aged **8 to 18** years old, who are experiencing emotional health and wellbeing issues, resulting in anxieties, uncertainties, and worries.

Based at our #Thrive office on Argyle Parade, we offer variety of different support options for young people such as walk-in brief intervention session, counselling sessions, courses, and access to sport, drama, music or art groups through our partnership with Link4Life.

Walk-in sessions, available every week at #Thrive based at: **2 Argyle Parade, Rochdale, OL10 3RY.**







# Tameside Wellbeing Hub

Based in our Ashton premises on Katherine Street, our Wellbeing Hub provides a variety of free activities on offer to adults (18+) living in the Tameside area. Back in 2021 we held several Co-production groups to discuss and determine the next steps for our wellbeing offer in Tameside.

This group was made up of service users, TOG Mind staff & volunteers. The feedback and ideas created by the group gave us a clear plan for what is wanted and needed within our community. This is a warm and welcoming space, with a variety of activities on offer, giving locals the chance to connect with others whilst helping to improve or maintain their mental wellbeing in an assortment of ways.



We have built up a fortnightly timetable of activities including: **Walk & Talks** gentle 2hr walks which take place in the local area. **Autism in Mind** our peer support group for neurodivergent adults in the Tameside area. **Next Steps** which is an over 60's peer support group offering a variety of activities each week. **Arts and Crafts** which is for all levels of ability with all materials provided, and **Bob in for a Brew** which is a social drop-in session allowing attendees to enjoy a free hot drink and a chat.

If you would like to take part in one or more of our sessions you can either attend on the day, or for sessions that will need a place booking (due to limited spaces or it being off premises) you can contact us below to reserve your place.

If you would like to volunteer some time to help in the running and delivery of any of these sessions, we have regular recruitment sessions where you can find out more about the organisation, our services, and learn about additional training we offer to help develop our staff and volunteers.

For more info, or to book onto one of our recruitment days, email: [wellbeinghub@togmind.org](mailto:wellbeinghub@togmind.org).

## Contact us:

Email: [wellbeinghub@togmind.org](mailto:wellbeinghub@togmind.org)

Website: [togmind.org/wellbeing-hub](http://togmind.org/wellbeing-hub)

Instagram: [instagram.com/togmind\\_wellbeing\\_hub](https://www.instagram.com/togmind_wellbeing_hub)

Telephone: 0161 330 9223

Address:  
216–218 Katherine Street,  
Ashton-Under-Lyne,  
Tameside,  
OL6 7AS.



Both our Walk & Talks and Mindful Photography sessions take place in the local area of Ashton.



Our Over 60's group engage in a variety of activities on a weekly basis



All materials are provided for our Arts & Crafts activities, no experience needed.



Free tea and coffee is provided for all activities taking place in the hub.

## HUB HIGHLIGHTS



Our Wellbeing Hub has been co-designed by staff, volunteers, and service users to provide a welcoming space with a homely feel.



## Indulge in some Mindful Photography!



This month's highlight **“Nature Finds A Way”** comes from an attendee to our Mindful Photography group, which helps you slow down, take notice, and connect.

Mindful Photography is all about slowing down, taking notice of your surrounds, and connecting. Come join us at the Wellbeing Hub for a session, or try some yourself at home!

We would also love to see what pictures you take, share your pictures with us by sharing them with us on our social media, or by submitting them through email at [wellbeinghub@togmind.org](mailto:wellbeinghub@togmind.org).

Any images you submit have a chance to be selected as the highlight for next month's newsletter, or may even be featured on the homepage of our website!

## 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](mailto: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

