

What's happening at your local Mind?

June/July 2018

TAMESIDE & GLOSSOP

## Mindfulness

Mindfulness is a technique that we can practise to become more consciously aware of any given moment.

We often spend much of our time living in our heads – either thinking about the past or worrying about what may happen in the future. We become caught up by our thoughts, images, memories and feelings and are going through much of our day on autopilot – carrying out day to day tasks without really taking notice of what we are doing. Sometimes our mind is busy with really important and essential things for helping us to live life to the full. However, sometimes it gets busy in a way that is less helpful, such as when the mind gets stuck in loops of worry. These can escalate and generate strong emotional feelings such as anxiety, frustration or depression.

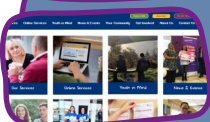
Mindfulness helps us to create distance from these thoughts, so that we are not as caught up in them and can either allow the thoughts to pass or have the clarity and focus to see them differently and respond in a way that is more helpful to our mental wellbeing.

Watch our Mindfulness session videos at

[www.togmind.org/online-resources/help-videos](http://www.togmind.org/online-resources/help-videos)



## Visit our website



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

[www.togmind.org](http://www.togmind.org)

## Summer Health

As summer approaches the longer days and warmer weather encourages us to do more with our time. Summer is often a time when people think more about their physical fitness in order to look trim and toned on their holidays, but it also has many benefits for our mental health. Exercise can be energising when we feel tired, it can be a distraction from our worries and can help us to feel more in control when we are stressed.

Exercising in the sunshine can have a double benefit of increasing our levels of Vitamin D, which helps to produce the feel-good brain chemical Serotonin. Stocking up on Vitamin D in the summer is essential to keep us going through the long, dark winters. Sunlight and exercise also helps to regulate our sleep cycle which has many benefits for both our physical and emotional health. So get out there for a run, or a walk, or a spot of gardening in the sunshine. It all counts!

## Counselling Skills

The training academy team have been working hard to set up our new Level 2 Counselling Skills Course.

The first two groups of students have already started studying for this accredited 16-week qualification and we have been receiving some excellent feedback.

The course is aimed at people who want to start their journey towards becoming a qualified counsellor, or who work in a helping role.

We are pleased to announce two further courses which will be running on the following dates:

- on Mondays, for 15 weeks starting on 20th August, 2018
- on Saturdays, for 15 weeks starting on 1st September, 2018

Please see our website or email [trainingacademy@togmind.org](mailto:trainingacademy@togmind.org) for more information.



## #TheBig40

Tell us about how you are supporting us and getting involved with the #TheBig40 and we will share your successes!

## Donate

This year we're turning 40! Support the campaign by texting TOGM78 followed by "£2", "£5", or "£10" to 70070 or donate online.

# Funder 500

A fundraising partnership to support local mental health services and improve your colleagues wellbeing.

If you want to look after your staff, colleagues or community groups wellbeing as well as support your local mental health charity, you can take part in an exciting new opportunity with us at TOG Mind.

## So, what IS the Funder 500?

The Funder 500 is an opportunity for businesses or community groups to take on a fundraising challenge and work with colleagues and friends to raise £500 for charity over 1 year. There will be awards for Bronze, Silver and Gold fundraisers and ongoing support from us throughout. Please consider helping us to help others. #Funder500

## Why take part?

Here at Tameside, Oldham and Glossop Mind we have been providing expert advice and support to local communities for 40 years. At a time when mental health services are in demand more than ever before and suicide rates are at their highest, we can help you whilst ensuring funds raised are spent locally.



## How does it benefit you?

Not only will you get the feel-good-factor of raising funds and supporting your local mental health charity but also, a free Mindfulness / Resilience taster session, discounts at our café, Gold, Silver or Bronze awards and of course a dedicated fundraising team at TOG Mind, focussed on what you want to do, and how you want to raise money. What's stopping you?

## Want to get involved?

Contact [fundraising@togmind.org](mailto:fundraising@togmind.org)

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**time to change  
greater  
manchester**

let's end mental health discrimination