

 mind Tameside, Oldham and Glossop
 mind Stockport and District

We are looking for volunteers!

Music in Mind Volunteer



**music
in mind**



2024 - 2026

Tameside, Oldham & Stockport



About us

We provide a wide range of services to our local communities. We provide support to individuals, groups, and families. We work with people of all ages and have a dedicated Youth in Mind team providing support to Children and Young people. 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.

Our Vision

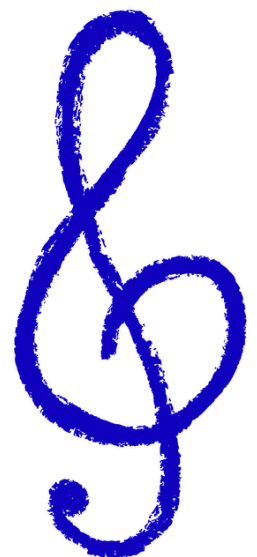
Enabling everyone in our communities to achieve better mental health

Our Mission

To continue to provide the best quality local mental health services in prevention, early intervention and primary care; alongside empowering individuals and our communities to live well

We believed that

- Mental health is as important as physical health, and applies to everyone.
- People are experts on themselves and our role is to work holistically to help people to help themselves.
- As a charity, TOG Mind occupies a special place in the landscape of mental health services. We can innovate, adapt and serve our communities in ways that others can not.
- Our appetite for continuous development and improvement enables us to affect positive change.



Our values

Relationships

We listen and ask questions to understand others and to build trust. People matter to us both inside and outside our organisation.

Potential

We encourage personal responsibility for development by discovering and realising the abilities and energies of people.

Aspiration

We support one another, clients, and communities to achieve better mental health.

Learning

We seek insight and grow from experience finding new or better ways to contribute to the field of mental health.

Contact us

- Call: 0161 330 9223
- Email: office@togmind.org
- Website: www.togmind.org
- Facebook: [Tameside, Oldham & Glossop Mind](#)
- Twitter: [@TOGMind](#)
- Instagram: [@tog_mind](#)
- LinkedIn: [Tameside, Oldham and Glossop Mind](#)

Our offices:

Ashton-under-Lyne:

- 216-218 Katherine Street, Ashton-under-Lyne, OL6 7AS.

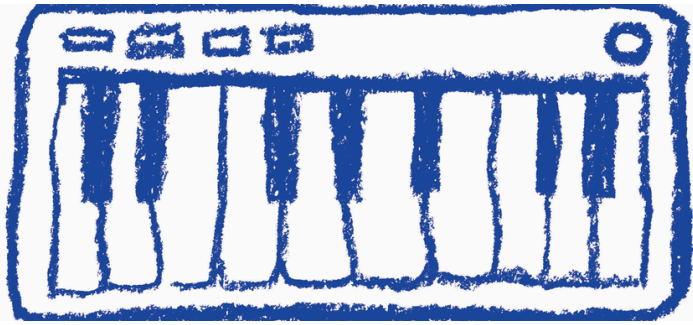
Oldham:

- 19-25 Union Street, Oldham, OL1 1HA.

Stockport

- Disability Stockport, 23 High Street, Stockport, SK1 1EG





Music In Mind

Role:

Volunteer

Time commitment:

3 hours per week for each music cafe

Starting:

2024 - 2026

Based in:

Tameside, Oldham & Stockport
Greater Manchester

History:

Working in partnership with Manchester Camerata we support people living with Dementia and their carer's using the power of music. Music in Mind Music Cafés provide 'in the moment' person-centred care for people living with dementia. They bring moments of joy, connection, true expression and help enhance the wellbeing of all who attend.

Availability:

Tameside Music In Mind cafe - Broadoak Community Centre, Ashton. On a Wednesday 10.30am - 12pm.

Oldham Music in Mind cafe - Primrose Centre, Oldham. On a Monday 12.30pm - 2pm

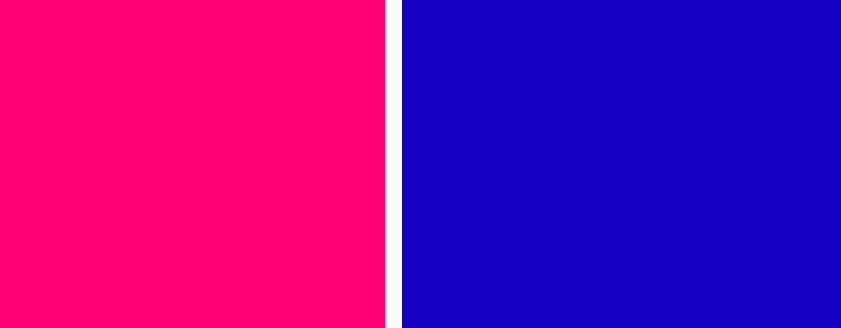
Stockport Music in Mind cafe - Step Out, Reddish. On a Tuesday 10am - 12.30pm

Stockport Music in Mind cafe - Heaton Moor Church. On a Tuesday 2pm - 5pm

Description:

You will be trained to be a 'music champion' with Manchester Camerata's support, through a mixture of online and face-to-face support.

You will be helping people live well with dementia using the therapeutic benefits of music



We're looking for volunteers with:

- A genuine passion for helping others.
- Ability to travel to the community venues.
- Reliability and commitment.
- Ability to understand and maintain boundaries.
- Strong communication and listening skills.
- A non-judgmental attitude.
- Enthusiasm for learning and personal growth.

No experience of music is needed, we will support you to develop your skills

If you have some of these qualities and want to join us, just get in touch for a quick chat. We're happy to hear from you and love your enthusiasm! You can reach our Volunteer Manager at:

- Email volunteer@togmind.org

Benefits:

- We cover reasonable expenses for volunteers.
- You'll receive a comprehensive induction, including core organisational training, and free NHS training in Safeguarding and Data Security - Level 1.
- Access our organisational training program, with options like incident training, Safeguarding Level 2, Suicide prevention, Equality and Diversity, and more.
- Receive ongoing support and supervision relevant to your role, including internally delivered peer group supervision.
- DBS checks, funded by the organisation.
- You'll have the chance to use your skills and compassion to make a real difference in people's lives.
- Volunteering can boost your sense of connection to the local community, improve self-esteem and confidence, and give you a sense of achievement.
- Interact with and support individuals from diverse backgrounds, enhancing your awareness, knowledge, and skills.
- Explore possibilities for moving into paid roles within our organisation or the wider sector.
- If you have volunteer with us for a continuous period of 6 months, we could be a reference for a job application.



We are looking forward to hearing from you!

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0161 330 9223




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