

The Anthony Seddon Fund

...supporting mental wellbeing in our community



Activity Programme – April to June 2019

Monday

10am to 12pm

Knit 'N' Natter - Knitting (or crocheting) - suitable for all abilities, including complete beginners. Bring along your own project, no need to book 18yrs+ **£1** inc refreshments

12pm to 3pm

Daily Drop-in – Suitable for people with mental health concerns & family, friends, carers. Call in for information, peer support or just a chat, no need to book 18yrs+ **FREE**

12:30pm to 2:30pm

Men's Group – A drop-in discussion group where men can share, learn & gain a better understanding of themselves & others. This is an **Opt-In (TMBC)** project. For more info, contact Andy on 0161 342 2598, no need to book, 18yrs+ **FREE** inc refreshments

12:30pm to 2:30pm

Karen's Art Class – Ever wanted to learn how to lino print or try your hand at drawing? This is an **Opt-In (TMBC)** project. For more info contact Karen 0161 342 2598, 18yrs+ **£2** inc basic materials & refreshments **Booking req – max 7 people**

2pm to 3pm

Meditation – Join our relaxing self-guided meditation group & discover its many benefits, no need to book, 18yrs+ **FREE**

5:30pm to 7pm (2nd Mon of each month) 8th April, 13th May, 10th June, 8th July

Suicide Bereaved Support Group – a peer support group for anyone affected by a suicide, no need to book, 18yrs+ **FREE** inc refreshments

Tuesday

10am to 12pm

Ladies Group – a fun session for ladies of all ages. Come along and enjoy pamper sessions, gentle chair-based exercise & other activities. No need to book, 18yrs+ **£2** inc refreshments

12pm to 3pm

Daily Drop-in – Suitable for people with mental health concerns & family, friends, carers. Call in for information, peer support or just a chat, 18yrs+ **FREE**

12:30pm to 2:30pm

Open Music Session – take advantage of our music room and equipment for a free jamming session, 18yrs+ **FREE**

1pm to 2:30pm (2nd Tues of each month) 9th April, 14th May, 11th June, 9th July

Hearing Voices Group – a peer support group for people who hear voices, have visions, 18yrs+ **FREE** inc refreshments

Wednesday

12pm to 3pm

Daily Drop-in – Suitable for people with mental health concerns & family, friends, carers. Call in for information, peer support or just a chat, 18yrs+ **FREE**

12:30pm to 2:30pm

Sew Easy Craft Group – Learn to use sewing & embroidery on your craft projects. Supportive group for people with mental health issues, 18yrs+ **£2** inc basic materials & refreshments **Booking req – max 6 people**

1pm to 2:30pm (2nd Weds of each month) 10th April, 15th May, 12th June, 10th July

Who Cares? Support Group – a peer support group for family, friends and carers of a loved one with mental health issues, 18yrs+ **FREE** inc refreshments

5pm to 7pm (2nd & 4th Weds of each month) 10th & 24th April, 8th & 22nd May, 12th & 26th June

Tameside LGBT+ Peer Support Group – A peer support group for members of the LGBTQ+ community and allies in Tameside, 18yrs+ **£1**

Thursday

10am to 12pm

Moving On – An informal peer support group for people with alcohol addiction who have been stable for some time – this is **not** intended to replace other forms of support. 18yrs+ **FREE** *inc refreshments*

11:30am to 1:30pm

Reiki – with Susan(reiki-rochdale.co.uk). Experience the healing powers of Reiki with these mini sessions (approx. 20 mins), 18yrs+ **£2** *Booking required*

12pm to 3pm

Daily Drop-in – Suitable for people with mental health concerns & family, friends, carers. Call in for information, peer support or just a chat, 18yrs+ **FREE**

4pm to 7pm

The Talk Shop* – for young people aged **9 to 19yrs** with questions, worries or concerns about their mental health & wellbeing – accompanying adults are welcome. Call in for a chat, informal support and/or take part in the activities. **FREE** *inc refreshments*

**This is a collaborative project with The Anthony Seddon Fund, Off The Record and Healthy Young Minds. Contact us for more information.*

Friday

10am to 11am

Tai Chi – with Nez (**Active Tameside**). A gentle exercise, suitable for people of all fitness levels. No need to book. 18yrs+ **£2** *inc refreshments*

12pm to 3pm*

Daily Drop-in – Suitable for people with mental health concerns & family, friends, carers. Call in for information, peer support or just a chat, 18yrs+ **FREE**

Monthly Quiz, starting at 1pm (4th Friday of each month) – 26th April, 24th May, 28th June - **£1*

12:30pm to 2:30pm

Guitar Jamming Session – with Steve - guitar provided or use your own - pick up some tips or just for fun - suitable for all abilities. Feel free to bring along other instruments, 18yrs+ **£2** *inc refreshments*

Saturday

12pm to 2:30pm

Daily Drop-in – Suitable for people with mental health concerns & family, friends, carers. Call in for information, peer support or just a chat, 18yrs+ **FREE**

12pm to 2:30pm

Knit 'N' Natter Saturday - Want to join others making wonderful creations for charitable causes? No need to book, 18yrs+ **£1** *inc refreshments*

The Centre and its communication systems are only operational during the above times.

The Anthony Seddon Centre
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