



THE ANTHONY SEDDON FUND

Supporting mental wellbeing in our
community

Tameside Business Awards: Charity of the Year

We were honoured to be awarded the Charity of the Year award at the 2023 Tameside Business Awards! This accomplishment is a testament to our incredible team, volunteers, and supporters.

Thank you to our fellow nominees, Academy HQ and The Believe and Achieve Trust. Your contributions to Tameside are inspiring, and we're proud to stand alongside you.

A heartfelt thank you goes to our hardworking staff and, especially, our volunteers. Without your passion and support, none of this would be possible.

Thank you, Tameside Business Awards, sponsors, and the entire community, for believing in our mission. Here's to continued success and collaboration in making a difference! ❤️



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Ben and Harry's Inspirational Walk for Hope



Ben and Harry proudly taking part in the Baton of Hope Walk on the Manchester leg of the journey

On 29th June, Ben and Harry joined countless others in the Baton of Hope walk in Manchester, all united by a common cause. They walked in memory of their brother Anthony, turning their grief into a commitment to raise awareness about a crucial issue.

The Baton of Hope is more than just a walk; it's the UK's biggest suicide prevention initiative. At the heart of this movement is a determination to spark conversations and inspire actions around suicide prevention. With suicide being one of the leading causes of death in the country, events like this are vital to spreading awareness and bringing hope.

Both brothers were deeply moved by the experience, and they proudly carried the message of hope with every step. They met others who had personal stories to share and were inspired by the collective power of compassion, resilience, and support. For more information about the Baton of Hope, visit <https://batonofhopeuk.org/>



Volunteer of the Month



We're delighted to recognise Sue Bouhlej as our Volunteer of the Month at The Anthony Seddon Fund!

Sue's commitment to our mission goes beyond words. Volunteering for the charity provides her with something valuable and worthwhile to start her day, and her positive impact resonates throughout our community.

From all of us at The Anthony Seddon Fund, thank you, Sue! Your hard work and passion are an inspiration, and we're fortunate to have you as part of our team.

Fundraising

thanks
for your
support



Strengthening Community Bonds: A Generous Donation from Tameside Hospital 🙏❤️

A few weeks ago, we had the honour of visiting Tameside Hospital to gratefully receive a generous donation of £121.05. This vital contribution goes directly to support our social groups, furthering our mission to help those in need.

Our partnership with Tameside Hospital has been invaluable in strengthening ties with local mental health wards. As we look ahead, we're excited about the potential of our growing collaboration.

Royal Thanks to Royal Mail Ashton-under-Lyne! 🇬🇧❤️

A heartfelt salute to the team at the Royal Mail Ashton-under-Lyne Delivery Office for raising £445.92 for our cause! Their visit this month showcased their commitment, and we were thrilled to share how their contributions make a difference.

And they're not done yet; more fundraising plans are underway! A massive thank you to this incredible team. We're excited for what's to come! 🎉💡



Adventure Awaits with 'Out and About'



A big thank you to Action Together for making our 'Out and About' trips possible through their generous funding! This month started with a visit to Castlefield Viaduct. It's a small but significant step in helping individuals with mental health issues connect and engage with the community.

'Out and About' is all about exploration and stepping beyond comfort zones. If you have ideas for our next adventure, we're all ears! Keep an eye out on our social media pages and noticeboards for the next trip 🌍👏



Mental Health Peer Support Group: Every Thursday, 1pm-3pm 🌟

MENTAL HEALTH PEER SUPPORT GROUP



Did you know that on a Thursday we offer a small peer support group?

**Every Thursday
1pm-3pm**

This is an informal peer support group which consists of a maximum of 10 people. Suitable for people with mental health concerns, friends, family and carers.



Limited spaces available
Please book via reception
on 0161 376 4439 or email
reception@tasfund.org.uk

Struggling with mental health can be a solitary journey, but it doesn't have to be. Our Mental Health Peer Support Group is here to provide a beacon of understanding and compassion.

Every Thursday, from 1pm to 3pm, we invite you to join a safe and supportive environment where you can connect with others who share similar experiences. In this group, empathy and validation are not mere words but the very essence of our gatherings.

Share your story, express your emotions, and discover coping strategies from those who truly understand what you're going through. Join us and experience the power of peer support.