

## Thursday

### 10am-11:30am - Ladies Peer Support Group

A structured peer support group for women with mental health concerns.

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| 2 <sup>nd</sup> Apr | 7 <sup>th</sup> May | 4 <sup>th</sup> Jun | 2 <sup>nd</sup> Jul |
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### 9:30am-11:30am - Parent's Peer Support Group

This group is suitable for parents / carers whose children are experiencing mental health issues or living with a mental health condition and are under the age of 18.

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| 9 <sup>th</sup> Apr | 14 <sup>th</sup> May | 11 <sup>th</sup> Jun | 9 <sup>th</sup> Jul |
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### 10am-11:30am - Family & Friends Support Group

Support for families and carers of an adult living with mental health issues.

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| 16 <sup>th</sup> Apr | 21 <sup>st</sup> May | 18 <sup>th</sup> Jun | 16 <sup>th</sup> Jul |
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### 10am-11:30am - Bereavement Group

A peer support group suitable for people who have suffered a bereavement.

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| 23 <sup>rd</sup> Apr | 28 <sup>th</sup> May | 25 <sup>th</sup> Jun | 23 <sup>rd</sup> Jul |
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### 1pm-3pm - Art Group

A peer support-led Art group to support those with mental health issues coming together through Art activities. Materials provided - £1.

### 1pm-3pm - Drop In

Informal peer support drop in. For people with mental health concerns, family, friends & carers.

## Friday

### 9.30am-11:30am - Sewing Group

Suitable for those with basic knowledge of sewing skills and machines - £1.

### 1pm-2:30pm - Guitar Jamming

Come and join our guitar jamming group. A chance to learn some basic chords and songs. Suitable for beginners - bring your own guitar or borrow one of ours - £1.

### 1pm-3pm - Drop In with Quiz

Informal peer support drop in with an added element of fun e.g. quiz. Quiz starts at 1:30pm prompt.

## Ad Hoc and One-Off Projects

We also have activities and events that may be ad hoc or one-off projects. Keep an eye out on our website, social media pages, and announcement boards for more information, or contact Reception. Current activities and projects include the Out and About Activities, 8-Week Bereavement Course, and 6-Week Living Life to the Full Course.

We have a **small charge** for some groups, which contributes to the ongoing running of the charity. We do not want this to be a barrier to attending, so please speak to a member of our team if this may be the case.

## SAFE Tameside

A safe place for mental health support - an alternative offer to A&E. If you are looking for urgent face-to-face mental health support, SAFE Tameside is here for you. Get help and advice, whether you are in a crisis yourself or seeking crisis support for someone you know.

### Monday to Friday - 1pm-8pm

No appointment is necessary, but it is advised. The last walk-in or bookable appointment is 7pm. Between 1pm-7pm, call **0161 470 6104** to book an appointment.

## ACTIVITY PROGRAMME APRIL 2026 TO JUNE 2026



The Anthony Seddon Centre  
12 George Street  
Ashton-under-Lyne, OL6 6AQ

**0161 376 4439**

**Reception@tasfund.org.uk**

**www.tasfund.org.uk**

### Reception Times\*

Monday to Friday - 9:30am to 4pm  
Closed for Lunch - 12pm to 1pm



The Queen's Award  
for Voluntary Service



Registered Charity Number - 1157871

## Monday

**9:30am-12:30pm\***

The Anthony Seddon Centre is closed.  
Reception will be open from 12:30pm.

**1pm-3pm - Craft Group**

A chance to help create something using your craft skills. This may be card making, designing and creating a mosaic or making a papier mâché sculpture - **£1**.

**1pm-3pm - Drop In**

Informal peer support drop in. For people with mental health concerns, family, friends & carers.

**1pm-2:30pm (2nd Mon - 13<sup>th</sup> Apr, 11<sup>th</sup> May, 8<sup>th</sup> Jun & 13<sup>th</sup> Jul)**

**Hearing Voices Group**

A peer support group for people who hear voices or have visions.

**1:30pm-2:30pm (1st Mon - 13<sup>th</sup> Apr, 11<sup>th</sup> May, 1<sup>st</sup> Jun & 6<sup>th</sup> Jul)**

**Volunteering Introductory Session**

An open session for anyone interested in volunteering; offering an overview of our activities, what the role involves, and the support available before deciding to get involved.



## Tuesday

**10am-11:30am - Reiki Group**

Join Sue, our Reiki Master for a relaxing session, ideal for those with mental health concerns. To meditate, heal, and gain a sense of wellbeing utilising group Reiki - **£2**.

**10am-11:30am - Tea & Toast**

A welcoming peer support group with toast and refreshments available - **£1**

**10am-11:30am - Knit & Natter**

Suitable for those who have basic knowledge of knitting - **£1**.

**1pm-3pm - Drop In**

Informal peer support drop in. For people with mental health concerns.

**1pm-2:30pm - Expressive Writing**

A creative writing space that utilises the power of words to express feelings and thoughts - **£1**.

**1pm-3pm (1<sup>st</sup> Tue - 7<sup>th</sup> Apr, 5<sup>th</sup> May, 2<sup>nd</sup> Jun & 7<sup>th</sup> Jul) Shared Ground**

A monthly group for parents, carers, family members, and friends supporting someone over 18 with serious mental illness. Suitable for those whose loved ones may be on a ward, or supported by a CMHT, Home Treatment or Early Intervention Team.

**1:30pm-2:30pm (3rd Tue - 21<sup>st</sup> Apr, 9<sup>th</sup> May, 16<sup>th</sup> Jun & 21<sup>st</sup> Jul)**

**Volunteering Introductory Session**

An open session for anyone interested in volunteering; offering an overview of our activities, what the role involves.

**3:30pm-5:30pm - Trumpet Choir (Starts 21<sup>st</sup> Apr)** - A relaxed, joyful space to learn trumpet together for anyone aged 18+ whose lives have been touched by mental illness- **£1**

## Tuesday Evening - Monthly

**6pm-7:30pm - Bereavement Group**

A peer support group suitable for people who have suffered a bereavement.

14<sup>th</sup> Apr    12<sup>th</sup> May    9<sup>th</sup> Jun    14<sup>th</sup> Jul

**6pm-7:30pm - Survivors of Bereavement by Suicide (SOBS)**

Self-help support group with other people who have been bereaved by suicide to listen, to ask questions, and to connect with others.

21<sup>st</sup> Apr    19<sup>th</sup> May    16<sup>th</sup> Jun    21<sup>st</sup> Jul



## Wednesday

**9:30am-12:30pm\***

The Anthony Seddon Centre is closed.  
Reception will be open from 12:30pm.

**9:30am-11:30am (2nd Wed - 8<sup>th</sup> Apr, 13<sup>th</sup> May, 10<sup>th</sup> Jun & 8<sup>th</sup> Jul)**

**The Guardian Angels**

An opportunity to meet and talk about your experiences raising your grandchildren and what you think could support you as a grandparent raising grandchildren, alongside the support of the teams from Leap, Action Together and SGO Team.

**1pm-3pm - Drop In**

Informal peer support drop in. For people with mental health concerns, family, friends & carers.

**1pm-3pm - Men's Peer Support Group**

A structured peer support group for men with mental health concerns.

**1pm-3pm - Creative Nature Wellbeing**

Creative, nature-based arts activities to support emotional resilience, confidence, connection, and mental wellbeing in a safe, welcoming environment. Delivered in partnership with Green Creations and The Power of Resilience. **(Term Time Only)**

**6:30pm-7:30pm - Mindfulness Meditation**

Come and join Kathy from *Harmony with Hope Therapy*, who will run an hour's session of Mindfulness Meditation - **£2**.