Thursday

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

1st Oct	5th Nov	3rd Dec

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

***9:30am-11:30am* - Parent's Peer Support Group**

8th Oct	12th Nov	10th Dec

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.

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

22nd Oct	26th Nov	-

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

***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, although booking is recommended. The last walk-in or bookable appointment is 7pm. Between 1pm-7pm, call **0161 470 6104** to book an appointment.*

ACTIVITY PROGRAMME OCTOBER 2026 TO DECEMBER 2026

THE ANTHONY SEDDON FUND
Supporting Mental Wellbeing in the Community
Charity Number 1157871



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

COMMUNITY FUND

Registered Charity Number - 1157871

Monday

9:30am-12:30pm*
The Anthony Seddon Centre is closed. Reception will be open from 12:30pm.

***1pm-3pm* - Drop In**
Informal peer support drop in. For people with mental health concerns.

***1:30pm-2:30pm* - Volunteering Introductory Session**

5th Oct	2nd Nov	7th Dec

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

***1pm - 2.30pm* - Family & Friends Support Group**

19th Oct	16th Nov	21st Dec

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

***1.30pm - 3.30pm* - Be/Here - LGBTQIA+**

19th Oct	16th Nov	21st Dec

LGBTQIA+ people deserve mental health support that is more than surface-level inclusion.

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

19th Oct	16th Nov	21st Dec

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

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-3pm* - Shared Ground**

6th Oct	3rd Nov	1st Dec

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* - Volunteering Introductory Session**

20th Oct	17th Nov	15th Dec

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

3:30pm-5:30pm* – *Trumpet Choir *- 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**

13th Oct	10th Nov	8th Dec

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



Wednesday

9:30am-12:30pm*
The Anthony Seddon Centre is closed. Reception will be open from 12:30pm.

***9:30am-11:30am* - The Guardian Angels**

14th Oct	11th Nov	9th Dec

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.

***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.**