



Services in Ashton

GENERAL: PLACES TO GET HELP, ADVICE AND INFORMATION

PLEASE CONTACT THE ORGANSATIONS OR GROUP BEFORE ATTENDING.

Adult Social Care (ASC) - North Team

Where: Ashton Primary Care Centre,
Old St, Ashton under Lyne, OL6 7SR
Contact: 0161 342 2326 /2400
<https://www.tameside.gov.uk/adults>

Tameside's Early Support & Advice Hub (ESAH)

The first point of contact about Adult social Care
Call: 0161 342 5656
Monday – Wednesday 8:30am – 5:00pm
Thursday 8:30am – 4:30pm
Friday 8:30am – 4:00pm
www.tameside.gov.uk/adults/contact-us

Welfare Rights

When: Monday & Wednesday 9.30am – 12.30pm
Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH
Contact: 0800 074 9985
You can request a service on-line at any time or
email us at welfare@tameside.gov.uk

Citizens Advice Tameside (CAB)

Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH
Contact: 0300 330 9079
Textphone: 03444111445
Website: tamesidecab.org.uk

Ashton Library & Information Service

Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH
Contact: 0161 342 2029
<https://www.tameside.gov.uk/libraries>

Tameside Carers' Centre

Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH
Contact: 0161 342 3344
<https://www.tameside.gov.uk/carerscentre>

Tameside and Glossop Integrated Care NHS Foundation Trust

Where: Fountain Street, Ashton, OL6 9RW
Contact: 0161 922 6000
<https://tamesideandglossopicft.nhs.uk/>

Tameside Metropolitan Borough Council (TMBC)

Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH
Contact: 0161 342 8355
<https://www.tameside.gov.uk/>
.....

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Services in Ashton

GENERAL: PLACES TO GET HELP, ADVICE AND INFORMATION

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Jigsaw Homes Group Ltd

Housing support & advice to their tenants

Where: 249 Cavendish Street,
Ashton under Lyne, OL6 7AT
Contact: 0161 331 2000
<https://www.jigsawhomes.org.uk/>

Tameside Housing Advice

Where: 119 - 125 Old Street,
Ashton under Lyne, OL6 7RL
Contact: 0161 331 2700
<https://www.tameside.gov.uk/housing/homelesservice>

Tameside In Work

Help to progress in your employment
Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH
Contact: 07518299713
Email: tamesideinwork@tameside.gov.uk
www.tameside.gov.uk/tamesideinwork

Jobcentre Plus

Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH
Contact: 0800 169 0190
<https://www.gov.uk/contact-jobcentre-plus>

Routes to work

Do you want practical support and advice to help remove barriers to work caused by disability mental health or substance misuse.
Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH
Contact: 0161 342 5200
www.tameside.gov.uk/routestowork

Jigsaw Employment and Training Team Work Club plus

Support with CVs, interviews, training, job search, groups, confidence building, business start up.
When: Thursdays 9.30am -11.30am
Where: Community Hub, 1 Wellington Parade,
Dukinfield SK16 4LE
Call: 07718783248

Working Well: Individual Placement and Support in Primary Care

Individual Placement and Support in Primary Care (IPSPC) is a free programme to help you find work and/or stay in work. Health professional can refer you or contact us on 0161 237 4111/ IPSPCreferral@gcemployment.uk or visit our website www.gcemployment.uk/wwipspc

Work Well

Support if you are struggling with physical or mental health barriers whilst in work, or have you have recently lost your job due to these barriers?
Referral form on www.tameside.gov.uk/WorkWell
Call: 0161 342 3111
Email: WorkWell@tameside.gov.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Services in Ashton

GENERAL: PLACES TO GET HELP, ADVICE AND INFORMATION

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

PCrefurb

Help with Digital inclusion - supporting you to get online and help with IT equipment

Contact : 07724 219 811

Email: ellissa.bryant@pcrefurb.org.uk

www.pcrefurb.org.uk

Working Well: Individual Placement and Support in Primary Care

Individual Placement and Support in Primary Care (IPSPC) is a free programme to help you find work and/or stay in work. Your health professional can refer you or contact us on 0161 237 4111/ IPSPCreferral@gcemployment.uk or visit our website www.gcemployment.uk/wwipspc

Groundwork

Training, courses & volunteering opportunities.

For their services information visit their website:

<https://www.groundwork.org.uk/hubs/greatermanchester/services/>

Tel: 0161 220 1000

Adult Autism Diagnostic Team

Where: Hollingworth Clinic, Market Street, Hollingworth. SK14 8HR

Contact: 0161 716 4700

Email: pcn-tr.tgadulthoodautism@nhs.net

Website: www.penninecare.nhs.uk/tameside-glossop-autism

Tameside Learning Disability Service: Long Term Support for Living Well at Home

If you need an assessment to support you with daily living, day care, accommodation options please contact the team on 0161 922 4888

Tameside and Glossop Early Intervention Team

We support those aged 14 to 65 who've had psychotic episodes or similar experiences.

Where: 225 Old Street

Ashton under Lyne

OL6 7SR

Contact: 0161 716 3280

Safe Tameside: Weekend Drop-ins Finding Rainbows

A safe place for urgent face to face mental health support, an alternative to A&E

When: Saturdays 10am - 3pm

(Last appointment is an hour before closing)

Where: Finding Rainbows 1st Floor, inside Pearson Ferrier Fletcher St, Ashton OL6 6BY

Contact: 07492779801 or 07340799387

Safe Tameside: Weekdays Drop-ins The Anthony Seddon

A safe place for urgent face to face mental health support, an alternative to A&E

When: Monday - Friday 1pm to 8pm

Where: 12 George Street, Ashton, OL6 6AQ

Cost: Free

Contact: 0161 470 6101

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Services in Ashton

GENERAL: PLACES TO GET HELP, ADVICE AND INFORMATION

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Living Life Well Neighbourhood Mental Health Team

Open to anyone aged 16+ for range of mental health support

Where: 212-214 Katherine Street, Ashton.
OL6 7AS

Contact: 0161 470 2080

Deaf & Hard of Hearing Adult Services

Tameside Adult Services, Sensory Team

Denton Festival Hall, Peel Street, Denton M34 3JY

0161 342 4888 0161 342 2575 / Text: 07977489190

Out of hours/ emergency: 07970914239 Text

Tameside Deaf Association, 225 Mossley Road,
Ashton-under-Lyne, OL6 6LX.

Visual Impairment Service for Adults

Tameside Adult Services, Sensory Team

Where: Wilshaw House, Wilshaw Lane
Ashton, OL7 9QG

Contact the sensory service on 0161 342 2575 or
if you want to make a referral please contact our
front office on 0161 922 4888

Locala—Sexual Health Clinic

Sexual Health advice and screening, treatment of STIs, HIV testing, contraception, C-Cards and condoms

Where: The Orange Rooms, 193 Old St,
Ashton-under-Lyne OL6 7SR

Contact: 0161 507 9460

Children's Area Social Worker Team

The team are based at Acre Street,
Denton, M34 2BW

Contact : 0161 342 4477

The Tameside Local Studies and Archive Centre

Material relating to the history of Tameside's nine towns, call 0161 342 4242

When: Tuesdays, Wednesdays, Thursdays and Saturdays between 9am to 5pm

Where: Cotton Street East, Ashton. OL6 7BY

Beacon Counselling Trust

Get online gambling support or access face to face counselling in Ancoats.

Head Office and Training Centre

263 Townsend Lane, Liverpool, L13 9DG

Tel: 0151 226 0696

Gamcare@beaconcounsellingtrust.co.uk

www.beaconcounsellingtrust.co.uk

Helping Hand Tameside

Support services in Tameside to help you manage the cost of living

Customer service team contact: 0161 342 8355

www.tameside.gov.uk/helpinghand

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Services in Ashton

GENERAL: PLACES TO GET HELP, ADVICE AND INFORMATION

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Green Doctors

We offer free, impartial advice to help you take control of your bills, save energy in the home and access other services & initiatives available.

Call: 0800 090 3638

Greenscape LEAP Green Service

Offers: Gardens & Grounds Maintenance, Weed Control, Allotment Projects, Clearances, Fencing

Jet/Power Washing, Soft Landscaping, Void Property and Site Clearances, Hoarding

Call: 0161 214 8300 www.leapcfc.org.uk/greenscape
Email: greenscape@stpeterspartnerships.org

Bridges: Tameside Domestic Abuse Service

Service is delivered by Jigsaw Group

Tel: 0800 3280967 (24 hours)

Tel: 0161 331 2552

(Monday - Friday from 8am - 5pm)

Email: bridges@jigsawhomes.org.uk or
support@jigsawhomes.org.uk

Tameside and Glossop Macmillan information and support service

Tameside Macmillan Unit

Tameside Hospital, Fountain Street, Ashton.
OL6 9RW

Email Macmillan.info@tgh.nhs.uk

Call 0161 922 5644

Waythrough Tameside Next Step Richmond Fellowship

Supporting people with finding housing, resolving housing issues, managing benefits and debts.

When: Thursdays 10am to 1pm

Where: Anthony Seddon Centre, 12 George Street, Ashton, OL6 6AQ

Contact: 0161 376 4439

Email: nextsteps@waythrough.org.uk

Healthwatch Tameside

Help with finding the right support, information about NHS services, making a complaint about NHS, help & advice

Where: 131 Katherine Street, Ashton, OL6 7AW

Contact: 0161 667 2526

www.healthwatchtameside.co.uk

CAB Drop-ins

The Leap Centre

CAB drop-ins supporting people back into work

When: Mondays and Wednesdays 1pm-4pm

Where: Clyde Street, Ashton, OL7 0NQ

For an appointment call 0808 278 7805 or email

stpeters@tamesidecab.org.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Services in Ashton

GENERAL: Food Banks and Support

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Food Banks - Ashton Centre New Life Church

When: Every Thursday 1pm - 3pm
Where: St James Street, OL6 6SF
To get a voucher, referral by an agency is needed
(GP, Citizens Advice, Job centre, Social Services
etc)

The Bread and Butter Thing (TBBT)

Low cost food provision to register to become a member by texting 07860 063256 with your full name, postcode, and the name of the hub you will be collecting from:
When: Collection on Wednesdays at 1.30pm
Where: St Peter's Church, Manchester Road,

Pop-Up Fare Share Food (Pantry) Ashton United in the Community

When: Every Tuesday: 9.30am - 12.30pm
Where: Cedar Park, Queens Road, OL6 8EG
Cost: Collect weekly shop worth £15.00 for £3.00
Contact: 07866 360 200

Food Bank - St Gabriel St Gabriel Church

When: Every Monday 9.30am - 12pm
Where: Beaufort Road, Ashton
No questions, no forms, but please talk to us if you need any other help. Donations welcome
Contact: Sandra on 07740766687

Food Bank & Support for the Homeless The Station Pub

When: Monday– Friday 12pm - 3pm
Where: 2 Warrington St, Ashton. OL6 6XB
Contact: Pauline Town on 0161 330 6776

Food Pantry TOG MIND Well Being HUB

When: Wednesdays 10am -12pm
Where: 216 –218 Katherine Street, Ashton OL6 7AS. Call on 0161 330 9223
Email: wellbeinghub@togmind.org

Action Together Website

<https://www.actiontogether.org.uk/cost-of-living>

Tameside Metropolitan Borough

Council Website:

www.tameside.gov.uk/helpinghand

Food Bank - Together Centre

When: Fridays 9.30am –12.30pm & Saturdays 10am - 11am
Costs: £3 for food only and £4.50 food & delivery
Where: Based at Together Centre, 287 Birch Lane, Dukinfield SK16 5AU
Call: 0161 366 1987

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Services in Ashton

GENERAL: Food Banks and Support

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Ashton Central Community Grocer Holy Trinity Community Centre

Providing low cost food and reduce food waste

When: Every Monday 1pm - 3pm
Where: Holy Trinity Church, Dean Street, Ashton,
OL6 7HD

Contact: 0161 339 0236

Food Bank - Ashton Central Mosque

Free food parcels for anyone in need

When: Saturdays 10am –12pm
Where: Hillgate St, Ashton-under-Lyne OL6 9JA
Website: <https://www.ashtoncentralmosque.com>

Clothes Bank - Ashton Central Mosque

Free clothing for anyone in need

When: Sundays 10am – 11.30am
Where: Hillgate St, Ashton-under-Lyne OL6 9JA
Website: <https://www.ashtoncentralmosque.com>

Friend of the Elderly - Grants

If you or someone you know that would benefit from a Friends of the Elderly grant, please find more information on 'Finding a Referral Agent' on their website: www.fote.org.uk/grants or Email hello@fote.org.uk
Call 0330 332 1110.

Soup Kitchen and Support for the Homeless and anyone in need 4BROS

When: Mondays 2pm - 3pm
Where: 72 Penny Meadow, Ashton. OL6 6EL
Contact: Heartsofrahma@gmail.com

Christian Against Poverty Tameside Free Debt Support at your Home

When: Call for appointment for a Home Visit
Where: Carmel Community Church, Seymour Street, Denton, Manchester. M34 3PF
Contact: Lisa Gilmore, Centre Manager
Call: 0800 328 0006 to book an appointment.

Revelation Foodbank RCCG City of Truth

When: Sundays. 1:45pm - 2:45pm
Where: 6 Old Street, Ashton-u-Lyne OL6 6LB
Contact: 07403555272
Facebook: [rccgcityoftruth](https://www.facebook.com/rccgcityoftruth)

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Ashton Community Hubs 2025/26

GENERAL: Places to keep warm, get help and support

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Social & Winter Hub at New Life Church

When: Wednesdays 9.30am - 2pm and
Thursdays 4pm to 6pm

Where: St James Street, Ashton, OL6 6SF
Call: 0161 339 7924

Luncheon Club Tea Party

From 30/10/2025 until 29/04/2026
Free two-course lunch for **residence of OL6
postcode only**

When: Wednesdays 12pm
Where: Crossbar at Ashton United FC, Surrey
Street, Ashton OL6 8DY
Contact: Angela Gratton on 07723600115

Social & Winter Hub at Ashton Library

A space to keep warm, read books & socialise

Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH
Contact: 0161 342 2029

Website: <https://www.tameside.gov.uk/libraries>

Social & Winter Hub at St John the Evangelist

When: Wednesday 10am - 12pm
Where: St John The Evangelist, 155 Kings Rd,
Ashton. OL6 8EZ
Call: 0161 343 1497

Social Hubs: Holy Trinity Community Centre

Tea come and join us for tea, coffee and lunch
When: Mondays 10am - 12.30pm
Where: Dean Street, Ashton, OL6 7HD
Contact: 0161 339 0236

Winter & Social Hubs: Linda Fletcher IT Suite

FREE DRINKS AND FOOD
When: Thursdays 10am - 3pm
Where: The Linda Fletcher Community Base
Ryecroft Ashton OL7 0SA
Call Nicola Woods on **0780286632**
Nicola.woods@aph-ltd.co.uk **FOOD PANTRY**

Free Lunch at Church of Nazarene

Please come and join us for a free Lunch: variety
of sandwiches and drinks
When: Mondays 12pm – 1pm
Where: Church of the Nazarene, 230 Stamford
Street, Ashton, OL6 7LJ
Contact: Ernie
Email: info@ashtonnazarene.org.uk

Warm Hearts Kitchen

When: Wednesdays from 1pm - 5pm
(Winter months only)
Where: Broadoak and Smallshaw Community
Centre, Broadoak Road Ashton OL6 8RP
Contact: 07342976560

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Ashton Community Hubs 2025/26

GENERAL: Places to keep warm, get help and support

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Winter Warm Hub @

Albion United Reformed Church

Coffee Mornings

When: 4th Saturday of the month 10am-12pm
Where: Stamford Street East, Ashton. OL6 6QQ
Contact: 07831125159

Warm Hub @ Ashton Christadelphian Church

When: Mondays 12.15pm - 3.30pm
Where: 92 Currier Lane, Ashton, OL6 6TB
Contact: TBC
Email: ashtonchurch@hotmail.com

Winter Warm Hub @ St Gabriel Church

When: Every Monday 9.30am - 12pm
Where: St Gabriel Church, 10 Audley St, Ashton, OL6 6RB
Contact: 07740 766687

Warm Hub @ Holy Trinity Community Centre

Tea come and join us for tea, coffee and lunch
When: Mondays 10am - 3pm
Where: Dean Street, Ashton, OL6 7HD
Contact: 0161 339 0236

Warm Hub @ Oasis Broadoak Community Hub

When: Thursday 1.30pm - 3pm
Where: Oasis Broadoak Community Hub, Greenwood Avenue, Ashton under Lyne, OL6 8QG
Contact: 07938 905364

Warm Hub @ Church of Jesus Christ of Latter Day Saints

Tea come and join us for tea, coffee and lunch
When: Tuesdays 11.30am - 2pm
Where: Crowhill Estate Patterdale Rd, Ashton, OL7 9JA
Contact: 07800614468

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

PRE-SCHOOL (0-5 YRS)/PARENT GROUPS AND SUPPORT

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Treasured Tots New Life Church

When: Monday 9.30am - 11am
Where: St James Street, Ashton, OL6 6SF
Contact: 0161 339 7924

Happy Tots

Ashton Church of the Nazarene

For pre-school children and their carers
Run on a first-come first-served basis.
Where: 230 Stamford Street, Ashton, OL6 7LJ
When: Friday 11.00am-12.30am (Term time)
Cost: £1.50 first child, other children 50p
Contact: 0161 330 3355

Bouncing Babies New Life Church

For Babies under the age of 1, term time only
When: Fridays 10am - 11.30am
Where: St James Street, Ashton, OL6 6SF
Contact: 0161 339 7924

Children's Vitamin drops and Women's vitamins

Healthy Start

Now available at your local FAMILY HUB/
Children's Centre
St Peter's or Rosehill Children's Centre
Contact: 0161 343 6288

Footy Totz

(18 months - 4 1/2 years)
Hurst Community Centre

When: Wednesday: 9.30am, 10.30am, 1pm, 4pm
Where: Kings Road, Ashton, OL6 8EZ
Cost: First session is free, after £5 per session
Contact: 07737650391

West End Tiny Tots

West End Methodist Church

When: Tues & Thurs, 9.15am - 11am (term time)
Where: Trafalgar Square, Ashton
Cost: £2
Contact: Rachael Hill
Email: rachael212@hotmail.co.uk

MENCAP - Peer Support Group and much more

For parents or caregivers of children with SEND
or emerging needs aged 0-5 years.
When: Various dates and times
Where: Various venues, Please email for details
on familyengagementgm@mencap.org.uk

Lil Beatz

Urban dance for children (Term Time only)
When: Thursdays 1.15pm - 1.45pm ages 1-2
2pm to 2.30pm ages 2-3
Where: Broadoak and Smallshaw Community
Centre, Broadoak Road, Ashton. OL6 8RP
Contact: 07967807532

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

PRE-SCHOOL (0-5 YRS)/PARENT GROUPS AND SUPPORT

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Early Start - Post Natal Group

Finding your way with your baby

All parents and babies 0-12 month welcome, to meet new parents and share experiences and challenges faced by new parents

Groups run for 2 hours for over 6 weeks period
Contact Crickets Lane Clinic on 0161 342 7825

Baby Group

Rosehill Children's Centre / FAMILY HUB

For babies to independent walkers, sessions include singing, music movement sensory play and opportunity to meet new parents

When: Mondays 1pm-2.30pm
Where: Rosehill Road Ashton OL6 8YG
Call 0161 342 2255

Discovery, Stretch and Play

When: Wednesdays

12.30pm-1.30pm mobile babies -pre-walkers
11.40am-12.20pm Mamma Matters

Where: The Leap Children and Families Centre, Clyde Street, Ashton Under Lyne OL7 ONQ
Cost £3.50. Limited places, book with LEAP via our FB page or call us on 01612148300

Bloom Baby Classes

When: Thursdays 10am (6 -15 months)

11am (6 weeks- 6 months)

Where: Broadoak and Smallshaw Community Centre, Broadoak Road, Ashton. OL6 8RP

Contact: 07554446323

Email: Rachel@bloombabyclasses.com

Sensory Star Baby Message

When: Wednesdays 10am-11am For 6 weeks to 6 months. **Then 11.15am- 12.30pm for Mamma Matters with babies up to 12months (costs: £2 per session)**

Where: The Leap Children and Families Centre, Clyde Street, Ashton Under Lyne OL7 ONQ
Cost £3.50 Limited places, book with LEAP

Learn and Grow at The HUB

When: Monday 12pm-1pm

Where: Oasis Academy Broadoak, Norman Road, Ashton-Under-Lyne, OL6 8QG

Contact: Home Start on 0161 344 0669 for a place

MUMDAY - Mondays

New Life Church

For Babies under the age of 1, term time only

When: Fridays 10am - 11.30am

Where: St James Street, Ashton, OL6 6SF

Contact: 0161 339 7924

Story Makers - People Like Me

For children between 0-4years old, free interactive story telling sessions in Libraries

When: Wednesdays online 10am-10.30am

Or at Hattersley/Mossley/Droylsden Library

For more details contact: 0161 342 3443

Email: book. Start@tameside.gov.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

PRE-SCHOOL (0-5 YRS)/PARENT GROUPS AND SUPPORT

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

FAMILY HUB: St. Peter's Children Centre Universal Activities

Little Explorers

When: Every Wednesdays 9.30am - 10.45am
For independent walkers to 2.5 year
Where: St Peter's Children Centre, Trafalgar Square, Ashton under Lyne, OL7 0LL
Call: 0161 342 2255

FAMILY HUB: St. Peter's Children Centre Universal Activities

Baby Group & Breast Feeding Group

When: Every Thursdays 1pm – 2.15pm
From birth to 9 months
Where: St Peter's Children Centre, Trafalgar Square, Ashton under Lyne, OL7 0LL
Call: 0161 342 2255

FAMILY HUB: St. Peter's Children Centre Universal Activities

Stay and Play

When: Every Fridays 12pm – 2pm
Drop-in session for From Birth to 4 years
Where: St Peter's Children Centre, Trafalgar Square, Ashton under Lyne, OL7 0LL
Call: 0161 342 2255

FAMILY HUB: St. Peter's Children Centre Universal Activities

Mini Explorers (Baby Group)

When: Every Mondays 1.30pm – 2.45pm
For babies 9 month to independent walkers
Where: St Peter's Children Centre, Trafalgar Square, Ashton under Lyne, OL7 0LL
Call on 0161 342 2255

FAMILY HUB: St. Peter's Children Centre Universal Activities

Outdoor Explorers (2 - 5 years)

When: Every Tuesday 10am – 11am
Where: Stamford Park, 235 Stamford St, Stalybridge, SK15 1QZ
Call: 0161 342 2255

FAMILY HUB: St. Peter's Children Centre Universal Activities

Childminder Sessions

When: Every Monday 9.30am - 11.30am
Weekly Drop-in
Where: St Peter's Children Centre, Trafalgar Square, Ashton under Lyne, OL7 0LL
Call: 0161 342 2255

FAMILY HUB: St. Peter's Children Centre Universal Activities

Move and play

When: Every Tuesdays 1.30pm 2.30pm
From birth to 9 months
Where: St Peter's Children Centre, Trafalgar Square, Ashton under Lyne, OL7 0LL
Call: 0161 342 2255

FAMILY HUB: St. Peter's Children Centre Universal Activities

Infant Feeding Support Group

When: Every Monday 9.30am - 11.30am
(delivery by Home start)
Where: St Peter's Children Centre, Trafalgar Square, Ashton under Lyne, OL7 0LL
Call: 0161 342 2255

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

PRE-SCHOOL (0-5 YRS)/PARENT GROUPS AND SUPPORT

PLEASE CONTACT THE ORGAINSATIONS OR GROUP BEFORE ATTENDING.

FAMILY HUB: St. Peter's Children Centre Universal Activities

Baby Bump Group

When: Mondays monthly 4pm –5pm
Support for 24+ weeks pregnant information
session 20.01.25, 17.02.25
Where: Online
Call: 0161 342 2255

FAMILY HUB: St. Peter's Children Centre Universal Activities

SEND Stay and Play

When: 1st and last Tuesday of the month 10am -
11.30am (delivered by MENCAP)
Where: St Peter's Children Centre, Trafalgar
Square, Ashton under Lyne, OL7 0LL
Call: 0161 342 2255

FAMILY HUB: St. Peter's Children Centre Universal Activities

Pre-school explorers (2.5—5 years old)

When: Wednesdays 11am-12pm
Where: St Peter's Children Centre, Trafalgar
Square, Ashton under Lyne, OL7 0LL
Call: 0161 342 2255

FAMILY HUB: St. Peter's Children Centre Universal Activities

Baby Group (Birth—9months)

When: Thursdays 1pm –2.15pm
Where: St Peter's Children Centre, Trafalgar
Square, Ashton under Lyne, OL7 0LL
Call: 0161 342 2255

FAMILY HUB: St. Peter's Children Centre Universal Activities

Introduction to Weaning Session

When: 3rd Thursdays of the month 1pm –3pm
Drop-ins delivered by Health Visiting Team)
Where: St Peter's Children Centre, Trafalgar
Square, Ashton under Lyne, OL7 0LL
Call: 0161 342 2255

FAMILY HUB: St. Peter's Children Centre Universal Activities

Neonatal Support Group & Infant Feeding/ Weight Drop in from 17.01.2025

When: Fortnightly Fridays 10am –12.30pm
Where: St Peter's Children Centre, Trafalgar
Square, Ashton under Lyne, OL7 0LL
Call: 0161 342 2255

Parenting Drop-in Sessions

FAMILY HUB: St. Peter's Children Centre

At the drop in sessions, one of our parenting
coordinators will talk about services we offer you.
Every Mondays 8.30am to 12pm
Where: St Peter's Children Centre, Trafalgar
Square, Ashton, OL7 0LL
Call: 0161 342 2255

Breast Feeding Drop in Support

Ikea - Ashton

Every Tuesday 10am - 12pm
All pregnant mums, new babies and toddlers
welcome for chat and support
Where: Ikeas Café Ashton, OL6 7TE
Contact: 0161 342 7880/7889

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

PRE-SCHOOL (0-5 YRS)/PARENT GROUPS AND SUPPORT

PLEASE CONTACT THE ORGAINATIONS OR GROUP BEFORE ATTENDING.

Forest School at The HUB

When: Monday 9.15am – 1.30pm—3pm
Where: Oasis Academy Broadoak, Norman Road, Ashton Under Lyne, OL6 8QG
Contact: 07342976560

Little Footsteps for Pre-school

Hurst Methodist Church
When: Mondays 9.30 - 11.30am (term time only)
Where: 14 Stanhope St, Ashton, OL6 9QZ
Cost:
Contact: Nina Crane on 0161 343 5253

FREE Baby Clinic at The HUB

When: Fridays 11am –1pm
Where: Oasis Academy Broadoak, Norman Road, Ashton Under Lyne, OL6 8QG
Contact: 07342976560

Connect 5 Training for parents/carers

Tameside and Glossop Mind
When: Contact TOG Mind for upcoming dates
Where: 216 - 218 Katherine Street, Ashton, OL6 7AS
Contact: Kelsey Urey on 0161 330 9223

Tots Group

Hurst Nook United Reformed Church

When: Thursdays 9.30am - 11.30am
Where: Nook Lane, Ashton, OL6 9HJ
Contact: 0161 339 2207

Toddler Group

Ashton Christadelphian Church

For aged 0-5 years old.
Stay and Play is £1 per child
When: Tuesdays 10am—12pm
Where: 92 Currier Lane, Ashton OL6 6TB
Contact: TBC Email: ashtonchurch@hotmail.com

Baby Babble at The HUB

When: Wednesdays 1.30pm—2.30pm
Where: Broadoak Community Centre, Broadoak Road Ashton under Lyne, OL6 8RS
Costs: £1 and free refreshments
Contact: 07342976560

Toddler TOTS at The HUB

When: Fridays 9.15am—11.30am
Where: Oasis Academy Broadoak, Norman Road, Ashton Under Lyne, OL6 8QG
Costs: £2 and free refreshments
Contact: 07342976560

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net

Activities in Ashton

PRE-SCHOOL (0-5 YRS)/PARENT GROUPS AND SUPPORT

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Stay and Play at The HUB

When: Monday 9.15am – 11.30am and Fridays
1pm - 3pm & Fridays 1pm-3pm

Where: Oasis Academy Broadoak, Norman
Road, Ashton Under Lyne, OL6 8QG

Contact: 07342976560

Crafter at The HUB

When: Tuesdays 9am - 11.30am

Where: Broadoak and Smallshaw Community
Centre, Broadoak road, Ashton, OL6 8RP

Costs: £1 and free refreshments

Contact: 07342976560

Caterpillar Club—Stay and Play

Parents, carers and TOTs group for up to school
age for £1

When: Tuesdays 10am– 12pm

Where: Waterloo Park Centre, Store Street,
Ashton, OL7 9QA

Contact: FriendsOfWaterlooPark@outlook.com

TOTs Group

Albion United Reformed Church

When: Tuesdays 10am - 11.30am

Where: Stamford Street East, Ashton, OL6 6QQ

Contact: 07831125159

Allotment TOTs (2 years and under)

Dukinfield Allotment

When: Wednesdays 10.30am - 11.30am

Where: Community Green Allotment, Meadow
Lane, Dukinfield. SK16 4AN

Contact: 0161 214 8300 to book & £1 donation

Leap@leapcfc.org

Home Start Host

**Supporting families to promote importance of
early relationships matching up families with
trained volunteers to empower parents with
information, tools and skills**

Contact: 0161 344 0669 or 01204 216 537

Email on info@homestarthost.org.uk

Website: home-starthost.org.uk

Nature Babies and TOTs

When: Wednesdays 1.30pm - 2.30pm for Babies
group and 9.45am – 10.45am for TOTs group

Where: Community Green Allotment,
Meadow Lane, Dukinfield. SK16 4AN

Contact: 0161 214 8300

Leap@leapcfc.org

Baby Message at The HUB

Babies from Birth to 4 months

When: Monday 9.30am – 10.15am

Where: Oasis Academy Broadoak, Norman
Road, Ashton Under Lyne, OL6 8QG

Contact: 07342976560

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net

Activities in Ashton

FAMILY /CARER GROUPS AND SUPPORT

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Families in Mind

Tameside and Glossop Mind

Family Support Service

Where: 216 - 218 Katherine Street, Ashton,
OL6 7AS

For more information, contact on 0161 330 9223

Thursday Feast

New Life Church

Where: St James Street, Ashton, OL6 6SF

When: Every Thursday 4pm - 6pm

A free hot meal & good company

For more information: Call 0161339 7924

Carers' First Aid Course 2026

When: Fridays 10am-12.30pm (Call for Dates)

Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH

Contact: 0161 342 2029

<https://www.tameside.gov.uk/carerscentre>

Parent's Peer Support Group

The Anthony Seddon

For parents/carers of children experiencing men-
tal health issues or living with condition

Where: 12 George Street, Ashton, OL6 6AQ

When: 2nd Thursdays of each month
9.30am - 11.30am

Contact: Anita.McQuillan@tameside.gov.uk

Autism Support for Parents and Carers

For relatives or carer of adults with Autism, drop-in group for information and advice

When: 7pm –8pm every 3rd Wednesday of month

Where: The Ashley Arms Pub, 1 Chapel Close,
Dukinfield SK16 4BT

Call 0161 470 6100

Families & Schools Together (FAST)

Parental engagement programme which aims to
support parenting and enhance links between
families, school and the community

When: Weekends & Holidays, 10am - 4pm

Where: Kenyon Street, Ashton, OL6 7DU

Contact: 07960055214

Tameside Autism Carers

Peer led support group for parents and carers of
Autistic people

Where: Tameside One, Market Place, OL6 6BH

When: 2nd Thursday of the month 6pm - 7.30pm

Contact: [www.tameside.gov.uk/AdultServices/
Tameside-Autism-Network-and-how-it-can-help-
you](http://www.tameside.gov.uk/AdultServices/Tameside-Autism-Network-and-how-it-can-help-you)

Email: tan@tameside.gov.uk

MENCAP Peer Support Group for Parents / Carers of Children with SEND or Emerging Needs! FREE.

When: 1st Wednesday on the month 10-11.30am

Where: The Together Centre, 287 Birch Lane,
Dukinfield SK16 5AU

Call 0161 366 1987 or

Email: Karen@thetogethercentre.org.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

FAMILY /CARER GROUPS AND SUPPORT

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

The Guardian Angels

A group for grandparents who are raising their grandchildren.

When: 2nd Wednesday of the month at 9.30am - 11.30am

Where: 12 George Street, Ashton, OL6 6AQ

Contact: sue.brookes@actiontogether.org.uk

Tameside Cycle Circuit

Cycle track with hire of cycling equipment and support for all abilities and needs.

When: Monday to Saturday various times

Where: Richmond Street, Ashton OL7 9HG

Cost: £4.15 adults and £3.20 children for 45 mins.

Contact: Sharon.walls@activetameside.com

Portland Basin

Weekend family activities

When: Weekends

Where: Portland Place, Ashton OL7 0QA

Call on 0161 343 2878

Portland Basin

Pedal Ashton Canal - 5 miles

When: Tuesdays to Sundays 10am until 4pm and open Monday bank holidays

Where: Portland Place, Ashton OL7 0QA

Call on 0161 343 2878

PEGS

PEGS support parents, carers and guardians who are experiencing Child to Parent Abuse (including those with adult offspring)

See their Website for referral forms information and support

<https://www.pegssupport.co.uk>

PEEPS

Support group for families affected by HIE (Hypoxic-Ischaemic Encephalopathy)

Call Sarah on 07838197945 for further details and information

Spoons sing N shake

Children aged under 5 who experiences neonatal care and families

Weekends: Saturday

Call Kristen Mitchell on 07920026035

Finding Rainbows

We offer support to those affected by the loss of baby or child. Coffee mornings, home visits, one to one meetings, holistic therapies

Call Natalie on 0161 312 8924 on 07340799387

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

CHILDREN AND YOUNG PEOPLE (5-18 YRS) GROUPS AND SUPPORT

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Ashton Youth Club

Holy Trinity Community Centre

When: Drop in - Monday 6.30pm - 8.30pm.
Outdoor Pursuits - Wednesday 6.30pm - 8.30pm
Where: Dean Street, Ashton, OL6 7HD
Contact: 07840399521

Community Hive (8-18yrs olds)

Tameside Mind - Children & YP's Service

1 to 1 support, wellbeing sessions, therapeutic courses, counselling, training, parent support

Where: 216-218 Katherine Street, OL6 7AS
When: Walk-in every Wednesday 4pm– 8pm
Contact: 0161 330 9223

Free Mixed Boxing Active Communities Network

For Young People 13 –19 Years

When: Fridays 6pm —8 pm
Where: 7 Lower Wharf St, Ashton-under-Lyne
OL6 7PE
Contact: 07752590471 or 0161 312 3100

Confidence Building & Physical Activities for Young People (ON HOLD) West African Development (WAD)

When: Fridays 6pm - 7 pm
Where: 336 Oldham Road, Ashton, OL7 9AU
Contact: 0161 327 3095 to book session

Ashton Community Chess Club

All levels and ability welcome

When: Wednesdays 6.30pm - 9pm.
Where: Broadoak and Smallshaw Community
Centre, Broadoak road, Ashton OL6 8RP
Contact: David on 07974952252
Email: david@ashtoncccc.co.uk

Creative Minds

Starling CIO

Creative activities for people who are neurodivergent aged 13 - 25 years

Contact: 07535473930
www.starlingcio.org.uk

Change Grow Live (CGL) Branching Out

Drug & Alcohol support for people aged 25 yrs and younger.
Where: 1st Floor, Thornley house, Thornley Street,
Hyde, SK14 1JY
Contact: 0161 672 9420

Kooth

Free online, safe and anonymous mental health support for young people

www.kooth.com

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

CHILDREN AND YOUNG PEOPLE (5-18 YRS) GROUPS AND SUPPORT

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Ashton Scouts Groups

Age range 4-6years Squirrels, 6-8 Cubs, 8-10.5 Scouts, 10.5-14 Explorers, 14-18 Networks, for girls and boys.

Costs approx. £2.00 to £3.00/week.

For more details contact :

Alan Fish on 07931 765120 or

Email: alan.fish@ntscouts.org.uk

Ashton Girl Guiding Groups

Girls only, age range 5-7 years Rainbows, 7-10 years, Brownies 10– 14 years, Senior Section 14 – 25 years

Costs approx. £1.00 to £3.00/week.

For more details contact Gillian Lewis on 07740708747

or email: ashtonguides@hotmail.com

Star Youth Club

All levels welcome

When: Mondays 5pm –6.30pm

Where: Broadoak and Smallshaw Community Centre, Broadoak road, Ashton, OL6 8RP

Contact: Justine on 07591268478.

Good Vibes

The Leap Centre

8 week Wellbeing workshops for children aged 5-10years (Term Time only, £2 incl. snacks)

When: Mondays 4pm - 5.30pm.

Where: Clyde Street, Ashton, OL7 0NQ

Contact: Hayley on 0161 214 8300

HITZ

Employability & Life Skills for 16-17 year olds

Level 2 Employability Qualifications, Careers guidance, Build you skills, functional Maths and English or GCSEs, role models for your future!

Where: 4C, Taunton Road, Ashton, OL7 9DR

Contact: Email des.howlett@salesharks.com or call 07909145123

Young People—Drop-in

Talk about: Training, Health, Education, Employment, Positive steps, YES programme

When: Wednesdays 1pm –4pm

Where: People Place, Tameside One, Market Place, Ashton OL6 6BH

Email employmentandskills@tameside.gov.uk

Friday Football Ashton Youth Club

When: Friday Juniors 7pm –8.30pm

Seniors 8.30pm –10pm

Where: Curzon Ashton FC. Tameside Stadium, Richmond Street, Ashton OL7 9HG

Contact: 01433 620 377 enquiries@lindley.org

YES –Young Person

Tameside Metropolitan Borough Council

Aged 16-24 not in employment, education or training, seeking support to access options of apprenticeship or employment opportunities

Phone: 0161 342 3111

Email: employmentandskills@tameside.gov.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net

Activities in Ashton

CHILDREN AND YOUNG PEOPLE (5-18 YRS) GROUPS AND SUPPORT

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Groundwork GM Environmental Social Action Youth Project

When: Wednesdays 5.30pm –7.30pm

Where: 4C, Taunton Road, Ashton, OL7 9DR

Contact: switchboard on 0161 220 1000.
email greatermanchester@groundwork.org.uk

Reform Radio

Young people interested in DJ session, Radio and Music courses

Where: Greater Manchester venues

Contact: Text 07943 820153 or 0161 806 0879 or
email projects@reformradio.co.uk

Greater Manchester Fire and Rescue Service

Age 16– 25 year olds,
12 weeks Prince's Trust Team Programme

To be part of the next team, text Name age and your home postcode to 07580698595

Graphic Novel and Manga Group

Ashton library

For aged 11—18 just turn up!

When: Wednesdays 3.45pm - 4.45pm

Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH

Contact: 0161 342 2029

Youth Group

Ashton Christadelphian Church

When: Thursdays 6.45pm—8.30pm

Where: 92 Currier Lane Ashton OL6 6TB

Contact: TBC

Email: ashtonchurch@hotmail.com

Tuesday Cricket session

When: Tuesday evenings 5pm - 7:30pm

Where: Cricket Location – Total Cricket, Oxford Street East, Ashton-under-Lyne, OL7 0RE or Hockey Pitch in Ashton Under Lyne

Contact: Tel: 01433 620 377

Email: enquiries@lindley.org

Families and Schools Together (FAST)

Ashton Youth Club

When: Weekends and Holidays 10am-4pm

Where: Kenyon St, Ashton Under Lyne, OL6 7DU

Contact: Tel: 01433 620 377

Email: enquiries@lindley.org

Hurst Cross - Jam Pot Music Project

Cedar Park Pavilion

For aged 8– 16years old

When: Wednesdays 4.30pm—6.30pm

Where: Cedar Park Pavilion, Queens Road,
OL6 8EW

Contact: 07519987667 Mark@pac-cic.co.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

CHILDREN AND YOUNG PEOPLE (5-18 YRS) GROUPS AND SUPPORT

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Tameside Careers Service

Careers information, advice, and guidance for young people living in Tameside,

When: Wednesdays 1pm—4.30pm

Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH

Contact 0161 342 3111

Get Ashton Moving!

Weekly session for aged 8 12 year olds get them active including hikes, multisport etc

When: Mondays & Wednesdays 6.30pm—8.30pm

Where: Holy Trinity Church ,Dean Street, Ashton,
OL6 7HD

Call Rehna Yaseen on 07960055214

Youth Club

Aged 8 - 12 Active Community Network

When: Fridays 6.30pm - 8pm

Where: Oxford Road, Pottinger Street, Ashton
OL7 0PW

Contact: 0161 830 0508

Lemonade Project - 2026

Aged 7-11 Feeling anxious, low confidence, low self esteem and Bereavement

When: Awaiting referral number to start the project for 6 workshop sessions included drinks and snacks

Where: 12 George Street, Ashton, OL6 6AQ

Contact: 0161 376 4439

The Potter's Hand

Pottery painting for the whole family and friends

Where: 4C, Taunton Road, Ashton, OL7 9DR

Every Monday—Friday 10am—3pm

Cost: Vary call Maxine on 07508016036

Lego Club

Ashton library

Everyone welcome for Aged 7 + and carers

When: 4th Tuesdays of each month 4pm - 5pm

Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH

Contact: 0161 342 2029

Get help with reading

LEAP Centre

An exciting project for adults to develop their reading skill and get more out of it.

Where: Varies

Contact: 0161 214 8300 or

email: angie.kowles@stpeterpartnerships.org

Conaghan School of Kenpo

When: Thursday 6pm—8pm (Age 5 plus)

Where: 4C, Taunton Road, Ashton, OL7 9DR

Contact: pete@conaghanschoolofkenpo.org or
call on 07788 428111

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

CHILDREN AND YOUNG PEOPLE (5-18 YRS) GROUPS AND SUPPORT

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Locala—Sexual Health Clinic for under 18 year olds

When: Every other Tuesdays 4pm to 6pm

Where: The Orange Rooms, 193 Old St, Ashton. OL6 7SR

Contact: 0161 507 9460

Branching out Young Person's Drop-ins at TOG MIND for under 18 year olds

When: Every other Wednesday 5pm to 7pm

Where: 216-218 Katherine Street, Ashton

OL6 7AS

Contact: 0161 672 9420

Branching out Young Person's Drop-ins at People Place (16 - 18 year olds)

When: First Wednesday of each month 1pm to 4pm

Where: Tameside One, Market Place, Ashton, OL6 6BH

Contact: 0161 672 9420

Branching out Young Person's Drop-ins at Positive Steps for under 18 year olds

When: First Thursday of each month 2pm to 4pm

Where: Clarence Arcade Unit G08, Stamford Street West, Ashton OL6 7PT

Contact: 0161 672 9420

The Potter's Hand– Art Club

Each week learn a new technique

Where: 4C, Taunton Road, Ashton, OL7 9DR

Every Thursdays from 4pm—6pm

Cost: £5 per person but there is a waiting list
call Maxine on 07508016036

The Potter's Hand– Create with Clay

Where: 4C, Taunton Road, Ashton, OL7 9DR

Every 1st Saturday of each month

Cost: varies on clay used

Call Maxine on 07508016036

Emoji Explorers

Wellbeing group for 5—8yr olds who have experiences or witnessed Domestic conflict

Play – Art – Craft – Music – cooking

When: Wednesdays 4pm—5.30pm

Where: LEAP Clyde Street, Ashton OL6 0NQ

Contact: 0161 214 8300 or Leap@leapcfc.org

Tameside Young Carers Project

If you aged 8-18 and support someone daily with their physical or mental health, it could a parent or your siblings with additional needs like Autism or ADHD

Contact on young.carers@tameside.gov.uk
www.tameside.gov.uk/carers/young/project

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

CHILDREN AND YOUNG PEOPLE (5-18 YRS) GROUPS AND SUPPORT

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Nature Buddies

Outdoors nature group for Dads and their family and children aged 4 -11 year olds

When: Saturdays 10– 11.30am

Where: Community Green Allotment, Meadow Lane, Dukinfield. SK16 4AN

Contact: 0161 214 8300

Young People's Programme

Supporting adolescence/young people who are displaying unhealthy behaviours towards their parents or carers, aged 13-19. Find out more:

Contact: 0161 872 1100

Website for referrals:
www.talklisternchange.org.uk

Connect Tameside

Hands-on, practical sessions for young people in your local green space (aged 16-24).

When: Wednesdays and Thursdays 10am –2pm

Where: Groundwork Office Ashton OL7 0DH

Contact: Kelly on 07921810481 or email:
Kelly.francis@groundwork.org.uk

DWP Youth Guarantee

Support for young people into work

Awaiting information

EVJ Aspire

Awaiting information

Manchester Music for Life

Awaiting information

The Growth Company

Provides qualifications and training, aged 16-18

When: various dates and times

Where: Unit 7a, Kayleigh Industrial Estate, Richmond Street. OL7 0AU.

Toni Doughty on 07789929709 or email
toni.doughty@gceducationandskills.ac.uk

Mental Health and Wellbeing Support

Are you aged 16-64 and unemployed

When: Thursday 10am –2pm drop in/workshop

Where: Groundwork, Birchcroft, Crowthorne Road, Ashton-under-Lyne, OL7 0DH

Contact: Danny Smith on 07773 078 426 or
Email on danny.smith@thebiglifegroup.com

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Diversity in Ashton

DIVERSITY: PLACES TO GET HELP, ADVICE, INFORMATION AND GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Asylum Matters

Asylum Matters works to improve the lives of refugees and people seeking asylum through social and political change.

Email us on info@asylummatters.org

Call: 0113 880 5064 Post: PO Box 389, Leeds, LS26 1GR

British Red Cross Asylum Seeker & Refugee Support Hub

Casework support for asylum seekers/ refugees living in Tameside, tea, coffee and chat

When: Thursday 10am - 2pm (term time)

Where: Church of the Nazarene, 230 Stamford Street, Ashton, OL6 7LJ

Contact: Nina Jarmakani on 07725205982

Migration Help

Free asylum helpline (open 24/7/365):
0808 8010 503

You can also contact us via our webchat or via an online enquiry form. Email addresses for various queries can be found on our

website: www.migranthelpuk.org/

Greater Manchester Immigration Aid Unit for Advice and Information

Where: 1 Delaunays Road, Crumpsall Green Manchester. M8 4QS

Advice Line: Monday and Friday 9:30am—1pm and Wednesday 1.30pm—4.30pm

Contact: 0161 740 7722 E: info@gmiau.org

Pre-ESOL Classes and Basic IT classes

West African Development

When: Mondays & Thursdays 6pm –8pm and Saturdays 10am - 1pm

Where: 336 Oldham Road, Ashton .OL7 9AU

Contact: JOJO on 07708265853 or 0161 327 095 to book session

Caribbean & African Health Network

Our vision is to eradicate health inequalities within a generation for Caribbean & African people for individuals and families

Based at Richmond House, 11 Richmond Grove, Longsight, Manchester M13 0LN

Contact: 07853 556 591

Helpline 07710 022 382 Email: info@cahn.org.uk
<https://cahn.org.uk/>

English Conversational Cafe

New Life Church (Term Time only)

Learn to speak English with support and make friends

When: Every Wednesday 1pm - 2pm

Where: St James Street, OL6 6SF

Contact: 0161 339 7924

English for all

Life in the UK

Training courses: A1-A2 and B1 English (8 week Course) LiUK (12 week course)

Friendly qualified teachers, Home Office guide followed and Free Mock test, registration and support for exam

Course fee and details call Reza 07455860281 or Hasina 07378603426

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Diversity in Ashton

DIVERSITY: PLACES TO GET HELP, ADVICE, INFORMATION AND GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Holy Trinity Pre - ESOL classes

When: Fridays 10am-12pm

Where: Holy Trinity Church, Dean Street, Ashton, OL6 7HD

Contact: Liz Young liz.htccc@gmail.com or
Hasna hasna.htcc@gmail.com or

[Razia Razia.htccc@gmail.com](mailto:Razia.Razia.htccc@gmail.com)

British Red Cross, Pre& ESOL classes

When: Thursday 12.30pm - 1.45pm (term time)

Where: Church of the Nazarene, 230 Stamford Street, Ashton, OL6 7LJ

Contact: Nina Jarmakani on 07725205982
NinaJarmakani@redcross.org.uk

Holy Trinity - Pre-ESOL classes

When: Wednesday & Thursday 9:30am 12pm

Where: Holy Trinity Church, Dean Street, Ashton, OL6 7HD

Contact: Liz Young liz.htccc@gmail.com or
Hasna hasna.htcc@gmail.com or

[Razia Razia.htccc@gmail.com](mailto:Razia.Razia.htccc@gmail.com)

Tameside College Pre& ESOL classes

When: Term times, must register for Pre and ESOL courses. ESOL qualification will be accredited from City and Guilds.

Where: Beaufort Boad, Ashton under Lyne, OL6 6NX

Contact: 0161 908 6600

Standguide AEB ESOL 2026

When: Registration in January 2025 onwards

Where: BASED @ Suite 2.01 – 2.02, Clarence Arcade, Stamford Street Central, Ashton. OL6 7PT

Contact: 0161 881 4826 (option 5) or

07917 979 562 for any questions

Sahara at Alzheimer's Society

Supporting South Asian Communities affected by Dementia, They are here to listen and give free confidential advice and emotional support.

Contact: 0161 470 6048

Email: sahara@alzheimers.org.uk

Website: alzheimers.org.uk

One to One Counselling

Yaran community

The counselling service delivers bilingual services for the Middle Eastern and in particular Farsi speaking community across Greater Manchester.

For more information and referral for, see website www.yarannorthwest.com

Together We Can

Association of Ukrainians in Ashton

Ukrainian and English language support, Art classes, Walking club, Lego club, Travel group and Health and Wellbeing sessions.

When: Wednesdays 12pm– 2pm

Where: 215 Stockport Road Ashton OL7 0NP

Contact: Nadia on 07754605992

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Diversity in Ashton

DIVERSITY: PLACES TO GET HELP, ADVICE, INFORMATION AND GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Diversity Matters North West Bereavement Support

Where: Hyde Healthy Living Centre,
20 Great Norbury Street, Hyde, SK14 1BR

Contact: 0161 368 3268

Website: Bereavement Support Project - Diversity Matters NW

Diversity Wellness Group Being There Tameside

When: Fortnightly from 8/07/2025 Tuesdays
10am –12pm

Where: Tameside Carers Centre, Tameside One building, Market Place, Ashton. OL6 6BH

Contact: Shakira Rahman on 07871 453269 or

Diversity Wellness Group Being There Tameside

When: Thursdays starting on 23rd April 2026
10.15am –11.45am (8 weeks course)

Where: Westend Methodist Church Hall,
Fitzroy Street, Ashton OL7 0JP.

Call on 07708 635183

Women's only Cook and Eat

Oxford Park is offering cooking session with Noel,

When: Wednesdays 10am –1.30pm
From 6/05/2026 until 24/06/2026

Where: Oxford Park, Ashton OL7 0PW

Booking link - [https://tameside.legendonlineservices.co.uk/enterprise/bookingscentre/membertimetable#Search?](https://tameside.legendonlineservices.co.uk/enterprise/bookingscentre/membertimetable#Search?LocationIds=72&ActivityIds=358&SearchDate=2026-05-06)

LocationIds=72&ActivityIds=358&SearchDate=2026-05-06

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Diversity in Ashton

DIVERSITY: WOMEN'S ONLY GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Khush Haal Ladies Well-Being group Khush Amdid

Trips and walks, Healthy lifestyle tips, Arts and craft cultural celebrations

When: Every Thursdays 10am till 12pm

Where: Broadoak and Smallshaw Community Centre Broadoak, Road, Ashton, OL6 8RS

Contact: Shamaila on 07762906202

Khush Haal Dancercise! Khush Amdid

For Health and Fitness for ladies girls only aged 10 years+

When: Every Friday 6.30pm –8pm

Where: Richmond Community Centre, Ashton OL7 9HD

Cost: FREE Contact: Shamaila on 07762906202

Asian Ladies Sewing Drop-in Holy Trinity Community Centre

When: Every Wednesday -12.30 pm – 3pm (term time only)

Where: Holy Trinity Church, Dean Street, OL6 7HD

Contact: 0161 339 0236

Crafts for Calm

Tameside Women's Centre

When: Every Mondays 12.30pm - 2.30pm

Where: Flat 41-46 Cavendish Mill, Bank Street, Ashton. OL6 7AT

Contact : 0161 331 2552

Email: bridges@jigsawhomes.org.uk

Diversity Matters North West Supporting women in Tameside

Where: Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR

Contact: 0161 368 3268

www.diversitymattersnw.org.uk

Budgeting Support - Citizens Advice Bureau drop-in

Learning how to plan and use money in a more efficient way

When: Every Mondays 9am –12 pm

Where: **Tameside Women's Centre**, Flat 41-46 Cavendish Mill, Bank Street, Ashton. OL6 7AT

Contact : 0161 331 2211

Sister Shed Green Well-being for Women

Ladies only gardening sessions. Learn new skills, meet new friends.

When: Fridays 9.30am—11.30am

Where: LEAP Clyde Street, Ashton OL6 0NQ

Cost: £1

Contact: 0161 214 8300 or Leap@leapcfc.org

Active Tameside: Chair Based Exercise Women only session

When: Every other Monday 11am - 11.45am

Where: 4C Community Centre, Taunton Road Ashton OL7 9DR

Cost: £1 per person

Contact: Liza on 07923446387

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Diversity in Ashton

DIVERSITY: WOMEN'S ONLY GROUPS

Ladies Only Yoga

Ashton Central Mosque

When: Mondays 11.30am—12.30pm

Cost: £1

Where: Hillgate St, Ashton-under-Lyne OL6 9JA

Contact: Nabeela Akram 07769657786

Website: <https://www.ashtoncentralmosque.com>

Over 50s Ladies Lunch Club

Khush Amdid

For women in the local area.

Activities, talks & armchair exercises

When: Every Monday 11am t- 1pm

Where: 4C, Taunton Road, Ashton, OL7 9DR

Contact: Naila 07954133371/Tasneem
7837828754

Umeed (Hope) Women's Group

Tameside Women's Centre

When: Every Thursdays 12 am - 2pm

Where: Flat 41-46 Cavendish Mill, Bank Street,
Ashton OL6 7AT

Contact: Noreen on 07473836883.

Coffee Chill & Spill

Ashton Central Mosque

Parent peer support group for mum's in the perinatal stage of parenthood. Support around mental health & wellbeing

When: Tuesdays 10am—11.30am

Where: Ashton Central Mosque, Hillgate Street

Cost: £1 per session, book via email
coffeéchillandspill@gmail.com

Flowhesion Foundation

For women age 40+ and from a South Asian background.

When: Fridays 9.30am 11.30am

Where: Holy Trinity Church, Dean Street, Ashton,
OL6 7HD

Contact: Farida Umer on 07878 991159

Health and Well-Being Drop-ins

Tameside Women's Centre

Facilitated by GM Women's Support Alliance

When: Every Tuesdays 1pm—3pm

Where: Flat 41-46 Cavendish Mill, Bank Street,
Ashton OL6 7AT

Contact : 0161 331 2552

Email: bridges@jigsawhomes.org.uk

VOICE

Tameside Women's Centre

Victims of Intimate Coercive Experience

When: Every Mondays 12.30pm—2.30pm /

Wednesdays 6pm—8pm / Fridays 10am-12pm

Where: Flat 41-46 Cavendish Mill, Bank Street,
Ashton OL6 7AT. Contact : 0161 331 2552

Email: bridges@jigsawhomes.org.uk

PINK Conference Group

Tameside Women's Centre

Building confidence self esteem and processing feelings of anger.

When: Every Tuesdays 11am—12pm

Where: Flat 41-46 Cavendish Mill, Bank Street,
Ashton OL6 7AT Contact : 0161 331 2552

Email: bridges@jigsawhomes.org.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

DIVERSITY: WOMEN'S ONLY GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Empower

Tameside Women's Centre

Learning Hub empowering women for a brighter future with life skills: budgeting/money/goals

When: Every Thursdays 10.30am - 12.30pm

Where: Flat 41-46 Cavendish Mill, Bank Street, Ashton OL6 7AT

Contact : 0161 331 2048

CGL Support

Tameside Women's Centre

When: Every Thursdays 1pm –3pm

Where: Flat 41-46 Cavendish Mill, Bank Street, Ashton OL6 7AT

Contact : 0161 331 2552

Email: bridges@jigsawhomes.org.uk

Counselling

Tameside Women's Centre

Person centred counselling

When: Every Monday - Friday am and pm

Where: Flat 41-46 Cavendish Mill, Bank Street, Ashton OL6 7AT

Contact : 0161 331 2552

Email: bridges@jigsawhomes.org.uk

Domestic Abuse

Tameside Women's Centre

Drop-in for advice and support by Bridges

When: Every Fridays 9.30am – 12pm

Where: Flat 41-46 Cavendish Mill, Bank Street, Ashton OL6 7AT

Contact : 0161 331 2552

Email: bridges@jigsawhomes.org.uk

Civil Legal Surgery

Tameside Women's Centre

Civil legal surgery, drop in by Lord, Cox & Salt

When: Every Tuesdays 11am-1pm

Where: Flat 41-46 Cavendish Mill, Bank Street, Ashton OL6 7AT

Contact : 0161 331 2552

Email: bridges@jigsawhomes.org.uk

Legal Surgery by Bromleys Solicitors

Tameside Women's Centre

Drop-in for free legal advice on Family Law

When: Every 1st and 3rd Thursdays of the month 12.30pm –2pm

Where: Flat 41-46 Cavendish Mill, Bank Street, Ashton OL6 7AT

Contact : 0161 331 2552

Email: bridges@jigsawhomes.org.uk

Coffee Mornings

Tameside Women's Centre

Recovery and peer support for drug and alcohol

When: Every Tuesdays 9.30am - 11am

Where: Flat 41-46 Cavendish Mill, Bank Street, Ashton OL6 7AT

Contact : 0161 331 2552

Email: bridges@jigsawhomes.org.uk

LAVA

Tameside Women's Centre

Life After Violence and Abuse (LAVA)

When: Every Monday 2.30pm –3.30pm

Where: Flat 41-46 Cavendish Mill, Bank Street, Ashton OL6 7AT

Contact : 0161 331 2552

Email: bridges@jigsawhomes.org.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

DIVERSITY: WOMEN'S ONLY GROUPS

VR Flourish sessions

Tameside Women's Centre

When: Every Wednesday 1pm-3pm
Where: Flat 41-46 Cavendish Mill, Bank Street,
Ashton OL6 7AT
Contact : 0161 331 2552
Email: bridges@jigsawhomes.org.uk

Parents in Recovery

Tameside Women's Centre

6 weeks parenting programme for parents
recovering from substance misuse
When: Every Wednesdays 10am—12.30pm
Where: Flat 41-46 Cavendish Mill, Bank Street,
Ashton OL6 7AT
Contact : CGL on 0161 672 9420

Solihull

Tameside Women's Centre

When: Every Thursdays 10am—12pm
Where: Flat 41-46 Cavendish Mill, Bank Street,
Ashton OL6 7AT
Contact : 0161 331 2552
Email: bridges@jigsawhomes.org.uk

Daisy Chain

The Leap Centre

DAISYchain empower and support women who
experience domestic abuse
When: Mondays 9.30am—12pm.
Where: Flat 41-46 Cavendish Mill, Bank
Street, Ashton OL6 7AT
Contact: Hayley or Jackie on 0161 214 8300

Who's in charge?

Tameside Women's Centre

10 week parenting course, to address, child to
parent violence and abuse. Parents regain control
When: Every Fridays 12.30pm –2.30pm
Where: Flat 41-46 Cavendish Mill, Bank Street,
Ashton OL6 7AT
Contact : 0161 331 2552
Email: bridges@jigsawhomes.org.uk

Thriving Together

Supporting Women with Gambling Harms

When: Tuesdays, Wednesdays and Thursdays/
General enquires to katie@thrivingtogether.org.uk
Active gambler/Gambler in recovery enquiries to ker-
ri@thrivingtogether.org.uk
Affected Other enquiries to
kymberley@thrivingtogether.org.uk
Buy the Shoes enquiries to shoohada@thrivingtogether.org.uk
Professional's Network enquiries to admin@thrivingtogether.org.uk

Hidden Gems Learning Project

Diversity Matters North West

Learning hub for South Asian Women in Ashton.
When: Wednesdays 10am-12pm
Where: Ashton Medical Group Glebe St, Ashton
OL6 6HD
Contact: Hasina Khanom 07591572844

Empowerment Through Wellbeing Workshops

Holy Trinity Community Centre

Explore how stress impacts your body and drains
your energy. Practical calming techniques to help.
When: Wednesdays 12pm– 2pm
Where: Holy Trinity Community Centre
Dean Street Ashton, OL6 7HD

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

DIVERSITY: WOMEN'S ONLY GROUPS

Tameside Women's Community Cycling Group

For women only of all ages and abilities meet at

When: Thursdays and Fridays 10am—2pm

Where: King George's Park V Playing Field,
Ladbroke Road, Ashton OL6 8JS

Email hello@twccg.org or call on 07943 156025

Breast Cancer Support Group

This Group is led by Macmillan Breast Care
Clinical Nurse Specialists, email to book.

When: 3rd Monday of each month, 12.30pm –
2.30pm.

Where: Stamford Park Pavillion, Stamford Park,
Stalybridge SK15 1QY

Call 0161 925644 & Macmillan.info@tgh.nhs.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Diversity in Ashton

DIVERSITY: MENOPAUSE HELP, ADVICE, INFORMATION & GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Menopause Your Way

Support group for anyone going through menopause to have chat, get social, get active

When: 2nd Saturday of the month 10am –12pm

Where: Victoria Park Community Centre, Market Street Denton M34 2AP

Contact: menopauseyourway@outlook.com

Menopause Your Way

Support group to share experiences , health chats, Pilates and fitness cases, self care

When: 3rd Saturday of the month 10am –12pm

Where: Grafton Centre, Hyde SK14 2AX

Just call in and join them

Contact: menopauseyourway@outlook.com

The Powerful Pause

Support group for Perimenopause, Menopause and Post Menopause (**Ask for costs**)

When: Appointment to suit you

Where: the Fitness Boutique, 94 Old Street, Ashton OL6 7SD

Call: 07565033222 or Emails thepowerful-pause@gmail.com

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

DIVERSITY: MEN'S ONLY GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

We are Survivors

A survivor focused to create and facilitate safe spaces for male (including trans and non-binary individuals) survivors of sexual abuse, rape and sexual exploitation.

Contact: 0161 236 2182

Email: isva@wearesurvivors.org.uk

Prostate Cancer Support Group

Men who have been diagnosed with Prostate Cancer and their partners

When: 1st Thursday of the month at 6pm –8pm

Where: 103 Union Rd, Ashton OL6 8JN

Contact: 0161 922 5640

Email Macmillan.info@tgh.nhs.uk

Dad's Matter

New Dad Workshop

Free online sessions for dad's to be and new dads with babies under 12 weeks

Sessions cover—attachment and bonding, parental mental health accessing appropriate service and support

Contact: Dadmatters@homestarthost.org.uk

[Www.DADMATTERS.org.uk/workshop](http://www.DADMATTERS.org.uk/workshop)

Mentell

Grafton Centre

When: Every Mondays 7pm –9pm

Where: Grafton Centre, Grafton Street, Hyde SK14 2AX

Contact: mentell.org.uk/signup

Website: mentell.org.uk – Men, is it time to talk?

Andy's Man Club

For men 18+, meet up for a chat, brew and biscuit no need to book

When: Every Monday at 7pm - 9pm (except Bank Holidays)

Where: Ashton United Football Club ,The Cross Bar, Surrey Street, Ashton. OL6 8DY

Contact: info@andysmanclub.co.uk

The Shed (Men in Shed)

Woodworking, Woodworking, Cycle servicing & repair, Computers, Family history, Pyrography, Kitchen garden, Walking football, Cinema club
Where: 3-4 Wellington Parade, Dukinfield SK16 4LE.

Contact: Mike or Tony on 0161 368 4974 or 07984037920

Email: mike@theshedtameside.org.uk

MEND

The Leap Centre

Support for dads and dads to be who are perpetrators of Domestic Violence

When: Tues 4.30pm - 6.30pm

Where: Clyde Street, Ashton, OL7 0NQ

Contact: Hayley or Joanne 0161 214 8300

Prostate Cancer Support Group

Men who have been diagnosed with Prostate Cancer and their partners

When: 1st Thursday of the month at 6pm

Where: Dunelm restaurant at Snipe Park, Manchester Road Ashton OL7 0DN

Contact: Steve Wilson on 0161 368 8572

DroylsPCS@live.co.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

DIVERSITY: MEN'S ONLY GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Gabriel's Guys

Men's social group for chats, new friendships, learn new skills, try new activities, be more active.

When: Every Thursday 11am - 3pm

Where: St Gabriel's Church, Audley St, Ashton OL6 6RB

Contact: Steve Crompton on 07950458842

Email: gabrielsguysgroup@outlook.com

Tameside Health Group

Men's Health Group: All welcome

When: Mondays and Wednesdays from 2.30pm

Where: Hillgate St, Ashton-under-Lyne OL6 9JA

Contact: Nabeela Akram 07769657786

Website: <https://www.ashtoncentralmosque.com>

Ashton Central Mosque

All Welcome: Men's Exercises sessions

Circuit and cardio exercises, Resistances, Endurance, Strength and Power training

When: Mondays, Tuesdays, Wednesdays 2.15pm - 3.15pm

Where: Hillgate St, Ashton-under-Lyne OL6 9JA

Phone: 0161 330 0617

Website: <https://www.ashtoncentralmosque.com>

Nash Natters

Curzon Ashton Football Club

Meet for chatting and socialising

When: Every Thursday evenings

Where: Curzon Ashton FC. Tameside Stadium, Richmond Street, Ashton OL7 9HG

Contact: mike@curzon-ashton.co.uk

10-11 Club

Curzon Ashton Football Club

Football based mental health drop in

When: Every Thursday mornings

Where: Curzon Ashton FC. Tameside Stadium, Richmond Street, Ashton OL7 9HG

Contact: mike@curzon-ashton.co.uk

Men's Drop-in Group

Cedar Park

Just pop by for a chat tea or coffee

When: Every Thursdays 9.30am-12pm

Where: Cedar Park, Queens Road, OL6 8EG

Contact: TBC

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

DIVERSITY: PLACES TO GET HELP, ADVICE, INFORMATION AND GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Anmol Cancer Support Group **Tameside and Glossop Mind**

Supporting South Asian community
When: Mondays fortnightly from 6pm—7.30pm
Where: 216 - 218 Katherine Street, Ashton, OL6 7AS.
Contact: Mrudula on 07591355246
Email: anmolcsg@gmail.com

Cancer Survive UK – Cancer Wellbeing and Support Group

Black African & Black Caribbean Support – but not exclusive. Cancer and their partners
When: Fridays Fortnightly 10am - 12pm
Where: Holy Trinity Church, Dean St, OL6 7HD
Contact: 07939 975 582
Website: <https://can-survive.org.uk>

Tameside Macular Society Group **Beating Macular Disease**

When: 3rd Wednesdays 1.30pm—3pm
Where: 4C Taunton Road Ashton OL7 9DR
Contact: Jill on 07476 896 296 or
Email: Tamesidemaculargroup@gmail.com

Macular Society **Telephone Befriending**

Telephone befrienders can provide a regular friendly phone call, which may help to rebuild confidence and independence
Referral form: Go to www.macularsociety.org
Help Line number: 0300 3030 111

Book Talk

The Book Talk Group is a readers group for visually impaired readers to discuss books listened to as sent by the RNIB Library.
When: 3rd Monday of each month 2pm - 3pm.
Where: Vision First Resources Centre Wilshaw House, Wilshaw Lane, Ashton, OL7 9QG
Contact: 0161 342 2575 / 07977489190

Sight Impediment Social Group

When: Tuesdays 11am –1pm
Where: The Together Centre, 287 Birch Lane, Dukinfield SK16 5AU
Cost: £2.00 per session (including tea & toast)
Call 0161 366 1987 or
Email: Karen@thetogethercentre.org.uk
Contact: 07411773336 / 07780386169

Tameside Pulmonary Fibrosis Support Group

When: Monthly (Friday 18/07/25 12:30 – 2:30pm)
Where: 4C Taunton Road Ashton OL7 9DR
Contact: Clive and Sue Green on 07533802620
Email: tpfsg1@gmail.com. Tameside Pulmonary Fibrosis Support Group | Facebook

Respect for All

Offers specialist counselling and group support services for autistic and/or learning disabled people and their families and carers in Greater Manchester
Contact: 01615324070
Email: counselling@respectforall.org.uk
groups@respectforall.org.uk
Website: www.respectforall.org.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Diversity in Ashton

DIVERSITY: PLACES TO GET HELP, ADVICE, INFORMATION AND GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Curzon Road Football Club

Ex & Current Military Veterans only Group

When: Fridays 6pm –7pm

Where: Tameside Stadium, Richmond Street,
Ashton OL7 9HG

Contact: 0161 330 6033

Curzon Road Football Club

Mindful and well-being sessions for Armed Forces and Veterans & Families

When: Thursdays 6pm – 8.30pm

Where: Tameside Stadium, Richmond Street,
Ashton OL7 9HG

Contact: 0161 330 6033

The Veterans Food Company

Oxford Park Food Project supports with learning to cook healthy and affordable meals on reduced weekly budget, meals from all cultures and dishes

When: Thursdays 10am –12.30pm

Where: Oxford Park, Ashton OL7 0PW

Contact: noel@theveteransfoodco.com
on 07906 482897

Pennine Mencap Friday Night Club

Socialise with tea, games music etc...

When: Fridays between 6pm - 8pm

Where: Hurst Community Centre, Kings Road,
Ashton OL6 8EZ

Call: 0161 627 1025 or Text 07999556173 or
Email: enquiries@penninemencap.org

Gateway Social Club

Social club for people with Learning disabilities

When: Thursdays 7pm - 9pm.

Where: Broadoak and Smallshaw Community
Centre, Broadoak Road Ashton OL6 8RP

Call: Pat Beck on 07828178452

Email: tezmoon@yahoo.co.uk

Curzon Road Football Club

PAN-ABILITY DISABILITY GROUP

When: Mondays 6pm –7pm

Where: Tameside Stadium, Richmond Street,
Ashton OL7 9HG

Contact: 0161 330 6033

Ambitions Tameside Club

Young people and Adults with Learning and physical disabilities

Where: St Ann's Social Centre Burlington St, Ash-
ton-under-Lyne OL6 7DG

Every Tuesday Nights 6-9 pm

Cost: £4 per session Contact: 07977075998

Physical Health Emotional Wellbeing

We are here to support families who need help, come join us for a chat, crafts, activities, day trips

When: 2nd Wednesdays 6m—7.30pm

Where: 4C Taunton Road Ashton OL7 9DR

Run by Dr. Joy Harris, who is Consultant Clinical
psychologist

Free but will accept donations

Facebook: <https://www.facebook.com/>

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

DIVERSITY: PLACES TO GET HELP, ADVICE, INFORMATION AND GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

SCOPE

SCOPE: Community Disability Energy Services

Contact: Maria Appleby

Maria.appleby@scope.org.uk

Email: helpline@scope.org.uk

Call: 0808 800 3333

[Disability Energy Support](#) | [Disability charity Scope UK](#)

Our Kids Eyes—OKE

Offering support, information and activities to families who have children with special needs/ disabilities

Where: Jubilee Gardens, Gardenfold Way, Droylsden

M43 7XU

Contact: 0161 342 5550

Tameside's Little Gems

Support for families with SEND children

Activity Groups, IPSEA SEN Law, EHCP Advice, Online peer support, Parent/Carer Meet ups

Contact:

@TAMESIDEGEMS

TAMESIDE.COM/TAMESIDEGEMS

Active Tameside: Everybody can

Adult Day Care and activities from cycling, swimming, multi-sports, bowling, dance, etc

When: Monday—Saturday

Where: Tameside Cycle Circuit, Active Medlock, Hyde, Oxford Park, Copley and Tameside Wellness Centre

Contact Active Tameside Venues

Cost: Free in June and £2 from July 2023

JUMPAROOZ

Associated with TASCA sessions for their children and siblings

When: 1st Tuesday of each month 5pm –7pm

Where: Berkeley Business Park, Turner Street Ashton OL6 8EB

Contact: 0161 339 6284

Sahara at Alzheimer's Society

Supporting South Asian Communities affected by Dementia, They are here to listen and give free confidential advice and emotional support.

Contact: 0161 470 6048

Email: sahara@alzheimers.org.uk

Website: alzheimers.org.uk

Roots & Resilience: A Parenting Support Circle for African Parents

When: Starts on Tuesdays 24th May 2026

10am—12pm (6 monthly sessions)

Where: Broadoak and Smallshaw Community Centre, Broadoak Road Ashton OL6 8RP

Register <https://forms.gle/nkKndkX2JGv4SKeQ6>

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Diversity in Ashton

DIVERSITY: PLACES TO GET HELP, ADVICE, INFORMATION AND GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Religious Hindu Events and Festivals

Shree Ram Mandir

Visits for festivals and regular Bapa's Bhajan Bhandaro every last Sunday of each month
Where: 58 Kenyon Street, Ashton, OL6 7DU
Contact: 0161 343 4639
Bhartiben Mistry on 07496 765318/
Sumiben Nathoo 07901 552 731

Religious Hindu Events and Festivals

BAPS Shri Swaminarayan Mandir

Visits for festivals and regular prayers
Where: 105 Lees Road, Ashton OL6 8BQ
Contact: 0161 330 5196

Health Exercises for over 50s

BAPS Shri Swaminarayan Mandir

All Welcome to join health classes with meal

When: Tuesdays 10am to 1pm
Where: 105 Lees Road, Ashton OL6 8BQ
Contact: 0161 330 5196

Luncheon Club for Elders

Shree Bharatiya Mandal, Indian Association Tameside

When: Every Friday 10am-1pm
Where: Union Road, Ashton, OL6 8JN
Cost: £4 at temple and £4.50 delivery
Contact: Kantilal on 07432287611
Over 50 predominantly Indian elder with chair based exercises included 10am-12pm

Social & Religious Luncheon Club

Shree Ram Mandir

When: Every Thursday from 10am till 2pm
Where: 58 Kenyon Street, Ashton, OL6 7DU
Cost £2.00
Bhartiben Mistry on 07496 765318
Over 50 predominantly Indian Women but everyone welcome

Dipak Dristi Social Group

Broakoak and Smallshaw Community Centre

Drop-in session for art, crafts and refreshments
When: Every Friday 10.30am till 1pm
Where: Broadoak, Road, Ashton, OL6 8RS
Cost: £4 per session
Contact: Champaben Mistry on 07932521930

Dipak Dristi Social Group

Broakoak and Smallshaw Community Centre

YOGA AND WELLBEING SESSIONS:
When: Every Monday 9.30 –10.30am
Yoga on Mat (please bring your own mat, cost £3
10.30am—1pm Fitness and Wellbeing sessions
Where: Broadoak, Road, Ashton, OL6 8RS
Cost: £6 per session
Contact: Champaben Mistry on 07932521930

Dipak Dristi Social Group

ZOOM FITNESS CLASS

When: Every Tuesdays 11am till 2pm
Meeting ID*: 838 6227 6607 *Password*: 12345
Or click on link: <https://us02web.zoom.us/j/83862276607?pwd=TKJLZG9hTFRkbkhwV01kcmZBREZSUT09>
Contact: Champaben Mistry on 07932521930

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

DIVERSITY: PLACES TO GET HELP, ADVICE, INFORMATION AND GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Children's bhajan and cultural learning Classes

**Shree Bharatiya Mandal, Indian Association
Tameside**

When: Every Mondays 6.45pm –7.30pm
Where: Union Road, Ashton, OL6 8JN
Cost: TBC
Contact: Kantilal on 07432287611

Active Tameside: Well-Being session Shree Bharatiya Mandal, Indian Association Tameside

When: Every Wednesdays 10am—12pm
Where: Union Road, Ashton, OL6 8JN
Cost: Free
Contact: Dinesh Chauhan on 07703 742216

ZOOM Bhajans

**Shree Bharatiya Mandal, Indian Association
Tameside**

When: Daily 8pm –9pm
Where: ZOOM ID: 976 6894 5029
PASSWORD: 12345Password
Contact: Manubhai on 07979706318

Gayatri Yagna

**Shree Bharatiya Mandal, Indian Association
Tameside**

When: Every 3rd Sunday of the month
Where: Union Road, Ashton, OL6 8JN
Contact: Dinesh Chauhan on 07703 742216

Badminton and Table Tennis

**Shree Bharatiya Mandal, Indian Association
Tameside**

When: Every Wednesdays 7pm –8.30pm
Where: Union Road, Ashton, OL6 8JN
Contact: Dinesh Chauhan on 07703 742216

Gardening Club

**Shree Bharatiya Mandal, Indian Association
Tameside**

When: Every Wednesdays and Fridays
(weather permitting)
Where: Union Road, Ashton, OL6 8JN
Contact: Dinesh Chauhan on 07703 742216

Ladies Bhajan and Bhajan Groups

**Shree Bharatiya Mandal, Indian Association
Tameside**

When: Every Tuesdays 10.30am—12pm AND
every Mondays Bhajans for all 7pm –9pm
Where: Union Road, Ashton, OL6 8JN
Cost: Free
Contact: Dinesh Chauhan on 07703 742216

Religious Hindu Events and Festivals

**Shree Bharatiya Mandal, Indian Association
Tameside**

Visits for festivals and regular prayers, including
Funeral Service Advice
Where: 103 Union Rd, Ashton.OL6 8JN
Contact: 0161 330 2085

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Diversity in Ashton

DIVERSITY: PLACES TO GET HELP, ADVICE, INFORMATION AND GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Arjun Shakha

**Shree Bharatiya Mandal, Indian Association
Tameside**

When: Every Sundays 11am-1pm and Mondays
7pm –8.30pm for Indian youths
Where: Union Road, Ashton, OL6 8JN
Cost: TBC
Contact: Kantilal on 07432287611

Bhajan Satsang

Shree Ram Mandir

When: Saturdays 6pm– 9pm
Where: 58 Kenyon Street, Ashton, OL6 7DU
Contact: 0161 343 4639
Sumiben Nathoo 07901 552 731
Pravinaben Misty 07910879207
Shakuben Misrty 07419751282

Social Activities and Yoga Group

Shree Ram Mandir

Games and activities with drinks and snacks
When: Every Wednesdays from 10.30am - 12pm
Where: 58 Kenyon Street, Ashton, OL6 7DU
Cost £1.00
Contact: Bhartiben Mistry on 07496 765318
Sumiben Nathoo 07901 552 731
Pravinaben Misty 07910879207

Meals on Wheels for Elders

**Shree Bharatiya Mandal, Indian Association
Tameside**

When: Every Tuesdays, Wednesdays and
Fridays
Where: Union Road, Ashton, OL6 8JN
Cost: £4 at temple and £4.50 delivery
Contact: Kantilal on 07432287611

Gujarati Ladies Religious Group

BAPS Shri Swaminarayan Mandir

When: Saturday 6pm—7.30pm
Where: 105 Lees Road, Ashton OL6 8BQ
Contact: 0161 330 5196

Children's Activities/ Gujarati Classes

BAPS Shri Swaminarayan Mandir

Aged 6– 13 activities including Gujarati classes to
help understand Hindu beliefs, values and
practices
When: Sundays 10-am -12.30pm
Where: 105 Lees Road, Ashton OL6 8BQ
Contact: 0161 330 5196

Women's only Zumba

**Shree Bharatiya Mandal, Indian Association
Tameside**

When: Every Tuesdays 7pm– 8pm
Where: Union Road, Ashton, OL6 8JN
Cost: £2 per person
Contact: Dinesh Chauhan on 07703 742216

Yoga Classes

**Shree Bharatiya Mandal, Indian Association
Tameside**

When: Every Thursdays Men 10am-12pm and
Women 7pm -8.30pm
Where: Union Road, Ashton, OL6 8JN
Cost: TBC
Contact: Kantilal on 07432287611

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Diversity in Ashton

DIVERSITY: PLACES TO GET HELP, ADVICE, INFORMATION AND GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Cognitive Class

**Shree Bharatiya Mandal, Indian Association
Tameside**

When: Every Tuesdays 10.30am -12pm

Where: Union Road, Ashton, OL6 8JN

Cost: Free

Contact: Kantilal on 07432287611

Computer class

**Shree Bharatiya Mandal, Indian Association
Tameside**

When: Every Tuesdays 1pm –2.30pm

Where: Union Road, Ashton, OL6 8JN

Cost: Free

Contact: Kantilal on 07432287611

Memory Café

Indian Community Centre

When: Every 3rd Tuesdays of the month

(16/09/2025, 21/10/2025, 18/11/2025.

16/12/2025)

Where: Union Road, Ashton, OL6 8JN

Cost: Free

Contact: Dinesh Chauhan on 07703 742216

Hanuman Chalisa Path (x11)

Shree Ram Mandir

When: 1st Saturday of the month

Where: 58 Kenyon Street, Ashton, OL6 7DU

Contact: 0161 343 4639

Bhartiben Mistry on 07496 765318

Sumiben Nathoo 07901 552 731

Pravinaben Mistry 07910879207

Shakuben Mistry 07419751282

Bible Study Group

Ashton Christadelphian Church

When: Tuesdays 7.30pm—9pm

Where: 92 Currier Lane Ashton OL6 6TB

Contact: TBC Email: ashtonchurch@hotmail.com

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Diversity in Ashton

DIVERSITY: PLACES TO GET HELP, ADVICE, INFORMATION AND GROUPS

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Masjid El Rahim—Mosque

Where: 14 Stanhope St, Ashton. OL6 9QZ
Phone: 0161 343 5426

Masjid E Hamzah—Mosque Madrasah

Children's classes to learn Islamic studies and the Holy Qur'an; courses for madrasah leavers and adults for further Islamic studies or refresher.
When: Monday—Friday
Where: Address: Katherine St, Ashton-under-Lyne OL7 0AN. Call on 0161 330 9837

Masjid E Hamzah—Mosque

We offer Nikah services, counselling services, and a funeral service
Where: Address: Katherine St, Ashton. OL7 0AN
Phone: 0161 330 9837
Website: <https://www.masjidehamzah.com>

Ashton Central Mosque

All Welcome, come alone for the 5 daily prayers, Friday prayers and all religious events, pastoral care and support, room hire for functions, religious classes for adults and children etc.
Where: Hillgate St, Ashton-under-Lyne OL6 9JA
Phone: 0161 330 0617
Website: <https://www.ashtoncentralmosque.com>

Ashton Central Mosque

Women's Group: All welcome and join various events and activities

When: Thursdays (not regular at present)
Where: Hillgate St, Ashton-under-Lyne OL6 9JA
Contact: Nabeela Akram 07769657786
Website: <https://www.ashtoncentralmosque.com>

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULT (18 +) GROUPS AND SUPPORT - Wellbeing & Mental Health

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Talking Therapies (Healthy Minds)

If you live in Tameside and Glossop and are over the age of 16, Healthy Minds can offer a range of talking therapies to support your mental health.

Where: 225 Old Street, OL6 7SR

Contact: 0161 716 4242

Health and Wellbeing College

Courses aimed at helping you to improve your health & wellbeing

When: September to August each year

Where: 225 Old Street, OL6 7SR

Contact: 0161 716 2666

Drop-ins Daily

The Anthony Seddon

Drop in every afternoon for support or chat

When: Every Monday—Friday afternoons between 1pm—3pm

Where: 12 George Street, Ashton, OL6 6AQ

Cost: Free

Contact: 0161 376 4439

Qwell

Free online, safe and anonymous mental health support for adults

www.qwell.io

Live life to the full

Resources to support mental well being

www.lltotfgm.lltff4.com

Reiki Group

The Anthony Seddon

Reiki for meditation, healing and wellbeing

When: Every Tuesday between 10am - 11.30am

Where: 12 George Street, Ashton, OL6 6AQ

Cost: £2

Contact: 0161 376 4439

Creative Writing

Tameside and Glossop Mind

When: Fridays 10am -12pm

Where: 216 - 218 Katherine Street, Ashton, OL6 7AS

For more information, contact on 0161 330 9223

Mindfulness Meditation

The Anthony Seddon

Come and join Kathy from Harmony with Hope

When: Every Wednesdays between 6.30pm - 7.30pm

Where: 12 George Street, Ashton, OL6 6AQ

Cost: £2

Contact: 0161 376 4439

Meditation

MeditateinManchester.org facilitates the weekly classes for everyone

Where: Ryecroft Hall, Manchester Rd, Audenshaw, Manchester M34 5ZJ, UK

Every Thursdays 6.30pm—7.45pm

Cost: £5.00 per session

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULTS (18 + YRS) GROUPS AND SUPPORT - Wellbeing & Mental Health

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Ladies Peer Support Group **The Anthony Seddon**

Structured peer support form women
When: 1st Thurs of the month at 10am - 11.30am
Where: 12 George Street, Ashton, OL6 6AQ
Cost: £1
Contact: 0161 376 4439

Men's Peer Support Group **The Anthony Seddon**

Informal peer support for people with mental health concerns
When: Every Wednesday 1pm - 3pm
Where: 12 George Street, Ashton, OL6 6AQ
Cost: Free
Contact: 0161 376 4439

Hearing Voices Group **The Anthony Seddon**

Peer support for people who hear voices
When: Every 2nd Monday of the month between 1.30pm - 2.30pm
Where: 12 George Street, Ashton, OL6 6AQ
Cost: Free
Contact: 0161 376 4439

Counselling **Infinity Initiative**

One to one counselling
When: Varies
Where: Finding Rainbows 1st Floor, inside Pearson Ferrier Fletcher St, Ashton OL6 6BY
Contact: 07492779801

P.E.E.R.S **(People Ensuring Everyone Receives Support)**

Tameside and Glossop Mind

When: Fridays 1pm - 2.30pm
Where: 216 - 218 Katherine Street, OL6 7AS
Contact on 0161 330 9223

Op Courage Northwest

Community-based psychological therapy service for veterans. See website: <https://www.penninecare.nhs.uk/militaryvets>
When: Thursdays 8am –8pm
Telephone 03003230707
Email: OpCOURAGENORTH@cntw.nhs.uk

Dr. Rod Waddington - Therapist **Mental Health Strategies UK**

When: Monday - Friday: 7am - 10pm
Saturday: 8am - 10pm Sunday: 8am - 11pm
Where: 26 James Close, Dukinfield. SK16 5NZ
Contact : 07746682962
Email: thetherapycouch@gmail.com

Be/Here **Mental Health support for LGBTQIA+**

Aged 12+, specialist therapy, free workshops, community support, and partnership work.
Contact: maxtownley@beheremcr.co.uk or vanessaporter@beheremcr.co.uk
Website: www.beheremcr.co.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Services in Ashton

BEREAVEMENT SUPPORT

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

South Asian Bereavement Support **Diversity Matters North West**

Where: Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR

Contact: Sabina on 07907827190/0161 368 3268.
Email: sabina@diversitymattersnw.org.uk

Website: <https://www.diversitymattersnw.org.uk/projects/tameside-bereavement-support-project/>

Suicide Bereavement Group (SOBS)

The Anthony Seddon Centre

When: 3rd Tues of each month - 6pm - 7.30pm
Where: 12 George Street, Ashton, OL6 6AQ
Contact: 0161 376 4439

Bereavement Support Group **The Anthony Seddon Centre**

Informal peer support for people with mental health concerns

When: Monthly on Thursdays 10am - 11.30am
Where: 12 George Street, Ashton, OL6 6AQ
Cost: Free
Contact: 0161 376 4439

One to one Bereavement Counselling **Age UK (for over 50s)**

One to one bereavement session of up to 6 CBT session in your own home.

Where: 131 Katherine Street, Ashton, OL6 7AW
Contact: 0161 308 5000
Website for referral form: <https://www.ageuk.org.uk/tameside/our-services/community-support/community-support>

Wings of Hope

For carer, bereaved or just want a chat for women

When: 2nd Monday of the month 10.30am - 12.30pm
Cost: £1
Where: 117-119 Stamford Street Central, OL6 6XJ.
Contact: Angie Wild on 07980453032 after 6pm

Finding Rainbows

Baby & child bereavement support. For early pregnancy loss, Baby born sleeping, Premature baby loss, Sudden infant death, Child bereavement, Twin loss.

Contact: [07340799387](tel:07340799387)
Email: finding.rainbows@outlook.com

Greater Manchester Bereavement Service

Support for anyone in Greater Manchester that has been bereaved or affected by a death, no matter how long ago.

Call: [0161 983 0902](tel:01619830902) for help in finding the right support for you. Monday to Friday, 9am to 5pm (except bank holidays)

Cruse Bereavement Support

Call the helpline for one-off support or be referred for one-to-one support

Contact: 0808 808 1677
Website: <https://www.cruse.org.uk>

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

CARERS INFORMATION & SUPPORT

Willow Wood Hospice

Willow Wood Hospice support people diagnosed with life-limiting (incurable) conditions, support with counselling, bereavement, dementia, etc.

Shops and have Volunteering opportunities

Where: Willow Wood Close, Ashton OL6 6SL

Contact: 0161 330 1100

Tameside Carers' Centre - Coffee Mornings

Meet other carers, get advice and support

When: 10-11.30am Last Tuesday of every month

Where: Tameside One, Market Place, OL6 6BH

Contact: 0161 342 2029

<https://www.tameside.gov.uk/carerscentre>

Tameside Carers' Centre - Breathe, Believe, Achieve

Meet other carers, get advice and support

When: Every Monday 9.30am –11.30am Starts from 6/09/2025 for 6 weekly courses

Where: Tameside One, Market Place, Ashton OL6 6BH. Contact: 0161 342 2029

<https://www.tameside.gov.uk/carerscentre>

Wings of Hope

For carer, bereaved or just want a chat for women

When: 2nd Monday of the month

10.30am -12.30pm

Cost: £1

Where: 117-119 Stamford Street Central, OL6 6XJ.

Contact: Angie Wild on 07980453032 after 6pm

Carers' First Aid Course 2026

When: Fridays 10am-12.30pm (Call for Dates)

Where: Tameside One, Market Place, Ashton under Lyne, OL6 6BH

Contact: 0161 342 2029

<https://www.tameside.gov.uk/carerscentre>

Cancer / Life Limiting Illness Support Being There

Supporting people with life limiting conditions & their family. Telephone & face to face befriending, respite sitting, counselling and transport support to medical appointments

Contact: 07709 522631

Email: tameside@beingthere.org.uk

Dying To Talk Group The Anthony Seddon

Talk about death and issues related to dying, e.g. wills, end-of-life care, and funeral arrangements.

Where: 12 George Street, Ashton, OL6 6AQ

When: Ad-hoc (contact for dates)

Contact: 0161 376 4439

Living Life to the Full Courses The Anthony Seddon

A six weeks course

Where: 12 George Street, Ashton, OL6 6AQ

When: Thursdays 1.30pm - 3.30pm

Contact: 0161 376 4439

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULT (18 +) GROUPS AND SUPPORT - Additional support services for disabilities

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

People First Tameside

User-led organisation for members with a learning disability

Providing social groups, day service, independent living skills programme and much more

Where: Suite 3, St.Michael's Court, OL6 6AD

Contact: 0161 308 3699

Email: speakup@pftameside.org

Adult Autism Diagnostic Team

Where: Hollingworth Clinic, Market Street, Hollingworth. SK14 8HR

Contact: 0161 716 4700

Email: pcn-tr.tgadultaism@nhs.net

Website: www.penninecare.nhs.uk/tameside-glossop-autism

Tameside post-diagnostic support group for autistic adults

Peer-led post-diagnosis group meet for 7 sessions on a different aspect of being autistic.

When: Online on Microsoft Teams or Zoom for 2 hours

Contact: Michelle Dami-Johnson by email:

Michelle.DamiJohnson@tameside.gov.uk

Autism Peer Support Group Tameside and Glossop Mind

When: Tuesdays 4pm—6pm Fortnightly and just turn up

Where: TOG Mind, 216 - 218 Katherine Street, Ashton, OL6 7AS

For more information, contact on 0161 330 9223

Tameside Learning Disability Service: Long Term Support for Living Well at Home

If you need an assessment to support you with daily living, day care, accommodation options please contact the team on 0161 922 4888

BLOOM Allotment

Eco-therapy wellbeing project for adults with a learning disability and/or mental health need.

When: Various sessions

Where: Grange Road South, Hyde, SK14 5NP

Contact: Joanne McColl Parry on

joannemccoll.parry@stpeterspartnerships.org

Tameside Autism Network

A community led accessible space for autistic adults/family/friends to meet, share a brew, exchange ideas.

When: Every 4th Thursday of the month

Where: Active itrain on Birch Lane Dukinfield SK16 5AP

Contact: www.tameside.gov.uk/AdultServices/

Tameside-Autism Network-and-how-it-can-help-you.

Email tan@tameside.gov.uk or tap@tameside.gov.uk

Tameside Action for Social Communication & Autism (TASCA)

Where: Jubilee Gardens, Gardenfold Way, Droylsden M43 7XU

Contact: 07754 873 480

Email tascatameside@outlook.com

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULT (18 +) GROUPS AND SUPPORT - Additional support services

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Tameside Neuroinclusive Project

Social group with crafts, board games, safe space for conversation. Ages 18+

When: Every Wednesday 11am - 1pm

Where: 4C Community Centre, OL7 9DR

Cost: £3 per person

No need to book, just drop-in.

Visit 4C Community Facebook for updates

Living Well: Peer Support Group

Share you lived experience of managing mental health in a safe community venue

When: Fridays 10am-12pm

Where: Various venues in Ashton Town centre

Contact: Danny Smith on 07773 078 426 or

Email on danny.smith@thebiglifegroup.com

For more info, contact on 0161 330 9223

Living Well Tameside: Peer Support Group

Share you lived experience of managing mental health in a safe community venue

When: Wednesdays 10am -12pm

Where: New Life Church, St James Street,

OL6 6SF Contact: Danny Smith 07773 078 426

For more information, contact on 0161 330 9223

Tameside Peer Support Project Tameside and Glossop Mind

12 week peer support to feel less isolated, using coaching and goal setting to improve wellbeing

Where: 216 - 218 Katherine Street, Ashton,
OL6 7AS

For more information, contact on 0161 330 9223

Hoarding Awareness: Tameside Peer Support Group

When: Thursdays fortnightly 1.30pm

Where: 4C, Taunton Road, Ashton, OL7 9DR

Contact: Jayne Mee (Hoarding Specialist) Email:

jayne.mee@jigsawhomes.org.uk /0300 011 1144

Valley Music Well-Being

Creative Wellbeing Workshops

Explore music to build resilience, confidence and well-being

When & Where: Varies

Contact: Jan on 07721 843052

jan@valleymusic.co.uk or www.valleymusic.co.uk

Narcotics Anonymous

We are recovering drug addicts who can help you get and stay clean. Or <https://meetings.ukna.org/>

When: Thursdays 7pm –8.30pm

Where: Christ Church, 170 Oldham Road,
Ashton OL7 9AN

Email: meetings@ukna.org

Drugs and Alcohol Support Tameside Change Grow Live (CGL)

When: Monday to Friday 9am—5pm (until 8pm on Tuesdays)

Where: 111-113 Old Street, Ashton. OL6 7R

Contact: 0161 672 9420

Email: Tameside.Referrals@cgl.org.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULT (18 +) GROUPS AND SUPPORT - Additional support services

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Cooking Session: FOOD 101 New Life Church

When: Four weekly sessions & must attend all sessions

When: Contact to find out when running
Where: St James Street, Ashton, OL6 6SF
Contact: 0161 339 7924 for Dates

Easy Cooking Group The Anthony Seddon

Basic cooking for one on a budget
This is a 6 weeks course

When: Contact to get details of the dates/times
Where: 12 George Street, Ashton, OL6 6AQ
Contact: 0161 376 4439 for Dates

Online Cooking Session Pennine Mencap

Cookalong a brand-new recipe every week, distribute the ingredients to our service users and broadcast us making the recipe every week.

When: Fridays 10am
Where: Pennine Mencap Facebook livestream with Elliot to cook together.

You, Me and FND

Functional Neurological Disorder peer group

When: Every Thursday between 6pm – 8pm
Where: Aldwinians Rugby Union Football Club, Audenshaw Park, Droylsden Road, Audenshaw, M34 5SN

Contact Victoria Edward on 07800642906

Autism and Mental Health Support Group The Together Centre

When: Thursdays 1pm – 3pm
Where: The Together Centre, 287 Birch Lane, Dukinfield SK16 5AU
Call: 0161 366 1987
Email: karen@thetogethercentre.org.uk

WISH—With Inclusion Support and Hope

Peers support for parents with children with special needs like Autism/ADHD

When: 1st Tuesday of the month from 4/11/2025
12.45pm – 2.30pm
Where: Waterloo Park Centre, Store Street, Ashton, OL7 9QA
Call: 07762906202

Bag Buddies support Group The Together Centre

Social group for people with a stoma

When: Mondays 11am—
Where: The Together Centre, 287 Birch Lane, Dukinfield SK16 5AU
Call: 0161 366 1987
Email: karen@thetogethercentre.org.uk

Stoma Support Group

Supporting people who had had colostomy surgery and have a stoma

When: 4th Tuesday of the month 6pm – 7.30pm
Where: Ryecroft Hall, Manchester road, Audenshaw M34 5ZJ
Contact: TBC

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULT (18 +) GROUPS AND SUPPORT - Additional support services

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Chronic Illness & Disability Support Group (CIDSG.ORG)

Support with daily of struggles living with CIDSG

When: 2nd Tuesday of the month 5.30pm – 7.30pm

Where: 4C Taunton Road, Ashton. OL7 9DR

Contact by email: admin@cidsg.org

Stroke Association

Weekly Support Calls

For you or you know has had a stroke, conversation with one of our trained volunteers can support you in your recovery, 8 weekly cal for 30 mins .

Call: 0303 3033 100 or
email helpline@stroke.org.uk.

Rooted in Well-Being

Wellbeing at Valley Farm OWL CIC

Supporting to get confident and confidence to help you to get back into employment

When: TBC

Where: Valley Farm, Oldham Road OL7 9RS

Email Emma on info@valleyfarmowl.co.uk

Live Active Breathe better get Together'

This class is appropriate for all Pulmonary conditions that are stable or at risk of developing.

When: Starting on Wednesday 22nd April at 2:15

Where: Active Hyde, Walker Lane, Hyde, SK14 5PL.

Referral needed by health professional

Tameside Armed Services Community

When: Thursdays 8.30am-4.30pm

Where: Denton Town Hall, Market Street, Denton. M34 2AP

Contact: 07769055264

Email: covenant@tameside.gov.uk

Website: <https://tamesideasc.org.uk/>

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULT (18+) GROUPS AND SUPPORT - Gardening & Outdoors

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Community Green Gardening Group **Dukinfield Allotment**

When: Tuesdays 10am—1pm Drop-ins welcome

Where: Community Green Allotment, Meadow Lane, Dukinfield. SK16 4AN

Contact: 0161 214 8300
Email: Leap@leapcfc.org

Community Gardens **Friends of Waterloo**

Join us for growing planting and improving the local area, free brews

When: Fridays 10am - 12pm

Where: Store Street Ashton OL7 9QA
Call on Dave Reid on 07928491140

Community Garden Allotment Group **Tameside and Glossop Mind**

When: Thursdays 11am—2pm

Where: Lodge Lane Allotments, Dukinfield, SK16 5JF

For more information, contact on 0161 330 9223

Daisy Nook Garden Centre

Flower arranging weekly - Friday 10am -12pm

Ukrainian Group fortnightly on Wednesday 10-12pm.

Where: Daisy Nook Garden Centre Stannybrook Road, Daisy Nook, Failsworth, M35 9WJ
Please call: 0161 681 4245 or email on information@daisynook.com

Gardener's Talk at Daisy Nook

Free gardening talk with tea or coffee

When: First Wednesdays of each month at 10am

Where: Daisy Nook Garden Centre Stannybrook Road, Daisy Nook, Failsworth, Manchester M35 9WJ Please call: 0161 681 4245 or email on

information@daisynook.com

Volunteering and Conservation Group

Wellbeing at Valley Farm OWL CIC

Supporting with farm maintenance: fixing fences, repairing hay nets or muck spreading

When: Fridays 10am -12pm

Where: Valley Farm, Oldham Road OL7 9RS

Email Emma on info@valleyfarmowl.co.uk

Bushcraft and Woodland Club **Wellbeing at Valley Farm OWL CIC**

Art of living comfortability with nature: fire lighting, foraging, building shelter campfire cooking etc

When: Thursdays 10am -12pm

Where: Valley Farm, Oldham Road OL7 9RS
Email Emma on info@valleyfarmowl.co.uk

Sister Shed

Green Well-being for WOMEN ONLY

When: Fridays 9.30am—11.30am

Where: LEAP Clyde Street, Ashton OL6 0NQ

Cost: £1

Contact: 0161 214 8300 or Leap@leapcfc.org

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULT (18+) GROUPS AND SUPPORT - Walking groups

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Tameside Ramblers

When: Wednesdays & Saturdays
Where: Walks start within 1 hour's travel of Tameside, usually circular routes
Cost: First walk free of charge, then membership charges apply
Email: walks@tamesideramblers.org.uk
Website: www.tamesideramblers.org.uk

Walk and Talk Group

Tameside, Oldham & Glossop Mind

Where: Stamford Park, Ashton/ Stalybridge
SK15 1NJ
When: Fortnightly on Wednesdays 11am—1pm
Contact: 0161 330 9223

Walk & Talk

Live Active Tameside

When: Friday 10am
Where: Stamford Park 235 Stamford St, Stalybridge SK15 1QZ (Meet at bowling hut)
Contact: **Liza on 07923446387**

Walk & Talk

Live Active Tameside

When: Wednesday 10am
Where: Oxford Park Pottinger Street, Ashton
OL7 0PW
Contact: **Liza on 07923446387**

Self Guided Walks in Tameside

Discover places, activities and attractions that you can visit all year round!

Visit the website for more information:
www.intameside.co.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULTS (18 +YRS) GROUPS AND SUPPORT - Physical health & exercise

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Exercise Class

Holy Trinity Community Centre

When: Every Thursday 1pm – 2.30pm
Where: Holy Trinity Church, Dean Street, Ashton, OL6 7HD

Contact: 0161 339 0236

Ladies Creative Dance

Holy Trinity Community Centre

When: Tuesdays 2pm—3pm,
Where: Holy Trinity Church, Dean Street, Ashton, OL6 7HD

Contact: Razia or Hansa on 0161 339 0236

Zumba & Zumba Gold

Where: 4C Community Centre, Taunton Road, Ashton, OL7 9DR
When: Tuesdays Zumba 7pm, ZUMBA GOLD Thursdays 10.45am
Cost: £4 per session or £6 for both, pay as you go

Contact: Siobhan Batchelor on 07342970757 or email on siozumba@yahoo.com

Boxercise - Active Tameside

When: Mondays 6.30pm—8pm; Tuesdays 9:30-10.30am; Wednesdays 9am-2pm and Fridays 9:30am –12:30pm weekly
Where: Richmond St Community Centre, Richmond St, Ashton. OL7 9HG

Cost: £3.50 per class
Contact: Elaine on 07796575410

Amayna Star Dance Troupe: Morris Dancing

When: Wednesdays 6pm –9pm weekly (£3.00)
Where: Richmond St Community Centre, Richmond Street, Ashton. OL7 9HG

Contact: Emma on 07710 032890 or Dayna on 07917 531109.

Morris Dancing

Local Fluffy Morris Dancing Troupes
When: Every Wednesdays 6pm –9pm
Where: Richmond St Community Centre, Richmond St, Ashton. OL7 9HG

Cost: £3.00 per dancer
Contact: Ken on 0161 666 0091

Yoga

Tameside and Glossop Mind

When: Returns April 2026
Where: 216 - 218 Katherine Street, Ashton, OL6 7AS.

Contact on 0161 330 9223

YOGA

Live Active Tameside

When: Sundays 10.00am
Where: Oxford Park at Pottinger Street, Ashton
Contact: **Liza on 07923446387**

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULTS (18 + YRS) GROUPS AND SUPPORT - Physical health & exercise

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Ashton United Football Club

Try something new, play rugby

Where: Hurst Cross Stadium, Surrey Street,

Ashton. OL6 8DY

Contact: 0161 339 4158

Ashton Golf Club

Try something new, play golf

Where: Gorsey Way, Ashton OL6 9HT.

Contact: 0161 330 1537

Ashton Ladysmith Cricket Club

Try something new, play cricket

Where: 217 Rose Hill road, Ashton. OL6 8HT

Contact: Kyle Green on 07713038856

Waterloo Football Club

Try something new, play football

Where: 64 Yew Tree Close, Ashton. OL7 9QN

Contact: Marlon on 07904201635

Curzon Road Football Club

Try something new, play football

Where: Tameside Stadium, Richmond Street,
Ashton OL7 9HG

Contact: 0161 330 6033

Ashton under Lyne RFC Rugby Club

Try something new, play rugby

Where: 160 St Albans Avenue, Ashton OL6 8TU

Contact: 0161 3301361

Walking Football -Vintage Celtic WFC

Every Mondays 6pm to 9pm

Cost £3.00 per session

Where: Great Academy Ashton, Broadoak Road,
Ashton. OL6 8RF

Contact: Bill Murney on 07443 900290 or Email:
billmurney@talktalk.net

Active Tameside Sessions: Tameside Cycle Circuit

Support with equipment for all abilities and needs.

When: Mondays and Wednesdays 12pm -1pm

Where: Richmond Street, Ashton OL7 9HG

Cost: £4.40 adults over 18 .

Contact: Sharon.walls@activetameside.com

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULT (18 +) GROUPS AND SUPPORT—Physical health & wellbeing

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Be Well Tameside

Because there is only ONE YOU

Support to be smoke free, move more, drink less eat well manage weight and get NHS health checks

Contact: 0161 342 5050

Email: bewelltameside@tameisde.gov.uk

SM Motivation Ashton New Weight Loss Group

When: Saturdays 8am –10am

Where: 4C, Taunton Road, Ashton, OL7 9DR

Contact: 07715 844682

Email: sue@smmotivation.com

Tameside Active Active Ashton

Fitness classes and low impact exercise sessions

**Oxford Park Centre, Pottinger Street, Ashton
OL7 0PW**

Contact: 0161 830 0508

Walking Cricket Live Active Tameside

When: Mondays 1pm –2pm

Where: Oxford Park at Pottinger Street, Ashton
OL7 0PW

Contact: **Kay Floyd on 07917750924**

Email: kfloyd@lancashirecricket.co.uk

Indoor Kurling

Live Active Tameside

When: Wednesday 11am—12pm

Where: Oxford Park at Pottinger Street, Ashton
OL7 0PW

Cost: £3.20 or free for Live Active members

Contact: **Liza on 07923446387**

Macmillan – Free Hollywood Bowling

For anyone or a family member living with cancer? Come along with a guest for a free game of bowling and a chance to chat to others who are going through similar experiences.

More information on macmillan.org.uk/Cancer for dates and venues or call 0161 922 5644 or email Macmillan.info@tgh.nhs.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULTS (18 + YRS) GROUPS AND SUPPORT - Employment & Training

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Build A Business at GM libraries **Ashton Library**

Come along to workshops (various dates) and drop-ins if you would like to set up and running your own enterprise or business
When: Drop-ins are on the last Thursday of each month 4pm—7pm
Where: Tameside One, Market Place, Ashton, OL6 6BH or Call: 0161 342 2029

Tameside Futures

Podcasting courses - 6 weeks of creative digital training, wellbeing sessions, interview prep, application writing and bespoke support to fit you
Where: 4C Taunton Road Ashton OL7 9DR
Contact: 07943820153 or 0161 806 0879
Email: PROJECTS@REFORMRADIO.CO.UK

Free Training from Jigsaw

Food Safety level 2, Emergency First Aid at Work & Paediatric First Aid Skills, Mental Health First Aid
When: Contact directly for dates/times
Where: 1 Wellington Parade, Dukinfield, SK16 4 LE
Call: John on 07718 783248 or 0300 011 1144

Job Club & Housing Advice at The HUB

Supported by Jigsaw Housing
When: Wednesdays 1pm – 3pm
Where: Oasis Academy Broadoak, Norman Road, Ashton. OL6 8QG
Contact: 07342976560

1-2-1 Coaching

Wellbeing at Valley Farm OWL CIC

If you are out of work and have a long term health condition and looking to improve your confidence and health they offer life coaching support
Where: Valley Farm, Oldham Road OL7 9RS
Email Emma on info@valleyfarmowl.co.uk

Tameside in Work Drop-ins

When: Tuesdays 10am– 2pm & Free interest support 10am 4pm
Where: The Linda Fletcher Community Base Ryecroft House, Ashton, OL7 0SA
Call Nicola Woods on 07442809496 or nikjwoods@gmail.com

Navigate - Mentoring programme

New Life Church

For Adults in living in Tameside and who want to make a change, for more details and referral form
Email: nlc@newlifetameside.org.uk
Where: St James Street, OL6 6SF
Contact: 0161 339 7924

IT courses for beginners

Tameside Libraries

'Learn my way online course
When: Every Tuesday 11am - 12pm/ Every Wednesdays 11am-12pm online job searching
Where: Ashton Library, Tameside One, Market Place, Ashton. OL6 6BH
Contact: 0161 342 2029

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULTS (18 + YRS) GROUPS AND SUPPORT - Employment & Training

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Digital Eagles

West African Development

Weekly drop-in session designed to support your digital journey. Open to all skills levels

When: Thursdays 4pm —6pm

Where: 336 Oldham Road, Ashton OL7 9AU

Contact: JOJO on 07708265853 or 0161 327 095 to book session

PCrefurb Digital Training Groups

When: Thursdays 1pm - 2.30pm

Where: Ryecroft House, Park Street, Ashton, OL7 0SA

Contact : Ellissa Bryant on 07724 219 811

Email: ellissa.bryant@pcrefurb.org.uk

First steps - Maths, English and Digital Skills for Adults (On HOLD)

New Life Church

When: Mondays 1pm—2.30pm and Wednesdays 10.30am—12pm

Where: St James Street, Ashton, OL6 6SF

Contact: 0161 339 7924

Tea and Tech

Waterloo Park Centre

Basic skills and build confidence with digital skills

When: 1st Friday of every month at 2pm and 1st Saturday of every month at 11am

Where: Store St, Ashton-under-Lyne, OL7 9QA

Contact: 07713680459

Email: FriendsOfWaterlooPark@outlook.com

TACE Adult courses at The HUB

When: Monday 9.30am - 11.30am

Where: Oasis Academy Broadoak, Norman Road, Ashton Under Lyne, OL6 8QG

Delivered by Tameside College

Contact: 07342976560

Back to Work Greater Manchester

Courses are level 2 & 3 in Digital technology, AI, Cyber Security, Creative Industries, Management, Special Educational Needs
Refer with name, contact number, postcode and e-mail address of the interested person to
Zeikel.lee@BackToWorkuk.com

Groundwork—Job Club

Over 16 for support to get into work

When: Thursdays 10am - 2pm

Where: Groundwork GM, 4 Crowthorpe Road, Ashton OL7 0Dh

Contact: 07850310730 or Email on Employment.Referrals@groundwork.org.uk

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULT (18 +) GROUPS AND SUPPORT - Creative activities

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Knit and Natter New Life Church

When: Tuesdays 10am - 12 pm
Where: St James Street, OL6 6SF
Cost: £3 per session
Contact: 0161 339 7924

Neonatal Knitters Holy Trinity Community Centre

When: Every Wednesday 11am – 12.30pm
at Massarella's Café upstairs at Ashton Arcades

Then 2.30pm – 3pm at Holy Trinity Church, Dean Street, Ashton, OL6 7HD
Contact: 07808 157285

Embroidery Group (FREE)

Friendly group to join for cross stitch knitting, embroidery etc bring your own and join in...

Where: 4C Community Centre (Wragg Room)
Taunton Road, Ashton, OL7 9DR
Every Thursdays 12:30 –2:30pm
Contact: No lead just come along

Sewing Group The Anthony Seddon

Suitable for basic sewing and machines skills
When: Every Friday 10am - 11.30am
Where: 12 George Street, Ashton, OL6 6AQ
Cost: £1
Contact: 0161 376 4439

Craft Group The Anthony Seddon

Come along to make cards/ mosaic/ paper mâché
When: Every Monday between 1pm - 3pm
Where: 12 George Street, Ashton, OL6 6AQ
Cost: £1
Contact: 0161 376 4439

Threads and Yarns

Tameside Local Studies and Archives

When: 1st and 3rd Thursday of the month,
10am – 12pm
Where: Cotton Street East, Ashton. OL6 7BY
Contact: 0161 342 4242 or
Email: localstudies.library@tameside.gov.uk

Knit and Natter Group (FREE) Ashton library

When: 1st and 3rd Tuesdays 10am—12 pm
Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH
Contact: 0161 342 2029

Crafty Talkers at The HUB (FREE)

Join us for tea, toast and a chat
When: Tuesdays 9.15am - 11am
Where: Oasis Academy Broadoak, Norman Road, Ashton-Under-Lyne, OL6 8QG
Contact: 07342976560

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULT (18 +) GROUPS AND SUPPORT - Creative activities

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Tameside Crafters Saturdays (FREE)

Ashton library

Bring along your projects to work on

When: Saturdays 10am—12 pm

Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH

Contact: 0161 342 2029

Ashton Readers' Group (FREE)

Tameside Libraries

'Try something new' Open to everyone

When: 2nd Tuesday of the month

2pm - 3pm

Where: Ashton Library, Tameside One, Market
Place, Ashton. OL6 6BH

Contact: 0161 342 2029

Expressive Writing

The Anthony Seddon

Come along and join our creative writing group

When: Tuesdays between 1pm - 2.30pm

Where: 12 George Street, Ashton, OL6 6AQ

Cost: £1

Contact: 0161 376 4439

Art Group

The Anthony Seddon

Come along to make cards/ mosaic/ paper mâché

When: Every Thursday between 1pm - 3pm

Where: 12 George Street, Ashton, OL6 6AQ

Cost: £1

Contact: 0161 376 4439

Farm and Nature Craft Club (FREE)

Wellbeing at Valley Farm OWL CIC

Lighter craft activities: like washing, spinning and
dyeing wool or making craft from plants

When: Tuesdays 10am -12pm

Where: Valley Farm, Oldham Road OL7 9RS

Email Emma on info@valleyfarmowl.co.uk

Arts & Craft at Phantasmagoria (FREE)

When: Tuesdays 10am-3pm (lunch 12pm-1pm)

Where: The Old Co-op, 1 Friezland Ln, Green-
field, Oldham OL3 7ES

Contact: Ann on 07989 529964

ann@phantasmagoria.space

Noah's ART

Community Hub that offers fully-funded
opportunities, subsidised activities/commercial
services, all based around animals, nature and
creativity.

Where: 21 Clarendon Street, Hyde SK14 2EL

Contact: 07505474390

Knit and Stitch Group

Dunelm Ashton

Open to beginner to expert, all welcome

When: Tuesdays at 4pm

Where: Pausa cafe Snipe Retail Park
Manchester Road, Ashton OL7 0DN

Cost: FREE

Contact: see store staff

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULTS (18 + YRS) GROUPS AND SUPPORT - Special interest groups

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Ashton Uke

When: Fridays 1pm –2pm weekly
Where: Richmond St Community Centre,
Richmond Street, Ashton. OL7 9HG
Cost: £1.00
Contact: ashtonukes@gmail.com

Ancestral Trail

Search your family tree or local history.
When: 1st and 3rd Tuesdays 2pm– 4pm
Where: The Tameside Local Studies and Archive
Centre, Cotton Street East, Ashton, OL6 7BY
Call: 0161 342 4242

Ashton-under-Lyne Photographic Society

When: Thursdays 7.30pm - 9.30pm
Where: St John The Evangelist, 155 Kings Rd,
Ashton. OL6 8EZ
For more information see their FB page or email:
ashtonphotoclub@outlook.com

Chess Group Ashton library

When: Saturday 1.30pm - 2.30 pm
Where: Ashton Library, Tameside One, Market
Place, Ashton under Lyne, OL6 6BH
Contact: 0161 342 2029

Tameside History Club Events Local History Talks

When: 2pm on 24th Feb, 4th March, 10th March, 24th
March, 8th April, 14th April, 28th April, 13th May,
Where: Tameside Local Studies and Archives
Centre, Cotton Street East, Ashton, OL6 7BY
Contact: 0161 342 4242
Website: [https://www.tameside.gov.uk/archives/
historyclub](https://www.tameside.gov.uk/archives/historyclub)

Knights of The Vale

Table-top games, social & hobby club

When: Every Monday, 6pm - 10pm
Where: The Vale, Unit 2 Vale Mill,
Micklehurst Road, Mossley, OL5 9JL
Contact: 07868 176831 or email
Knights.mossley@gmail.com
Cost: Adults £3.50, Under 18s/unemployed £2.50

Friends of Catch Nature Fishing Group

When: Varies days but every Wednesday
Where: Friends Of Catch Nature, 87 Acre Street,
Denton, M43 2AU
Contact: Steven Wallwork on 07842931736
Email: steven_wallwork@hotmail.com

Scabble Sessions Ashton library

When: Monday 1pm - 4pm
Where: Tameside One, Market Place,
Ashton under Lyne, OL6 6BH
Contact: 0161 342 2029

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULTS (18 + YRS) GROUPS AND SUPPORT - Special interest groups

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Board Games for Adults

Ashton Library

When: First Monday of the month 1pm – 4.30pm

Where: Tameside One, Market Place,
Ashton OL6 6BH

Contact: 0161 342 4000

Email information. Direct@tameside.gov.uk

Guitar Jamming (£1)

The Anthony Seddon

Come alone to guitar session and learn basic chords and songs suitable for beginners, bring your own guitar

When: Every Fridays 1pm - 2.30pm

Where: 12 George Street, Ashton, OL6 6AQ

Cost: £1

Spanish and French Classes

Learn a Language June-August 2025

When: Wednesdays or/and Thursday morning and Thursday evenings upfront cost £24 for 4 sessions (£6 per session)

Where: Together Centre, 287 Birch Lane,
Dukinfield SK16 5AU

Email Rebeka@thetogethercentre or

Call 0161 366 1987

Tameside Queer Meet

Inclusive social group for LGBTQ+ community Meet up, grab a drink, play a board game, build community. No need to book, just turn up!

Where: Nico Ditch, Ashton, OL6 6LB

When: 1st Thursday of each month, 7pm - 10pm

Contact: Search 'Tameside Queer Meet' on Facebook

Creative Journalling Group

New Life Church

When: Every Monday 1pm - 2.30pm

Where: St James Street, OL6 6SF

Contact: 0161 339 7924

Email Ana on: nlc@newlifetameside.org.uk

Ballroom Basics at The HUB

When: Wednesdays 1pm - 3pm

Where: Oasis Academy Broadoak, Norman Road, Ashton Under Lyne, OL6 8QG

Contact: 07342976560

King Georges

Bowls Club

When: Mondays, Tuesdays & Wednesdays 1pm

Where: Club @King Georges' Park, Ladbroke Road, Ashton OL6 8JS. Joining fee of £10.00/year

Contact: Ladies group - Barbara 0161 330 6409

Gents group - Ray 0161 339 8521

Ashton Bridge Club

When: Monday - Friday see website for details

Where: Carr St. Ashton OL6 8ES or online - BBO.

£2/£3 per session and annual membership of £10

Contact: Chris Rippin on 0161 430 4480 or email info@ashtondistrictbridgeclub.org.uk

<https://www.bridgewebs.com/ashtondistrict/>

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULT (18 +) GROUPS AND SUPPORT - Coffee mornings & social groups

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Hug in a Mug (FREE)

Ashton United in the Community

When: Every Tuesdays 11am – 1pm
Where: Cedar Park, Queens Road, OL6 8EG
Contact: Christine Beresford on 07855992154

Community Coffee Mornings (FREE)

Hurst Methodist Church

Everything free. Toast drinks etc. followed by soup and a roll for lunch.

When: Thursdays 9.30am - 1pm
Where: 14 Stanhope St, Ashton. OL6 9QZ
Contact: Nina Crane on 0161 343 5253

Tea and Toast Club (£1)

The Anthony Seddon

Come along for breakfast and a chat . For people with mental health difficulties.

When: Every Tuesday 10am - 11.30am
Where: 12 George Street, Ashton, OL6 6AQ
Cost: £1
Contact: 0161 376 4439

Coffee Morning at The HUB (FREE)

When: Thursdays 9am - 11.30am
Where: Oasis Academy Broadoak, Norman Road, Ashton-Under-Lyne, OL6 8QG
Contact: 07342976560

Coffee Mornings

St Peter's Church

Join us for tea, toast and a chat

When: Saturdays 10.am—12pm
Where: Union Street, Ashton. OL6 9NQ
Contact: Reverend Paul Monk on 07854776410
or Email: vicar.of.ashton@gmail.com

Place of Welcome

Offers friendship & hospitality to everyone
Variety of activities available during the session

When: Every Monday 9.30am to 12pm
Where: St Gabriel Church, 10 Audley St, Ashton. OL6 6RB
Contact: 07411773336 / 07780386169

Place of Welcome

Offers friendship & hospitality to everyone
Variety of activities

When: Wednesday 9.30am till 12.00pm
Where: St John The Evangelist, 155 Kings Rd, Ashton. OL6 8EZ
Contact on 0161 343 1497

Place of Welcome

Offers friendship & hospitality to everyone
Variety of activities available

When: Thursday 10am to 12pm
Where: Richmond St Community Centre, Richmond St, Ashton. OL7 9HG
Contact: Ken on 0161 666 0091

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULT (18 +) GROUPS AND SUPPORT - Coffee mornings & social groups

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Place of Welcome

Albion United Reformed Church

Offers friendship & hospitality to everyone
Variety of activities available during the session
When: Wednesdays 12.30pm—2.30pm
Where: Stamford Street East, Ashton. OL6 6QQ
Contact: 07831125159

Coffee Morning

West End Methodist Church

When: Friday 10.am till 12pm
Where: Trafalgar Square, Ashton. OL7 0LL
Contact Margaret on 07878 166343

Place of Welcome

Charlestown United Reformed Church.

Come an join for Tea/Coffee Toast and Fruit cake
When: Fridays 9am to 11am
Where: 69 Alexandra Road, Ashton under Lyne, OL6 8LH
Contact by email: paulinetaylor5@sky.com

Lunch and Meet at Church of Nazarene

Come and join us to meet people and have some lunch
When: Wednesdays 11:30am—2.30pm
Where: Church of the Nazarene, 230 Stamford Street, Ashton, OL6 7LJ
Contact: Violet on 07535600622

Waterloo Wednesday Club (£1-3)

Waterloo Methodist Church

Join us for gentle games: indoor kurling, shuffle-board, darts, table tennis, bean bag bowls, skittles
When: Wednesdays 10.am - 12pm
Where: 17 Vale Street, Ashton. OL7 9QE
Email: Susan on ian.dwebster@btinternet.com

Community Coffee Mornings

Charlestown United Reform Church

Join us for meal friendship and support
When: Tuesdays 11am - 1pm
Where: 69 Alexandra Road, Ashton OL6 8LH
Contact: Helen Mellor on 07404578659

Coffee Mornings

Ashton Christadelphian Church

We also have Table Tennis, Arts and Crafts
When: Mondays 10am - 12pm
Where: 92 Currier Lane Ashton OL6 6TB
Contact: TBC
Email: ashtonchurch@hotmail.com

Community Café at Active Oxford Park

Active Tameside

Join the new café to make or takes friends
When: Wednesdays and Thursdays between 9.30am - 2pm.
Where: Pottinger St, Ashton. OL7 0PW

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

ADULT (18 +) GROUPS AND SUPPORT - Coffee mornings & social groups

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Coffee Corner

All Welcome: Hot drinks, toast, crumpets
When: Every Tuesdays 12:30 –1.30pm (Please call before attending)
Where: The Linda Fletcher Community Base Ryecroft House (Ashton Pioneer Homes)
Call: Nicola Woods on 07442809496

Monday Munchers (over 50s only) Age UK

Join us for our brunch menu and activities, **no need to book just drop-in (Cost £3)**
When: Mondays 11.30am - 1.30pm
Where: 131 Katherine Street, Ashton, OL6 7AW
Contact: 0161 308 5000

Rough Diamonds at The Base

All Welcome: Coffee Mornings
When: Thursdays 10.30am—2.30 pm
Where: The Linda Fletcher Community Base Ryecroft House Ashton OL7 0SA
Call Nicola Woods on 07442809496 or nikjwoods@gmail.com

Tea and Toast

Friends of Waterloo Park

Tea, toast, chat, quiz & bingo. All welcome
When: Friday from 11am - 1pm
Where: Waterloo Park, Store Street Ashton OL7 9QA
Call on Dave Reid on 07928491140

Tuesday Café

Guide Bridge Theatre

When: Tuesdays 11.30am—2pm
Where: Guide Bridge Theatre, Audenshaw Road, Audenshaw M34 5HJ
Cost: £6.00 see details on www.gbtheatre.co.uk
Contact: 0333 666 3366

Community HUB

Hurst Community Centre

The community hub offers a warm place to chat with tea, coffee cake and soup at lunch time.
When: Thursdays 10am –2pm
Where: Kings Road, Ashton, OL6 8EZ
Contact: TBC

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net

Activities in Ashton

OLDER PEOPLE (50 +YRS) GROUPS AND SUPPORT - Information & support

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Information & Advice for 50 Plus

Age UK

Free Service on Welfare benefits, financial issues associated with approaching retirement & care

Via office - based appointment, email enquiries & telephone consultations

Where: 131 Katherine Street, Ashton, OL6 7AW

Contact: For an appointment call 0161 308 5000

Community Support Service

Age UK

Advice & Support for 50 plus, to help them remain independent & stay connected in their local community

Where: 131 Katherine Street, Ashton, OL6 7AW

Contact: 0161 308 5000

Legal Clinics

Age UK Tameside

Legal advice and clinics from:

Garratts Solicitors and Touch Solicitors

Where: 131 Katherine Street, Ashton, OL6 7AW

Contact: 0161 308 5000 for clinic dates and times

Digital Diamonds at The Base

All Welcome: Free Internet and IT support

When: Thursdays 10.30-am—2.30pm (1.30pm to 2.30pm is IT for beginners with PC Refurb)

Where: The Linda Fletcher Community Base
Ryecroft House .Ashton OL7 0SA

Call Nicola Woods on 07442809496 or email
nikjwoods@gmail.com

A Place To Call Home

Age UK

Free advice and support to remain independent at Home. Trained staff who will do a home visit to complete an assessment to see what will best help you and complete a Welfare benefit check.

Where: 131 Katherine St, Ashton, OL6 7AW

Contact: To book a place call 0161 308 5000

Ear Wax Clinic

Age UK

Low cost ear wax clinic, for more information and costs please contact us

Where: 131 Katherine St, Ashton, OL6 7AW

Contact: To book a place call 0161 308 5000

131 Club plus STAR programme

Age UK

Two course meal, bingo, quizzes karaoke and other themed fun activities with transport option.

When: Monday – Friday 10am—2pm

Where: 131 Katherine St, Ashton, OL6 7AW

Cost: TBC

Contact: To book a place call 0161 308 5000

Happy Feet

Age UK

Low cost feet care, for more information and costs please contact us

Where: 131 Katherine St, Ashton, OL6 7AW

Contact: To book a place call 0161 308 5000

For more information and other activities please email on:

gmich-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

OLDER PEOPLE (50 +YRS) GROUPS AND SUPPORT - Exercise & fitness

PLEASE CONTACT THE ORGAINSATIONS OR GROUP BEFORE ATTENDING.

Tai Chi

Age UK Tameside

When: Mondays 1pm -2 pm with Richard

Where: 131 Katherine Street, Ashton, OL6 7AW

Contact: 0161 308 5000 to book your place

Cost: £4 per session

Chair-Based Exercise - Studio 131

Age UK

We offer a range of other classes for fitness & dance, weekly

When: Tuesdays and Thursdays 1.30pm to 2.30pm

Where: 131 Katherine St, Ashton, OL6 7AW

Cost: Free to £4 (£7 includes transport)

Chair-Based Pilates - Studio 131

Age UK

We offer a range of other classes for fitness & dance, weekly

When: Tuesdays 1.30pm to 2.30pm

Where: 131 Katherine St, Ashton, OL6 7AW

Cost: Free to £3.00

Contact: To book a place call 0161 308 5000

Fit & Fun - Studio 131

Age UK

We offer a range of other classes for fitness & dance, weekly

When: Tuesdays 11am to 12pm

Where: 131 Katherine St, Ashton, OL6 7AW

Cost: Free to £3.00

Step Up Falls Prevention Programme

Age UK Tameside

Support of Public Health, to deliver free 8-week Step Up Falls Prevention Programme, by qualified staff.

Where: 131 Katherine Street, Ashton, OL6 7AW

Contact: 0161 308 5000

Retro Boogie Seated Dance

Meet new friends and get fit and healthy

When: Tuesdays 11.30am, no need to book

Where: Where: 4C Community Centre, Taunton Road, Ashton, OL7 9DR

Contact: Brenda via Facebook or 07491659569

Boogie WITH Brenda

King Georges

Bowls Club

When: Mondays, Tuesdays & Wednesdays 1pm

Where: Club @King Georges' Park, Ladbrooke Road, Ashton OL6 8JS. Joining fee of £10.00/year

Contact: Ladies group - Barbara 0161 330 6409

Gents group - Ray 0161 339 8521

Armchair Yoga for over 50s

When: Tuesdays 10am-10.45, no need to book

Where: Where: 4C Community Centre, Taunton Road, Ashton, OL7 9DR

Cost: £5.00 per session

Contact: Run by Lindsey from Divine Rising, there is no need to book you can just turn up!

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

OLDER PEOPLE (50 +YRS) GROUPS AND SUPPORT - Exercise & fitness

PLEASE CONTACT THE ORGAINATIONS OR GROUP BEFORE ATTENDING.

Waterloo Sequence Dancing Group

When: Every Friday: 10am - 12pm
Where: Waterloo Methodist Church, Ashton,
OL7 9QE
Contact Sue on 07485423337

Curzon Road Football Club

Walking football for over 60s

When: Mondays and Fridays 11am-12pm
Where: Tameside Stadium, Richmond Street,
Ashton OL7 9HG
Contact: 0161 330 6033

Zumba - Studio 131

Age UK

We offer a range of other classes for fitness & dance, weekly

When: Mondays 11.15am to 12pm
Where: 131 Katherine St, Ashton, OL6 7AW
Cost: Free to £3 please call 0161 308 5000

Chair– Based & Tai Chi Sessions

Joseph Jennings Court

Join Marjorie Alcock to learn sequence dancing and fun afternoon and refreshments For over 65s

When: Tuesday 11am—12 pm Cost: £3.00
Where: Downshaw Road Ashton OL7 9PP
Call: Sherri Palmer on 0370 1924706 Ext: 24706

Dance Fit - Studio 131

Age UK

We offer a range of other classes for fitness & dance, weekly

When: Mondays 10.30am to 11.15am
Where: 131 Katherine St, Ashton OL6 7AW
Cost: Free to £3.00
Contact: To book a place call 0161 308 5000

Sequence Dancing

Joseph Jennings Court

Join Marjorie Alcock to learn sequence dancing and fun afternoon and refreshments For over 65s

When: Mondays 1.30pm—3.30pm Cost: £3.00
Where: Downshaw Road Ashton OL7 9PP
Call: Sherri Palmer on 0370 1924706 Ext: 24706

Step-Up Strength and Balance Class

Age UK

FREE strength and balance class with a qualified Postural Stability Instructor

When: Tuesdays 10.30am to 11.30am
Where: St Gabriel's Church, Audley Street, Ashton OL6 6RB
Contact: To book a place call 0161 308 5000

Next Steps - Employability Programme

Age UK Tameside

Support job searches, applying for jobs, training courses, find local work experience and volunteer placements for over 50s
Where: 131 Katherine Street, Ashton, OL6 7AW
Contact: 0161 308 5000
Email: nextsteps@ageuktameside.com

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

OLDER PEOPLE (50 +YRS) GROUPS AND SUPPORT - Special interest groups

PLEASE CONTACT THE ORGANISATIONS OR GROUP BEFORE ATTENDING.

Ashton and District Probus Club

Retired and semi retired men to join email: Stuart,
Club Secretary at lord.stuart@gmail.com

When: 1st and 3rd Thursdays of the month
10am—12pm

Where: St Mark's Church Hall, 33 Church St,
Dukinfield SK16 4PR

O.W.L.S. Club at The HUB (£1)

Group is for Older Wiser Livelier Seniors

When: Mondays 1.30pm –3pm

Where: Oasis Academy Broadoak, Norman
Road, Ashton-Under-Lyne, OL6 8QG

Cost: £1 and free refreshments

Contact: 07342976560

Tameside Singing Group: The Songsters

The Beau Guest, perform at residential
homes , community centres and churches.

When: Tuesdays 12.30pm - 2.30pm, Cost £5-£10

Where: 160 Katherine Street, Ashton OL6 7AE-
Contact: Cynthia Roebuck on 0161 330 6070

Bowling and Social club Cedar Park

Men and Ladies Bowling and social Club, non
strenuous outdoor sports activity.

Where: 6 days per week

Where: Cedar Park Queens Road, Ashton

Contact: Dave Roberts on 0161 338 4397

Made by Mortals

Creative drama/writing group for aged 55+

When: Thursdays 10.15am—12pm

Where: Guide Bridge Theatre, Audenshaw Road,
Audenshaw M34 5HJ

Contact: 0161 706 1011

Email: admin@madebymortals.org

Blokes and Brews Age UK Tameside

Create friendships, chat and a brew

When: Fridays 10.30am– 12.30pm

Where: 131 Katherine Street, Ashton, OL6 7AW

Contact: To book a place, call 0161 308 5000

FREE Lunch Club (OVER 50s ONLY) Age UK

Enjoy a home cooked meal and activities.

When: Fridays from 1.30pm - 4pm

Where: 131 Katherine St, Ashton, OL6 7AW

Contact: To book a place call 0161 308 5000

For more information and other activities please email on:

gmichb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

DEMENTIA GROUPS & SUPPORT

Page 1 of 2

Sahara at Alzheimer's Society

Supporting South Asian Communities affected by Dementia, They are here to listen and give free confidential advice and emotional support.

Contact: 0161 470 6048

Email: sahara@alzheimers.org.uk

Website: alzheimers.org.uk

Willow Wood Hospice

Willow Wood Hospice support people diagnosed with life-limiting (incurable) conditions, support with counselling, bereavement, dementia, etc.

Shops, volunteering opportunities & complimentary therapies

Where: Willow Wood Close, Ashton OL6 6SL

Dementia Support and Buddies

Age UK

Our Dementia buddies are here to help and support carers and their loved ones to carry on doing things they enjoy.

Contact: our Dementia Support Team on 0161 308 5000

Email info@ageuktameside.com

Dementia Friendly Social Disco 2026

Make friends and share memories with music

When: 4th Sunday of the month 4pm-6pm

Where: Newton Ward Conservative Club, 151 Ashton Road, Hyde Sk14 4BH

Contact: Marion on 07855636596

Music and Memory

No experience required and all welcome

When: Every Thursdays 1pm –2pm

Where: The Together Centre, Birch Lane, Dukinfield SK16 5AU

Contact: Marion on 07855636596

8 weeks Dementia Carers' Support Groups at Willow Wood Hospice 2026

Where: Willow Wood Close, Ashton OL6 6SL

Contact: 0161 669 4851

Email: familysupport@willowwood.org.uk

Music in Mind Café

Tameside and Glossop Mind

Music café for people with dementia & carers

When: Every Wednesday from 10.30am - 12pm

Where: Broadoak Community Centre, 160 Broadoak Road, Ashton, OL6 8RS

Contact: Gemma Cooper on 07770 263286

Memory Information & Skills Group

For people newly diagnosed with Dementia

When: 6 week rolling programme

Where: Whittaker Day Hospital Unit, Etherow Building, Tameside Hospital OL6 9RW

Contact: 0161 716 3445

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

DEMENTIA GROUPS & SUPPORT

Page 2 of 2

Dementia Carers' Info Sessions 2026

When: 8 week rolling programme Thursdays
1.30pm—3pm

Where: Whittaker Day Hospital Unit, Etherow
Building, Tameside Hospital OL6 9RW

Contact: 0161 716 3445

Email: familysupport@willowwood.org.uk

Dementia Advice and Support Sessions

Speak to professionals and Support staff

When: Last Tuesday of each month

6.30pm—7.30pm

Where: Whittaker Day Hospital Unit, Etherow
Building, Tameside Hospital OL6 9RW

Contact: 0161 716 3445 (Book in Advance)

Dementia Support service with Alzheimer Society Tameside

Where: Ashton Locality on Tuesdays to Fridays

Contact: Nicola Lowe on 07708510102 Nico-
la.lowe@alzheimers.org.uk

Support Line on 0333 150 3456

Dementia—Multi- Cognitive Stimulation Therapy

Age UK

Variety of activities for person living with dementia
and carers for 24 week activity programme

When: Thursdays 2pm—4pm

Where: 131 Katherine St, Ashton, OL6 7AW

Contact: 0161 308 5000

Alzheimers Telephone Befriending Alzheimer's Society

A Companion Call is a regular, typically
weekly, telephone conversation facilitated by a
volunteer for those affected by dementia.

To sign up, visit [https://www.alzheimers.org.uk/
form/sign-up-companion-calls](https://www.alzheimers.org.uk/form/sign-up-companion-calls) or
call 0333 150 3456

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

TRANSPORT OPTIONS AND SUPPORT

Ring and Ride

For details of costs, how to use Ring and Ride and other relevant information.

Website: Ring & Ride accessible minibuses | Bee Network | Powered by TfGM

Contact: 0161 244 1000

Travel Vouchers for disabled people

Travel vouchers can save you up to 75% on your travel costs. Use travel vouchers to pay for taxis, private hire vehicles and community transport schemes anywhere in Greater Manchester.

Website: Travel vouchers for disabled people
To join call: 0161 244 1000

Miles of Smiles Action Together

Community Transport Scheme - helping people to get to health and wellbeing appointments

Contact: 0161 622 2090

<https://www.actiontogether.org.uk/miles-of-miles>

131 Club offer at AGE UK

Age UK offers transport option to be included when attending 131 club at an additional cost

Where: 131 Katherine St, Ashton, OL6 7AW

Contact: 0161 308 5000

Patient Transport Service (PTS) - NWS - North West Ambulance Service

For details of costs, how to use Patient Transport Service and other relevant information.

Website: Patient Transport Service (PTS) - NWS - North West Ambulance Service

Groups with Mini-bus offer

St Gabrielle's Church offer free mini-bus when attending their groups on Mondays

Please speak to the group organiser for further details on how to book transport to attend each group session.

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net



Activities in Ashton

HOME BASED SUPPORT

Good to Know Telephone Group

Monthly free telephone talks, on a range of different subjects for adults 65+

To sign up call 0800 319 6789 or email telephone.services@independentage.org.

Age UK Telephone Friendship

Telephone friendship for adults 60+ with a friendly volunteer for weekly calls.

To sign up, call 0800 434 6105 or complete the referral online <https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/>

Home Library Service

If you have difficulty leaving your home, the home library service can visit you every 4 weeks to bring you books, jigsaws or audiobooks of interest to you.

To sign up call 0161 342 2266

Tameside Libraries Virtual Readers' Club via ZOOM

The group agrees a book to discuss available as an eBook and eAudiobook via BorrowBox.

1st Monday of each month at 6pm - 7pm

Contact 0161 342 2031 or email information.direct@tameside.gov.uk.

Silverline

The Silver Line Helpline run by Age UK is a free, confidential telephone service for older people. We provide friendship, conversation and support 24 hours a day, 7 days a week.

Call free on 0800 4 70 80 90

Virtual Village Hall

Online sessions available to access 24/7
Exercise & Dance • Crafts & Making • Cooking & Baking • Skills & Learning • Music & Singing • Books & Writing • Gardening & Outdoors
Access this service online in these locations - www.royalvoluntaryservice.org.uk/vvh
YouTube: search 'virtual village hall'

Omega

Dedicated to reduce social isolation and loneliness. We offer Chatterbox, a free telephone befriending service and Letterbox, a free penpal befriending service

Call on 01743 245 088

Email: info@omega.uk.net

Website: omega.uk.net

For more information and other activities please email on:

gmicb-tameside.ashtonpcn.socialprescribing@nhs.net