

**Diversity
Matters**

North West

What we offer

Our Activities *Oct– Dec'23*



Diversity Matters North West
Hyde Healthy Living Centre
20 Great Norbury St
Hyde
SK14 1BR

Company Registration No. 6442869
Charity Registration No. 1125544

www.diversitymattersnw.org.uk

T: 0161 368 3268

Mon-Thu 9:30 to 4 / Fri 10-3

We speak: Bengali, Urdu, Punjabi, Hindi

 /DiversityMNW

 /diversity_matters_north_west

 @DiversityMNW

Our activities are supported and funded by different commissions, grants, fundraising and our Women's Interpretation and Translation Service. To support our work, see our website <https://www.diversitymattersnw.org.uk/>

Support projects

<p>Bereavement Support Project for residents from South Asian Communities</p>	<p>1-2-1 counselling provided by TOG Mind delivered within the Healthy Living Centre with interpretation provided. Have you or someone you know lost someone and would benefit from support? Please contact Hasina for more information: Hasina:07591572844 / hasina@diversitymattersnw.org.uk</p>
<p>The Peer Mentoring Project</p>	<p>Providing help for South Asian women at point of crisis who need one-to-one support. Come and access social activity groups and awareness sessions to reduce isolation. Experience learning opportunities and gain information from local services. For more information, or want to volunteer, please contact: Nisma: 07549956567 / nisma@diversitymattersnw.org.uk or Mahmuda: 07562686183 / mahmuda@diversitymattersnw.org.uk</p>
<p>Women's Basic skills training & employment project</p>	<p>Providing help and support for women who are want to get employment ready. We offer basic skills training such as ESOL, IT, confidence building, CV support and volunteering. For more information or to register, please contact: Hasina:07591572844 / hasina@diversitymattersnw.org.uk</p>
<p>Health and Wellbeing Project</p>	<p>Health and wellbeing support for minority ethnic communities of Tameside. Come and join us for exciting opportunities to improve your health and well being. Meet with our guest speakers and get involved in different activities from workshops to physical activities and games. <i>“Your health and wellbeing should be your priority, nothing else is more important”</i></p> <p>For more information, please contact Shibley: 07946329099 / rilly@diversitymattersnw.org.uk</p>
<p>Women Matters Project</p>	<p>To help Bangladeshi women in Hyde to overcome loneliness and isolation post pandemic. We run weekly creative sessions including movie days, health talks and plan half term intergenerational family fun activities. If you would like to join or want to volunteer for this project, please contact Shibley: 07946329099 / rilly@diversitymattersnw.org.uk</p>

Join in for free

Monday	
Access Support Service Drop in (Mostly Term-Time)	Time: 10am-1:30pm. Place: Hyde Healthy Living Centre. If English is not your first language and you're struggling to make appointment/access other services, come to our drop-in session for support. For details contact Nisma: 07549956567/nisma@diversitymattersnw.org.uk or Mahmuda: 07562686183/mahmuda@diversitymattersnw.org.uk
Tuesday	
Tea & Talk, Hyde (Women Only)	Time: 9-11am Dates: 17 th Oct 21 st Nov & 12 th Dec Place: Greenfield Primary School, Hyde. A chance to talk to others and find out about local services. For details contact Nisma: 07549956567/nisma@diversitymattersnw.org.uk or Mahmuda: 07562686183/mahmuda@diversitymattersnw.org.uk
Health & Wellbeing (Women Only)	Time: 10am-12pm. Meeting point: Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. 17 th October Walk & Talk, 28 th November POP up Tent, 5 th December POP Health consultation in the community. For details contact Shibley: 07946329099 / rilly@diversitymattersnw.org.uk
Kreative Kraftz (Women Only)	Time: 4:30-6pm every week (term time) Place: Hyde Healthy Living Centre. Sessions include learning to knit, crochet, dress making / sewing, collage/frame making, mehndi, platter/canvas/candle decorating, hijab styling and other creative skills. For details contact Nisma: 07549956567/nisma@diversitymattersnw.org.uk
Wednesday	
Community Learning Hub (Women Only)	Time: 10am-12pm. Place: Hyde Healthy Living Centre, 20 Great Norbury St., SK14 1BR. Drop in to use our community laptop and get digital or employment support from our Learning Mentors. For details contact Hasina: 07591572844 /hasina@diversitymattersnw.org.uk
Chayer Adda (Men Only)	Time: 11am-1.30pm. Place: POP Café, Clarendon square, Hyde. Come along to our Chayer Adda for freshly homemade chai, nastha and engage in wellbeing activities, games and talks. For details contact Shibley: 07946329099 / rilly@diversitymattersnw.org.uk

Join in *cont.*

Coffee Mornings

Time: 9 – 11am. **Dates:** 1st Nov & 6th Dec. **Place:** Holy Trinity School. For details contact Mahmuda: **07562686183/** mahmuda@diversitymattersnw.org.uk

Thursday

Women Matters Hub

Time: 10-11:30am. **Place:** Hyde Central Methodist Church. Come along and join us for craft activities, make new friends and engage in weekly wellbeing talks. Term time only. For more details contact Shibley 07946329099 / rilly@diversitymattersnw.org.uk

Friday

Coffee Mornings

Time: 9 – 11am. **Dates:** 6th and 13th Oct 3rd Nov 1st Dec. **Place:** Holy Trinity School. For details, please contact Mahmuda: 07562686183/ mahmuda@diversitymattersnw.org.uk

Coming soon for women.....

Confidence Building & Introduction to Volunteer: Starting in November. To register and for more information contact Hasina: 07591572844 / hasina@diversitymattersnw.org.uk

Training: conversational ESOL, confidence building, introduction to volunteers, travel training. For more information, please contact Hasina: 07591572844 / hasina@diversitymattersnw.org.uk

Cycle & Stride: If you are interested, please contact Shibley: 07946329099 / rilly@diversitymattersnw.org.uk

Volunteering Opportunities

Peer Mentors: Can you write & speak English + speak Urdu or Punjabi or Bangla? We need volunteers. Training will be given. Please contact: Nisma- 07549956567/ nisma@diversitymattersnw.org.uk or Mahmuda: 07562686183 / mahmuda@diversitymattersnw.org.uk

Women's Matters Hub: Do you have spare time? Would like to help the community? If you are interested, please contact: Shibley 07946329099 / rilly@diversitymattersnw.org.uk

Learning Mentor & Project Support Volunteer: Would you like to join our women's skills and employment project and want to help women on their learning journeys for future employment. Please contact Hasina- 07591572844 / hasina@diversitymattersnw.org.uk

Health & Wellbeing Volunteer: Do you enjoy meeting new people? Then get involved in our Health and Wellbeing project. We are looking for male volunteers who can assist us in our Chayer Adda session. Please contact: Shibley- 07946329099 / rilly@diversitymattersnw.org.uk