



**The King's Award  
for Voluntary Service**

*The MBE for volunteer groups*



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](http://www.diversitymattersnw.org.uk)

T: 0161 368 3268

Mon-Thu 9:30 to 4 / Fri 9.30-3

We speak: Bengali, Urdu, Punjabi, Hindi  
and English

 /DiversityMNV

 /diversity\_matters\_north\_west

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

# Support projects

<b>Bereavement Support Project for South Asian Communities</b>	<b>Providing bereavement help and support for South Asian Community in Tameside.</b> Come and join us at our culturally sensitive peer support groups where you can expect a safe and passionate environment to share your loss & grief journey. Learn about bereavement awareness and how to cope through the 5 stages of grief. For more information, please contact Sabina: 07907827190 / <a href="mailto:sabina@diversitymattersnw.org.uk">sabina@diversitymattersnw.org.uk</a>
<b>Women Supporting Women</b>	<b>Providing help for South Asian women at the point of crisis.</b> Our peer mentor Programme offers 1-2-1 support, and you can 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 to volunteer, please contact: Nisma: 07549956567 / <a href="mailto:nisma@diversitymattersnw.org.uk">nisma@diversitymattersnw.org.uk</a> or Mahmuda: 07562686183 / <a href="mailto:mahmuda@diversitymattersnw.org.uk">mahmuda@diversitymattersnw.org.uk</a>
<b>Women's Basic skills training &amp; employment</b>	<b>Providing help and support to get employment ready,</b> for women from minority ethnic communities in Tameside. We offer basic skills training such as English classes (ESOL), Computer courses, confidence building, CV and employment support, volunteering and travel training. For more information or to register, please contact: Hasina: 07591572844 / <a href="mailto:hasina@diversitymattersnw.org.uk">hasina@diversitymattersnw.org.uk</a>
<b>Community Health and Wellbeing</b>	<b>Health and wellbeing support for minority ethnic communities of Tameside.</b> Come and join us to improve your health and wellbeing. Meet with guest speakers and get involved in different activities from workshops, trips to crafts, games, exercise and much more. For more information or to volunteer, please contact Shibley: 07946329099 / <a href="mailto:rilly@diversitymattersnw.org.uk">rilly@diversitymattersnw.org.uk</a>
<b>Room Hire:</b> Do you need space for a meeting? 1-2-1 consultations? Training session? We have two rooms available for hire. Please contact Julie on 0161 368 3268 or email <a href="mailto:Julie@diversitymattersnw.org.uk">Julie@diversitymattersnw.org.uk</a>	
<b>Support our services!:</b> Help us to continue to provide support to the local community across Tameside, by donating on our website <a href="http://www.diversitymattersnw.org.uk">www.diversitymattersnw.org.uk</a>   <a href="#">donate function</a> .	

# Join for free

## Monday: Term-Time

Advice surgery Drop-in	<b>Time: 10am-2:30pm. Every Monday. Place: Hyde Healthy Living Centre, Hyde, SK14 1BR.</b> If English is not your first language and you're struggling to make appointments/access other services, come to our drop-in session for support. For details contact Nisma: 07549956567/ <a href="mailto:nisma@diversitymattersnw.org.uk">nisma@diversitymattersnw.org.uk</a> or Mahmuda: 07562686183/ <a href="mailto:mahmuda@diversitymattersnw.org.uk">mahmuda@diversitymattersnw.org.uk</a>
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## Tuesday: Term-Time Only

Kreative Kraftz Weekly Session (Women Only)	<b>Time: 4:30pm-6pm. Every Tuesday. Place: Hyde Healthy Living Centre, Hyde, SK14 1BR.</b> Come and join our sessions and get to know people. Reduce social isolation. Enjoy 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/ <a href="mailto:nisma@diversitymattersnw.org.uk">nisma@diversitymattersnw.org.uk</a>
Talk English Language Café. Drop In(Women Only)	<b>Time: 12.15-2.15. Every Tuesday. Place: Hyde Healthy Living Centre, Hyde, SK14 1BR.</b> Come and join the Cafe and practice your English in a safe space. For details, please contact Hasina: 07591572844 / <a href="mailto:hasina@diversitymattersnw.org.uk">hasina@diversitymattersnw.org.uk</a>

## Wednesday: Term-Time Only

Community Learning Hub. Drop In (Women Only)	<b>Time: 10am - 12.30pm. Every Wednesdays. Place: Hyde Healthy Living Centre, Hyde, SK14 1BR.</b> Drop in and use our community laptop! Get help and support using digital equipment or tap into support for employment from our Learning Mentors. For details contact Hasina:07591572844 / <a href="mailto:hasina@diversitymattersnw.org.uk">hasina@diversitymattersnw.org.uk</a>
Chayer Adda (Men Only)	<b>Time: 11am-1pm. Every Wednesdays. Place: Italian Bar 4 Square, Hyde, SK14 2QR.</b> Come along to our Chayer Adda for freshly homemade chai and traditional breakfast and engage in wellbeing activities, games and talks. For details contact Shibley: 07946329099 / <a href="mailto:rilly@diversitymattersnw.org.uk">rilly@diversitymattersnw.org.uk</a>
Tea & Talk (Women Only)	<b>Time: 9-10.30 am Dates: Oct 15<sup>th</sup>, Nov 19<sup>th</sup>, Dec 17<sup>th</sup>. Place: St James Primary School, Romney St, Ashton-under-Lyne OL6 9HU.</b> Come along for a chance to talk to others and find out about local services. For details contact Mahmuda 07562686183/ <a href="mailto:mahumuda@diversitymattersnw.org.uk">mahumuda@diversitymattersnw.org.uk</a>



# Join for free

## Thursday: Term-Time

### Women's Hub. Drop In. (Women Only)

**Time: 10am-12pm. Every Thursdays. Place: Hyde Central Methodist Church.** Come along and join us in our craft activities, make new friends and engage in wellbeing talks, walking. Explore your local area, get fit and healthy! For details contact Shibley 07946329099 / [rilly@diversitymattersnw.org.uk](mailto:rilly@diversitymattersnw.org.uk)

### Grief Relief Café (Women Only)

**Time- 10-12pm. 16<sup>th</sup> Oct, 13<sup>th</sup> Nov, 11<sup>th</sup> Dec. Place: Hyde Healthy Living Centre, Hyde, SK14 1BR.** Come and join us at our culturally sensitive peer support group where you can share your journey through your loss & grief with others or simply just enjoy a slice of cake and make friends! Find ways to reduce isolation and learn healthy ways to cope with grief by getting involved with activities and more! For details contact: Sabina: 07907827190 / [sabina@diversitymattersnw.org.uk](mailto:sabina@diversitymattersnw.org.uk)

**Be sure to follow us on Social Media for all the latest news, updates and events!**

**Facebook and Instagram**

**Coming soon .....**

**Digital Support Project: Hidden Gems St Peters:** Exciting digital support project starting in Ashton for South Asian women from October! For more information, please contact Hasina: 07591572844 / [hasina@diversitymattersnw.org.uk](mailto:hasina@diversitymattersnw.org.uk)

**Training:** Confidence Building, Conversational ESOL, Computer Course, Introduction to Volunteering, Travel Training. For more information, please contact Hasina: 07591572844 / [hasina@diversitymattersnw.org.uk](mailto:hasina@diversitymattersnw.org.uk)

**Loss & Grief Awareness Raising Workshops for South Asian Communities:** Workshops are currently being delivered to groups across Tameside. If you would like us to deliver a session in your group please contact Sabina on 07907827190 / [sabina@diversitymattersnw.org.uk](mailto:sabina@diversitymattersnw.org.uk)

**Tea & Talk Sessions:** Coming soon to Hyde. Dates, time and place to be confirmed. Further information will be shared on Social Media or contact: Mahmuda: 07562686183 / [mahmuda@diversitymattersnw.org.uk](mailto:mahmuda@diversitymattersnw.org.uk)

**GMP Drop Sessions:** Coming soon to Hyde. Dates and time to be confirmed. Place: Healthy Living Centre, Hyde, SK14 1BR. Come and speak with officers from GMP in an informal setting about any concerns you may have. For details contact Mahmuda 07562686183 / [mahmuda@diversitymattersnw.org.uk](mailto:mahmuda@diversitymattersnw.org.uk)

## Volunteering Opportunities

**Peer Mentors:** Can you write & speak English + speak Urdu or Punjabi or Bangla? We need volunteers with a listening ear & a caring heart to support women at point of crisis. Training will be given. Contact Nisma at 07549956567 [nisma@diversitymattersnw.org.uk](mailto:nisma@diversitymattersnw.org.uk) or Mahmuda: 07562686183 / [mahmuda@diversitymattersnw.org.uk](mailto:mahmuda@diversitymattersnw.org.uk)

**Learning Mentor & Project Support:** Would you like to join our women's skills and employment project and help other women on their learning journeys for future employment? Then why not help and volunteer. Please contact Hasina on 07591572844 / [hasina@diversitymattersnw.org.uk](mailto:hasina@diversitymattersnw.org.uk)

**Health & Wellbeing:** Do you enjoy meeting new people? Then get touch! We are looking for male and female volunteers who can support our Chayer Adda and women's hub. Please contact Shibley on 07946329099 / [rilly@diversitymattersnw.org.uk](mailto:rilly@diversitymattersnw.org.uk)