

**Diversity
Matters**

North West

What we offer

Community
health
advice

Women's
Groups for
health,
exercise, social
activities and
wellbeing.

Peer
mentoring for
Bengali and
Pakistani
women

Employment
support

Training
for
women

Volunteering
opportunities



Get new skills and meet new friends. Free.
For more information ring 0161 368 3268.

مفت۔ نئی مہارتیں حاصل کریں۔ نئے دوستوں سے ملاقات کریں۔
مزید معلومات کے لیے فون نمبر 0161 368 3268 پر کال کریں۔

নতুন দক্ষতা পান। নতুন বন্ধুদের সাথে পরিচিত হন। ফ্রি। আরও
খবর জানতে ফোন করুন এই নাম্বারে: ০১৬১ ৩৬৮ ৩২৬৮।

Formerly: Hyde Community Action
Hyde Healthy Living Centre
20 Great Norbury Street
Hyde
SK14 1BR

T: 0161 368 3268 Mon-Thu 9-5/Fri 10-4
We speak: Bengali, Urdu, Punjabi.

f /DiversityMNW
t @DiversityMNW



LOTTERY FUNDED

www.diversitymattersnw.org.uk

Company Registration No. 6442869
Charity Registration No. 1125544

Pennine Care NHS
NHS Foundation Trust

January

New activities this month

Community Interpreting Course	Assessment day at Great Academy Ashton, Broadoak Road, Ashton, OL6 8RF: <ul style="list-style-type: none">• Tuesday 14th Jan, 10am-1pm Course dates at Great Academy Ashton, Broadoak Road, Ashton, OL6 8RF: <ul style="list-style-type: none">• Every Tuesday during term time✓ First session: 21st Jan✓ Last session: 1st April For times and further info please contact Tasleem Ayoub on 0161 214 8248
Basic Computer Course (Women only)	Registration Day at Tameside ACE, 68 Old Street, Ashton, Tameside, OL6 7RX: <ul style="list-style-type: none">• Friday 11th Jan, 10am-12pm Course dates at Tameside ACE, 68 Old Street, Ashton, Tameside, OL6 7RX: <ul style="list-style-type: none">• Every Friday 10am-12pm✓ First session: 18th Jan✓ Last session: 15th Feb
Bright Future Women's Sports Club	Every Tuesday during term time, 10-11.30am. First session on the 29 th January. Ashton Central Mosque, Hillgate Street, Ashton, OL6 9JA
Bright Future Women's Sports Club	Every Friday during term time, 5-6.30pm. First session on the 18 th January. Hyde Central Methodist Church, Norfolk Street, Hyde, SK14 1NQ
Tea & Talk (Women only)	At Tameside Womens Centre, 41-46 Cavendish Mill, Cavendish Street, Ashton, OL6 7DN <ul style="list-style-type: none">• 17th Jan 10am-12pm• 28th March 10am-12pm• 16th May 10am-12pm

Regular activities this month

Mondays	Women's Health Walk & Talk: 7 th , 14 th , 21 st , 28 th Jan, 10-11am. From Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Meet at 9.50am
Tuesdays	Learn English Café: 15 th Jan, 10am-12pm, Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Limited spaces. Women only. Employment Support – one to one: 8 th , 15 th , 22 nd , 29 th Jan, 1-3pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Call us to book an appointment. Arm Chair Exercise Classes: 15 th Jan, 10-11am, Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women Only. Kreativ Kraftz: 8 th , 15 th , 22 nd , 29 th Jan, 4.30-6pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women Only.
Wednesdays	NCS Employment Support Workshop: 16 th Jan, 10am-12pm at Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women only.
Thursdays	St James' Coffee Morning: 10 th , 17 th , 24 th , 31 st Jan, 9.30-11.30am. Sure Start Building, St James' Church of England Primary School, Romney Street, Ashton Under Lyne, OL6 9HU. Women only.



February

New activities this month

Confidence Building and Introduction to Volunteering (Women only)

Registration Day at Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR:

- Thursday 28th Feb, 10am-12pm

Course dates at Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR:

- Every Thursday at 10am-12pm
- ✓ First session: 7th March
- ✓ Last session: 4th April

Regular activities this month

Mondays	Women's Health Walk & Talk: 4 th , 11 th , 25 th Feb, 10-11am. From Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Meet at 9.50am
Tuesdays	Learn English Café: 12 th Feb, 10am-12pm, Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Limited spaces. Women only. Employment Support – one to one: 5 th , 26 th Feb, 1-3pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Call us to book an appointment. Arm Chair Exercise Classes: 5 th Feb 10-11am, Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women only. Tea & Talk: 26 th Feb 10am-12pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Free. Women only. Kreativ Kraftz: 5 th , 12 th , 26 th Feb, 4.30-6pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women only. Bright Future Women's Sports Club: 4 th , 11 th , 25 th Feb, 10-11.30am. Ashton Central Mosque, Hillgate Street, Ashton, OL6 9JA
Wednesdays	NCS Employment Support Workshop: 13 th Feb, 10am-12pm at Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women only.
Thursdays	St James' Coffee Morning: 7 th , 14 th , 28 th Feb, 9.30-11.30am. Sure Start Building, St James' Church of England Primary School, Romney Street, Ashton Under Lyne, OL6 9HU. Women only.
Fridays	Bright Future Women's Sports Club: 1 st , 8 th , 15 th Feb, 5-6.30pm. Hyde Central Methodist Church, Norfolk Street, Hyde, SK14 1NQ

Bright Future Volunteering Project

Make a positive change in your life and join the Bright Future Volunteering Project! On the project we will help you to access training and volunteering opportunities across Tameside. You will gain confidence and skills, try something new, help others, have fun and meet new people!

The project is for women aged 15+. It is free and childcare will be provided where needed. To join ring Hasina on 0161 368 3268



March

Regular activities this month

Mondays	Women's Health Walk & Talk: 4 th , 11 th , 18 th , 25 th Mar, 10-11am. From Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Meet at 9.50am
Tuesdays	Learn English Café: 12 th Mar, 10am-12pm, Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Limited spaces. Women only. Employment Support – one to one: 5 th , 12 th , 19 th , 26 th Mar, 1-3pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Call us to book an appointment. Arm Chair Exercise Classes: 5 th , 19 th Mar, 10-11am, Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women only. Tea & Talk: 19 th Mar, 10am-12pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Free. Women only. Kreativ Kraftz: 5 th , 12 th , 19 th , 26 th Mar, 4.30-6pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women only. Bright Future Women's Sports Club: 5 th , 12 th , 19 th , 26 th Mar, 10-11.30am. Ashton Central Mosque, Hillgate Street, Ashton, OL6 9JA
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Healthy Minds & Respectful Relationships

Our Healthy Minds and Respectful Relationships activities will focus on raising awareness, reducing stigma, educating and improving access to mainstream services for BAME communities across Tameside; all delivered with an awareness of cultural sensitivity.

Dates for our sessions are still to be confirmed. To express interest in one of the following workshops or for more information, please contact Ruhela on 0161 368 3268 or 07835667217

- Resilience workshop
- Mental health and domestic abuse awareness (with an awareness of cultural and faith sensitivity)
- Community Champion Recruitment: Role will support a local and national campaign on raising awareness on domestic abuse and mental health
- Men's Health Matters (awareness session, physical activities & health check for men)



Please note:

Dates and locations are subject to change. For more details please ring us.
