

**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.
For more information ring 0161 368 3268.

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। আরও খবর
জানতে ফোন করুন এই নাম্বারেঃ 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



www.diversitymattersnw.org.uk

Company Registration No. 6442869
Charity Registration No. 1125544

Pennine Care NHS
NHS Foundation Trust

April

New activities this month

Taster Day: Oxford Park Walk	Wednesday, 3rd of April, 9.45am. Meet in front of Oxford Park Community Sports Centre, Pottinger St, Ashton-under-Lyne OL7 0PW. Women only. For more information ring Hasina on 0161 368 3268.
Women's Health Check	Free health check. Thursday the 25th of April, 10am-1.30pm. Muhammadiya House of Wisdom, 33 Ridling Lane, Hyde, SK14 1NP. Women only. For more information ring Ruhela on 0161 368 3268.
Men's Health Check	Free health check. Friday the 26th of April, 10am-1.30pm. Muhammadiya House of Wisdom, 33 Ridling Lane, Hyde, SK14 1NP. Men only. For more information ring Ruhela on 0161 368 3268.

Regular activities this month

Mondays	Women's Health Walk and Talk: 1st (with a picnic at Hyde Park) and 29th of April, 10-11am. Meet at 9.50am at Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Free. Women only. For more information ring Hasina or Ambia on 0161 368 3268.
Tuesdays	Arm Chair Exercise Classes: 2nd and 23rd of April, 10-11am. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Free. Women only. For more information ring Hasina or Ambia on 0161 368 3268. Learn English Café: 30th of April, 10am-12pm, Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Limited spaces. Women only. For more information ring Taslima or Ambia on 0161 368 3268. Kreative Kraftz: 2nd, 9th, 23rd and 30th of April, 4.30-6pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women Only. For more information ring Fouzia or Ambia on 0161 368 3268. Employment Support – one to one: 2nd, 23rd and 30th of April, 1-3pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. For more information and to book a 30 minute appointment ring Taslima on 0161 368 3268. Bright Future Women's Sports Club: 2nd, 23rd and 30th of April, 10-11.30am. Ashton Central Mosque, Hillgate Street, Ashton, OL6 9JA. Women only. Free. No need to book. For more information ring Hasina on 0161 368 3268.
Thursdays	St James' Coffee Morning: 4th and 25th of April, 9.30-11.30am. Sure Start Building, St James' Church of England Primary School, Romney Street, Ashton Under Lyne, OL6 9HU. Women only. For more information ring Fouzia or Ambia on 0161 368 3268. Learn English Café: 25th of April, 12.30-2.30pm, St James' Church of England Primary School, Romney Street, Ashton Under Lyne, OL6 9HU. Limited spaces. Women only. For more information ring Taslima or Ambia on 0161 368 3268.
Fridays	Bright Future Women's Sports Club: 5th, 12th, and 26th of April, 5-6.30pm., 5-6.30pm. Hyde Central Methodist Church, Norfolk Street, Hyde, SK14 1NQ. Women only. Free. No need to book. For more information ring Hasina on 0161 368 3268.

May

Regular activities this month

Tuesdays

Tea & Talk: May 14th, 10am-12pm. Tameside Womens Centre, 41-46 Cavendish Mill, Cavendish Street, Ashton, OL6 7DN. Women only. For more information ring Fouzia on 0161 368 3268.

Thursdays

Learn English Café: 2nd of May, 12.30-2.30pm, St James' Church of England Primary School, Romney Street, Ashton Under Lyne, OL6 9HU. Limited spaces. Women only. For more information ring Taslima or Ambia on 0161 368 3268.

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

Taster Days

Do you want to discover the services and opportunities that there are in Tameside? In 2019 we will be running a series of Taster Days to introduce you to the work of other organisations in the area. The sessions are free, women only and childcare is available. Organisations include:

- Active Tameside gym in Hyde
- Active Tameside gym in Ashton
- Unique Gym in Ashton
- Citizen Advice in Ashton
- Tameside Hospital in Ashton
- Diversity Matters North West in Hyde

Ring Hasina on 0161 368 3268 for more information.

Mental Health & Respectful Relationship Awareness

We offer a free session to support you in your relationship in Bangla/Urdu/English. For more information ring Ruhela on 0161 368 3268.

June

Regular activities this month

Mondays	Women's Health Walk and Talk: 10th, 17th and 24th of June, 10-11am. Meet at 9.50am at Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Free. Women only. For more information ring Hasina or Ambia on 0161 368 3268.
Tuesdays	Arm Chair Exercise Classes: 25th of June, 10-11am. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Free. Women only. For more information ring Hasina or Ambia on 0161 368 3268. Learn English Café: 11th of June, 10am-12pm, Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Limited spaces. Women only. For more information ring Taslima or Ambia on 0161 368 3268. Tea & Talk: 18th of June, 10am-12pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Eid Party. Women only. For more information ring Fouzia or Ambia on 0161 368 3268. Kreative Kraftz: 11th, 18th and 25th of June, 4.30-6pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women Only. For more information ring Fouzia or Ambia on 0161 368 3268. Employment Support – one to one: 4th, 11th, 18th and 25th of June, 1-3pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. For more information and to book a 30 minute appointment ring Taslima on 0161 368 3268. Bright Future Women's Sports Club: 11th, 18th and 25th of June, 10-11.30am. Ashton Central Mosque, Hillgate Street, Ashton, OL6 9JA. Women only. Free. No need to book. For more information ring Hasina on 0161 368 3268.
Thursdays	St James' Coffee Morning: 13th, 20th and 27th of June, 9.30-11.30am. Sure Start Building, St James' Church of England Primary School, Romney Street, Ashton Under Lyne, OL6 9HU. Women only. For more information ring Fouzia or Ambia on 0161 368 3268.
Fridays	Bright Future Women's Sports Club: 14th and 21st of June, 5-6.30pm. Hyde Central Methodist Church, Norfolk Street, Hyde, SK14 1NQ. Women only. Free. No need to book. For more information ring Hasina on 0161 368 3268.

Upcoming Training

We are planning more women only training activities for 2019 including:

- Food Hygiene (Hyde & Ashton)
- First Aid (Hyde & Ashton)
- Confidence Building (Ashton)
- Enterprise Training (Hyde)
- Basic IT Course (Hyde)
- Employment Workshop (Hyde)

Ring Taslima or Hasina on 0161 368 3268 for more information and to put your name down.



Please note:

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