

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 নাম্বারে: ০১৬১ ৩৬৮ ৩২৬৮।

Diversity Matters North West
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

October

New activities this month

Taster Day: Action Together Thursday, 17th October. Meet at Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR at 9.15am or at Action Together at 10am. Women only. Free. Travel expenses covered. Childcare covered. For more information ring Hasina on 0161 368 3268.

Young Girls Sports Fun Club OPEN DAY Come along to check out the Young Girls Sports Fun Club. Thursday, 10th October, 5-7pm. St Georges Church, Hyde, SK14 1JZ. Free. For girls age 13-19 (mums are welcome on our open day too!). For more information ring Hasina 0161 368 3268.

Community Arts Project Opportunity to get creative. Tuesday the 22nd October, 10am-12pm. Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women only. Free. For more information ring Ambia on 0161 368 3268.

Women only coffee morning Wednesday, 16th October, 9.30am-12pm. Flowery Field Primary School, Old Road, Hyde, SK14 4SQ. Join us for a cuppa and a chat. Get information on local services that provide help and support. Guest speakers: Diversity Matters North West & Independent Choices. Free. Women only. For more information or to book a place ring Ruhela on 0161 368 3268.

Regular activities this month

Mondays

Women's Health Walk and Talk: 7th, 14th and 21st October, 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 Ambia or Taslima on 0161 368 3268.

Learn English Café, Ashton: 21st October, 10am-12pm. Topaz Café, Tameside, Oldham and Glossop Mind, 216-218 Katherine Street, Ashton Under Lyne, OL6 7AS. Women only. Free. Childcare provided. No registration required. For more information ring Taslima or Ambia on 0161 368 3268.

Tuesdays

Tea & Talk: 15th October, 10am-12pm. Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women only. Free. For more information ring Ambia or Fouzia on 0161 368 3268.

Learn English Café, Hyde: 1st and 8th of October, 10am-12pm, Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Limited spaces. Women only. Free. Childcare provided. No registration required. For more information ring Taslima or Ambia on 0161 368 3268.

Kreative Kraftz: 8th, 15th and 22nd October, 4.30-6pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women Only. Free. For more information ring Fouzia or Ambia on 0161 368 3268.

Thursdays

Young Girls Sports Fun Club: 31st October, 5-7pm. St Georges Church, Hyde, SK14 1JZ. Free. For girls age 13-19. For more information ring Hasina on 0161 368 3268.

St James' Coffee Morning: 3rd, 10th, 17th and 24th October, 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: 4th, 11th and 18th October, 5-6.30pm. Hyde Central Methodist Church, Norfolk Street, Hyde, SK14 1NQ. Women only. Free. Age 15+. Creche facilities available – bring your own toys. For more information ring Hasina on 0161 368 3268.



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

November

New activities this month

Community Arts Project Opportunity to get creative. Tuesday the 26th November, 10am-12pm. Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women only. Free. For more information ring Ambia on 0161 368 3268.

Regular activities this month

Mondays	Women's Health Walk and Talk: 4 th , 11 th , 18 th and 25 th November, 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 Ambia or Taslima on 0161 368 3268.
Tuesdays	Tea & Talk: 19 th November, 10am-12pm. Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women only. Free. For more information ring Ambia or Fouzia on 0161 368 3268. Learn English Café, Hyde: 5 th and 12 th November, 10am-12pm, Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Limited spaces. Women only. Free. Childcare provided. No registration required. For more information ring Taslima or Ambia on 0161 368 3268. Kreative Kraftz: 5 th , 12 th , 19 th and 26 th November, 4.30-6pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women Only. Free. For more information ring Fouzia or Ambia on 0161 368 3268.
Thursdays	Young Girls Sports Fun Club: 7 th , 14 th , 21 st and 28 th November, 5-7pm. St Georges Church, Hyde, SK14 1JZ. Free. For girls age 13-19. For more information ring Hasina on 0161 368 3268. St James' Coffee Morning: 7 th , 14 th , 21 st and 28 th November, 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: 8 th , 15 th , 22 nd and 29 th November, 5-6.30pm. Hyde Central Methodist Church, Norfolk Street, Hyde, SK14 1NQ. Women only. Free. Age 15+. Creche facilities available – bring your own toys. For more information ring Hasina on 0161 368 3268.

Become a volunteer buddy for the Buddy Project!



The Tameside Buddy Project is looking for volunteers like you. We are recruiting buddies who can volunteer a morning or afternoon a week for up to 3 months (depending on support required), working with people supporting them into social and community activities. This is a perfect way to spend your spare time and meet new people PLUS you can really make a difference in someone's life. For more information please contact Liza at Diversity Matters North West on 0161 368 3268, TOG Mind on 0161 330 9223 or LEAP on 0161 214 8300.

Upcoming Training and Workshops

More exciting things to get involved with coming up, including:

- Food Hygiene training
- Basic Conversational English training
- First Aid training
- Taster days at DMNW, McMillan and Tameside Hospital.

Ring us on 0161 368 3268 for more information and to put your name down.



December

Regular activities this month

Mondays

Women's Health Walk and Talk: 2nd, 9th, 16th December, 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 Ambia or Hasina on 0161 368 3268.

Tuesdays

Learn English Café, Hyde: 3rd and 10th December, 10am-12pm, Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Limited spaces. Women only. Free. Childcare provided. No registration required. For more information ring Taslima or Ambia on 0161 368 3268.

Tea & Talk: 17th December, 10am-12pm. Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women only. Free. For more information ring Ambia or Fouzia on 0161 368 3268.

Kreative Kraftz: 3rd, 10th and 17th December, 4.30-6pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde, SK14 1BR. Women Only. Free. For more information ring Fouzia or Ambia on 0161 368 3268.

Thursdays

Young Girls Sports Fun Club: 5th 12th 19th December, 5-7pm. St Georges Church, Hyde, SK14 1JZ. Free. For girls age 13-19. For more information ring Hasina on 0161 368 3268.

St James' Coffee Morning: 5th, 12th and 19th December, 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: 6th and 13th December, 5-6.30pm. Hyde Central Methodist Church, Norfolk Street, Hyde, SK14 1NQ. Women only. Free. Age 15+. Creche facilities available – bring your own toys. For more information ring Hasina on 0161 368 3268.

Bright Future Volunteering Project Updates

Young Girls Sports Fun Club: NEW sessions for girls (age 13-19) now available every Thursday 5-7pm St Georges Church Hyde SK14 1JZ. Come along and try out different sports. It's your chance to try something new, have fun, meet new people and get fitter!

Bright Future Volunteering opportunities: Make a positive change in your life and join the Bright Future Volunteering 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.

For more information and to join please ring Hasina on 0161 368 3268.



Women Supporting Women

Our multi-lingual (English, Bengali, Urdu/Punjabi and Hindi) peer mentoring programme brings together female South Asian volunteers who offer culture-and faith-sensitive support to other South Asian women in crisis. For more info ring Ruhela or Fouzia on 0161 368 3283.



Emotional Wellbeing & Respectful Relationship Awareness

Would you like us to come into your community group and deliver a workshop around emotional wellbeing? Our staff speak English, Bangla, Urdu. For more information ring Ruhela on 0161 368 3268