

# Tea & Talk



Join us for our regular tea party and get practical advice to help your mental health and well-being.

We usually have a guest speaker every month and there is plenty of opportunities to talk and make friends too.

We are a social group and we also cover topics such as information about local services.

## Where?

Meet at Hyde Healthy Living Centre, 20 Great Norbury Street in Hyde. We are close to the big ASDA.

## When?

Our Tea & Talk sessions are every two weeks. Contact us for more details.

## How can I join?

Get in touch with Fouzia on the number below to join.

নতুন বন্ধুদের সাথে পরিচিত হন এবং সাহায্য নিন। আরও খবর জানতে ফোন করুন, রুহেলা: ০১৬১ ৩৬৮ ৩২৬৮।

نئے احباب سے ملاقات کریں اور مدد حاصل کریں۔  
مزید معلومات کے لیے روپبلہ سے 0161 368 3268 پر رابطہ کریں۔

FREE

Women  
only

Meet new  
friends!

Childcare  
available

Light  
refreshments  
provided

## Diversity Matters North West

Healthy Living Centre  
20 Great Norbury Street  
Hyde  
SK14 1BR

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

 /DiversityMNW

 @DiversityMNW

T: 0161 368 3268 Mon-Thu 9-5/Fri 10-4

We speak: Bengali, Urdu, Punjabi.



Company Registration No. 6442869  
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