

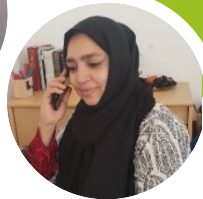
Diversity Matters

North West

What we offer

Our activities have reduced during COVID-19. This leaflet outlines our current offer.

*Issued:
October 2020*



Diversity Matters North West
Hyde Healthy Living Centre
20 Great Norbury St
Hyde
SK14 1BR

T: 0161 368 3268
We speak: Bengali, Urdu, Punjabi, Hindi.

 /DiversityMNW
 @DiversityMNW

www.diversitymattersnw.org.uk

Company Registration No. 6442869
Charity Registration No. 1125544

COVID-19 support projects



Supporting the local Food Bank

We have been working with Action Together and the Tameside South and Longdendale Foodbank to help set up the local Food Bank in Hyde at Hyde Methodist Church, Crook Street, Hyde, SK14 1NQ. The food bank is open on Wednesdays 1-2pm for families that are struggling during these difficult times. Donations can be dropped off at Hyde Methodist Church on Wednesdays from 11am-2pm or at Hattersley Baptist Church, 3 Melandra Cres, Hyde SK14 3RB. For more details of how to donate please ring Sue on 07901786905. If you need to access the food bank please contact us on 0161 368 3268.

For more information, contact:

Hasina: 07591572844 / hasina@diversitymattersnw.org.uk

Ruhela: 07835667217 / ruhela@diversitymattersnw.org.uk

DMNW support during COVID-19

If you need help with:

- Access to food
- Help with picking up medications / prescription
- Help with getting essential shopping
- Advice on benefits
- Struggling with low moods / stress / anxiety / feel isolated and lonely / struggling with losing a family member and want to talk to someone
- Staying healthy at home

Or if you are just unsure of where to get help and support, then please call our multilingual team on 0161 368 3268 Monday to Friday, 10am – 4pm and leave your name and number in English, Bangla, Urdu, Hindi or Punjabi and one of the team will call you back.

Volunteering opportunities for bi-lingual women

We are looking for peer mentor volunteers who are bi-lingual in English and Urdu or Bangla. If you have some time on your hands and would like to support other women in the community who may be in crisis, then please speak to Fouzia for more information on 07549956567.



Workshops

Cope to Cope Bereavement Workshops

Workshops for people who have been affected by the death of a loved one. 26th November or 3rd of December. In Ashton, Hyde or online via Zoom depending on government guidelines. Free. Contact Fouzia for more details: 07549956567 / fouzia@diversitymattersnw.org.uk

Motivational Workshop

Online workshop on "Helping you to become the very best version of yourself" delivered by Sayyida Banu. 5th November, 10am on Zoom. Free. Contact Ruhela for further details: 07835667217 / ruhela@diversitymattersnw.org.uk

Usual DMNW projects

The Tameside Buddy Project

This project continues to support people who have long term conditions and are suffering with their mental health. In partnership with Mind and LEAP, buddy coordinators will arrange for weekly wellbeing calls from volunteers with the potential to progress to virtual activities (if required). For more information get in touch with:
Ambia: 07517858350 / ambia@diversitymattersnw.org.uk
Ruhela: 07835667217 / ruhela@diversitymattersnw.org.uk

The Peer Mentoring Project

This project continues to support South Asian women who are in crisis. In light of the current situation the project will be also offering over the phone emotional support to women who are suffering from bereavement. Staff working on this project will be trying to offer something by way of social activities and information from health professionals. For more information get in touch with:
Fouzia: 07549956567 / fouzia@diversitymattersnw.org.uk

Supporting the Tameside Social Prescribing Service

We are working with Action Together on offering bilingual support to anyone accessing the support. If you are 18+, struggling with loneliness and isolation and want support and help to feel connected in your own community and take control of your own wellbeing then please get in touch. For more information please get in touch with:
Liza: 07526078241 / liza@diversitymattersnw.org.uk



Usual DMNW projects *cont.*

Young Girls Sports Club

We are working with Active Communities Network on linking young girls from the local communities to access exercise groups virtually. We have also set up a Facebook group to discuss with young people about how the current health pandemic is affecting them and what support is needed.

Request to join the group a:

<https://www.facebook.com/groups/660931684671032/>

This group is restricted to only young girls and will be closely monitored.

For more information or to get involved with this project get in touch with:

Hasina: 07591572844 / hasina@diversitymattersnw.org.uk

Women's Basic Skills Training and Employment Readiness

We are working in partnership with the National Careers Service and will be delivering bite sized workshops on: Personal statements, job applications and interviews. Dates to be confirmed.

For more information contact:

Ruhela: 07835667217 / ruhela@diversitymattersnw.org.uk

Be Well Service

If you are interested in getting support to quit smoking, tobacco chewing, getting advice on eating healthier, stress management, sleeping better then call us at the office on 0161 368 3268. Staff will be posting monthly videos on the five ways to wellbeing which you can find on our Facebook page at: <https://www.facebook.com/DiversityMNW/>

For more information get in touch with:

Liza: 07526078241 / liza@diversitymattersnw.org.uk

আপনি কি আপনার
কাছের ফুডব্যাঞ্চে
(খাদ্যাঘারে) দান
করতে আগ্রহী?

**Can you donate to
your local food
bank?**

Call Sue on 07901786905 for
details of where to leave donations