

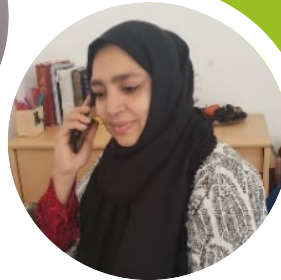
**Diversity Matters**

North West

# What we offer

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

January - March 2021



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

Company Registration No. 6442869  
Charity Registration No. 1125544

# COVID-19 support projects

## DMNW support during COVID-19

If you need help with:

- Access to food, help with picking up medications, prescriptions or essential shopping
- Advice on benefits or staying healthy at home
- Struggling with low moods, stress, anxiety, feeling isolated and lonely, struggling with losing a family member and want to talk to someone

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.

## Supporting the local Food Bank

The food bank in Hyde is open on Wednesdays 1-2pm at Hyde Methodist Church, Crook Street, Hyde, SK14 1NQ.

Donations can be dropped off at Hyde Methodist Church on Wednesdays from 11am-2pm or at Hattersley Baptist Church, 3 Melandra Crescent, Hyde SK14 3RB. If you need to be referred or need language support to access the food bank, please contact:

Hasina: 07591572844 / [hasina@diversitymattersnw.org.uk](mailto:hasina@diversitymattersnw.org.uk)  
Shibley: 07946329099 / [rilly@diversitymattersnw.org.uk](mailto:rilly@diversitymattersnw.org.uk)



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

## Can you donate to your local food bank?

Call Sue on 07901786905 for details of where to leave donations

## Volunteering opportunities for men and women

For our new Community Engagement Project we are recruiting volunteers from the BAMER communities. As part of the community champion role you will be involved in supporting outreach to raise awareness on mental health and domestic abuse by taking part in local campaigns. We will be offering Adult Mental Health Champion Training to men and women in 2021. Spaces are limited on a first come first served basis. For more information, please contact: Ruhela: 07595614936 / [ruhela@diversitymattersnw.org.uk](mailto:ruhela@diversitymattersnw.org.uk)



# Usual DMNW projects

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## 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, please contact:

Fouzia: 07549956567 / [fouzia@diversitymattersnw.org.uk](mailto: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 contact:

Liza: 07526078241 / [liza@diversitymattersnw.org.uk](mailto:liza@diversitymattersnw.org.uk)

## Virtual Women's Sports Club

An online community via WhatsApp for females over 16 where we help each other keep active and fit through encouragement and logging of our physical activity. For more information, please contact:

Shibley: 07946329099 / [rilly@diversitymattersnw.org.uk](mailto:rilly@diversitymattersnw.org.uk)

## Minds Matter Project

If you are going through stress, anxiety or depression and would like some one to one support, this project may be able to help you get that. If you need support and would like a referral, please contact:

Liza: 07526078241 / [liza@diversitymattersnw.org.uk](mailto:liza@diversitymattersnw.org.uk)

## Warm Hearts in Winter

This Tameside Befriending Project is a telephone service to adults in Tameside who are experiencing vulnerabilities, including loneliness and isolation. There will be bi-lingual support available during weekly chats with allocated buddies.

For more information, please contact:

Ambia: 07517858350 / [ambia@diversitymattersnw.org.uk](mailto:ambia@diversitymattersnw.org.uk)

## 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 contact Fouzia:

07549956567.



# Usual DMNW projects *cont.*

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## Young Girls Sports Club

We are working with the 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 at:  
<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, please contact:  
Hasina: 07591572844 / [hasina@diversitymattersnw.org.uk](mailto:hasina@diversitymattersnw.org.uk)

## Women's Basic skills training & employment readiness

We are supporting women for employment readiness and other basic training like English, IT and confidence building. We are also looking into put some virtual training sessions. For more information or to register to join, please contact:  
Hasina: 07591572844 / [hasina@diversitymattersnw.org.uk](mailto:hasina@diversitymattersnw.org.uk).

## Tea & Talk

A chance to talk to others and find out about local services. The sessions take place on Zoom from 10.30am-12noon on 28<sup>th</sup> of January and the 16<sup>th</sup> of March. Contact Fouzia for more information and to get the link to join, please contact:  
Fouzia: 07549956567 / [fouzia@diversitymattersnw.org.uk](mailto:fouzia@diversitymattersnw.org.uk)

## Community Engagement Project

This new project is a collaboration with partners and specialist services around domestic abuse and mental health awareness to BAMER communities across Tameside. The focus is on raising awareness, reducing stigma, educating and improving access to mainstream services with an awareness of cultural sensitivity. Workshops and other sessions will soon be available to men and women from the BAMER communities. For more information, please contact:  
Ruhela: 07595614936 / [ruhela@diversitymattersnw.org.uk](mailto: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. For more information, please contact:  
Liza: 07526078241 / [liza@diversitymattersnw.org.uk](mailto:liza@diversitymattersnw.org.uk)

## Please note:

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

