

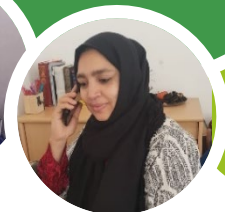
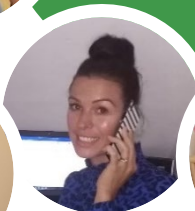
Diversity
Matters

North West

What we offer

Our activities

Oct – Dec
2021



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

Company Registration No. 6442869
Charity Registration No. 1125544

www.diversitymattersnw.org.uk

T: 0161 368 3268

We speak: Bengali, Urdu, Punjabi, Hindi.

 /DiversityMNW

 /diversity_matters_north_west

 @DiversityMNW



RBSA (UK) 000000000000

Support projects

DMNW support during COVID-19

Need help with access to food, 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're just unsure where to get support, then please call our multilingual team on 0161 368 3268 Monday to Friday, 10am – 4pm. The team speak English, Bangla, Urdu, Hindi or Punjabi.

Supporting the local Food Bank

Hyde Food Bank 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 Cr., Hyde SK14 3RB.

The Peer Mentoring Project

Support for South Asian women who are in crisis and need one to one support. Opportunities to reduce isolation, experience learning opportunities and social activities, awareness sessions and information from local services. For more information, please contact: Fouzia: 07549956567 / fouzia@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 get in touch. For more information, please contact: Liza: 07526078241 / liza@diversitymattersnw.org.uk.

Coffee with Liza

6th October, 3rd November, 1st December, 12.30-1.30pm. A chance to join an open discussion online to help overcome the loneliness and silence through this pandemic. Free. Women only. For more information and to book your place and more information, please contact: Liza: 07526078241 / liza@diversitymattersnw.org.uk

Women's Basic skills training & employment readiness

We are supporting women for employment readiness and basic skills training such as English, IT and confidence building. We are also planning virtual training sessions. For more information or to register, please contact: Hasina: 07591572844 / hasina@diversitymattersnw.org.uk.

Mental Health Awareness in South Asian Communities

Our new project for better mental health will continue to raise awareness of mental health within BAME communities in Tameside and to increase knowledge of what services are available to support their needs. Working collaboratively with mental health teams in order to share knowledge and develop workshops around mental health services. For more information please contact ruhela@diversitymattersnw.org.uk

Join in

Zoom for beginners – one to one

Wednesdays, 1-3pm. Online. Booking is required in advance. Women only. For more information or to book, please contact: Hasina: 07591572844 / hasina@diversitymattersnw.org.uk or Shibley: 07946329099 / rilly@diversitymattersnw.org.uk

Emergency First Aid L2

4th & 11th November, 10am - 2.20pm. Venue to be confirmed. Booking required to secure your place. Women only. For more information or to book, please contact: Hasina: 07591572844 / hasina@diversitymattersnw.org.uk.

Community Interpreting L2

If you are bilingual and would like to have a career as an interpreter, you can join our accredited Community Interpreting L2 Course. For more information or to register to join, please contact: Hasina: 07591572844 / hasina@diversitymattersnw.org.uk

Women's Health Walk and Talk:

11th, 18th October, 1st, 8th, 15th, 22nd, 29th November, 6th, 13th December. We meet at 9.50am outside Hyde Healthy Living Centre, 20 Great Norbury St., Hyde, SK14 1BR. Free. Women only. For more information, please contact: Liza: 07526078241 / liza@diversitymattersnw.org.uk

Young Girls Sports Club

Wednesdays, 5-7pm. Hyde Town Hall (Corporation Street Entrance). For more information or to get involved with this project, please contact: Shibley: 07946329099 / rilly@diversitymattersnw.org.uk

Learning Hub

Every Wednesday, 10am-12pm. Hyde Healthy Living Centre, 20 Great Norbury St., Hyde, SK14 1BR. Come along to use a laptop and get support from our Learning Mentors. You can go online to look for jobs, fill in application forms, create your CV and cover letter and much more. For more information or to book, please contact: Shibley: 07946329099 / rilly@diversitymattersnw.org.uk

Employment Workshop Online

12th October, 16th November, 14th December, 1-3pm. Via Zoom. If you are interested to learn how to complete job application, improve your CV, learn interview technique please join our Employment workshop. Booking is required in advance. Women only. For more information or to book, please contact: Hasina: 07591572844 / hasina@diversitymattersnw.org.uk.

Join in *cont.*

Hyde Women's Sports Club

October 1st, 15th 22nd, November 5th, 12th, 19th , 26th, December 10th , 17th 5-6pm. Hyde Central Methodist Church, Norfolk Street, SK14 1NQ. A variety of sports to get you fit. Women only. For more information please contact Shibley on 07946329099 / rilly@diversitymattersnw.org.uk

Volunteer Learning Mentors

We are looking for volunteers who can provide one to one support to women, helping them on their learning journeys to future employment. For more information please contact Shibley on 07946329099 / rilly@diversitymattersnw.org.uk or Hasina on 07591572844 /

hasina@diversitymattersnw.org.uk

Positive Parenting workshop

7th October, 1-3pm. Hyde Healthy Living Centre, 20 Great Norbury St., Hyde, SK14 1BR from 1pm till 3pm. Parenting workshop for parents with Teenagers. For more information or to book, please contact: Fouzia: 07549956567 / fouzia@diversitymattersnw.org.uk

Employment Support one to one

Tuesdays, 1-3pm. Online or Face to Face. Booking is required in advance. Women only. For more information or to book, please contact: Hasina: 07591572844 / hasina@diversitymattersnw.org.uk

Tea & Talk

19th October, 16th November, 21st December, 10am – 12 noon. A chance to talk to others and find out about local services. Women only. For more information, please contact: Fouzia: 07549956567 / fouzia@diversitymattersnw.org.uk

Volunteering opportunities for bi-lingual women

We are looking for peer mentor volunteers who are bi-lingual in English, Urdu, Punjabi or Bangla. If you have some time on your hands and would like to support other women in the community.

ESOL

We are planning online English classes from October. Women only. If you are interested in joining, please contact Hasina: 07591572844 / hasina@diversitymattersnw.org.uk



Remember to follow us on social media where we post pictures and videos from our projects. Up-to-date times and dates for activities can also be found there.



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