

**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. Free.
For more information ring 0161 368 3268.

مفت۔ 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। ফ্রি। আরও
খবর জানতে ফোন করুন এই নাম্বারেঃ ০১৬১ ৩৬৮ ৩২৬৮।

Formerly: Hyde Community Action
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

Pennine Care NHS
NHS Foundation Trust

April

Regular activities this month

Mondays	Health Walk: 16 th , 23 rd , 30 th April, 10-11am. Meet at Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Ladies only.
Tuesdays	Kreative Kraftz: 17 th , 24 th April, 4.30-6pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Ladies only. Contact Ruhela for info: 0161 368 3268. Employment Support – one to one: 17 th April, 9.30am-1.30pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Call us to book an appointment. Tea & Talk: 24 th April, 10am-12 noon. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Ladies only. Free.
Wednesdays	Armchair exercise: 18 th , 25 th April, 10-11am. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Ladies only. Badminton: 18 th , 25 th April, 8.30-9.30pm. Hyde Community College, Old Road, Hyde, SK14 4SP. Men only. Free. Bereavement Support Group: 18 th April, 9.30-11.00am. Ashton Central Mosque, 8JA, Hillgate Street, Ashton-under-Lyne, OL6 9JA. Free.
Thursdays	Healthy Minds Support Sessions: 5 th , 12 th , 19 th , 26 th April, 9.30am-12.30pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Women only. Language support available in Urdu and Bangla. Ring to book a 45 minute appointment on 0161 368 3268. St James' Coffee Morning: 19 th , 26 th April, 9.30-11.30am. Sure Start Building, St James' Church of England Primary School, Romney Street, Ashton Under Lyne, OL6 9HU.
Fridays	Coffee Morning for parents or carers of children with additional needs: 27 th April, 10:00 –11:30. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Women Only. Light refreshments provided. Bangla speakers available on the day. More info: Ring 0161 368 3268 (Rehana) or email husneara.b@hotmail.co.uk (Husneara). Online Access to Health Records Support: 27 th April, 4-5pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Ring 0161 368 3268 to book a 20 minute appointment. Open to everyone. Language support available in Bangla.

Be Well Service

Our Community Liaison worker, Fouzia, supports anyone looking to improve their health and wellbeing through the Pennine Care's Be Well service.

If you would like support to make small changes to lose weight, give up chewing tobacco, have a healthier diet, be more active, sleep better and generally feel better about yourself, give Fouzia a ring on 0161 368 3268 or alternatively you can self-refer to the service by ringing 0161 716 2000.



May

Regular activities this month

Mondays	Health Walk: 7 th , 14 th May, 10-11am. Meet at Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Ladies only.
Tuesdays	Kreative Kraftz: 1 st , 8 th May, 4.30-6pm. Hyde Healthy Living Centre 20 Great Norbury Street, Hyde SK14 1BR. Ladies only. Contact Ruhela for info: 0161 368 3268. Employment Support – one to one: 15 th May, 9.30am-1.30pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Call us to book an appointment.
Wednesdays	Armchair exercise: 2 nd , 9 th May, 10-11am. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Ladies only. Badminton: 2 nd , 9 th May, 8.30-9.30pm. Hyde Community College, Old Road, Hyde, SK14 4SP. Men only. Free. Bereavement Support Group: 2 nd , 16 th , 30 th May, 9.30-11.00am. Ashton Central Mosque, 8JA, Hillgate Street, Ashton-under-Lyne, OL6 9JA. Free.
Thursdays	Healthy Minds Support Sessions: 3 rd , 10 th May, 9.30am-12.30pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Women only. Language support available in Urdu and Bangla. Ring to book a 45-minute appointment on 0161 368 3268. St James' Coffee Morning: 3 rd , 10 th , 17 th , 24 th May, 9.30-11.30am. Sure Start Building, St James' Church of England Primary School, Romney Street, Ashton Under Lyne, OL6 9HU.
Fridays	Online Access to Health Records Support: 11 th , 25 th May, 4-5pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Ring 0161 368 3268 to book a 20 minute appointment. Open to everyone. Language support available in Bangla.

International Cook Book

We've created a cook book to share our best recipes. The book features 20 mouth-watering recipes from Europe and Asia for just £2. Just contact us to find out how to get hold of a copy!

Volunteers needed

We constantly search for volunteers to help support us and the work we do for the wider community. If you have a few hours to spare, you live in Tameside and you would like to develop your skills and knowledge, then please get in touch!



June

New activities this month

- First Aid** St. James' Church of England Primary School, Romney Street, Ashton-under-Lyne, OL6 9HU
Registration day:
- Wednesday, 20th June, 10-12 noon
- Course dates:
- Monday, 25th June, 9.30am-2.30pm
 - Wednesday, 27th June, 9.30am-2.30pm

Regular activities this month

Mondays	Health Walk: 25 th June, 10-11am. Meet at Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Ladies only.
Tuesdays	Kreative Kraftz: 19 th , 26 th June, 4.30-6pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Ladies only. Contact Ruhela for info: 0161 368 3268. Employment Support – one to one: June date TBC. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Call 0161 368 3268 for the date and to book an appointment. Tea & Talk: 19 th June, 10am-12 noon. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Ladies only. Free.
Wednesdays	Armchair exercise: 20 th , 27 th June. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Ladies only. Badminton: 20 th , 27 th June, 8.30-9.30pm. Hyde Community College, Old Road, Hyde, SK14 4SP. Men only. Free. Bereavement Support Group: 13 th , 27 th June, 9.30-11.00am. Ashton Central Mosque, 8JA, Hillgate Street, Ashton-under-Lyne, OL6 9JA. Free.
Thursdays	St James' Coffee Morning: 7 th , 14 th , 21 st , 28 th June, 9.30-11.30am. Sure Start Building, St James' Church of England Primary School, Romney Street, Ashton Under Lyne, OL6 9HU.
Fridays	Coffee Morning for parents or carers of children with additional needs: 22 nd June, 10:00 –11:30. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Women Only. Light refreshments provided. Bangla speakers available on the day. More info: Ring 0161 368 3268 (Rehana) or email husneara.b@hotmail.co.uk (Husneara). Online Access to Health Records Support: 22 nd , 29 th June, 4-5pm. Hyde Healthy Living Centre, 20 Great Norbury Street, Hyde SK14 1BR. Ring 0161 368 3268 to book a 20 minute appointment. Open to everyone. Language support available in Bangla.



Please note:

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