



**Mental Health in
Middlesbrough**

Mental Health in the Workplace

Welcome to your April edition of the Learning Together Prospectus. We continue to offer a varied range of topics which we hope you find informative and interesting. Please note that there are two sessions planned in May.

April – June Sessions

All sessions are on the 2nd Tuesday of the month from 2.30 – 4.30pm in the Community Hall, The Mind Centre, Lothian Road, Middlesbrough, TS4 2QX

Reserve your place on the Teesside Mind website.
Click the active link next to the session details to book a place.



14th April - Peer Support: Using experiences to support others

Facilitated by: Gaynor Goad

Meet the new peer support teams and hear how they use their lived experiences to support others.

Booking Link: [CLICK HERE](#)

12th May: Perinatal Mental Health

Facilitated by: Doreen Morris

Find out more about perinatal mental health and the impact on the families. Learn what support TEWV provides.

Booking Link: [CLICK HERE](#)

19th June – Sexual Harms

Facilitated by: Sarah Pritchard

Build your knowledge and understanding of sexual harm and what it means. Learn about the network tackling this issue.

Booking Link: [CLICK HERE](#)

Dates for:
2026

14th April
11th May: 11.00 – 12.30
12th May
9th June
17th June: 11.30 – 1.00
14th July
11th August
8th September
13th October
10th November
8th December

If you have a query or difficulty booking, call 01642 257020 or email:
sarahjane.ashcroft@teessidemind.org.uk

Learning Together at Lunchtime

Join us for a shorter lunchtime session at Teesside Mind
Bring your lunch

Carers Awareness
11th May 2026
11.00am – 12.30pm

Carers are often overlooked and under supported. Come along to this lunchtime session to learn how to support people to recognise that they are carers and what support is available.

Facilitated by: Susan Lee

[**CLICK HERE TO BOOK**](#)



Understanding Psychosis
17th June 2026
11.30am – 1:00pm

Learn about the experiences of living with psychosis, the challenges and the support available.

Facilitated by: Alistair Russell

[**CLICK HERE TO BOOK**](#)



New for 2026: Empowering Staff to Work Confidently with Diverse Communities

A fresh series of training sessions is launching in 2026—designed to boost your confidence and competence when working with people from a wide range of backgrounds.

These sessions offer:

- Proven best practices
- Opportunities to connect with professionals and organisations
- Practical tools to create inclusive, welcoming environments

What you'll explore:

- The distinctions between culture, religion, and belief systems
- The lived experiences of asylum seekers and refugees
- How mental health is understood across different communities

What you'll take away:

- How to make reasonable adjustments and create a welcoming first session
- Tips for working effectively with interpreters
- Insights into support organisations and community resources
- A dedicated session on No Recourse to Public Funds—what it means, who it affects, and how to offer meaningful support



Whether you're new to this work or looking to deepen your impact, these sessions are a powerful step forward.

All sessions will take place in the Community Hall, Teesside Mind, 90-92 Lothian Road, Middlesbrough, TS4 2QX from 9.30am – 2.30pm.

Cultural Competency

January 22nd
February 19th
April 23rd
May 21st
July 23rd
August 27th
October 22nd
November 19th

[Click here to book](#)

No Recourse to Public Funds

March 19th
June 25th
September 24th
December 17th

[Click here to book](#)

More Training Opportunities

Did you know?

The Red Cross provides free workshops in Co Durham and Teesside.

For more information visit:

<https://www.redcross.org.uk/first-aid/learn-first-aid>

<https://www.redcross.org.uk/get-involved/teaching-resources/community-education-workshops#adult>

The Supporting Connections workshop provides invaluable support to staff and volunteers who work with people who might experience loneliness. In this free workshop you'll learn how to support people who may be feeling lonely, enabling them to build positive connections to help ease feelings of loneliness and boost mental wellbeing. I've attached a leaflet for further information.

The free First Aid workshops now boast flexible content, allowing organisers to tailor topics to meet their group's specific needs. Furthermore, the workshop provides an opportunity to learn basic lifesaving skills using everyday objects, ensuring preparedness in any circumstance.

Do you support people who may be lonely?

Develop your skills to help others manage loneliness and build meaningful connections. Book a free Supporting Connections workshop today.

Supporting Connections is a free workshop delivered by the British Red Cross. It's aimed at organisations, professionals and volunteers who work with people who might be experiencing loneliness.

In the workshop, you will:

- Explore how you can see the signs of loneliness
- Discuss the barriers that can stand in the way of connection
- Build your confidence to help others manage feelings of loneliness

Learn new skills to help people in your community.

Book your free workshop: redcross.org.uk/supporting-connections

nwillis@redcross.org.uk'."/>

Would you know what to do?

Learn vital life skills and build confidence through our free, face-to-face or online workshops for youth and adults. Explore topics such as practical first aid, resilience and wellbeing.

Nikki Willis
Call: 07803 013232
Email: nwillis@redcross.org.uk

sarahjane.ashcroft@teessidemind.org.uk'."/>

Middlesbrough Mental Health's Collective
Netwalking Event

Monday 11th
May 2026
9am-10am

Join us for a 'netwalking' at Albert Park in Middlesbrough on Monday 11th May 2026 at 9am.

The event combines networking with outdoor activities.

Dress for the weather and meet us at the café by the lake in Albert Park.

For more information or to confirm your attendance, please email: sarahjane.ashcroft@teessidemind.org.uk

Enjoy an early summer walk around Albert Park whilst getting to know and building connections with people working in other organisations and services.

Open to anyone supporting people in Middlesbrough. Meet us at the café by the lake in Albert Park at 9am on Monday 11th May 2026