

Learning Together Prospectus

January 2024

Welcome to the January prospectus.

We hope you are looking forward to 2024's Learning Together sessions. An informative programme for the year is being planned and will be facilitated by our partner and external organisations. We hope that you continue to find the sessions informative and enjoy learning with colleagues from other organisations.

If you have any suggestions for future training sessions, please let me know.

January - March Sessions

ALL SESSIONS in 2024 will be on the 2nd TUESDAY of the month from 2.30 – 4.30pm in the Community Hall, The Mind Centre, Lothian Road, Middlesbrough, TS4 2QX

9th January: Managing Disclosure of Sexual Violence

Facilitated by: Arch Teesside

Helping you to manage conversations when someone discloses sexual violence.

Booking Link: [Book a place](#)

13th February: Recovery Ally Training

Facilitated by: Recovery Connections

Learn about the four elements of recovery from addiction.

Booking Link: [Book a place](#)

12th March, 24th January, 27th February:

Introduction to Neurodiversity from a lived experience perspective

Facilitated by: Neurokey

Learn about the challenges and barriers experienced by people living with neurodiversity – a personal perspective.

Booking Link: [Book a place](#)



Reserve your place on EventBrite. CLICK the active LINK next to the session details to book a place.

Calendar of Learning Together Sessions 2024:

9th January

13th February

12th March

9th April

14th May

11th June

9th July

13th August

10th September

8th October

12th November

10th December



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

Breakfast Network Meeting



Thank you to Hope Foundation for giving us a warm welcome at their Network Breakfast meeting on 21st November.

You are invited to the Breakfast Network meeting from 8am on Tuesday 23rd January for a cuppa and meet a range of people, businesses and organisations providing support in Middlesbrough at

**The Hope Foundation, Hope House,
1 Grange Rd, Middlesbrough, TS1 5BA**

**Next Breakfast Network Meeting:
23RD JANUARY 2024
8.00 – 9.00AM**

**Please sign up on the LINK BELOW:
[Hope Breakfast invitation and menu](#)**

More Training Opportunities

Within our partnership of organisations there is a wealth of expertise and training available. Partners have offered to share their prospectuses and open sessions up to anyone working within the Middlesbrough Mental Health Collective.

In this issue we are highlighting opportunities from My Sister's Place, Youth Focus North East and Neuro Key. If you have any training opportunities that you would like including, please send me the details.

My Sister's Place

My Sister's Place is offering a range of dates for Ask Me training. Call the team on 01642 241864 to find out more.

YOUTH FOCUS NORTH EAST WORKFORCE DEVELOPMENT OFFER:

Dynamic Leadership - FREE workshop

Click the link for more details:
[Dynamic Leadership Course Information](#)

Wednesday 24th January 2024,
10 am - 1.30 pm (ONLINE) Sign up via
Eventbrite. [Book a place](#)



Help us to improve the Learning Together sessions by clicking [here](#) to send us your feedback and suggestions for the future.

Events and Online Courses...



NEURO KEY
An Alliance supporting people with neurological conditions



We will offer two on-line training sessions in late January and mid-February, to improve understanding of the presentations and needs of those with

Foetal Alcohol Spectrum Disorder (FASD) and promote integration of FASD onto the neurodevelopmental agenda.

FASD JAN: [Book a place](#)

FASD FEB: [Book a place](#)

The NEURO KEY Education Programme consists of three strands;

1. School advocacy to improve understanding of the presentations of neurodiverse pupils, advocate for parents and improve equality of opportunity to a statutory education
2. Enable participation in research where lived experience is harnessed to deliver a phenomenological approach and contribute to the body of knowledge about biopsychosocial needs of the neurological community.
3. Taking a multi-agency approach, we advise, guide and inform across networks, forums in the NENC region and to the Disability Unit under the auspices of Cabinet Office to improve professional understanding of life managing neuro-disability, including the full range of neurodevelopmental conditions.

What open access groups and courses

 does your organisation offer?

The Middlesbrough Mental Health Collective is working on developing a shared prospectus of psychoeducational and well-being courses.

If you have a course or group that you think could be included and you are interested in jointly promoting it with other partners, please get in touch with SarahJane by 10th January 2024.

Thank you.