

# Learning Together Prospectus

Welcome to your July edition of the Learning Together Prospectus. We continue to offer a varied range of topics which we hope you find informative and interesting.

We are continuing our new Learning Together at Lunchtime session. see page 3 for details.

## July – September 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 July - Pharmacy Services

Facilitated by Sandie Keal

Do you know the range of services your local pharmacy can help with. Come along and find out how local pharmacies support local people.

Booking Link: [CLICK HERE](#)

### 11th August - Neuropsychology

Facilitated by: Mark Bradley

Introduction to Acquired Brain Injury:

Learn more about the causes, impact and adaptations that can be implemented to support people.

Booking Link: [CLICK HERE](#)

### 29th September - Mindfulness

Facilitated by: Jo Cromarty

A practical workshop including short guided meditations and discussion to discover what mindfulness is all about and how it might help people with depression and anxiety

Booking Link: [CLICK HERE](#)

Dates for:  
2026/27

14th July  
11th August  
29th September  
13th October  
10th November  
8th December  
12th January  
9th February  
9th March

Learn Together at  
Lunchtime  
8th July - 12:00 - 1:00

# 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

July 23rd  
August 27th  
October 22nd  
November 19th

Additional Session: Monday 21st  
September

[Click here to book](#)

### No Recourse to Public Funds

September 24th  
December 17th

[Click here to book](#)

# Learning Together at Lunchtime

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



Mental Well-being and Public Health  
8th July 2026  
12.00pm – 1.00pm

Exploration of mental well-being and  
links with public health free training  
options.

Facilitated by Richie Andrew  
[CLICK HERE TO BOOK](#)

*Do you have a suggestion for  
another Learning Together at  
Lunchtime session? Email me  
your ideas and I'll organise the  
sessions.*

Join colleagues for a networking  
opportunity while walking round  
Stuart's Park. Enjoy the autumn  
colours of the park while making  
connections.

Meet in the car park at 9am on  
Monday 14th September 2026

## Mental Health in Middlesbrough



Netwalk event - networking whist walking



Monday 14<sup>th</sup>  
September  
2026  
9am-10am

Join colleagues for a walk around Stewart's Park on Monday 14<sup>th</sup> September.

Dress for the weather and meet in the car park at 9am.

It is a great opportunity to meet contacts and share information about your  
organisation and role.

For more information, email Sarahjane Ashcroft,  
[sarahjane.ashcroft@teessidemind.org.uk](mailto:sarahjane.ashcroft@teessidemind.org.uk)

## ADULT SEXUAL EXPLOITATION PARTNERSHIP

Find out more about the ASE Partnership, formerly STAGE, and access the resources provided by the partnership.

ASEP was set up to support women who have been targeted for sexual exploitation.

The ASE partnership is a consortium of charities across the North who form a collective voice to share the experiences of women living on the margins of society. With the new focus on the Violence Against Women and Girls (VAWG) Strategy by the government, with aims to halve such violence within the decade, we strongly recommend attending some training on this topic to help achieve these goals.



Increase your understanding in Pre-Trial Therapy, and how to support people who are engaging in the criminal justice system.

There can be many confusing messages when it comes to how to support people who are part of ongoing criminal justice processes. Survivors are often denied or delayed access to vital specialist support due to uncertainty around Pre-Trial Therapy guidance.

Gain confidence in pre-trial therapy guidelines and learn practical skills in providing a pre-trial response in line with best practice.

Breckon Hill Community Centre, Middlesbrough,  
Wednesday 22 July from 9:30 AM - 1 PM  
Book here: [Pre-Trial Therapy Training Tickets](#),  
[Wednesday 22 July • 9:30 AM - 1 PM | Eventbrite](#)

## Adult Sexual Exploitation Training

The ASE partnership is a consortium of charities across the North East, Yorkshire and Merseyside who form a collective voice to share the experiences of women living on the margins of society.

We are offering training on adult sexual exploitation; how to recognise it, its prevalence, its impact, as well as how to support women experiencing exploitation. We can also offer training tailored to your specific area of work.

Together we can make change to help women at risk of exploitation. This training can be done in person or online, at a time that suits you and your team best.

Prices start from £15 per delegate; with discounted prices for larger bookings.

For any enquiries around training, please contact  
Ally Bainbridge  
Email: [ally.bainbridge@changing-lives.org.uk](mailto:ally.bainbridge@changing-lives.org.uk)  
Tel: 07812 672598

**ASE Partnership**

## Connection Point

Connection Point is a friendly information and enquiry service designed to help you find the right mental health support quickly and easily. With trained volunteers on hand to listen without judgement, the team can provide guidance, resources, and help you understand local services, connecting you to the support that's right for you. You can get in touch by phone, email, or by visiting in person to start the conversation.

Scan here  
for more  
information

