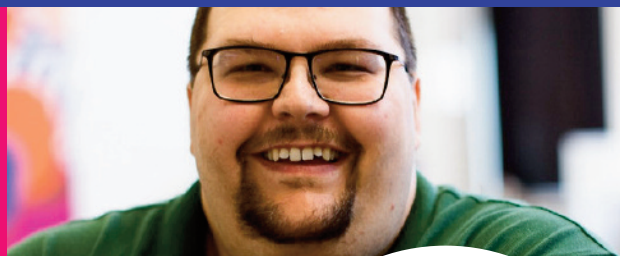




Learning Together Prospectus

Welcome

Welcome to the June edition of the Learning Together Prospectus. Use the booking links to secure a place on the upcoming sessions.



May - July Sessions

All sessions in 2025 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

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



10th June

NEW Quality Guidelines for sharing information

Facilitated by: SarahJane Ashcroft

Introduction to the NEW guidelines for sharing of information for the purpose of requesting specialist support and improving the experience for service users. ['CLICK HERE TO BOOK'](#)

8th July

Acquired Brain Injury

Facilitated by Matrix Neurological.

Understand more about the effects of acquired brain injury in young people and the consequences of not being diagnosed correctly.

['CLICK HERE TO BOOK'](#)

12th August

Recovery Ally Training

Facilitated by: Recovery Connections.

Become a recovery Ally to support people overcome addictions

['CLICK HERE TO BOOK'](#)

Dates for 2025

10th June

8th July

12th August

9th September

14th October

11th November

9th December

Dates for 2026

13th January

10th February

10th March



Additional Training



Workplace Well-being are offering a series of free webinars on:

12th June

MANAGING MENTAL HEALTH

Click here for more information and to book your place.
<https://www.teessidemind.org.uk/how-we-can-support-you/our-services/workplace-wellbeing/free-webinars>



Networking Opportunities



Breakfast Network Meeting 10th June: Hope Networking Breakfast

It is a great opportunity to meet some of our staff, hear about our services and promote your organisation too, in a relaxed informal environment. You'll also be provided with a choice of delicious breakfast items prepared in our cafe. Meetings start at 8am - 9am so what a brilliant way to start your day.

Please sign up on using this link:
Hope Breakfast invitation and menu

We look forward to meeting up with you again soon.

'CLICK HERE TO BOOK'

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

Join us on Monday 16th June

Middlesbrough Mental Health Collective's Netwalking event



Stewart Park, Middlesbrough

Monday 16th
June 2025,
9 to 10am

Join us for a 'netwalking' event at Stewart Park, Middlesbrough, on Monday 16th June 2025, from 9 to 10am.

The event combines networking with outdoor activities.

Enjoy free parking at Stewart Park and meet us at the car park bright and early.

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



Teeswide Training Hub

Let's Connect have the following fully funded SafeTALK courses available, to book a space please email twth@letsconnect-eng.co.uk or call Lewis / Claire on 01429 269303.



SAFETALK

Fully funded courses



SafeTALK is a four-hour training that equips people to be more alert to someone thinking of suicide and better able to connect them with further help by using a simple yet effective model

Friday 27th June 2025 1pm-4.30pm at Middlesbrough

Tuesday 16th September 2025 1pm-4.30pm at Stockton-on-Tees

Friday 6th Feb 2026 1pm-4.30pm at Redcar

Supported Self Help

Do you know someone who is waiting for talking therapies? This brief intervention might help whilst they wait!

Are you coming to an end of support with someone and they want to learn more about themselves?

If the answer is YES, then the answer might be Supported Self Help!

If you could spare a few minutes, having a look at the presentation or have a look at the video. It's easy to refer. It's online and the person can book their own time slot for their first appointment.

If you have any queries, please speak with Amy or Lisa by contacting them on @SSH

Please share with colleagues from other services.

https://youtu.be/zVFQ605nutc?si=KFk_JZxaEe8GV5_Q