



Mental Health in the Workplace

Welcome to your March 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.

March – May 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.



10th March – Supporting survivors of sexual violence

Facilitated by: Kerri Brems, Arch Teesside

Sexual violence is traumatic. Learn how Arch Teesside are supporting survivors and how you can access help and support for them.

Booking Link: [CLICK HERE](#)

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](#)

Dates for:
2026

10th March
14th April
12th May
9th June
14th July
11th August
8th September
13th October
10th November
8th December

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

Meeting the overlooked needs of carers

Carers are individuals who provide unpaid care, support, and assistance to family members, partners, or friends who cannot manage without help due to illness, frailty, disability, or addiction. They often manage daily tasks like cooking, cleaning, and personal care, sometimes 24/7.

Monday 11th May: Carers Awareness: 11.00 – 12.30
Come along to this lunchtime session to find out more about how to support people to recognise that they are carers and what support is available for them.

Facilitated by: Susan Lee & Lucy Coleman

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



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@teesidemind.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