

August, 2024



# Learning Together Prospectus

## Welcome

Thanks for attending our Learning Together sessions in 2024 which were delivered by VCS experts, covering diverse topics and sparking engaging discussions.

Future sessions from August to October will be led by external organisations, and we would love to see you!



**All sessions in 2024 will be on the 2nd Tuesday of the month from 2.30 – 4.30pm in the Community Hall at The Mind Centre, Lothian Road, Middlesbrough, TS4 2QX.**

Reserve your place on the Teesside Mind booking site by clicking the active link below the session.

### **The impact of poverty and food poverty**

(Rearranged session)

*On August 13th*

Presented by: The Hope Foundation and Partners

Explore the impact of poverty, food poverty and the support available.

[Book your place.](#)

### **Sexual violence and managing disclosure, part 2**

*On September 10th*

Presented by: Arch Teesside

Learn more about sexual violence, its impact and the support available.

[Book your place.](#)

### **Recovery Ally Training, part 2**

*On October 8th*

Presented by: Recovery Connections

Complete the training to become a recovery ally.

[Book your place.](#)

### **Mental Health Secondary Care Services**

(additional session organised by Teesside Mind and TEWV)

*On September 17th*

Presentation on secondary care services in the Community Hall. Referral processes, community transformation, and collaborative interventions with other services and organisations will be discussed.

[Book your place.](#)

## 2024 Course dates

13th August

10th September

8th October

12th November

10th December

2025 Course Dates: 14th January, 11th February, 11th March



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

# Breakfast Network Meeting

## 20th of August: Hope Networking Breakfast



**Join us at the Breakfast Network Meeting** at 8am on Tuesday, August 20th, to connect with various people, businesses, and organisations offering support in Middlesbrough.

The event will be held at The Hope Foundation, Hope House, 1 Grange Road, Middlesbrough, TS1 5BA.



**Next Breakfast Network Meeting: 20th August, 8 to 9am**

Please sign up using this link: [Hope Breakfast Invitation and Menu](#)

## Community learning

**Within our organisation and the broader community, there is a wealth of training opportunities. Our partners are providing their prospectus and open sessions to all members of the Middlesbrough Mental Health Collective and partner organisations.**

### Youth Focus North East

Jodie Foster leads training for the Royal Society of Blind Children, focusing on working with visually impaired youth. The 3-hour sessions, held every 4 weeks, offer accreditation from SEG. The sessions are scheduled from 10:30am to 1.30pm or 5.00pm to 8.00pm.

Upcoming dates occur on Thursday's, including: 8th August, 5th September, 3rd October, 31st October, 28th November.

Please sign up at the link: [Youth Focus North East Sessions](#).

Customized sessions are available for groups by contacting Jodie at [jodie@youthfocusne.org.uk](mailto:jodie@youthfocusne.org.uk) or 07592 901138.

### Change, Grow, Live

Change, Grow, Live offer monthly training sessions that are free with no limit on numbers. Each session lasts one hour and can be accessed at the links below:

**Nature of Addiction:** a look at how people can become addicted to substances and the unseen challenges they face. Book on [25th of September](#).

**Service overview and treatment:** a look at what Change, Grow, Live offer and a look at substitute prescribing. Book on [30th of October](#).

**Drugs of concern:** a look at the drugs that cause the most harm in our communities. Book on [27th of November](#).



## Free fuel poverty training for health and social care practitioners (CPD-certified)

FREE fuel poverty training for health and social care practitioners (CPD-certified). This short course will equip you to identify and help households whose homes may be too cold for their health and well-being. It specifically responds to the recommendations of NICE Guideline 6 regarding the roles of health and social care practitioners in mitigating the health risks from cold homes. It will cover:

- Identifying people at risk of ill health from living in a cold home
- Making every contact count by asking people about keeping safe, warm and well at home
- Helping people whose homes may be too cold, including signposting for further support



For more information, please contact Kate by emailing [kate@yorkshireenergydoctor.org.uk](mailto:kate@yorkshireenergydoctor.org.uk) or calling 07738 818391



C.I.C.

Please join us to deliver

## Collective action for mental health

- Understand advancements in Community Mental Health Transformation across organisations
- Build networks to inform future service developments and a community led approach to better mental health



Calling all frontline staff and managers

Date: 30th September 2024

Time: 9.30am – 2pm

Venue: AV Dawson Ltd, Middlesbrough, TS2 1LE

Scan here

