

November, 2024



Learning Together Prospectus

Welcome

We hope that you can join us for a special session in November that will be delivered by service users who are sharing the benefits of service involvement, improvement and development.

If you have any suggestions for training sessions in 2025, please let me know.



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.

Involving People: getting service user involvement right

On November 12th

Facilitated by: CMHT Co-production Group

Hear from service users about the importance of being involved in co-production and how to get it right.

[Book your place.](#)

Understanding The Unique Experiences of Veterans

On December 10th

Facilitated by: Dr Sarah Troughton, Psychiatrist

Gain insight into the needs of veterans and the best approach to supporting them.

[Book your place.](#)

Autism, Emotional Regulation & Mental Health

On January 14th

Presented by: Rachael Smith, Autism and Suicide Prevention Service Manager

Explore the impact of autism on emotional regulation and its connection to mental health challenges.

[Book your place.](#)

2024 Course dates

12th November 10th December

2025 Course Dates: 14th January, 11th February, 11th March, 8th April, 13th May, 10th June, 8th July



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

Breakfast Network Meeting

19th of November: Hope Networking Breakfast



Join us at the Breakfast Network Meeting at 8am on Tuesday, November 19th, 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: 19th November, 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: 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 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:

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





North East Personalised Care and Support Planning for people experiencing mental health issues

This FREE training on Tuesday, November 19, has been co-designed to enhance the confidence, knowledge, and skills of frontline staff, enabling them to adopt a holistic, biopsychosocial approach to assessment and care planning.

Please note that spaces are limited, so we encourage you to register early via [Eventbrite](#).

Bipolar Awareness Training

Join North East Youth Alliance on Wednesday, December 11, from 1 pm to 3 pm at Middlesbrough Municipal Golf Centre (TS5 7YZ) for an insightful Bipolar Awareness Training course led by an expert by experience. Gain a deeper understanding of Bipolar Disorder, its symptoms, and ways to reduce stigma. Reflect on personal and professional approaches while learning from real-life experiences.

[Book your place today!](#)



**NORTH EAST
YOUTH ALLIANCE**

Join Arch Fest: An Activism Against Gender-Based Violence Event in Teesside

On Saturday, November 23, Arch Fest will invite survivors, friends, allies, and professionals to take part in a walk from the entrance of Middlesbrough Town Hall at 3 PM, proceeding along to the Teesside Crown Court, passing by the library and fountains, and concluding at the Courtyard Entrance for the Old Fire Station.

From there, the event will feature music, speakers, and provide an opportunity to shine a light on the power of survivorship, uniting in the UN and global campaign, 16 Days of Activism against Gender-Based Violence and demonstrating the strength found in recovery.

For further information about ARCH Fest, contact Kerri at k.brems@archteesside.org

