

NEWSLETTER

New Year, New Opportunities At Tees Valley Women's Centre



Happy New Year from everyone here at Tees Valley Women's Centre! As we move into 2025, we remain committed to empowering women and creating opportunities. Last year, together with our partners we have delivered 74 educational/vocational courses, empowering women to gain confidence, skills and independence. 3891 women have accessed the centre, whether it's been on courses, welfare advice, employability or help and support, the centre continues to be a place of support, listening and opportunities for women who need us most. Here's to another year of growth, support and education!

Festive Fun at TVWC

Christmas came to TVWC with a whole host of activities throughout December, the highlight being our annual Christmas Lunch. We hosted a wonderful afternoon celebrating with our friends and volunteers. It was the perfect way to celebrate the year and say thank you to ladies who give so much support to the centre. What an amazing event, with our volunteers cooking a fabulous Christmas Lunch for 60 people. Everyone had a lovely time, with lots of fundraising for the centre with a raffle, tombola and games. We want to say a huge thank you to everyone who made this possible with their kind donations, Donations such as these give a huge boost to us and help us continue our work supporting the women of Tees Valley!



We also had a very special surprise for Kally at our Christmas Lunch at TVWC, Clare Liversidge from Karbon Homes came along to present a special Community Star Award, that she was nominated for and so thoroughly deserved to win. Nominated for all the incredible work she does for TVWC, Kally also volunteers on our management committee to achieve what's best for the women throughout the Tees Valley, she is a driving force within the organisation working closely with the staff and centre users. Without all of the incredible volunteers, management team and staff, Tee's Valley Women's Centre just wouldn't be able to run and achieve the incredible work that it does. Thank you Kally!

Our 'Star' Kally!

A BIG THANK YOU!



Thank you to North Durham Academy for this amazing donation of toys! They were distributed to the children who attend our nursery and gave families in need some wonderful Christmas gifts.



Thank you to Dogger Bank C, Onshore Converter Station at Wilton for their kind donation of 100 selection boxes, which were given out to women and children attending the centre over the festive period.

All Aboard The NHS Melissa Bus

Tees Valley Women's Centre was the stop for the NHS Melissa Bus in January. The day was a great success with 29 Health MOTs carried out over the course of the day! The NHS Melissa Bus is a fantastic way to bring accessible health and wellbeing checks to the local community, and these quick, free checks can help people stay on top of their health and catch any early signs of potential issues.



PODIATRY CLINIC WEDNESDAY 26TH FEBRUARY 9.30AM - 11.30AM

Female Podiatrist will be visiting Tees Valley Women's Centre on a monthly basis to provide a range of footcare services. Pop into the centre tomorrow between 9.30am and 11.30am.

CONTACT US ON 01642 296166

Tees Valley
Women's Centre



Tees Valley
Women's Centre
LAWM
SOLICITORS

LAW CLINIC

WEDNESDAY 19TH FEBRUARY

Tees Valley Women's Centre
Contact us on 01642 296166 to make an appointment.

Specialist legal support & advice in partnership with Appleyby Hope & Matthews Solicitors.

PARENTAL CONTACT
 MEDIATION
 DOMESTIC ABUSE
 CHILD PROTECTION

CONTACT US
01642 296166

WOMEN'S SEXUAL HEALTH CLINIC

MONTHLY DROP IN SESSION
11.00am - 1.00pm
NO APPOINTMENT NEEDED

NEXT SESSION
WEDNESDAY 12TH FEBRUARY

- ✓ Sexual health support & advice
- ✓ Contraception including long-acting contraception (LARCS)
- ✓ Cervical smear testing
- ✓ Menopause support & advice
- ✓ Full STI screening

CONTACT US
01642 296166

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Tees Valley Women's Centre

Tees Valley Women's Centre

EMPLOYABILITY COFFEE MORNING

Tuesday 18th February

Tees Valley Women's Centre

10.00am - 12.00pm

Pop down for an informal chat with Thirteen Employability Service to find out more about how they can support you into education, employment and training.

Employability Service

Employment Support and Training

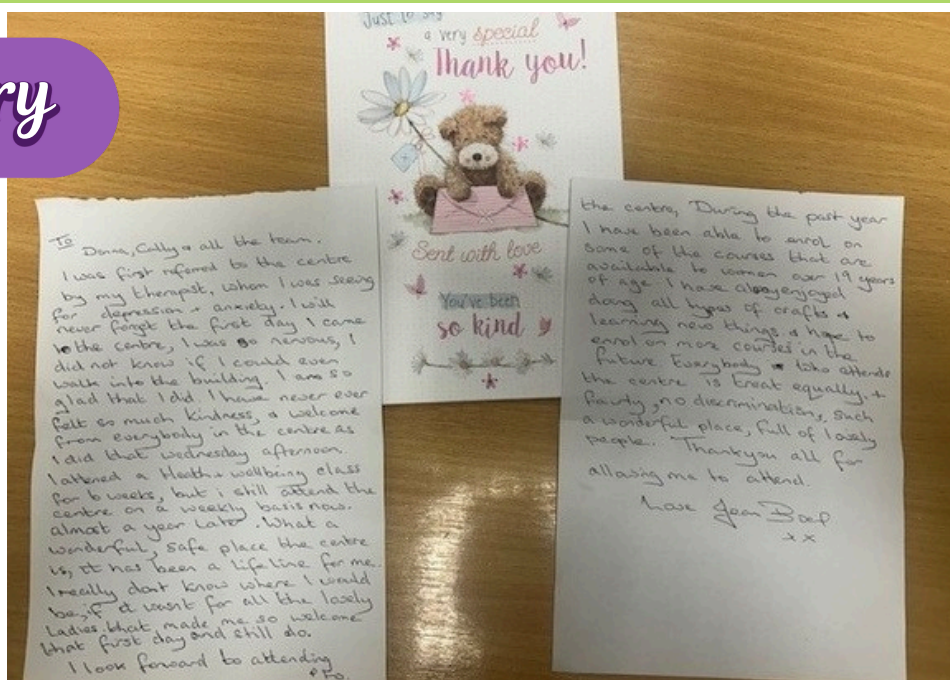
UPCOMING COURSES AT TEES VALLEY WOMEN'S CENTRE

- * COUNSELLING SKILLS LEVEL 2 - WEDNESDAY 12TH FEBRUARY 12.00PM - 3.00PM
- * BUDGETING/MONEY MANAGEMENT - TUESDAY 4TH MARCH 12.30PM - 2.30PM
- * FLOWER ARRANGING - MONDAY 3RD MARCH 12.30PM - 2.30PM
- * ART FOR WELLBEING - TUESDAY 4TH MARCH 9.30AM - 11.30AM
- * ESSENTIAL SKILLS - FOOD SAFETY, FIRST AID & MANUAL HANDLING - DATE TBC
- * INTRODUCTION TO SIGN LANGUAGE - TUESDAY 12.30PM - 2.30PM DATE TBC

CONTACT US ON 01642 296166 TO ENROL

Jean's Story

Jean attended Tees Valley Women's Centre when she was referred by a social prescriber, here in this lovely letter she gives us an insight into her experience and the positive impact it has had on her life.



Celebrate **International Women's Day** **at**

Tees Valley
Women's Centre

Thursday 6th March
10.00am - 2.00pm

📍 Upper Albion Street, South Bank, TS6 6XG

Stalls and services on the day:

- ★ Thirteen Employability
 - ★ Citizens Advice
- ★ Eva Women's Aid (Domestic Abuse Advice)
 - ★ Arts & Crafts
- ★ Healthy Heart Checks
 - ★ College Providers
- ★ Relaxation Techniques Workshop
 - ★ Cake Stall
- ★ Beauty Demonstration

Refreshments Available

Come along and celebrate with us!



Supporting

International Women's Day

#IWD2025 #AccelerateAction