

# NEWSLETTER

**Tees Valley**  
Women's Centre

## Stepping into Summer at Tees Valley Women's Centre



As we get ready to step into Summer at Tees Valley Women's Centre, we are nearly half way into 2025. Looking back at the year so far and the many accomplishments of our amazing ladies, the centre continues to go from strength to strength..

We thank everyone who's been there to support us along the way!



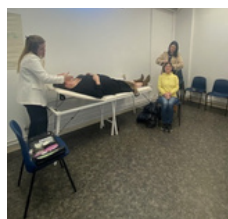
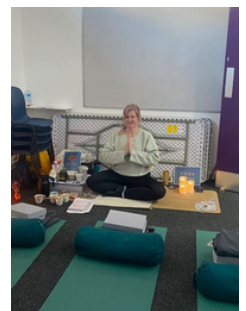
## International Women's Day – March 2025

What a wonderful day at Tees Valley Women's Centre celebrating International Women's Day 2025 with all the incredible ladies in our community!

Thank you to everyone who came along to join us and all of the special friends of the centre who contributed to make the day such a huge success.

Thirteen Group Employability Service, Citizens Advice Redcar & Cleveland and Eva Women's Aid for their specialist advice and support, our wonderful Yoga specialist who provided some relaxation techniques workshops throughout the day, the ladies from Learning Curve Group who treat the ladies to some lovely hair and beauty treatments, the 'Healthy Heart' practitioners from Health Innovation, there to give valuable health advice and checks. And of course a HUGE thank you to all of the staff and volunteers for all their hard work and support organising the day and working so hard to make it such a brilliant event! As you can see from the pictures it was a fantastic celebration and we welcomed so many local women through our doors to experience the centre.

The perfect way to celebrate International Women's Day at Tees Valley Women's Centre and all the wonderful ladies in our community!



International  
Women's Day

**A BIG  
THANK  
YOU!**



We want to say a huge thank you for the wonderful food donation from The Complete Food Group in Middlesbrough. They kindly donated some delicious food from their range to cater for our International Women's Day celebration. We were delighted to be able to show them around, when they came to make the delivery, and explain all the activities and support services we offer to the women of Tees Valley.

We can not thank them enough for their generosity, gestures such as these from local businesses and supporters of the centre give us such a boost in the services and events we organise for the local community.

The Easter bunny came to visit with some delicious treats for the nursery children at Tees Valley Women's Centre!

We want to say a huge thank you to Barbie Potts and Abigail Potts for their amazing donation of Easter eggs for our children at Tees Valley Women's Centre. Donations like these are an amazing boost to us and help us continue our work supporting the women of Tees Valley! And you can see from the smiles on the children's faces, just how much it means to them.



## A Visit from BBC Radio Tees' Amy Oakden

We welcomed Amy Oakden from BBC Radio Tees down to Tees Valley Women's Centre to have a look around and show her the wonderful things that happen here! Donna Middleton, our Centre Manager spoke to Amy about the services and support for women in the community.

Amy Oakden spoke to some of the special ladies from our centre and learnt about their experience and how it is such an important place in their life.

Michelle spoke of the educational journey she has embarked on thanks to the centre, after completing an access course she successfully applied and gained a place at Teesside University to become a palliative nurse, and was successful in gaining a position at Teesside Hospice, incredibly as a busy mum of 6.

Jean was directed to the centre by a social prescriber at an extremely difficult point in her life. She explains how it has been a lifeline for her and had such a positive impact on her life.

Thank you BBC Radio Tees for giving us the opportunity to talk about Tees Valley Women's Centre and the inspirational journeys these incredible ladies have been on with us.



Have a listen to the interview [here](#).

## Our Teesside Hero!

We had some very special visitors to the centre in April, who came along to give one of our volunteers a big surprise!

Jenny Williams from The Teesside Charity & Lee Elgie from their patron Gallagher, came along to present Barbara with her Teesside Hero Award for all the time and support she gives to Tees Valley Women's Centre through her volunteering.

Barbara volunteers 2 days a week here, where she helps build confidence in women entering the services and supports them while cooking and teaching them new skills. Her work here is life-changing for women facing challenges such as unemployment, low income, mental health issues and domestic violence.

Barbara plays a vital role in ensuring women feel welcome, safe and understood in the centre, offering compassion, emotional support and her time and resources. Her selfless dedication uplifts other women, empowering them to reach their full potential.

Donna Middleton, Centre Manager, said of her nomination, "The centre truly couldn't function without Barbara. Whether she's helping with cooking meals for the women, teaching them to bake, restocking our Eco shop or providing support to the women who come into the centre, her contributions are invaluable and she's an incredible support to the staff here as well."

Alongside the award that was given to Barbara, there was also a £1,000 donation by The Teesside Charity, which Barbara of course chose to donate to Tees Valley Women's Centre to help us continue with our mission.



Thank you The Teesside Charity for such a special award to celebrate our wonderful volunteer Barbara and for the generous donation.





## Inspiring Women Awards – Redcar & Cleveland

We were so incredibly proud when Katie Coates was chosen as the winner for the **'Inspiring Others' Award at the Inspiring Women Awards – Redcar & Cleveland Ceremony.**

Katie first came to Tees Valley Women's Centre at the age of 18 having recently had her son and not being able to complete her A-Levels. She enrolled on the Teaching Assistant Level 2 course, with the additional support of the TVWC creche and facilities, she managed to successfully complete the course and gain employment from her placement school. Katie continued her training and her career has gone from strength to strength, now working as Student Engagement Manager of North Durham Academy. This is all achieved through all her own hard work and dedication, however we are proud she feels the centre gave her the support she needed throughout this journey. Katie has gone on to be a member of Tees Valley Women's Centre management committee, providing vital support and resources for our staff, volunteers and the ladies who attend. Katie joined the committee as a way of giving back and helping other women in similar circumstances to her.

We are so proud of everything Katie has achieved and given back, she is a true inspiration for us all, and we are delighted she was chosen from all those nominated to receive this thoroughly deserved accolade.

## CURRENT COURSES AT TEES VALLEY WOMEN'S CENTRE

|                        |                                 |                  |               |
|------------------------|---------------------------------|------------------|---------------|
| READY, STEADY, COOK!   | Thursday 8 <sup>th</sup> May    | 12.30pm – 2.30pm | 4 weeks       |
| SUMMER CRAFTS          | Monday 19 <sup>th</sup> May     | 12.00pm – 2.00pm | 6 weeks       |
| SUMMER CRAFTS          | Tuesday 20 <sup>th</sup> May    | 9.30am – 11.30am | 6 weeks       |
| JEWELLERY MAKING       | Tuesday 20 <sup>th</sup> May    | 12.30pm – 2.30pm | 6 weeks       |
| CHAIR BASED YOGA       | Tuesday 3 <sup>rd</sup> June    | 3.00pm – 4.00pm  | 7 weeks       |
| MAT YOGA               | Thursday 5 <sup>th</sup> June   | 3.00pm – 4.00pm  | 7 weeks       |
| SEWING GROUP           | Thursday 5 <sup>th</sup> June   | 9.30am – 11.30am | 8 weeks (£25) |
| MAKATON LEVEL 1        | Wednesday 18 <sup>th</sup> June | 9.30am – 11.30am | 6 weeks       |
| WRITE TURN             | TBC                             | TBC              | TBC           |
| DIGITAL COMMUNICATIONS | TBC                             | TBC              | 4 WEEKS       |



## BEYOND HOUSING JOB CLUB

MONDAY 2<sup>ND</sup> JUNE, 23<sup>RD</sup> JUNE & 30<sup>TH</sup> JUNE 11.00AM – 1.00PM

- JOB SEARCH
- CV
- APPLICATION FORMS
- INTERVIEW PREPARATION

## CONFIRMED COURSES FOR SEPTEMBER 2025

- ACCESS TO HIGHER EDUCATION. FOR HEALTH
- ACCESS TO HIGHER EDUCATION FOR EDUCATION
- ACCESS TO HIGHER EDUCATION FOR LAW AND BUSINESS
- EARLY YEARS PRACTITIONER DIPLOMA
- ENGLISH AND MATHS FUNCTIONAL SKILLS
- MAKATON LEVELS 1 – 4 PROGRESSING
- FLOWER CRAFT
- AUTUMN CRAFTS

## TEES VALLEY WOMEN'S CENTRE

Helping to support the well being of local women & improve their quality of life by supplying one to one support, advice & guidance, training and education, and employment opportunities, in a safe environment



### CLINICS & ADVISORY SERVICES

- Law Clinic
- Employability Service
- Women's Health Clinic
- Podiatry Clinic
- Debt Advice



### EDUCATION & COURSES

Maths & English Functional Skills  
Access to Health  
Access to Education  
Teaching Assistant Level 2 & 3  
Essential Skills in Health & Safety  
Counselling Skills  
Introduction to Sign Language

Cooking on a Budget  
Cake Baking  
Arts & Crafts  
Flower Arranging  
Sewing  
Yoga  
Makaton Levels 1-4

(Most course eligibility is women, aged 19+ living in Tees Valley, contact us to find out more.)



### COMMUNITY & SOCIAL EVENTS

Warm Welcome Wednesday  
Coffee Mornings  
Christmas Events

Fundraising  
International Women's Day Celebration  
Holidays & Festival Events

**"PROVIDING A WARM,  
WELCOMING, SAFE SPACE  
FOR WOMEN OF OUR  
COMMUNITY"**

### CONTACT US TO FIND OUT MORE

☎ 01642 296166

✉ [reception@tvwc.org.uk](mailto:reception@tvwc.org.uk)

📘 [facebook.com/teesvalleywomenscentre](https://facebook.com/teesvalleywomenscentre)

**Monday – Thursday 8.30am to 4.30pm**