## NEWSLETTER



## **Start Something New This September!**



Welcome to the latest update from
Tees Valley Women's Centre!
September sees the start of many
new courses and opportunities
designed to support and empower
women in our community. Whether
you're looking to gain new skills, build
confidence, or take a new step in your
journey, there's something for
everyone.



## New Courses, New Opportunities at Tees Valley Women's Centre

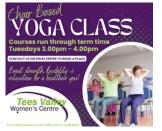
Tees Valley Women's Centre has launched an exciting new programme of courses for the September 2025, continuing our mission to empower and support women across the Tees Valley.

We're offering a wide range of educational, vocational, and wellbeing courses designed to help women build confidence, develop new skills, and take positive steps toward employment, further education, and personal growth. Highlights of the new timetable include:

- Access to Higher Education Diplomas in Health, Education/Humanities, and Law & Business
- Level 2 Courses in Early Years, Teaching Assistant,
   Counselling, and Understanding Domestic Abuse
- Creative and Wellbeing Opportunities such as Autumn Crafts, Sewing Groups, Yoga, and Chair-based Yoga
- Essential Skills Courses including English and Maths Functional Skills, Digital Communications, and Safety Training

These courses are free and open to women aged 19+ living in the Tees Valley. As always, we value the continued support of our partners and stakeholders who help us make these opportunities accessible to those who need them most. Together, we can continue to create pathways to brighter futures for women in our community.











## New Nursery Space at Tees Valley Women's Centre

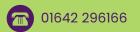
We're excited to unveil the new nursery space for Tees Valley Tots, created in response to growing demand following the government's expansion of 30 hours free childcare for babies from 9 months old. Our on-site nursery is a key part of the support we offer, and plays a vital role in helping women access education and opportunities. Free childcare is available for all women enrolled on our courses. This removes one of the biggest barriers to learning and allows local women to focus on their personal development, knowing their children are cared for in a safe, nurturing environment just steps away.

The nursery is more than a facility—it's central to our mission of supporting women to learn, grow, and thrive. ♥















Every woman's journey is unique, and we're proud to celebrate the incredible achievements of those who have taken steps toward positive change through our Centre. From gaining qualifications to rebuilding confidence, these inspiring stories show just how powerful support, determination, and community can be.

#### From delivering dreams... to delivering babies."

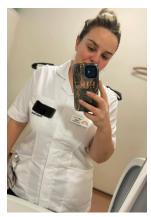
Meet Emily Golden — a proud mum, a determined student, and now, a future

Emily's journey started right here at Tees Valley Women's Centre, when she made one bold decision: to return to education after time away, and pursue a career in healthcare. She enrolled on our Access to Higher Education (Health) course — and the rest, as they say, is history.

Fast forward two years, and Emily has just finished her second-year placement as a student midwife. She's supported countless women and brought 20 beautiful babies into the

"I've been bone tired. I've missed my own babies. But I wouldn't change a thing." It hasn't been easy. There have been challenges, sacrifices, and long nights. But Emily's drive and resilience have carried her through - and we couldn't be more proud to have been part of her story.

"Tees Valley Women's Centre gave me the chance to start this journey. Without that support, I don't know where I'd be."



#### Support, Strength & Success: A Nursing Journey Made Possible - Kelly Briggs' Story

What began as short courses in cake making and cooking turned into a life-changing journey for one of our incredible learners, Kelly Briggs. As a stay-athome mum seeking personal and professional growth, she found the confidence to step out of the house and into the supportive environment of Tees Valley Women's Centre.

Despite the challenges of dyslexia and past struggles in education, she completed our Access to Higher Education Health Course with the guidance of her tutor, Liz, and the encouragement of the Centre. Today, she's just four months away from qualifying as a registered Adult Nurse—a goal she once thought impossible.

"With determination and the right support, anything is possible. If I can do it, so can vou."

We're so proud to be part of her journey, and we celebrate her strength, perseverance, and success.

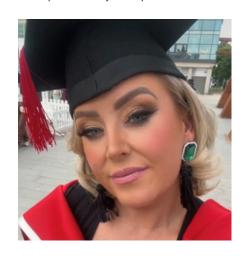
#### Kay's Story: From Surviving to Thriving

Every success story at Tees Valley Women's Centre starts with courage—and Kay Bennions is a shining

Kay came to us during a difficult time in her life, struggling emotionally and financially as a single parent with no qualifications. She took the brave first step to enrol in English and Maths courses at the Centre, where she found not only education, but a supportive community, childcare, and the belief that she could rebuild her future.

Since then, Kay has gone on to achieve a First Class Honours degree in Biomedical Science and a Master's in Advanced Biomedical Science from Teesside University. Her journey is a powerful reminder that with the right support and determination, transformation is possible. Today, Kay is preparing to write a book and is watching her daughter follow in her footstepsstudying Law at university, inspired by her mum's resilience and strength.

"Funding places like this doesn't just help women gain qualifications. It creates real, lasting change that ripples through families and generations. I'm living proof of that. And so are my children." We are incredibly proud of Kay and honoured to have been part of her journey.



## **Local Support Making a Lasting Impact**

We are incredibly grateful to the Teesworks Benevolent Foundation for their continued generosity and support of Tees Valley Women's Centre.

Thanks to a recent £2,000 donation, we've upgraded the furniture in our two main training rooms—key spaces where women come to learn, grow, and build confidence. The new tables and chairs have already improved the comfort and quality of our learning environment.

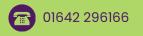
The Foundation has also generously provided Middlesbrough FC match tickets to women and children in our community, offering special experiences that help build memories and a sense of belonging.

















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## Celebrating the Tees Valley Tots Class of 2025!

We were thrilled to celebrate the graduation of our youngest learners from Tees Valley Tots Nursery! The Class of 2025 donned their caps and gowns for a special ceremony, marking an important milestone in their early learning journey.

These bright and cheerful children have grown so much during their time with us, developing essential skills and making lasting friendships in a warm, supportive environment.

Congratulations to all our little graduates — we're so proud of each and every one of you and can't wait to see what the future holds!

### Contact Tees Valley Tots on 01642 296166 for further information

# A Heartfelt Thank You to Wates Group & SES Engineering Services for Nursery Renovation Project

At Tees Valley Women's Centre, we're incredibly grateful to Wates Group and SES Engineering Services for their generous support in transforming our Nursery Toilet facilities.

Over the past two weeks, our nursery has undergone a full refurbishment, including:

- A complete strip-out of the old facilities
- Brand new toilets, cubicles, and cupboards
- Updated plumbing systems
- A fresh, bright coat of paint

The result is a clean, modern, and child-friendly space that will benefit the children, staff, and families who use our nursery every day.



A special thank you to Chris Morris from Wates Group, who managed the project and coordinated everything to the highest standard.

Wates and SES have long supported Tees Valley Women's Centre, and this project is another testament to their commitment to giving back. Their continued partnership helps us create safe and welcoming spaces for the families we serve. From all of us — THANK YOU!

## **PROUD TO BE DEMENTIA FRIENDLY**



We were proud to welcome the team from Dementia Action Teesside to Tees Valley Women's Centre for an insightful and engaging dementia awareness session.

The session covered everything from spotting the early signs of dementia to understanding the support available helping our community feel more informed, prepared, and empowered.

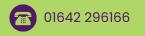
At Tees Valley Women's Centre, we're committed to supporting women's wellbeing through education, inclusion, and practical support. Hosting sessions like this is part of how we strengthen our community and make sure no one feels they have to face challenges alone.

We're delighted to now be recognised as a part of the Dementia Friendly Middlesbrough and Redcar and Cleveland network — and look forward to continuing this important work together.

Together, we can raise awareness, reduce stigma, and support those living with dementia and their loved ones.















## A Day of Yoga, Wellbeing & Connection

We're still basking in the afterglow of our recent Yoga & Wellbeing Retreat Day, held here at Tees Valley Women's Centre – and what a truly uplifting experience it was!

The day offered a peaceful space for women in our community to unwind, reconnect with themselves and others, and focus on their overall wellbeing. It was a beautiful reminder of the power of taking time out to rest, reflect, and recharge.

#### The retreat featured:

- A calming and accessible yoga session
- A deeply relaxing sound bath
- Fun and mindful creative crafts
- A delicious, healthy lunch shared in great company
- And of course, our popular goody bags, which brought smiles all round!

A heartfelt thank you goes to Pam, whose dedication and warmth helped create such a welcoming atmosphere, and to everyone who attended and contributed to the positive energy of the day.

At Tees Valley Women's Centre, we're passionate about supporting women's wellbeing – physically, mentally, and emotionally. Events like this are at the heart of what we do, helping to reduce isolation, boost confidence, and strengthen the bonds within our community. We're already looking ahead to future wellbeing events and retreats – so be sure to stay connected with us for updates!









