



# TEES VALLEY WOMEN'S CENTRE

**'Empowering women through training,  
employment opportunities & welfare  
advice.'**



**Tees Valley Women's Centre**  
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# ABOUT TEES VALLEY WOMEN'S CENTRE

Tees Valley Women's Centre began in 1987 when a group of women in South Bank came together to improve life for local women. With support from The Children's Society, they identified community needs and worked to create a dedicated women's space. In 1991, South Bank Women's Centre opened, growing into a pioneering grassroots organisation offering training, advice and opportunities for women.

**We support women through:**

- One-to-one advice, guidance and support
- Education, training and employability pathways
- Childcare provision removing barriers to learning
- Access to specialist advice and partner services

Tees Valley Women's Centre provides a one-stop service for women in a safe, non-judgemental environment, supporting them to improve wellbeing, build confidence and overcome barriers to education, employment and independence.



# WHAT WE DO

## Practical Support That Makes a Difference

The Centre provides a wide range of integrated services designed to support women both in the moment and for the long term. Women can access help with immediate challenges while also building skills and confidence for the future.

**Our services include:**

- »»» Advice, guidance and signposting
- »»» Accredited and non-accredited training courses
- »»» Welfare, housing and debt advice
- »»» Legal advice clinics
- »»» Domestic abuse support and referrals
- »»» Wellbeing and community activities
- »»» Eco Shop
- »»» Health Clinics

**Our open-door approach ensures women can access help when they need it most.**



# WHAT DRIVES OUR WORK

**Our mission is to empower women by providing choice, opportunity, knowledge and support in a safe and inclusive environment.**



**We believe women thrive when they feel respected, listened to and supported. Our women-only setting creates a calm and welcoming space where confidence can grow naturally. When we support a woman, the positive impact often extends to her children, family and wider community.**

## **Our core values:**

- **Equality, diversity and inclusion**
- **Dignity, respect and empowerment**
- **Partnership and collaboration**
- **Community-led support**

**We work across Tees Valley, in close partnership with statutory, voluntary and community organisations.**



# EDUCATION, TRAINING & OPPORTUNITY

## Learning That Changes Lives



Education is central to our work. Many women come to the Centre with disrupted education, low confidence or caring responsibilities that have limited their opportunities.

Through supportive learning environments and tailored pathways, women gain:

- Equality, diversity and inclusion
- Dignity, respect and empowerment
- Partnership and collaboration
- Community-led support

Each year, women progress from our courses into jobs, apprenticeships or university, creating lasting positive change for themselves and their families.



# TEES VALLEY TOTS

## Removing Barriers Through Childcare

Access to childcare is one of the biggest barriers preventing women from returning to education or training. Our Ofsted-rated Good nursery, Tees Valley Tots, is based within the Centre and plays a vital role in removing this barrier.

### WHAT WE OFFER >

- FREE ONSITE CRÈCHE PLACES FOR WOMEN ATTENDING COURSES
- FUNDED FREE CHILDCARE PLACES
- QUALIFIED EARLY YEARS STAFF
- INCLUSIVE PROVISION FOR CHILDREN WITH ADDITIONAL NEEDS

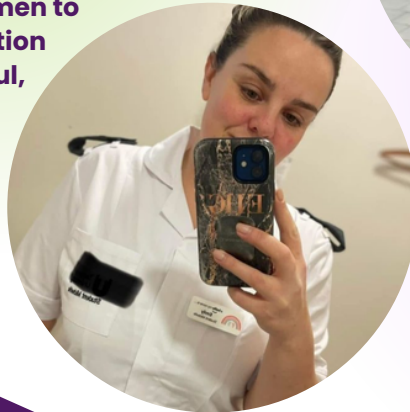
By providing trusted childcare, women can focus on learning while knowing their children are safe and supported.



# SUCCESS STORIES

When Emily first came to Tees Valley Women's Centre, she lacked confidence and felt unsure about her future. With encouragement from staff and access to supportive learning opportunities, she began to rebuild belief in herself. The Centre helped her explore education pathways and develop the confidence to return to study.

Emily is now working towards her goal of becoming a midwife, a career she once thought was completely out of reach. Her journey reflects how the Centre empowers women to reconnect with education and pursue meaningful, long-term careers.



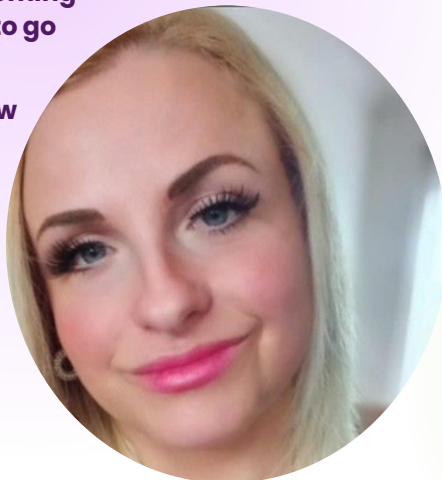
Kay came to Tees Valley Women's Centre during a difficult period in her life with no formal qualifications. With the support of the Centre, she returned to learning, completing GCSE-equivalent Maths and English before progressing to higher education.

Kay went on to achieve a First Class Honours degree in Biomedical Science and a Master's degree in Advanced Biomedical Science at Teesside University. Her journey shows how the Centre helps women overcome barriers, succeed academically and create positive change for themselves and their families.

Rebecca came to Tees Valley Women's Centre with a lifelong dream of working in healthcare but no formal qualifications and low confidence after leaving school early. Encouraged by her family, she enrolled on the Access to Health course while raising her three children.

With the support of tutors and Centre staff, Rebecca achieved Level 1 and 2 Maths and English, built her confidence and developed new skills. She is now starting university to study Operating Department Practice (ODP) – becoming the first in her family to go to university.

Her journey shows how the Centre helps women overcome barriers, achieve academically and transform their futures.



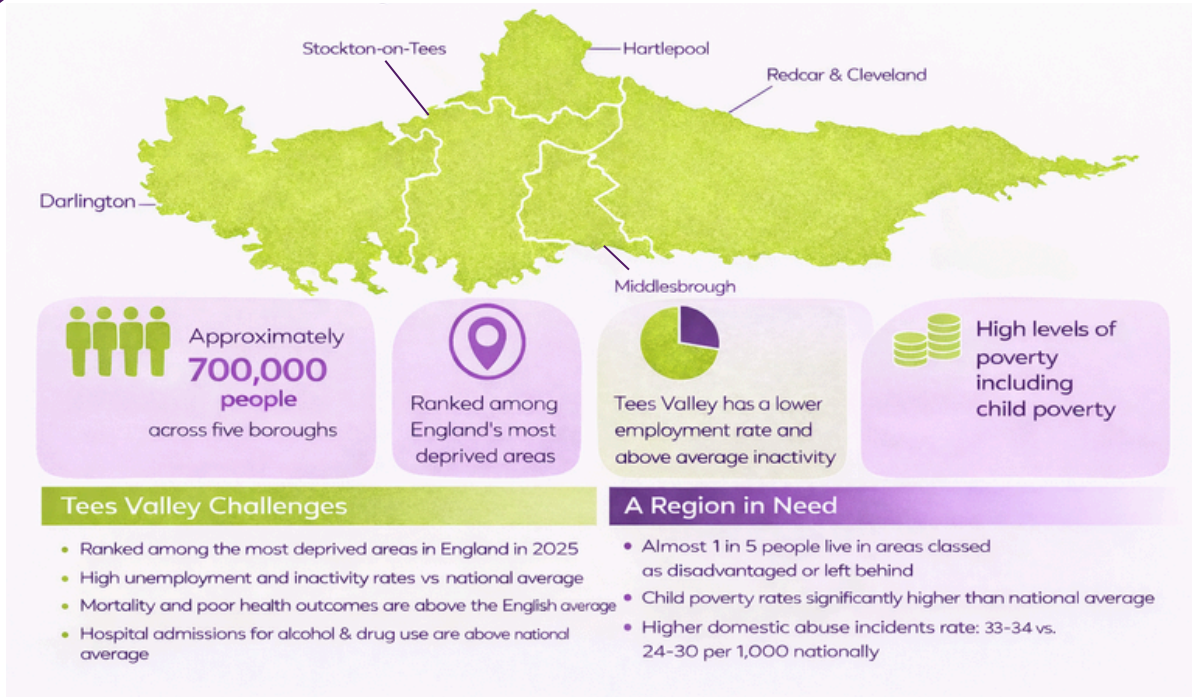
Katie first came to Tees Valley Women's Centre at 18 after becoming a young mother and being unable to complete her A Levels.



With support from the Centre, including access to the onsite crèche, she enrolled on the Teaching Assistant Level 2 course, completed her qualification and gained employment through her placement school.

Katie progressed and is now Head of Inclusion at North Durham Academy. She has since joined the Centre's Management Committee, giving back by supporting staff, volunteers and women facing similar challenges. Her journey highlights how the Centre helps women build sustainable careers, confidence and leadership while creating lasting community impact.

# WHY OUR WORK IN TEES VALLEY MATTERS



**This illustrates exactly why Tees Valley Women's Centre is needed in our community and highlights the challenges many local women and families face every day, and how our centre is here to offer support, opportunities, and a safe place to belong.**

**For nearly four decades, Tees Valley Women's Centre has supported women to overcome barriers, rebuild confidence and create better futures for themselves and their families. By providing a safe, supportive space and access to education, training and guidance, the Centre helps women unlock their potential and achieve lasting change. When women thrive, families grow stronger and communities become more resilient.**



## Working Together to Empower Women

**Tees Valley Women's Centre works in partnership with organisations and funders who share our commitment to empowering women and strengthening communities.**

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