

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 2026. 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!



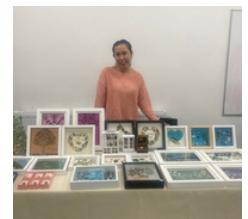
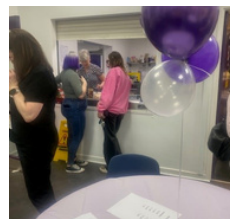
International Women's Day – March 2026

We were delighted to welcome so many women to Tees Valley Women's Centre to celebrate International Women's Day. It was a truly uplifting day filled with connection, creativity, and community – a wonderful way to honour the strength and achievements of women.

The centre was alive with conversation, laughter, and support, creating a warm and welcoming space where women could come together, share experiences, and celebrate one another. A heartfelt thank you to our fantastic stall holders, whose creativity and talent added so much to the day, and to everyone who delivered engaging activities and workshops.

We're especially grateful to ELM Alliance and MFC Foundation for providing valuable health checks and wellbeing support throughout the event. Finally, a special thank you to our incredible volunteers. Your time, energy, and dedication helped create such a positive and welcoming atmosphere for everyone who attended.

International Women's Day is about celebrating women, lifting each other up, and recognising the power of community – and this event truly reflected that spirit. Thank you to everyone who joined us and made the day so memorable.




International Women's Day

**A BIG
THANK
YOU!**



We would like to say a heartfelt thank you to Barbie Potts, Abigail Potts and family for their incredibly kind Easter egg donations once again this year. e for our children.

For the second year running, their generosity has helped ensure that every child in our nursery, Tees Valley Tots Nursery, receives an Easter treat, making this special time of year even more memorable. Your continued support and kindness truly means so much to us and our families – thank you for helping us spread smiles this Easter



We are very grateful to Middlesbrough Erimus Rotary for their generous support of Tees Valley Women's Centre. Following a recent event at Middlesbrough Golf Club, we were delighted to receive funding for a new panic button at the centre, helping to enhance safety and ensure women feel secure when accessing our services.

It was a great opportunity to share our work and connect with local supporters. Thank you to Middlesbrough Erimus Rotary for investing in the safety and wellbeing of women in our community – your support makes a real difference.

Empowering Women Through Education: Our Partnership with Atomix Educational Trust

Tees Valley Women's Centre is delighted to have its work recognised in a recent feature by Sass Media, highlighting the positive impact of its long-standing partnership with Atomix Educational Trust.

As part of this valued collaboration, Atomix has generously donated three laptops to support women attending courses at the centre. These devices are already helping to improve access to essential technology, enabling learners to work towards qualifications such as Functional Skills in Maths and English, as well as teacher training.

The centre's relationship with Atomix and Prior Pursglove College spans 18 years. Over this time, the partnership has supported many women to regain qualifications, train as teaching assistants, build confidence, and progress into further education, employment, and even university.

Access to practical support is vital to learners' success. Alongside education and training, the centre provides a welcoming and supportive environment, as well as access to childcare, helping women overcome barriers to returning to learning. The addition of laptops is already making a significant difference, particularly for those who previously relied on mobile phones to complete coursework.



Tees Valley Women's Centre remains committed to empowering women to take positive steps towards brighter futures and extends its sincere thanks to Atomix Educational Trust for its continued support and belief in the women it serves.

Finding Our Voices: New Sisterhood with Tees Women Poets



We're still feeling inspired after a recent New Sisterhood session at Tees Valley Women's Centre with Tees Women Poets.

This project brings women together to explore activism, share stories, and express creativity through poetry and conversation.

During one session, a participant shared a beautiful poem and kindly allowed us to publish it. Her words truly reflect the heart of the centre — a safe, supportive space where women can grow and feel empowered. Thank you to everyone in our community.



Celebrating Women Who Inspire – Kate Coates

We are incredibly proud of Kate Coates, who attended the Inspiring Women – Redcar and Cleveland Awards 2026 after winning the "Inspiring Others Award 2025." Representing Tees Valley Women's Centre, Kate joined a panel discussion alongside other inspiring women, sharing her journey from her early days at the centre to the life and career she has built today. She described the experience as both nerve-wracking and incredibly rewarding.

Her story is a powerful reminder of what can be achieved with the right support, confidence, and determination, and reflects the impact of the work we do every day. We are so proud of Kate and all she has accomplished.

CELEBRATING SUCCESS – Michelle Renton

At Tees Valley Women's Centre, we are proud of every woman who walks through our doors. Each journey is unique, and it's a privilege to support women as they grow in confidence, gain new skills and move towards brighter futures.

Michelle Renton's story is a powerful example of what can be achieved with determination, support and belief.

Michelle first joined the centre around eight years ago while balancing a busy life – working in care and raising six children. She came to develop her skills but found much more: a supportive community, connection with others, and a space to focus on herself. She also shared how much the centre supported her mental wellbeing and confidence.

Over the years, Michelle achieved a range of qualifications including Level 3 Health & Social Care, First Aid, Manual Handling, Food Hygiene, Maths and English Functional Skills, and her Access to Healthcare Diploma in Adult Nursing – which she passed with Distinction.



Although she had planned to go to university, Michelle instead applied for a role at a local hospice, a place close to her heart after losing her mam there three years ago. Today, she has been in that role for nearly 13 months and has secured a full-time permanent position – a job she is proud of and loves.

Michelle said:

"If it wasn't for Tees Valley Women's Centre, I wouldn't be where I am today... I have me back and I'm so happy."

We are incredibly proud of Michelle and everything she has achieved, and of every woman who takes that first step. Their journeys inspire us every day.

New Summer Term at Tees Valley Women's Centre

Tees Valley Women's Centre is pleased to introduce its Summer Term programme, offering a wide range of courses, wellbeing sessions, and specialist clinics for women across the Tees Valley.

From education and skills development to creative activities and health-focused sessions, the programme is designed to support confidence, wellbeing, and personal growth in a welcoming environment. A range of specialist clinics will also be available, providing access to professional advice and support.

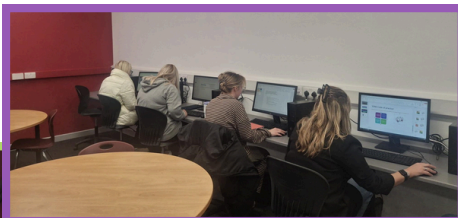
All sessions are open to women aged 19+ living in the Tees Valley. Whether you're looking to learn something new, improve your wellbeing, or connect with others, there is something for everyone this summer.

With the continued support of our partners and stakeholders, we're proud to keep creating accessible opportunities and pathways to brighter futures for women in our community.

Contact us on **01642 296166** for further information.

NEW SUMMER TERM COURSE TIMETABLE				Tees Valley Women's Centre	
MONDAY	Art & Craft Club	9.30am - 11.30am	Access to Higher Education for Health Professionals	9.30am - 2.30pm	
	Early Years Diploma	9.30am - 11.0am	Health & Wellbeing	12.15pm - 2.45pm	
	Law Clinic	13 th April, 25 th May, 22 nd June, 20 th July			
TUESDAY	Makaton	9.30am - 11.30am	English/Maths Functional Skills	9.30am - 11.30am 12.30pm - 2.30pm	
	Digital Workshop	9.30am - 2.30pm	Women's Health Clinic	11.00am - 1.00pm 7 th May, 4 th June, 2 nd July	
	Art for Wellbeing - Painting	9.30am - 11.30am	Chair-based Yoga	3.00pm - 4.00pm	
WEDNESDAY	Makaton	9.30am - 11.30am	Menopause Wellbeing	12.30pm - 2.30pm	
	Podiatry Clinic	10.00am - 3.00pm 22 nd April, 13 th May, 24 th June	Sewing Groups		
	Supporting Teaching & Learning Level 2	9.30am - 11.30am	Cooking on a Budget	12.15pm - 2.45pm	
THURSDAY	Sewing Group	9.30am - 2.30pm	Blended Learning Hub	12.30pm - 2.30pm	
			Mat Yoga	3.00pm - 4.00pm	
FRIDAY	Essential Skills	9.30am - 2.30pm			

Learning in Action



Our Teaching Assistant Level 2 learners recently enjoyed a fantastic visit to Atomix Adult Learning Guisborough as part of their Supporting Teaching and Learning qualification.

With transport and support provided, the group took part in a hands-on ICT session, building their digital skills by learning how to use Microsoft PowerPoint. Learners created presentations linked to their Equality and Diversity module, developing confidence in adding text, images, and presenting information clearly.

It was a great opportunity to connect classroom learning with practical skills, and we're incredibly proud of the progress they're making at Tees Valley Women's Centre.

A Warm Thank You for Supporting Our Welcome Wednesdays



The generous donation of two brand new tea urns from Craig at Park Electrical Distributors Teesside will help boost our Welcome Wednesday sessions — a vital service we provide at Tees Valley Women's Centre.

This thoughtful gift will directly support the women who attend each week, helping us create a warm, safe, and welcoming space where women can connect and enjoy a meal and hot drink together.

Thanks to this donation, we can better serve hot drinks — something simple, yet so important in helping women feel comfortable, cared for, and part of a community.

We are truly grateful for your support and the difference it will make each week.

citizens advice

Darlington, Redcar & Cleveland

Free, confidential advice for women and families in our community

Need help with money, benefits or a sudden financial crisis?

Free, confidential advice is now available at Tees Valley Womens Centre through our partnership with Redcar and Cleveland Citizens Advice — giving local women and families easier access to trusted support right in the community.

Appointments are available Monday–Thursday for South Bank ward residents.

We can help with:

Benefits (including sanctions or payments stopping)

Debt and money worries

Housing issues or risk of homelessness

Energy costs and topping up meters

Consumer, family, immigration, and legal matters

In a crisis? We may be able to help if:

- You have no food
- Bailiffs are visiting or you've received a court claim
- You're at risk of losing essential services
- You're homeless or at risk of homelessness

We'll also be running quarterly workshops on topics like budgeting, managing energy costs, scam awareness, and staying safe online — keep an eye out for upcoming dates.

Appointments are with our centre-based Financial Inclusion Specialist:
Amanda Summerhill

07857 740471
amanda.summerhill@citizensadvicecldc.org.uk

or contact the Tees Valley Womens Centre directly
01642 296166

If you're worried about your finances, getting advice early can make a big difference. Please get in touch to book an appointment or find out more.

Based at Tees Valley Womens Centre

Please share to help us reach women and families who could benefit