

# LINKUP – BI MONTHLY NEWSLETTER

**healthwatch**  
Middlesbrough

**healthwatch**  
Redcar and Cleveland

## WELCOME.....

Welcome to the very first edition of the Together Connect Newsletter! This space is designed to keep you updated, share what we're working on, and highlight what's happening across our community. We'll be sending this out every two months with key updates, insights and opportunities to stay involved.



## UPDATES – WHATS NEW??

Over the past couple of months, there have been a few key updates across the network. I've recently taken over responsibility for the network from Vicky and the main point of contact will be - **Joe.wilson@pcp.uk.net**.

We recently held an in-person meeting at Thorntree Community Hub. The session brought together a great group of people and sparked some really valuable discussions. We explored how the network will best work and operate, as well as how members can get the most out of being part of the network. It was great to see such enthusiasm and willingness to collaborate from all present.

Thank you to everyone who attended and contributed to the meeting. I look forward to building and actioning on the raised points. Keep an eye out for a summary of meeting points and future opportunities to get involved :)

## NEW MEMBERS:

**Sharon Chappell** – Footprints In the Community (Wellbeing Partnership)  
• [info@footprints](mailto:info@footprints)

**Kelly Mendum** – M'boro Council, Systems Change – MEAM Approach.  
• [kellymendum@middlesbrough.gov.uk](mailto:kellymendum@middlesbrough.gov.uk)

**Lesley Evans** – M'boro Council – Neighbourhood Link Worker.  
• [lesleyevans@middlesbrough.gov.uk](mailto:lesleyevans@middlesbrough.gov.uk)

**Rebecca Johnson** – Choiropolis  
• [choiropolis@gmail.com](mailto:choiropolis@gmail.com)

## HELP US REACH THE RIGHT PEOPLE...

### New Lived Experience Groups across Middlesbrough.

We are asking partners to help support recruitment for the Middlesbrough Lived Experience Project, which is based on co-production. This means people with lived experience help shape services from the start, not just at the end.

#### The project is for individuals who:

- Have experienced homelessness
- Have a learning disability
- Are unpaid carers

We are not seeking involvement from professional organisations. Instead, we ask partners to gently signpost individuals you work with who may be interested. Initial conversations are informal, with no pressure to take part.

If you are working with someone who may like to find out more, please contact:

**Vicky Jackson** – 07874 867908  
[vicky.jackson@pcp.uk.net](mailto:vicky.jackson@pcp.uk.net)



## ENHANCED ENGAGEMENT OPPORTUNITIES...

Healthwatch South Tees now offers an enhanced engagement service designed help reach and support local communities. This includes offering free blood pressure readings as well as raising awareness around the key health issues of diabetes and cancer.

These sessions provide a practical way to engage with people in familiar settings, and help in starting conversations about the health and care they receive. Alongside this, the engagement approach helps build trust within communities, particularly those who may be less likely to access traditional services. By working in partnership with network members, Healthwatch South Tees aims to help support and strengthen community relationships whilst making it easier to connect people with the right support and services.

For anyone interested or wanting more information please do get in touch!

## MEMBER SPOTLIGHT



### DREW ROBINSON - ACT MIDDLESBROUGH - RECOVERY SOLUTIONS

This edition, we're highlighting ACT (Accessing Change Together) Middlesbrough a partnership approach bringing multiple services together to support people facing complex challenges including homelessness, domestic abuse and drug abuse. By working as a single, joined up system, ACT aims to make it easier for individuals to access the right support.

As part of this model 'Recovery Solutions' provide dedicated drug and alcohol support across Middlesbrough, offering confidential support to people at all stages of recovery.

#### Opportunities:

- Free Drug and alcohol training - any business within Middlesbrough.
- Free & Confidential Support.
- Live Well Aware, supporting exploring behaviour changes in those delaying support due to work and professional identity stigma.

More info on the opportunities page!



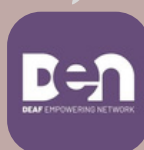
[DREW\\_ROBINSON@MIDDLESBROUGH.GOV.UK](mailto:DREW_ROBINSON@MIDDLESBROUGH.GOV.UK)

RECOVERY SOLUTIONS MAIN LINE :01642 726800

## UPCOMING EVENTS...



**Tees Valley Buddies:  
Professionals Open Morning.**  
22<sup>nd</sup> April 2026 - 10-11am  
Stewarts Park.



**Domestic Abuse in the deaf  
community : professionals  
workshop**  
13th May 2026 - 09:30-12:00  
Teesside University



**AGE UK - Networking Event**  
18<sup>th</sup> May 2026 - 10:30-12:30  
Middlesbrough TS12 1LE

# OPPORTUNITIES.....

## The Engagement Team

By listening to those most affected by inequalities, we can push for improvements shaped by the people who need them most

**Joe Wilson**

**Gaynor Tucker**

**Gill Durdan**

**Our Enhanced Engagement Offer....**

**Blood pressure Checks**

**Diabetes and Cancer Awareness**

**Including:**

**Why this helps.....**

- Builds trust and open up meaningful discussions.
- Identify unmet needs.
- Understand the barriers people face.
- Highlight gaps in services, and gather feedback on what would make access easier and safer.

For Opportunities Contact:

[healthwatchesouthtees@pcp.uk.net](mailto:healthwatchesouthtees@pcp.uk.net)

0800 118 1691

**ENHANCED ENGAGEMENT -HWST**

[JOE.WILSON@PCP.UK.NET](mailto:JOE.WILSON@PCP.UK.NET)

**Choiropolis** is a collection of local choirs led by the experienced choir leader **Rebecca Johnson**

**EVERYBODY CAN SING!**

**No Experience Needed**

All ages, abilities and voices welcome - come along and give it a go!

**Social Connections**

Meet new people from your community and join in with local performances

**Singing Retreats**

Weekend singing and wellbeing retreats with a theme, email to find out more!

**Boost your Wellbeing**

Singing helps to relieve stress, improves circulation and makes you feel good!

**Contact Rebecca**  
[choiropolis@gmail.com](mailto:choiropolis@gmail.com)

**More Information**  
Search Facebook: Choiropolis

CHECK OUT SOME RECENT PERFORMANCES ON THE CHOIROPOLIS YOUTUBE PAGE USING THE QR CODE!

**CHOIROPOLIS -**

[CHOIROPOLIS@GMAIL.COM](mailto:CHOIROPOLIS@GMAIL.COM)

## Free Workplace Training

Our free training aims to enhance current workplace practices by fostering open discussions about alcohol and substance use, promoting a culture of understanding and support.

**IBA (Identification and Brief advice)**

This training equips staff with the confidence to have supportive conversations, assess the risk of possible dependency and offer appropriate signposting and guidance for referrals.

- Screen for alcohol and drug use using tools like the DUDIT.
- Understand the harm caused by alcohol and substance use and its workplace impact.
- Provide brief interventions to encourage healthier choices.
- Signpost individuals to appropriate support services.

This training empowers employees to confidently support those they work alongside, creating a healthier, safer, and more inclusive workplace.

**Management and Lead Training**

Management training is designed to strengthen leadership skills while enhancing workplace wellbeing. Managers will learn to:

- Confidently and empathetically address alcohol and substance-related issues.
- Identify and mitigate health and safety risks related to substance use.
- Implement and uphold effective workplace policies.
- Foster a culture of trust, fairness, and open communication.

By equipping managers with these skills, organisations can create a supportive environment that prioritises employee wellbeing, safety, and productivity.

**Live Well Aware**

**Know Well, Choose Well, Change Well**

For information on training or to learn how we can support your workplace, please get in touch.

[Livewellaware@middlesbrough.gov.uk](mailto:Livewellaware@middlesbrough.gov.uk)

**WORK PLACE TRAINING - ALCOHOL AND SUBSTANCE USE.**

[DEW.ROBINSON@MIDDLESBROUGH.GOV.UK](mailto:DEW.ROBINSON@MIDDLESBROUGH.GOV.UK)

## Live Well Aware

**Know Well, Choose Well, Change Well**

At Live Well Aware we understand the impact problematic drinking, recreational drug use and substance dependency can have on the workplace. When these issues go unnoticed or unaddressed, this can lead to:

Health and safety risks	Increased absenteeism
Poor employee wellbeing	Financial Costs
Reduced productivity	Loss of valuable, trained staff

We recognise employees may sometimes hesitate to seek help due to fear or stigma. That's why we promote early intervention, offering flexible support to foster a healthier workplace where everyone feels supported and productivity thrives.

We provide a comprehensive range of free, tailored services to support employee wellbeing and organisational success.

- **Confidential Assistance:** One-on-one support to help individuals navigate personal challenges.
- **Flexible Access:** In person, telephone and digital appointment options available, outside of regular working hours, including evenings and weekends
- **Workplace Training and Support:** Expert guidance to help create and strengthen policies, enhance employee engagement, and boost overall organisational success.
- **Managerial Support:** Helping leaders approach sensitive conversations with confidence and empathy.

Customised workplace solutions

Employee training and workshops

Flexible out of hours employee support

Policy review and enhancement

Free Support for a Healthier, Happier Workforce  
Get in Touch Today!

[DEW.ROBINSON@MIDDLESBROUGH.GOV.UK](mailto:DEW.ROBINSON@MIDDLESBROUGH.GOV.UK)

# FURTHER OPPORTUNITIES.....

## DIGITAL SUPPORT IN REDCAR & CLEVELAND



If you are aged 50+ we can support you with:

- Getting online and staying safe
- Setting up phones, tablets, and laptops
- Using essential services
- Navigating the NHS App
- Booking GP appointments
- Shopping online
- Staying connected with friends and family



Here to help with home visits and group sessions

Contact Jane  
01642 638968  
07577950134

www.ageuk.org/teesside

Registered Charity No. 702714

### AGE UK - DIGITAL SUPPORT

JANE HARVEY - 01642 638968 OR 07577 950134

## DIGITAL DROP IN @ REDCAR CIVIC CENTRE



20TH APRIL

10.00am-12.00pm

- Getting online and staying safe
- Setting up phones, tablets, and laptops
- Connecting with friends & family
- Using essential services
- Navigating the NHS App
- Booking GP Appointments
- Shopping online
- and much more!

*All over 50's welcome!*



Contact Jane  
01642 638968  
07577950134

www.ageuk.org/teesside

Registered Charity No. 702714

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JANE HARVEY - 01642 638968 OR 07577 950134



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CHOIROPOLIS@GMAIL.COM



### Have your say on disability care in Middlesbrough

New group for people living with a disability



### Calling all Middlesbrough carers

New carer lived experience group starting on Wednesday 8 April 2026

### PCP - LIVED EXPERIENCE GROUPS

VICKY.JACKSON@PCP.UK.NET