

LINKUP – BI MONTHLY NEWSLETTER

healthwatch
Middlesbrough

healthwatch
Redcar and Cleveland

NETWORK UPDATES...

Welcome to the second edition of the Together Connect Network Newsletter.

There has been plenty happening behind the scenes across the network, with work ongoing to develop new opportunities, strengthen partnerships and bring fresh ideas to members over the coming months. We look forward to sharing more updates and continue to grow the network.

DIGITAL SUPPORT IN REDCAR AND CLEVELAND.....

Redcar & Cleveland now offers a new digital support service for residents aged 50 and over who need help with using technology. This includes support with mobile phones, online shopping, online banking, and staying connected with family and friends. We offer group sessions and home visits.

The service works alongside the AgeUK Teesside Befriending programme and helps people gain confidence using digital devices to access health, council and social services, entertainment, and shopping—ultimately reducing loneliness and isolation.

You can signpost patients or refer them directly to me by texting/calling with a client name and contact number with your own name/organisation.

JANE 07577950134 –
JANE.HARVEY@AGEUKTESSIDE.ORG.UK



NEW MEMBERS:

Mandy Doak – Red Balloons Mental Health Charity
mandy@redballoons.co.uk

Nicole Williams – R&C Council Healthy Communities
nicole.taylor@redcar-cleveland.gov.uk

Claire Daff – UK Smart Recovery
claired@smartrecovery.org.uk

Jason Rossiter – Let's Talk Health & Wellbeing NE
enquiries@letstalknortheast.org

Michelle Harris – Deaf Empowering Network
hello@deafemp.com

Julie Hatch – Life Learning & Wellbeing
lifelearningltd@gmail.com

Emma Fodor – Teesside Mind Social Prescribing
emma.fodor@teessidemind.org.uk

Sarah Lough – Help For Heroes
sarah.lough@helpforheroes.org.uk

Ailsa Dinsdale – Thrive at Five
ailsa.dinsdale@thriveatfive.org.uk

THE TOGETHER CONNECT PODCAST



The latest episode of the Together Connect Podcast features Vicky Jackson in conversation with staff from DePaul, discussing the important work being carried out to support people experiencing homelessness and those at risk of housing insecurities.

The episode explores some of the challenges faced within local communities, the support available through DePaul, and the importance of partnership working in helping individuals access the right services and opportunities.

Click here to listen : 



MENTAL HEALTH AWARENESS WEEK

11-17 MAY 2026

RECENT COLLABORATIONS...

As part of Mental Health Awareness Week, members of the Together Connect Network came together to support this year's theme, 'Just One Thing' - highlighting how small actions can make a positive difference to mental health and wellbeing.

The collaboration brought together the South Tees Wellbeing Network and Every Man Can's Richie Andrew and Sharon Chappell from the Community Wellbeing Partnership, who worked alongside partners and community members to promote simple but meaningful ways people can support their wellbeing.

Throughout the week, partners shared the different activities, projects and support provided to the local community, with a calendar full of events taking place.

The collaboration demonstrates the value of partnership working, strengthening community connections and showcasing positive work across the network.

RICHIE_ANDREW@MIDDLESBROUGH.GOV.UK

WELLBEING@FOOTPRINTSINTHECOMMUNITY.ORG.UK

MEMBER SPOTLIGHT



SHAZIA NOOR - NUR FITNESS CIC

This editions Member Spotlight shines a light on Nur Fitness, an award winning community organisation based in Middlesbrough. A female-only community wellbeing centre based in Middlesbrough, created to support women to improve their physical, mental and social wellbeing in a safe and welcoming environment.

We offer a wide range of activities designed to support women at all stages of their wellbeing journey. These include accredited and non-accredited fitness sessions, as well as practical life-skills programmes such as cooking and sewing.

Our aim is to create opportunities for women to build confidence, develop new skills, improve health and reduce isolation.

For many of the women who attend, Nur Fitness provides more than activities - it offers a supportive community where women can feel comfortable, make friendships and access opportunities that may otherwise feel out of reach. We are always keen to connect and collaborate with local organisations who share our goal of supporting women and strengthening our communities.



NUR-FITNESS.CO.UK



SNOOR75@HOTMAIL.COM

GET INVOLVED >>>

CHOIR TASTER SESSIONS

Join Rebecca at Choiropolis for fun, family friendly choir taster sessions where all voices are welcome! Open to ages 10+, these sessions are perfect for beginners. Singing together is a great way to boost wellbeing, and build confidence.

CHOIROPOLIS@GMAIL.COM

MORE INFO BELOW...



COMMUNITY WELLBEING PARTNERSHIP

Looking after the Wellbeing of Wellbeing Workers

The Community Wellbeing Partnership are looking to gain some lived experience of how people working in the health and social care sector feel about their own wellbeing. Jobs that involve caring for people and considering other people's needs all day can weigh heavy on our shoulders and have a significant impact on our own health and wellbeing. We are looking to get together some views and insight of how staff manage (or struggle to manage) their own wellbeing and what they feel could be done to help.

If you would like to express your interest in being part of this lived experience work, please email Tracy Gibson from the Community Wellbeing Partnership on tracy@footprintsinthecommunity.co.uk



OPPORTUNITIES AND EVENTS.....

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

0800 118 1691

ENHANCED ENGAGEMENT - HWST

JOE.WILSON@PCP.UK.NET

THE PERFECT SCHOOL HOLIDAY ACTIVITY!

FAMILY FUN CHOIR SESSIONS

EVERYONE CAN SING!

EACH WEDNESDAY IN AUGUST!

5th 12th 19th and 26th

5PM - 6.30PM

ST CUTHBERT'S PARISH CENTRE, MARTON TS7 8JU

ALL VOICES WELCOME! AGES 10+

NO MUSIC EXPERIENCE NEEDED!

BOOST YOUR WELLBEING!

Singing sessions for people who love music but never thought a choir was for them!

ADULTS £5

KIDS £2

Contact Rebecca
choiropolis@gmail.com

Social Media
Search Facebook: Choiropolis

Hear from Rebecca
Scan the QR Code!

CHOIROPOLIS -

CHOIROPOLIS@GMAIL.COM

your path to a fitter future

A SAFE SPACE FOR WOMEN

FITNESS ♥ WELLBEING ♥ LEARNING ♥ COMMUNITY

FITNESS CLASSES TIMETABLE (TERM TIME ONLY)

🕒 9.30AM - 10.30AM | MONDAY TO FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9.30AM - 10.30AM</p> <p>BOOTCAMP</p> <p>High energy full body workout to build strength, fitness and confidence!</p>	<p>9.30AM - 10.30AM</p> <p>PILATES</p> <p>Improve flexibility, posture, core strength and wellbeing.</p>	<p>9.30AM - 10.30AM</p> <p>META FIT</p> <p>Fun, effective metabolic fitness workout to burn calories and boost your health.</p>	<p>9.30AM - 10.30AM</p> <p>KETTLEBELLS</p> <p>Build strength, tone up and improve stamina with functional training.</p>	<p>9.30AM - 10.30AM</p> <p>ZUMBA</p> <p>Dance, have fun and feel amazing with this energising full body workout!</p>

ALL CLASSES ARE FOR WOMEN ONLY • ALL ABILITIES WELCOME
Come as you are, at your own pace. You are not alone.

MORE THAN FITNESS - WE DO SO MUCH MORE!

ACCREDITED & NON-ACCREDITED COURSES

Delivered in partnership with organisations including:

- New College Durham
- UCCO
- MCL

Courses include:

- ✓ Support Work in Schools Level 2 & 3
- ✓ First Aid Courses
- ✓ Confidence & Wellbeing
- ✓ Employability Skills and more...

COOKING CLASSES

Learn new skills, cook healthy meals and design in a relaxed and enjoyable in a friendly environment.

SEWING CLASSES

Learn, create and design in a relaxed and supportive space.

OUTDOOR WALKS & WELLBEING TRIPS

We take women on outdoor walks and activities to beautiful places such as:

- Gullborough Forest
- North York Moors

In partnership with North York Moors National Park & Gullborough Forest

AWARENESS & HEALTH SUPPORT

We raise awareness on a wide range of health and wellbeing topics in BAME communities including:

- Breast Cancer Awareness
- Women's Health
- Healthy Lifestyle
- Mental Health Awareness
- And more...

MENTAL HEALTH & WELLBEING AWARENESS

We deliver mental health awareness, support and wellbeing activities for women in BAME communities. Working in partnership with:

- Tees Valley Sport
- Teesside University

Workshops, talks and community sessions

- Information to empower women and reduce stigma
- Promoting positive mental health and wellbeing
- Support, guidance and signposting

A welcoming, supportive and safe environment for women to connect, learn and improve physical and mental wellbeing.

📞 07972 301543 ✉️ snoor75@hotmail.com 📍 Find us on Facebook Nur Fitness CIC

NUR FITNESS - CLASS TIMETABLE

SNOOR75@HOTMAIL.COM

A Safe Space FOR WOMEN TO CONNECT, LEARN & THRIVE

STRONGER TOGETHER

Nur Fitness is a female-only community wellbeing centre based in Middlesbrough, created to support women to improve their physical, mental and social wellbeing in a safe, welcoming and inclusive environment.

WHAT WE OFFER

FITNESS SESSIONS

Fun and energetic sessions like Zumba, Bootcamp, Circuits and more to boost fitness, wellbeing and confidence.

ACCREDITED COURSES

In-house accredited courses delivered in partnership with New College Durham, UCCO, MCL - Middlesbrough Community Learning etc to help you learn, grow and achieve. Examples include:

- Support Work in Schools Level 2
- Health & Social Care
- Employability Skills
- IT & Digital Skills
- And more...

COOKING CLASSES

Learn new skills, eat well and build confidence in the kitchen.

SEWING CLASSES

Practical skills to create items and express your creativity.

COMMUNITY & CONNECTION

Make friendships, reduce isolation and feel part of a supportive community.

“For many of the women who attend, Nur Fitness provides more than activities — it offers a supportive community where women can feel comfortable, build confidence and access opportunities that help them grow and thrive.”

NEW COMMUNITY MENTAL HEALTH PROJECT FOR SOUTH ASIAN WOMEN

Nur Fitness is proud to be part of a new collaborative research project focused on improving mental health awareness and support for South Asian women across the Tees Valley.

The project will co-design and test a culturally appropriate community mental health and wellbeing programme, working closely with women to design, deliver and evaluate a pilot aimed at improving mental health awareness, reducing stigma and helping women access the support they need.

Working together to create meaningful change and reduce health inequalities in our communities.

IN PARTNERSHIP WITH

- Teesside University
- Tees Esk and Wear Valleys NHS Foundation Trust
- Teesside Mind
- South Tees Public Health
- Tees Valley Sport

NUR FITNESS

Female-only community wellbeing centre Middlesbrough

📞 07972 301543
✉️ snoor75@hotmail.com
📍 facebook.com/nurfitness

Let's empower women, strengthen communities and thrive together.

NUR FITNESS

SNOOR75@HOTMAIL.COM

FURTHER OPPORTUNITIES.....

DIGITAL SUPPORT IN REDCAR & CLEVELAND



Let's change how we age

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

FRIENDLY DIGITAL DROP-IN



Let's change how we age

Residents & Public over 50 welcome

- Getting online and staying safe
- Setting up phones, tablets, and laptops
- Using essential services
- Navigating the NHS App

ALDANITI COURT
GUISBOROUGH, TS14 7FP
11am-1pm
1ST WEDNESDAY OF THE MONTH
 3rd June, 8th July, 5th August, 2nd Sept, 7th Oct, 4th Nov, 2nd Dec

Contact Jane
01642 638968
07577950134



We look forward to seeing you

www.ageuk.org/teesside Registered Charity No. 702714

AGE UK - DIGITAL DROP IN
JANE HARVEY - 01642 638968 OR 07577 950134

DEAF EMPOWERING FESTIVAL



POUND AND DIME COMMUNITARIAN FOR THE DEAF

Saturday 8th August
 10.00am - 4.00pm

Egglecliffe School & Sixth Form College
 Urray Nook Rd, Egglecliffe,
 Stockton-on-Tees TS16 0LA

£1 entry including raffle ticket!

Free Entertainment & Workshops
 Food, Craft & Information Stalls
 Games, Inflatables, Tombola & Prizes
 BSL Interpreters

WITH GUEST STARS!



TV personality Yvonne Cob



Comedian Gavin Talley



BSL Animal Care Julie Beckett



Footballer Jamie Clarke

Book Today! Text: 07425 566084 www.bit.ly/DeafFestival

DEAF EMPOWERING NETWORK
HELLO@DEAFEMP.COM

PCP



Have your say on disability care in Middlesbrough
 New group for people living with a disability

PCP



Calling all Middlesbrough carers
 New carer lived experience group starting on Wednesday 8 April 2026

PCP - LIVED EXPERIENCE GROUPS
VICKY.JACKSON@PCP.UK.NET