

TOGETHER MIDDLESBROUGH & CLEVELAND⁺

Annual Review 2022



Flourishing Lives & Communities

We work with churches and organisations in Middlesbrough and Redcar & Cleveland to help strengthen local communities. We look for the gifts and resources within local people and their communities, and work with them to bring about change.

From the Chair of Together Middlesbrough & Cleveland, The Right Reverend Paul Ferguson, Bishop of Whitby

Thank you for looking at our review of Together Middlesbrough & Cleveland's activities during 2022. I hope you'll be able to see how TM&C has been working to make life better for a range of people in South Teesside for whom things are tough. We've also been able to give support and resources to churches and other charities that are directly engaged with our communities, giving extra energy and the power of co-ordination to the great things that they are doing. I'm so grateful to our supporters and partners, and of course to our wonderful staff. I'd like to give a special word of thanks to our donors, who make our work possible: please contact us if you would be able to become a donor too.

TM&C makes a real difference for good, and we aim for maximum efficiency and value for money in all our activities. If you are a person of faith, please pray for us and what we do — and again thank you for taking an interest in TM&C.



Trustee Board in 2022

Chair:

The Right Reverend Paul Ferguson, Bishop of Whitby
Vice Chair & Treasurer: John Hinman

Trustees:

Father Adam Gaunt
Reverend Lindsey Goodhew
Councillor Chris Cooke
Paul Catterall
Dr Mark Sutcliffe
Graham Banwell
Geeta Sharma

Champions

TM&C has an expanding network of Champions who help the charity by raising awareness of its work and fundraising. Finance, food, clothing and household items – as well as the individual's valuable time and skills – are shared across all the local communities we support.

The 2022 Team:

Kate Jeffels, Chief Officer
Julie McGee, Intergenerational & Training Officer
Caroline Nakachwa (January to July 22),
Community Engagement Officer
Karen Deen (to July 22)/Caroline Nakachwa
(July to December 22) - Food Insecurity Officer:
Jan Hodgson, Brighter Lives Project Officer
Emma Crabtree, Business Support & Communications



Support and Resources

TM&C provides one-to-one support and resources for churches, co-produces and delivers community projects, and signposts people to areas of expertise.



£405,000 secured



12,000 people supported



36 community groups



14 churches



9 new projects

In 2022, our work included working with children, young people and families to reduce food insecurity; people at risk of homelessness; intergenerational activities; work to reduce isolation and loneliness; community engagement in our UK Minoritised Ethnic (UKME) communities; and mental health first aid training for clergy and lay workers.

Direct Beneficiaries

Through our work, and our network, we were able to support 12,000 direct beneficiaries. We were also able to assist 50 churches and community groups to develop new or existing projects and activities. TM&C funded this work through £405,000 of secured grants and donations.

Working Together

Flourishing Lives and Communities - here are some of the inspiring stories of people and communities working together during 2022

We bring the values that strengthen all our work to influence our partnership working, believing in the unique dignity of each person, the transforming power of welcome and human kindness, and the gifts that all people and communities hold.



Volunteers

Supporting people to work together is central to our commitment to building stronger local communities. In 2022 we were blessed to have our work supported by over 300 amazing local hero volunteers. TM&C brings people and groups together around common concerns, helping to develop and co-produce projects and contributing to local and strategic partnerships.



Partnerships

In 2022, we continued to expand this work into our UK Minoritised Ethnic (UKME) communities, through the Multi-Cultural Forum initiated by TM&C in 2021. We also worked to nurture and develop our partnerships with Middlesbrough Voluntary Development Agency and Middlesbrough & Stockton Mind to support our communities more effectively.



Positive Pathways

Out of Homelessness

The Positive Pathways project is a joint venture between the Church Urban Fund, TM&C, and DePaul UK, based in Middlesbrough, working with some of the most marginalised people in the town.



The team works with around 80+ people who are/at risk of homelessness each year. Drop-ins provide a warm, safe environment where people experiencing homelessness can enjoy a drink and snack whilst taking part in a variety of activities.

Providing a space where people can share their stories and be listened to is at the heart of the way Positive Pathways works. Building up trust helps people to see their worth beyond their chaotic life stories, improve their all-round wellbeing, and assist them to link in with local support services, to build a more positive future.

These small groups allow people to try new activities or rediscover gifts and talents, giving everyone the opportunity to make a positive contribution, build up their confidence, and develop supportive relationships.



Feast of Fun



Food Insecurity

In 2022, our Feast of Fun holiday hunger scheme worked with 40 local churches and community organisations, from a diverse range of communities, to provide 26,000 meals, over 3,000 activity resources, and enriching trips and activities to 7,700 children and 3,000 adults in struggling families.

A packed summer programme included 3 Big Days Out, fantastic opportunities for children and their families who wouldn't otherwise be able to afford it, to visit our local museums. This was made possible with funding from Brake Meals & More and delivered in partnership with the Museum's Service, who provided a day full of educational fun in each location.

The ongoing cost-of-living crisis that immediately followed the pandemic gave us a considerable challenge.

Each year we now need to source 3 times the pre-pandemic level of funding to continue to meet the escalating need around holiday hunger.

Increasingly, the 'new' need comes from our low-income 'working poor' families.

Data published in 2022 shows these families, particularly those with children under 5yrs, have seen the greatest increase in children living in poverty at 50%, with Redcar & Cleveland seeing the highest increase in the country.



10,700 children & families



26,000 meals



3,000 activities

Feast of Fun

We also worked with our partners in the Food Partnership and Middlesbrough Environment City (MEC) around sustainable solutions to local food insecurity. This included mapping existing food provision to avoid duplication and omission, and the development of 5 new Eco Shops, each with the potential to have 100's of member households, estimating at least 500 between them.

The experiences you give mine and other young people are amazing, thanks for making this summer amazing".



Thank you for everyone we were at breaking point this summer, now I am on my own making ends meet is just harder and harder".



"The kids have had the best day ever, thanks so much, they were buzzing when they came home, and can't wait until next time".



Ageing Better Middlesbrough



The 7-year Lottery-funded Ageing Better Middlesbrough (ABM) programme ended in March 2022. TM&C delivered 2 projects aimed at reducing loneliness and isolation – Food & Friendship, and the development and facilitation of a Warm Welcome Network.

Food & Friendship

In 2022, we worked with 100+ people across multiple venues and focused on legacy. We worked with established groups in different venues including sheltered housing and local community centres to ensure as many as possible were self-sustaining beyond the life of the programme. The team also designed an Intergenerational Practice training course for professionals. This is based on intergenerational work with schools, and older members of their communities, coming together to share food and activities and forms part of our future plans for income generation.

Warm Welcome

In the final quarter of the project, the team were working with 100+ people across multiple venues in the Warm Welcome Network.

TM&C was successful in securing additional funding through the Tees Esk & Wear Valley (TEWV) NHS Trust Mental Health and Resilience Fund to extend the work to June 22.



It also enabled us to move the project into TM&C's community engagement work, expand into Redcar & Cleveland, and work with UKME communities across South Tees.

By merging Warm Welcome with our Community Engagement work and Multi-Cultural Forum, we were able to develop new venues located in, and run by and for, our UKME communities.

This made our work much more relevant and accessible to these communities that have been most impacted by the pandemic and ongoing cost-of-living crisis.



The Reminiscence Project

The Reminiscence Project was an impactful piece of work at a very difficult time in our community.

During the pandemic, Food & Friendship became a telephone befriending service, supporting older members of Middlesbrough who were lonely or isolated. Many were in their 90's, with the oldest 100 years old, and had lived through the second world war. They talked about their lives and fascinating stories about their experiences emerged, comparing some aspects to the lockdown.

We wanted to capture these life histories and turn them into a positive intergenerational opportunity. We worked with local pupils to plan a reminiscence project which involved talking to and interviewing older people.

A reminiscence book was produced that captured memories and local history that would have been lost forever. Photos of the older people now, and when they were younger, and their life stories, were included alongside images of the students and their research.

The finished books were presented to the school and individual copies to each of the older participants.

Community Engagement

TM&C's Community Engagement work, and the facilitation of the Multi-Cultural Forum, has expanded our network of faith and community organisations by 75%, enabling us to reach and support parts of our community that we have never done before.



The 25+ member organisations represent a diverse range of local UKME communities and faiths. The partnerships made, and the resulting amazing, co-produced, projects have been inspiring. We are humbled to have been so welcomed in this role by our UKME communities. Those who worked with us to develop it, and those who have benefitted from it, telling us how much they value our work as “a ‘safe’ space to come together, to discuss and address issues specific to their communities, and work to develop partnership solutions” is the best testimony we could ever wish for.



Community Engagement

Grants secured through TEWW NHS Trust Mental Health and Resilience Funding enabled us to expand this work, including extending the time and scope of the Warm Welcome Network.

The Multi-Cultural Forum provided a platform to use the funding to co-produce 4 new projects.

In Middlesbrough, Creative Minds run coffee mornings with a difference, including physical activity with c15 weekly beneficiaries who continue to meet beyond the support and involvement from TM&C.

The Other Perspective - Mend the Gap group has c20 beneficiaries and also continues to meet for a range of activities. Both groups remain our valued partners and members of the Multi-Cultural Forum.

In Redcar & Cleveland, the Saabat Gallery's Family Art Trolley ran for 6 sessions over 6 weeks, benefitting 120 people. This too has continued beyond TM&C's support, with the gallery securing alternative ongoing funding.

The Chris Cave Foundation supports families impacted by violence. TM&C was able to assist them to provide 40 families (around 150 adults and children) with a family Christmas wreath-making experience.

Community Engagement

A CASE STUDY - MEND THE GAP

Mrs K is a 67-year-old asylum-seeker from West Africa living in Gresham.

Mrs K has complex health conditions requiring weekly hospital appointments and is on regular medication. She is an experienced teacher by profession and taught English language for over 20 years in her home country Sierra Leone.

Mrs K lives with fellow asylum seekers from different nationalities, but most are in their 20's and 30's.

The Other Perspective's Mend the Gap project, which was set up for older UKME residents, appealed to Mrs K as an opportunity to meet with people her own age. She has been coming to weekly drop-ins regularly and bringing her hospital and immigration letters for support. She enjoys arts and crafts workshops.

Mrs K says she sleeps better, is happier, and forgets her problems, after doing the gentle chair-based physical exercises.

Community Engagement

A CASE STUDY - SAABAT GALLERY

One of the mums of the families who regularly attended the Saabat Gallery's family art trolley told us it made a huge difference to her children, who produced artwork using a variety of mediums, helping them develop their own artistic style.

They look forward to Saturday's art class with excitement and enthusiasm.

She enjoyed it so much she now volunteers on the project.



"Amazing, interesting and joyful are the words I would choose to describe our experience at the gallery."

Age-Friendly Training

In 2022 we took on a new, 12-month project, funded by Middlesbrough & Stockton Mind and delivered in partnership with Public Health South Tees. The training is designed to disseminate lessons learned from the Ageing Better Middlesbrough work, building on its legacy and our Food & Friendship and Warm Welcome Network.

In 2022, 12 Age Friendly courses were delivered to 94 participants in 29 organisations.

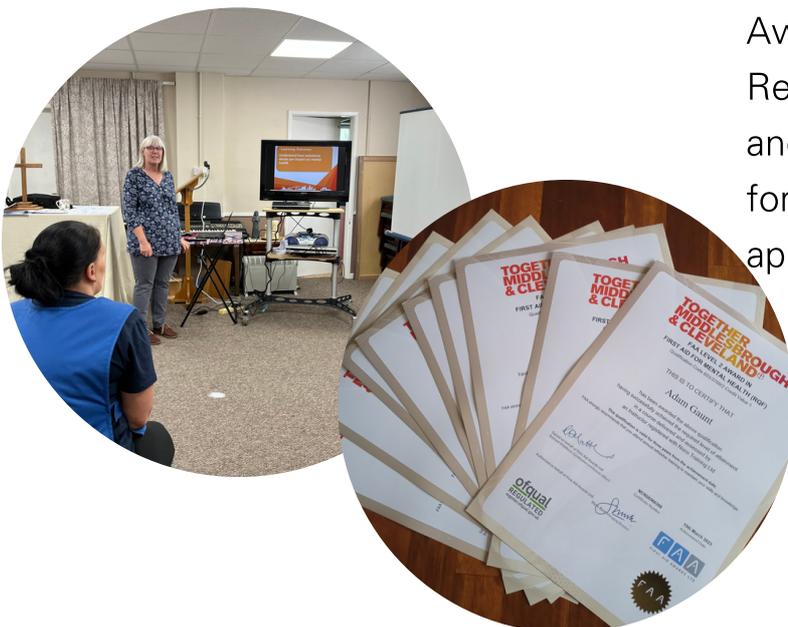
Brighter Lives Beyond Recovery

Securing a grant from Benefact Trust, under their new Brighter Lives workstream, enabled us to establish a pilot programme to contribute to addressing needs we identified around poor levels of mental health and wellbeing in our community.

The course is designed to be used in Christian settings, to train Christian workers/ volunteers and equip them with the resources to raise awareness of, and support individuals with, these issues in their own communities. It also helps them to signpost to appropriate specialist support where needed.

Working with clergy and lay workers from local Anglican, Catholic, and Methodist churches, we developed a bespoke First Aid for Mental Health training course, co-producing denomination-appropriate versions of the course with ecumenical colleagues.

The specialist element is provided by our project partner, Middlesbrough & Stockton Mind, who provide our team with advice and guidance; run additional, follow-on courses in specific topics such as Suicide Awareness and Emotional Resilience for our participants; and delivering 1:1 counselling for participants if identified and appropriate.



Brighter Lives Beyond Recovery

In just 6 months of 2022, this new area of work was developed and launched, with 4 pilot courses held across the Anglican and Catholic Diocese.

24 participants were trained, with 14 passing the newly accredited version of the first aid for mental health course.

This work took us go back to our Christian roots, and networks, expanding them through delivering vital mental health training in the wake of the pandemic.

We have had a very positive response from the Anglican, Methodist, and Catholic Diocese who tell us that they see a real need in the post pandemic and cost of living crisis environment for their clergy, lay workers, and volunteers, to have the skills and resources to raise awareness and support their parishioners and community members.

One Minister said that they estimated that more than half of their congregation are struggling with their mental wellbeing, and it was also clear many attendees had their own issues.



I enjoyed the discussions

It's so relevant to church life now.

The clarity on how we can help those in need

I enjoyed the course and there was a good balance of us listening and us being more proactive. I feel better equipped to help someones with mental health problems.

Compliments to the trainers for the quality of the presentation and how you interacted with the group all day. Clear explanations, everyone involved.



How We Worked Together

Our vision and working practices are built on the strengths of our board, our team, and most importantly, the local people and organisations who are the stakeholders and beneficiaries of our work. All our projects and services are fully co-designed with stakeholders and beneficiaries.

Our Beyond Recovery community engagement projects were developed and delivered with the members of the Multi-Cultural Forum. This is a result of ongoing listening to, and engaging with, local communities, and acting on findings from our COVID Impact Surveys and reports.

As the work is delivered feedback is collected at every point, ensuring our work remains relevant and effective.

Internally, each board member is assigned an area of work to champion, based on their own skills and experience. Our pro-active approach to recruitment has increased the equality and diversity of the team, and the board, to reflect our community

We now have an improved gender balance and a broader range of faiths represented including Anglican, Catholic, and Hindu members. Our staff team are all qualified in relevant knowledge, skills, and experience to support them in their individual fields. Building on these strengths means we can deliver the most effective and appropriate services for our local community, people, and partner organisations.

Through our infrastructure role we can support our communities to build on their own strengths, and develop resilience, enabling us to work together to co-produce services and projects that truly work for them.

How We Worked Together

In 2022, we worked with a diverse range of local people and partners. A significant part of this is achieved through the Multi-Cultural Forum, initiated by TM&C and made up of 25+ member organisations led by and/or for our UKME residents and communities.

We also worked with different age groups, including our intergenerational work through Food & Friendship and Age Friendly training. Also, with people with different levels of health and wellbeing through the Warm Welcome Network to connect people, and the Brighter Lives Beyond Recovery mental health training.

We focused on ensuring equitable access to all our work by aligning our different projects. For example, linking organisations in the MCF to Feast of Fun, which has increased the level of participation among UKME communities; and the Mend the Gap project which was set up for older UKME residents.

Our Future Plans

Beyond Recovery Together

We are very proud of TM&C's own resilience.

All the staff and board have been through their own difficulties during the pandemic and the ongoing cost-of-living crisis.

Despite facing closure at times, and always working with an uncertain future and jobs, the team have worked tirelessly together and remained positive and hopeful for the future, facing each hurdle as one!

TM&C went into 2022 facing a significant shortfall forecast to the end of 2024 but grants from the National Lottery Community Fund, Ballinger Charitable Trust; Benefact Trust; Middlesbrough & Stockton Mind; and Community Homes Tees Valley; mean the forecast to December 2024 is much stronger.

In response to the overwhelming impact of the pandemic and cost of living crisis on mental health and wellbeing locally, we diversified our work.

This includes delivering our Brighter Lives Beyond Recovery first aid for mental health training and Age Friendly training.

Immediate plans include working with other faith leaders on collaborative funding bids to roll this out across other faiths. The legacy of learning from the Ageing Better Middlesbrough programme projects, Food & Friendship and Warm Welcome, includes the development of TM&C's Intergenerational Practice course and the follow-on Age Friendly Training work.

All the training has been successful and very well received and forms a key part of our future strategy for income generation.

Our Future Plans

Beyond Recovery Together

Longer term plans remain to explore how TM&C can contribute to meeting the local need for genuinely affordable social housing and the right support packages.

Our involvement in Positive Pathways continues to inform the evidence base for this work. Internally, development work is ongoing with the board and team to ensure we maintain the appropriate levels of knowledge and skill to take TM&C forward, and to inform strategic planning and direction.

Externally, we will continue to work closely with partners locally, and nationally from the Together Network, to optimise shared learning opportunities.

We will continue to contribute to local academic and sector research and regularly survey our partners and beneficiaries, to ensure our work remains relevant and effective to the people of South Tees.

We certainly face many challenges but we also see many opportunities for the future.

The success of our training programmes provides further options for income generation, while we continue to develop our social housing plans to grow sustainably.

One of our greatest opportunities lies in our existing and emerging partnerships, especially with MVDA as CAST, Middlesbrough & Stockton Mind, and through the Multi-Cultural Forum. This will support us to progress our objectives of meeting identified local needs through training, community engagement, and social housing, and to generate income to continue our vital social action work.

Our priority remains working towards sustainability. By continuing our work with our partners and local people we can realise our vision for a resilient community where we can all truly thrive!



Our Funders



Our Partners

WE CAN'T DO IT WITHOUT YOU - THANK YOU FOR YOUR SUPPORT

Together Middlesbrough & Cleveland wishes to thank everyone who has funded us, worked with us, or supported us in any way, in 2022 including all donations received from individuals, Parishes, and organisations and:

Active Tees Valley	Media Cultured	Saabat Gallery CIC
Amal Trust Project	Methodist Asylum Project	Salvation Army
Beverley School	Middlesbrough & Stockton	Save the Woman
Beyond Housing	Mind	St Barnabas
Blank Canvas	Middlesbrough Borough	St Cuthbert's
Brake Meals & More	Council	St Hilda's
Breckon Hill Community Centre	Middlesbrough Community	St John's
Caldicotes Primary Academy	Church	St Martin's
Caritas	Middlesbrough Environment	St Mary's
Church Urban Fund	City	St Peter's College
Civil Society Consulting CIC	Middlesbrough Voluntary	Streets Ahead for Information
Cleveland Constabulary	Development Agency (MVDA)	St Thomas's
Community Engagement Team	Mitchell & Gordon	St Timothy's
Community Homes Tees Valley	More in Common	Taste of Africa
Corpus Christi School	New Life Church	Teesside University
Coulby Newham Baptist	Newport Hub	Tees Valley Rural Action
Church	Newport Locality Team	Tees Valley Together
Creative Minds	North East Child Poverty	The Chris Cave Foundation
DePaul UK and Positive	Commission	The Other Perspective
Pathways	North Ormesby Locality Team	The Together Network
Diocese of York	North Star Housing	Thirteen Housing
Easterside Liaison Group	Public Health South Tees	Thorntree United
Friends of Grove Hill	Quorn	Trinity Family Friendly Centre
Genesis Project	Redcar & Cleveland Borough	Trinity Youth & Children's
Groundwork	Council	Project
Guisborough Bridge	Redcar & Cleveland Voluntary	Ubuntu Multi-cultural Centre
Association	Development Agency	CIC
Hope 4 East Cleveland	(RCVDA)	Women Today NE
Investors in People & Culture		Woodsmith Foundation
Land of Iron		Youth Focus North East
LINX Detached Youth Project		You've Got This
Living Sober		

TOGETHER NETWORK⁺

National movement. Local action

Together Middlesbrough and Cleveland is part of the Together Network, all of them linked by faith and driven by the desire to tackle social inequality across England.

TOGETHER MIDDLESBROUGH & CLEVELAND⁺

www.togethermc.org.uk



TOGETHERMC



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