

## Support organisations

### For volunteers & clients in Tees Valley and County Durham

The following services are provided at the **Freedom from Torture North East:**

- Counselling services
- Medico-Legal Report (MLR) writing service
- Supervision, support and training of North East colleagues working with survivors of torture
- Working in partnership with Newcastle and North Tyneside NHS Primary Care Trust, the North East centre is developing a model of good practice for working with survivors of torture in primary care

Freedom from Torture North East covers the following areas: Cleveland, County Durham, Cumbria (Carlisle), Northumberland, Tyne & Wear, including: Darlington, Durham, Gateshead, Hartlepool, Middleborough, Newcastle Upon Tyne, North Shields, Redcar, South Shields, Stockton on Tees, Sunderland and Wallsend.

#### Freedom from Torture North East:

The Alan Smithson Rooms  
City House,  
1-3 City Road,  
Newcastle,  
NE1 2AF

Email: [northeast@freedomfromtorture.org](mailto:northeast@freedomfromtorture.org)

Tel: 0191 261 5825

Fax: 0191 222 1211

 [www.facebook.com/FreedomfromTorture](http://www.facebook.com/FreedomfromTorture)

#### LGBT Support

Teesside Positive Action  
01642 254 598  
LGBT Support Services

Weekly – the PRISM Group in Stockton

Wednesday

5:30 – 8:00

Monthly – LGBT Discussion Group in

Middlesbrough

Tuesday

7:00 – 9:00

(for both Social groups please contact for details)

15 Baker Street  
Middlesbrough  
TS1 2LF

[email@teessidepositiveaction.org.uk](mailto:email@teessidepositiveaction.org.uk)

#### Tees Valley Arts

01642 264651

Person to ask for is Maurice Dezou

Creative and cultural integration activities; support for newly arrived artists; advice and guidance for musicians, painters, dancers, writers etc; cultural events and get togethers  
Tues – Fri office hours  
TVA is based in Middlesbrough but works across the Tees Valley



Picture © West End Refugee Service 2013

## How can Support Networks help you?



North of England Refugee Service is a company registered in England and Wales, [No.1091200] and a registered charity, [No.N200100175]

Registered office: 19 Bigg Market, Newcastle Upon Tyne, NE1 1UN, United Kingdom



## For volunteers & clients in: Middlesbrough



### MAP Middlesbrough – Our Services

We provide a range of services to asylum seekers and refugees

#### Mondays and Thursdays Keep Fit sessions

5.30pm to 6.30pm at Linthorpe Road Methodist Church (“LRMC”),  
54 Borough Road, Middlesbrough  
Mixed Men and Women’s fitness training sessions. Age 16+.

#### Wednesday Drop-in

10am to 1pm, at Avenue Church, The Avenue, Linthorpe.  
Clothing and household goods are available for asylum-seekers and new refugees. We also welcome you to sit, talk, make friends, play table tennis or pool, and share some free light refreshments

#### Welcome to Middlesbrough! Thursday Drop-in

9.30am to 11.30am at the **cafe** at LRMC, 54 Borough Road, Middlesbrough. Visit us during your first days and weeks in Middlesbrough. Our volunteers will help you find your way around.

#### Friday “Come & Chat”

10am to 12.30pm at LRMC, 54 Borough Road, Middlesbrough.  
Join us for an informal session to practise speaking English, and stay for a free light lunch with us afterwards.

#### Saturday Games afternoon

2pm to 4pm, at Avenue Church, The Avenue, Linthorpe.  
Pool, table tennis and the chance to make friends.

#### Furniture

We have some limited stocks of furniture available, for those who are setting up home for the first time following the grant of leave to remain. Contact Ailsa Adamson, Project Manager, on 07970192841 or e-mail [MAPMbro@gmail.com](mailto:MAPMbro@gmail.com) for more information on how we can help.

## Open Door North East

Melbourne House, Newport Road  
Middlesbrough, TS1 5QH

- Info Advice & Guidance for Asylum Seekers & Refugees.
- Drop in for those with no NASS support. Registration for Night Shelter & Housing. Food support.
- Womens’ drop in for Sewing, Knitting, Internet friendship and registration for housing and food if without NASS support
- English Classes Tue and Thursday
- Mens’ social drop in for Pool, Chess and Internet.
- Housing for Refugees (Single room lets)
- Work Club for Refugees

## Cleveland Trade Unionists & Unemployed Workers Resource Centre.

Employment Rights including health & Safety and Welfare Rights.

Monday to Friday. 9.30am to 4.30pm

Cleveland Trade Unionists & Unemployed Workers Resource Centre.  
119-121 Marton Road  
Middlesbrough  
TS1 2DU

## Stockton – On- Tees:

### Meet and Eat project

- Social group – table tennis & pool etc
- Bag of food for those who are without NASS support or a house
- Hot meal together at 5pm – Halal food

Lightfoot Grove Church  
Bowesfield Lane  
Stockton-on-Tees

## Portrack Baptist Church

FRIDAY DROP-IN: Social meeting place: pool, table tennis, free snacks, drinks, fruit & veg when available. Good quality clothes for 25p an item, AZURE card help & general asylum advice.

Fridays 10:30am-12.45pm  
Saturday (Term Time Only) Drop-Buy: Social meeting place: snacks, drinks, good quality clothes & bric-a-brac for sale at low prices.

Portrack Baptist Church, St Ann’s Terrace,  
Portrack, Stockton, TS18 2HT. (Off Portrack Lane near bus depot.)

T:01642 614123

## Cultures CIC

66 Dovecot Street,  
Stockton  
TS18 1LL  
01642 605838  
07748644864

- Cultural awareness support
- Employability support eg CV, Interview skills, right and responsibility, Financial inclusion support
- Enterprise Development.
- 10am – 4pm Mon - Friday