



Bridging the gap

Newsletter **November 2023**



The Teesside Charity

Foreword



Lee Bramley, **chair of trustees**

At this year's Annual Ball, we broke our own record for the most attendees in history. As always, we remain thankful and humbled by the businesses and individuals who continually support the charity year after year, as well as those who joined us for the first time that night.

We saw an unprecedented demand for our Hardship Fund as a direct response to the cost of living crisis, and through this we've sadly seen referrals for support increase more

than we could ever imagine. Over the last 12 months, we have helped 19,000 Teessiders with essential items such as fuel vouchers, food vouchers, beds and school uniforms.

The Teesside Charity provides the power of opportunity to so many, and I am proud to congratulate our first Teesside University scholarship student, Jessica McDowell, who has completed her first year of university. We are looking forward to interviewing

our next scholarship recipient in November.

Throughout the year, we have so many incredible fundraising events, and I want to take this time to highlight 'Walk into the Light'. This year the event was in partnership with the Headlight Project. Together, we raised a combined £27,809.

Through this partnership, we are now proud to announce that we will be offering suicide awareness training for our patrons and Infant Hercules Charity Club members which will be delivered by the Headlight Project, funded by The Teesside Charity.

Finally, I thank Diane, Mandy, Jenny, Sheila and our team of volunteers who help facilitate fundraising and charitable donations. Together and on behalf of my fellow trustees, I invite you to take pride in the difference you have made and continue to make, by being involved with The Teesside Charity.

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teessidecharity.org.uk



The Teesside Charity



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Record breaking ball!



This year we broke our own record for the most attendees in history with over 700 guests joining us to celebrate our Annual Ball at Hardwick Hall Hotel's Grand Marquee.

We raised an incredible £70,000 for worthy local causes thanks to the donations of our generous supporters on the night.

Our sponsors

Headline sponsor:

Active Chartered Financial Planners

Co-sponsor:

px Group

Programme sponsor:

The Endeavour Partnership

Drinks reception sponsor:

Cornerstone Business Solutions Ltd

Wine sponsor:

Racz Group

Room decor sponsor:

Better

Entertainment sponsor:

ITS (Industrial Technology Systems Ltd)

Held in association with headline sponsors Active Chartered Financial Planners, guests were entertained by local band Storm and included a surprise flash mob featuring Martyn from FRP Advisory, Liza from Active Chartered Financial Planners, Wendy from Knights PLC and Nikki from Mai Solutions and Newport Primary School choir.

This year's Annual Ball gave us the opportunity to launch The Teesside Charity Christmas Toy Appeal and guests heard from our charity manager Diane Williamson, trustee Alisdair Beveridge MD of The Build Directory, Sabrina a local Mum and Kath Callan one of our toy appeal volunteers.

We would like to say a huge thank you to the individuals and businesses who donated prizes for this year's Annual Ball. Whether for our live auction, silent auction, envelope raffle or general raffle, your contributions play a large part in the night's success, and we are beyond grateful.

Summarising the event, chair of trustees, Lee Bramley said: "This year our Annual Ball broke the record for the most attendees!

"The Teesside Charity Annual Ball is a favourite for so many, it's a chance for everybody to let their hair down, relax and have fun. We are entirely grateful for everyone in the room celebrating our achievements over the year."

A huge thank you to our headline sponsors, Active Chartered Financial Planners, co-sponsors px Group, programme sponsors The Endeavour Partnership, drinks reception sponsors Cornerstone Business Solutions, wine sponsors Racz Group, entertainment sponsors ITS Limited and room décor sponsors Better.

Thank you to Hardwick Hall Hotel, a special mention to Jon, Tim, Amy and Helen, Barclays Middlesbrough, and Storm AV, and lastly thank you to all who attended, we can't wait for next year!



The Teesside Charity



Donate a toy. Spread the joy.

Christmas is a magical time of year for most of us. However, for many children in Teesside, through circumstances beyond their control, this is not the case. One in three children in our region are living below the breadline and their families have to make a tough choice between paying their bills or buying food, so Christmas is a cost that is simply out of the question. This year we have launched The Teesside Charity Christmas Toy Appeal to help ensure that no child wakes up on Christmas Day without a gift. We want every child to

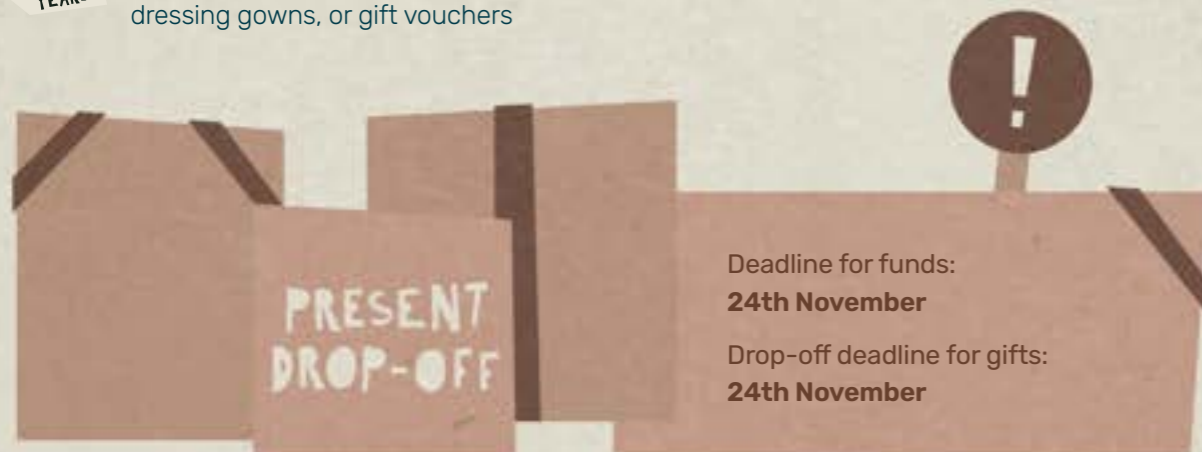
experience this magical time of year, which is why we are calling on the support of our community to help us provide as many gifts as possible to children suffering hardship. We can't do this without you. You can help us give a child in Teesside the gift of Christmas this year by donating a gift or organising a collection in your workplace. Unfortunately, we can't accept handmade or knitted items and all gifts should be new and unwrapped to help with ease of distribution.

How you can get involved

- Buy a gift of your choice and deliver it to our office
- Buy a gift from the Toy Appeal Amazon Wish List
- Get in touch to receive a donation station for your workplace
- Fundraise in your workplace to buy toys then contact us for delivery/collection details
- Fundraise in your workplace and donate the money to our office for us to buy presents on your behalf

The perfect gift

- 0-3 YEARS** Dolls, teddy bears, cot mobiles, rattles, musical instruments, stacking rings, bath toys or puzzles
- 3-5 YEARS** Dolls, action figures, educational games and toys, active games, pencils, crayons, books or puzzles
- 5-9 YEARS** Educational games, stationery, books, sports equipment, remote control cars, building sets or magic sets
- 9-12 YEARS** Games, stationery, books, hair accessories, model kits, sports equipment, glitter tattoos, Lego or skateboards
- 13-16 YEARS** Books, make-up and toiletries (allergy friendly ingredients if possible), hair accessories, fleece blankets, dressing gowns, or gift vouchers



Scan here to buy a toy from the Amazon Wishlist

Teesside heroes

Meet the true heroes of Teesside, amazing people, doing amazing things for the community. All Teesside heroes are presented with a trophy and £1,000 to donate to their chosen local charity.

July 2023

Kath Sainsbury

£1,000 split between The Mary Thompson Fund and Saltburn and East Cleveland Befrienders

Kath has spent her years committed to making a difference in the lives of others. Kath helped establish an organisation called Justice First which provides legal challenges and support for those refused asylum. As a member of the Soroptimists Kath is dedicated to making a difference to the lives of others by giving practical help, raising awareness of serious issues, and fundraising. Kath also spends her time volunteering at Saltburn Community Arts Association, where she was once a trustee.



August 2023

Debbie Fixter

£1,000 to Sprouts Community Food Charity

Debbie volunteers her time at Sprouts Community Food Charity, an award-winning charity dedicated to improving the health and wellbeing of the community. Their eco shop, mobile kitchen and cooking and food education projects inspire the community to make better food choices through practical, innovative workshops which are aimed at all ages and abilities.



September 2023

Stephen Picton

£1,000 to Fibro-Connect TS

Stephen set up Fibro-Connect TS with funding from our charity after he was diagnosed with Fibromyalgia and his life changed. Stephen aims to let those with fibromyalgia know they are not alone and in the two years that he has been running Fibro-Connect TS he has helped countless amounts of people and saved 17 lives.



October 2023

Karen O'Rourke

£1,000 to Boosbeck Village Hall

In 2017, Karen stepped in to ensure the survival of Boosbeck Village Hall after the old committee resigned. Since then, the hall has gone from strength to strength and Karen has been at the pinnacle of its success. The doors have stayed open, and Karen and the team have created a safe space for the community to come together, to engage and build lifelong lasting relationships.



Do you know a Teesside hero?

If you know someone worthy of a Teesside Hero award why not nominate them at:

teessidecharity.org.uk



Teesside heroes will receive a trophy and £1,000 will be given to their local charity.

Beneficiary visits

Every donation we receive goes **right back into the community** to help those that need it most. Here is a snapshot of where the funds go and how you have helped.

Haswell Avenue Allotments

The Build Directory and MKM

Trustee and patron, Alisdair Beveridge of The Build Directory and Neil Donnelly of Infant Hercules Charity Club member, MKM visited Haswell Avenue Allotment Association following a £725 donation from the charity. The Haswell Avenue Allotment was awarded funding to replace the unsafe/rotting decking and fencing around their environmental pond. The area can now be enjoyed by the plot holders, the primary school children who visit for pond dipping experiences and the many locals who pop in to enjoy the space and see the work being done for the community.



Newport Primary School

Resolution.

Alex Savage of Infant Hercules Charity Club member Resolution recently visited Newport Primary School after they secured £2,500 via our Golden Giveaway for a new academic library bus. Patricia Maxwell, head teacher at Newport Primary School said: "On behalf of the school, I want to express our gratitude to The Teesside Charity. The children are very enthusiastic about the concept, and I believe the addition of the library bus will undoubtedly support our ambition and have a positive impact on the children."



Tilery Primary School

Morita Metcalfe

Centurion, Morita Metcalfe visited the children at Tilery Primary School after we purchased 30 sleeping bags for the school's new annual residential trip to Newby Wiske with the year six pupils. Tilery Primary School sits at the heart of the community and is a happy learning environment where children are encouraged and nurtured to flourish to the best of their abilities.



Get involved

End of Year Roundup

7th December 2023

We'll be at Middlesbrough Football Club to celebrate the charitable work carried out in The Teesside Charity's name over the past 12 months, with one of our amazing trustees giving an update on 2023's successes and challenges. It will feature an opportunity for informal networking over refreshments before a talk from a beneficiary. Confirm your attendance no later than Thursday 30th November. **Booking is essential** – the lunch event is free to attend.

For more information, please contact diane.w@teessidecharity.org.uk

Pitching for Purpose

20th March 2024

Join us for our Pitching for Purpose event and have your say on how funds are distributed to good causes in Teesside. Pitching for Purpose is a live event, held at Play Brew Co, where you get to vote on how a large pot of money is split between up to ten small Teesside charities. Tickets are £10 and include pizza and a cold drink. Book online at teessidecharity.org.uk/events



Richard Brice of **Clean Slate Solutions**

Shine a Light on Suicide & Prevention

29th January 2024 - 10:30am - Group Session

We will be providing suicide awareness training delivered by the Headlight Project and funded by The Teesside Charity to our patrons, Infant Hercules Charity Club members and centurions.

The training course held at The Staiths, AV Dawson, will equip you with essential skills to recognise signs of mental distress, engage in conversations around suicide prevention and introduce actions for a suicide safer community and workplace. Together, we can make a difference and create a safer, more supportive community.

Contact diane.w@teessidecharity.org.uk to book a space. Please see more information on [page 17](#).

Become a patron

We have over 40 patrons – local businesses and individuals who make an annual donation. By becoming a patron, you can get involved with funding application decisions and present funding and awards to our Teesside Heroes and Golden Giveaway winners. You will be recognised in our newsletters and on our website. An annual patronage is £5,000 for organisations and £2,750 for individuals.

Infant Hercules Charity Club

Perfect for smaller businesses who are keen to support us on a corporate level, membership of the IHCC costs £1,000 a year or £83.33 per month. Benefits include the opportunity to publicly show support, have your logo on our charity website, social media posts when you sign up and invitations to exclusive quarterly business gatherings.

Become a centurion

Join the legions of wonderful people who donate £19 per month to our charity as a centurion.

To sign up, visit our website and click the 'Donate' button.

To get involved, email
diane.w@teessidecharity.org.uk

Dates for your diary

Quiz Night

Teesside University Students' Union
Thursday 8th February 2024

Paul Card Recruitment will be hosting their 5th quiz night. The event will be held at the Teesside University Hub in Middlesbrough. Teams of up to six people are invited to take part with all profits going to The Teesside Charity. The cost is just £12 per person including curry, rice and naan. This is a great chance to meet other local businesses and help to raise money to support local good causes all while having fun.



Skydive

Durham
Saturday 13th April 2024

Fulfil your dream of a tandem skydive. A big tick on your Bucket List! We have secured ten places to skydive over Durham Parachute Centre in Shotton Colliery. The tandem skydive from 10,000 feet takes place on Saturday 13th April. There is a £50 entry fee and we then ask you to raise a minimum of £395 in sponsorship.



Golf Day

Middlesbrough Golf Club
Friday 21st June 2024

Our golf day will be taking place at Middlesbrough Golf Club. Upon arrival, you will receive a breakfast sandwich in preparation for fun and games on the putting green, organised by Phil Lyons and Kev Hazeldine of our patrons InBond. The teams will battle it out across an 18-hole golf course. The day will include on-course competitions and a two-course dinner followed by presentations. Team entry is £440.



Great North Run

Newcastle upon Tyne
Sunday 8th September 2024

The charity has guaranteed places for the Great North Run. We are looking to have our biggest team ever, so why not join over 60,000 on the start line for the world's biggest half marathon? Entry is £60 and ask runners to raise £300. You will receive a branded running vest and a space in the charity village, where runners can receive a well-deserved massage.



For more information, please contact mandy.s@teessidecharity.org.uk
Call **01642 686018** or visit our website www.teessidecharity.org.uk/events

Above and beyond

Every year our wonderful trustees, patrons, IHCC members, centurions and supporters go above and beyond making such a difference to our fundraising efforts, and we want to thank our team of supporters for going the extra mile. Their time and effort never goes unnoticed.

Mike Newton

73-year-old Mike Newton rode 1,084 miles from Land's End to John O'Groats raising money and awareness for our charity. Mike spent 22 days cycling in all weather and raised an incredible £1,560. When asked why he choose to support The Teesside Charity Mike said: "As someone who has lived on Teesside for 38 years, I have always liked to support Teesside charities. I found the best way for me to support as many charities as possible is through The Teesside Charity since they support all of the different community groups, charities and schools across the region."

John and Heather Heward

On 9th September John and Heather Heward of JH Mechanical & Electrical raised over £2,100, for The Teesside Charity by walking 40 miles in a sweltering London heatwave along the River Thames.

PX Business Fives

Our patrons px Group and North Sea Midstream Partners took part in Business Fives Tees Valley five-a-side football tournament on Wednesday, 9th August, at Goals Teesside raising over £2,200 for our charity. A big shout out to px Group who also secured a further £100 donation for our charity from the Business Fives team for coming out of the tournament as ECL challenge cup winners.

Justin Godfrey

Justin Godfrey of Infant Hercules Charity Club member Aspire Technology Solutions ran two challenging races in aid of our charity this past September and raised a magnificent £1,468. Justin completed the 22-mile Man vs Mountain adventure in Snowdonia on 2nd September, and then on Sunday 10th September, he completed The Great North Run, the world's biggest half marathon.

Justin commented: "Aspire has been part of the Infant Hercules Charity Club for just under a year now, and this is my first real opportunity to raise money for the charity. The Teesside Charity is Aspire's chosen charity for the area, and we look to raise more funds for them over the coming years."



73-year-old Mike Newton from Guisborough



John Heward (L) Heather Heward (R) of **JH Mechanical & Electrical**



Harry Henderson (L) and Jason Erskine (R) of patrons, **px Group**



Justin Godfrey of Infant Hercules Charity Club member **Aspire Technology Solutions**

We are more than just a charity to our trustees we are...

"Magic, essential, community spirit, a life line for many, passion, giving, commitment, amazing, brilliant, a no brainer, compassionate, local, together, hope, support, opportunity, Teessiders helping Teessiders."

To find out more about becoming a trustee of The Teesside Charity contact: diane.w@teessidecharity.org.uk

Pitching for Purpose

On 5th September, Flok Co-working Space saw an upbeat gathering of 70 passionate Teessiders for The Teesside Charity's new live event Pitching for Purpose. The event focused on providing a platform to incredible new and small charities in Teesside, giving them a chance to have their voices heard and win much needed funds.

The Pitching for Purpose event featured a line-up of seven amazing local charities including Boro Doughnut, Clean Slate Solutions, Close-Knit CIC, Day One Trauma Support, Queer Yoga North, The Healing Share - Wellbeing & Therapies CIC and Umbrella Hugs CIC who each pitched their purpose for a share of a large pot of money.

Each group had seven minutes to share their story and funding plans in a bid to convince a room full of their peers that they deserved a share of the funds. Every pitch conveyed emotion and ambition and everyone was a worthy winner. Each organisation walked away from the event with increased awareness and a significant share of £5,000, which will greatly impact their cause.

The highest number of votes was awarded to Clean Slate Solutions, who, as a result, took home a whopping £1,412. Clean Slate Solutions provides meaningful second chances to people with past convictions, guiding them into paid, sustainable employment that offers genuine long-term career prospects.

Richard Brice, founder of Clean Slate Solutions said: "Pitching for Purpose was an amazing and unique opportunity for us all to share our missions and receive some much needed and appreciated funding. Thank you to everyone who played their part, it was like getting a big hug from Teesside."

The event was also a platform for attendees to discover new charities and support their community all while meeting people with similar interests and values.

Let's make a difference together!

Attendee Lucia Yates, counsellor at Johnson & Associates Counselling & Psychological Services commented: "The event was fantastic! It was a brilliant way to learn about the smaller charities in our area who are doing so much good but are flying under the radar due to lack of awareness and funding. Knowing they all left with a considerable amount of funding that it is going back into helping our community is such a good feeling. I'm really looking forward to the next event."

Our next Pitching for Purpose event will be held on Wednesday 20th March 2024 at Play Brew Co Middlesbrough.



Queer Yoga North



Day One Trauma Support

Book online at teessidecharity.org.uk/events/pitching-for-purpose-2024



£1,412

Clean Slate Solutions have so far used some of their funding to support seven prison leavers with the essentials they need for a life after prison.



£415

Boro Doughnut plan to use their funds to create attractive information signage which is a very important and integral part of their community garden development plan.



£880

Day One Trauma Support used their money to fund five emergency grants for people living in TS postcodes. These grants covered travel, accommodation, clothing or food.



£399

Umbrella Hugs also received £399 and have so far spent their money funding arts and craft classes for Jellystone (You Can) in Middlesbrough.



£399

The Healing Share took home £399 and used it to start free Qigong yoga and meditation groups every Friday as well one-to-one Reiki sessions to anyone who is identified as needing them.



£847

Close Knit CIC spent their funding on their Baby Connections Project. This project will run over 12 months and is about supporting parents and raising their awareness of baby brain development.



£648

Queer Yoga North are using their funding to support their queer yoga sessions, as well as buying books for the queer base book club and arts and craft materials for the 'Lavender Lounge'.

Could you volunteer?

This year, The Teesside Charity launched its own volunteering opportunities portal that simplifies the way in which businesses can manage their employee's volunteering days. The portal, that is available to access on our website, has been welcomed by the business community and is already matching volunteer hours to opportunities from charities within the Teesside region. Visitors have an option to shortlist based on location, manual or desk-based positions and trusteeship opportunities, as well as individual or team options; it is simple to use and can be accessed 24/7.

Unity World

Patrons Unity World volunteered their time to help paint the Sea Cadets and Royal Marines Cadets Middlesbrough's unit as part of our new volunteering scheme.

Employees Iain, Connor and Oliver volunteered and spent the day painting the Sea Cadets base at Albert Park. Gavin Scotchbrook of patrons, Unity World said: "We love The Teesside Charity, and we are keen to support and help the community where we can, so when the opportunity was presented, our staff were more than happy to get involved.

"The lads enjoyed volunteering, and I speak on their behalf and the businesses when I say we would all love to take part in more volunteering projects in the future."

Middlesbrough Sea Cadets



Handelsbanken

Seven lovely employees from patrons Handelsbanken used their volunteering day to support our volunteer scheme and provide valuable help to The Bungalow Partnership.

Sarah Atkinson, deputy director at The Bungalow Partnership, said: "We had a wonderful day with the volunteers and our garden at The Bungalow Partnership now looks amazing! I cannot thank you enough for connecting us with Handelsbanken.

"Lauren and six of her colleagues from the bank came along and provided fantastic help to transform our garden. They just got on with it and enjoyed their time with us.

"We also had priceless support from Darren Payne, who works for Mitie. Not only did Mitie provide us with paint and the necessary equipment, but the help from Darren was amazing, and we appreciated his help and advice so much."

The Bungalow Partnership



Active Chartered Financial Planners

Patrons of the charity, Active Chartered Financial Planners, have recently implemented a volunteering policy within their organisation. We spoke with Karen Lofts, client support manager, who signed up to volunteer at Billingham and Stockton Borough Foodbank using our Portal. She spent her day at the food bank speaking with visitors, distributing E-vouchers, packaging food parcels and providing general support all-round.

Karen said: "The main thing I gained was the satisfaction of doing something good, a small contribution to help my community. It raised my awareness about how many people use the food bank and the problems society is facing. It gave me a wider understanding of the organisation and the role they have in our communities. I really enjoyed the whole experience and I found it very worthwhile.

"I would 100% recommend other businesses to give their employees the chance to volunteer, it's brilliant for the community, and gives you such a good feeling. The Teesside Charity portal makes it so easy to do and encourages others to volunteer after hearing from their colleagues when they return from volunteering days."

Billingham and Stockton Borough Foodbank



Mandale Group

Mandale Group, patrons of The Teesside Charity, have provided volunteering opportunities for their team for the last six years but recently used The Teesside Charity volunteering portal to organise their latest volunteering day. We spoke to Eva Donnelly, marketing executive at Mandale Group, who said:

"I would recommend businesses giving their employees a chance to volunteer. It's important to give back to the community and it doesn't just help the charity, but it increases team morale and team building too, by working with colleagues you wouldn't normally spend time with outside of work. It has inspired people here at Mandale Group to volunteer in their own spare time."

Eva spoke about how simple and easy the volunteering portal was to use and said: "The portal is a great way to find charities and organisations that you don't know about. I didn't know the RDA Unicorn Centre existed, so it was good to find out more about what they do. Me and my colleagues are attending one of their events at the end of the month, which we wouldn't have known about if we hadn't volunteered."

RDA Unicorn Centre



Discover your passion for giving back with our volunteering portal.

Connect with organisations in Teesside, find opportunities and make a difference today by visiting teessidecharity.org.uk/get-involved/volunteering. For assistance organising a team volunteering day please email jenny.w@teessidecharity.org.uk

Creating change

Over the past three years, we've had the privilege of teaming up with the Headlight Project on multiple occasions for our Walk into the Light event.

Inspired by our incredible trustees, Alisdair Beveridge and Bill Scott, the Walk into the Light event is all about spreading a message of hope to those facing tough times. By bravely venturing through the darkness and walking into the morning sunrise, the walkers symbolise that there is indeed light at the end of the tunnel, even when it may seem bleak.

Thanks to the unwavering support of our fantastic supporters, this year, we were able to raise a record breaking £27,809 when 40 of our incredible supporters completed a 12-mile moonlight trek through pine forests, along ancient trails and onto part of the historic Cleveland Way route as the sun rose.

The funds we raised from our Walk into the Light event go towards supporting Teesside based mental health charities including the Headlight Project. The Headlight Project's mission is to reduce the number of deaths by suicide in the Tees Valley area through therapy of those bereaved by suicide and preventative education and training.

Our experience collaborating with the Headlight Project has taught us the immense significance of raising awareness about suicide. It is a crucial topic that demands our attention and understanding. Which is why we are proud to announce that starting January 2024, we will be partnering with the Headlight Project to provide exclusive suicide awareness training, delivered by the Headlight Project and funded by The Teesside Charity, to our patrons and Infant Hercules Charity Club members and centurions.

The training course will equip over 65 businesses and individuals with essential skills to recognise signs of mental distress, engage in conversations around suicide prevention and introduce actions for a suicide safer community and workplace. Together, we can make a difference and create a safer, more supportive community.

Catherine Devereux founder and trustee of the Headlight Project said: "Suicide is a difficult subject to approach but the more we use the word the more it's brought into our vocabulary and the better chance we have of tackling the stigma around it.

"Asking someone if they are considering taking their life will not make someone do it, quite the opposite. Everyone has the potential to have suicidal thoughts, but by attending one of the courses you may have the potential to save someone's life."

Together with the Headlight Project, we're making a tangible impact and creating positive change for the people of Teesside.

About the course

Shine a Light on Suicide & Prevention

One hour presentation (plus time for questions) – suitable for anyone aged 15+. We will come to your workplace to deliver our suicide awareness presentation. The aims of the presentation are to:

- Introduce the Headlight Project and why it was founded
- Raise awareness of suicide, the alarming numbers in our region and to dispel some of the myths and stigma
- Provide information about the services offered by the Headlight Project
- Introduce actions for a suicide safer community and workplace
- Provide information about further training opportunities

Dates available

16th, 17th, 22nd, 23rd, 29th, 30th January 2024.

Three separate presentations can be delivered each day, depending on location: 10:30am, 1:00pm and 3:00pm.

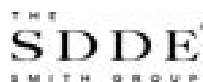
How to book

Email Suzanne with your preferred date, time and number of participants to either arrange a presentation at your premises or to join a group session with fellow patron/IHCC members/centurions held at AV Dawson. For each session, a minimum of 12 people is required.

If none of the above dates are suitable, please liaise with suzanne@headlightproject.org to arrange/confirm a more suitable date.



We couldn't exist without you.



The Teesside Charity

www.teessidecharity.org.uk
Registered Charity No: 1140740