

# PROJECT PAUSE

England & Wales · Charity number 1214845

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2025-09-08

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 2 Woodlands Grove  
Hartlepool  
TS26 0EJ

**Phone** 07474335750

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## Activities

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**Objects:** THE OBJECT OF THE CIO IS THE PROMOTION OF GOOD MENTAL HEALTH AND EMOTIONAL RESILIENCE FOR PUBLIC BENEFIT IN PARTICULAR BUT NOT EXCLUSIVELY, BY PROVIDING ADVICE, GUIDANCE, EDUCATION, AND SUPPORT FOR ADULTS IN THE TEES VALLEY REGION WHO ARE EXPERIENCING EMOTIONAL DISTRESS AND MENTAL HEALTH DIFFICULTIES.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

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- Hartlepool

## Trustees

| Name                | Role  | Appointed |
|---------------------|-------|-----------|
| <b>Susan Briggs</b> | Chair |           |
| CHRISTINE BLINKHORN |       |           |
| Maureen Hanley      |       |           |
| Phillip Swinburne   |       |           |
| zoe armstrong       |       |           |