

Farewell and Good Luck!

INSIDE THIS ISSUE:

Tribute to Ian	2
Lunch with Achieve	3
Move to Trinity	4
Bake Off	5
Tale of recovery	6
Peer Poster	7
Group Timetable	8

Christine Carruthers, our Business and Marketing Lead is off to pastures new. Christine has become a valuable member of the Achieve with NERAF family, we would like to thank her for her hard work over the last 3 years and wish her all the best for her future....

Goodbye and Thank You to Achieve with NERAF. I started 3 years ago as Business Development Management Graduate and moved onto become Business and Marketing Lead. I feel like I've grown so much professionally at NERAF and that is thanks to my tutor Lynn Dougan and managers Jude and Graham. Without their support I don't know what I would have ended up doing. Unfortunately for the Head Office Team the 'Purple Book' will be lacking attention upon my departure however, if it gets published I would like Copyright and 90% profit!

I'd like to think I've made long term friendships here at Achieve with NERAF and will miss you.

Thank you and all the best. I wish you all the success in the future.

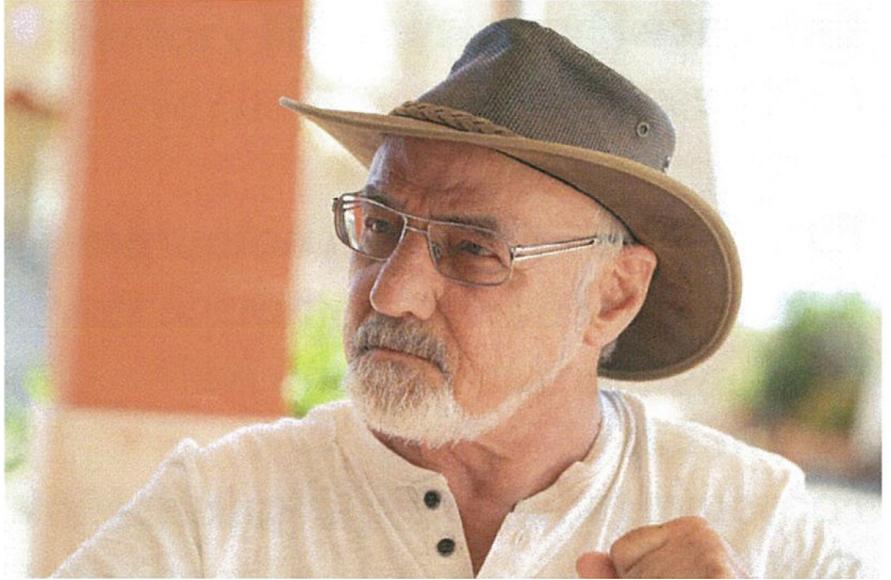
Oh and before I forget thanks to Maria for putting up with my whinging and blonde moments. Sharing an office with her wasn't as bad as I thought it was going to be... haha

Christine



We are extremely sad to announce the passing of a much loved Achieve with NERAF volunteer, Ian Gooch.

Ian has been volunteering with us since 2010 and has been a well-respected member of our team. He began as group facilitator, always keen to tell his stories and share his own experiences to inspire others. Ian then progressed through the volunteering programme, working on a one to one basis with many clients. Ian was very passionate about recovery and strongly believed that it is a possibility for everybody.



Ian was often warmly referred to by staff as 'the granddaddy of NERAF'

Ian will be remembered for his caring professional approach, mischievous sense of humour, his sweet tooth And of course, his hat.

Our thoughts are with Ian's wife and family at this sad time.

Ian would say to us:

Whatever we were to each other, that we are still.
 Just because I am out of your sight,
 do not let me be out of your thoughts.
 Play, smile, speak my name easily.
 Think about me with joy
 and keep me in your daily prayers.

All is well.

Nothing is past and nothing is lost.
 One brief moment and all will be as it was before:
 only far better and far happier,
 for we shall be one in the presence of the Lord.

Life means all that it ever meant;
 It is the same as it ever was;
 There is unbroken continuity.
 And somewhere very near,
 I am waiting to meet up with you again



COME ALONG TO LUNCH WITH ACHIEVE EVERY TUESDAY 12.15 – 1.00PM

Starting Tuesday 29th July we will be holding a community lunch in the group room at 56 John Street.

Clients are welcome to bring along food to share and enjoy with others in a relaxed friendly environment.

For information contact 0191 565 6688



Lunch with Achieve

We have 2 new and exciting groups beginning.

Between 12.15 and 1pm every Tuesday we will be hosting our weekly “Lunch with Achieve”. The purpose of this is for clients to come along, bring a bite to eat to share with peers, supporting each other along the way.

Between 11.30 and 12.30 every Wednesday we will be hosting our weekly “Lunch with Achieve” for our

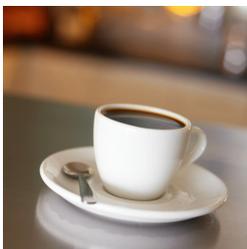
FLOAT clients (Families and Loved Ones Achieving Together). This will take place following the Wednesday morning FLOAT support group. Once again all are welcome.

You do not need to be an amazing cook to take part in our lunch, examples of what you could bring along are:

- Sandwiches
- Pastries
- Cakes
- Biscuits
- Savoury snacks
- Fruit

Come along, have a bite to eat and make new friends.

If you would like to attend the group feel free to come along, if you would like support to attend please contact Maria or Claire on 0191 5148520/5656688



ACHIEVE with NERAF @ GATESHEAD TRINITY

At the beginning of September; the ACHIEVE with NERAF team will be moving house from the In2change to a (nearly) new and sparkling office located at the Trinity Organisation on Gateshead High Street.

For the past two years we have been based at the In2change on Jackson Street, working closely with staff and volunteers from the other treatment providers and we will leave with fond memories of shared groups, excellent partnership working and some eccentric characters (you know who you are!).

A big thank you and farewell to all the lads and lasses especially the hardworking and long suffering admin/reception staff for the support, assistance and kindness shown to the NERAF team, even the Old One!

Working in conjunction with the Trinity we intend to launch a drop in service providing specialist Information, Advice and Guidance around Substance Misuse Issues and this will be open initially Mon – Fri then hopefully weekends and evenings, where people can pop in for a coffee and a chat, join one of the groups; (Health, SMART, Ladies, Mixed, Veterans, etc.) or enrol on our new Recovery Workshops programme.

There will also be opportunities to become involved in the Digital Inclusion Courses where we will be demonstrating and teaching people how to get the best out of their phones, tablets and laptops, etc. **Technology made easy.**

Events and activities, trips out, fundraising campaigns and much more will be on offer. The centre will be staffed and run by volunteers, peer mentors, people in recovery and NERAF staff and will be working in partnership with other Gateshead Based organisations.

Exciting times ahead with lots of new ideas and this is only the start! Pop along and meet new friends, join in and get the help and support you may be looking for. Everyone is welcome.



IT'S A BAKE OFF!

Are you a whizz with a whisk?
Creative with cupcakes? Are your brownies devilishly good? Sign up here to take part in the bake off on

26th September 2014 at Achieve with NERAF, John
.....
Street. 10am-12am
.....

WORLD'S BIGGEST COFFEE MORNING

WE ARE MACMILLAN. CANCER SUPPORT

If you would like to join in we are asking for a £2.50 entry fee which will all go toward Macmillan.

The idea is that you pay your entry fee and bake something sweet to bring in. We are then going to ask that people donate money to Macmillan and choose a sweet item they think is the best and want to try, write it down on a little card and the person with the most vote wins!!

Let me know if you want to join and I'll add you to the list. Please let me know what you are baking just so we don't have lots of the same thing 😊

Thanks

Continued.. A Tale of Recovery – First Steps

During my daily walks around the West End of Newcastle I noticed a handwritten sign in an office window offering a basic introduction to computers and free CLAIT (Computer Literacy and Information Technology) classes to the unemployed; this saved my life. My thoughts at the time were that if I learn to do a bit of Word Processing I could write a book about my experiences living on the streets of this country. Now that I had stopped drinking my mind seemed to be working at a Thousand Miles an Hour, I remember thinking that it was like walking into a dark room and switching the light on, everything seemed so clear and I realised that if I was going to conquer this addiction that I had to occupy my mind as well as getting fit, so in I went!

The first day was nerve wracking; sitting in front of a machine that I didn't even know how to switch on and surrounded by sober people that I didn't know. The tutor was a small redheaded lady who at one time had been in the Australian Army, so she didn't tend to pull her punches or dress things up; Eve was exactly what I needed at that time.

As the course wore on (5 hours a week) and I got to know all the staff, I was going in to the centre every day (5 hours a day) and they would give me the books and keys to the IT Suite so I could practice by myself, I also bought an old computer (Windows 95, probably steam powered!) so that I could practice at home, by this time I was becoming quite proficient with the MS Office Suite. Addicts, as I realised are very compulsive people and don't tend to do things by half!

Then, an event which was to shape my whole future! I was informed that my tutor's Father had died suddenly and that she would be off for two weeks. The upshot being that I was asked to supervise the group during that time and contact the office if there were any problems. My immediate reaction was that I was just an alcoholic, still trying desperately to come to terms with my own problems and struggling on a daily basis to stay sober and find reasons to continue with my abstinence, so there was no way I could accept that responsibility, especially as half of the group had physical and learning disabilities.

That being said, I always liked a challenge so I gave it a go. Over the next two weeks I prepared lessons, marked mock exams, worked with the learners on an individual basis and generally tried to get the group ready for their exams. What I found was that helping other people took my mind off my own issues and I also realised that some of the group members could not get better, but I could! One of the group members was blind, two were on the autistic spectrum and another young man in a wheelchair was coping with a terminal illness; I didn't feel I had the right to feel sorry for myself.

Finishing and passing the CLAIT course gave me an overwhelming sense of achievement, it was the first positive and constructive thing I had done in many years and now I could use a computer; or so I thought! The realisation that the course was over, hit me like a brick, what was I going to do now? I was so used to my routine and helping other people (by this time I was supporting young people with serious issues) to learn, not just IT but life skills as well, so the thought of going back to sit in the house all day filled me with dread. All of my so called mates had disappeared, I am sure they thought that abstinence was contagious, nobody rang up or came round to the house anymore, apart from my class, the only people I knew were other addicts, I was lost. Then came a bombshell.....

Follow in next months issue.

Substance Misuse Peer Mentor Opportunities



Do you want to help people to get on their road to recovery and share your story?

Do you have life experience that you want to share and could benefit people who are where you were a few months/years ago?

Have you ever thought you wouldn't get where you are today?

**Become a Peer Mentor
Today !!!**

**Contact Shellie on
0191 5148520 or email
shellie.nichols@neraf.org**



Support Groups

Day	Venue	Time	Location
Monday	Gateshead/Mixed	1.00-3.00	Trinity Church, Gateshead High St, NE8 1EP
Monday	Sunderland/Women's	11.00-12.45	56, John Street, Sunderland SR1 1QH
Monday	Sunderland/Mixed	1.00-4.00	56, John Street, Sunderland SR1 1QH
Monday	Sunderland/Mixed	5.00-7.00	56, John Street, Sunderland SR1 1QH
Tuesday	Sunderland/ SMART RECOVERY (structured)	11.00-12.00	56, John Street, Sunderland SR1 1QH
Tuesday	Sunderland/Lunch with achieve	12.15 – 12.45	56, John Street, Sunderland SR1 1QH
Tuesday	Sunderland/Mixed	1.00-4.00	56, John Street, Sunderland SR1 1QH
Wednesday	Sunderland/FLOAT Group	9.30-11.30	56, John Street, Sunderland SR1 1QH
Wednesday	Sunderland / Lunch with achieve FLOAT	11.30 – 12.30	56, John Street, Sunderland SR1 1QH
Wednesday	Sunderland/Mixed	1.00-4.00	56, John Street, Sunderland SR1 1QH
Wednesday	South Shields/Family & Carers Group	5.00-7.00	NECA Unit 17 Cookson House, River Drive, NE33 1TL
Wednesday	10/10 Group Darlington	10.00-12.00	The Gate, John Dobbin Road, 158-166, North Gate, DL1 1QU
Thursday	Sunderland/Mixed	1.00-4.00	56, John Street, Sunderland SR1 1QH
Thursday	Teams/Mixed	2.00-4.00	Teams Community Centre, Askew Road, West Gateshead NE8 2PW
Thursday	Darlington/Veterans	10.00-12.00	The Gate, John Dobbin Road, 158-166, North Gate, DL1 1QU
Friday	Sunderland/Women's	11.00-12.45	56, John Street, Sunderland SR1 1QH
Friday	Sunderland/Mixed	1.00-4.00	56, John Street, Sunderland SR1 1QH
Friday	Gateshead/Family & Carers Group	10.00-12.00	Trinity Church, Gateshead High St, NE8 1EP
Friday	Gateshead/Mixed	2.00-4.00	Trinity Church, Gateshead High St, NE8 1EP
Sunday	Sunderland/ Mixed	11.00-13.00	56, John Street, Sunderland SR1 1QH

Drop in sessions run between 9.30 and 4.00 in Sunderland when groups are not on

Gateshead, South Shields, Sunderland, Darlington

Achieve with NERAF

56 John Street
Sunderland
SR1 1QH

Phone: 0191 5656688
Fax: 0191 5656715



FLOAT • Information & Advice • Face-to-face

ACHIEVE
with **NERAF**

www.neraf.org

Achieve with NERAF

“Our mission is to deliver and enable real positive differences to the lives of people affected by substance misuse and their family networks”

If you need help finding the Route to Recovery whether it is from a substance addiction or if you are caring for someone with an addiction

Achieve with NERAF can support you.

We offer;

Face-to -Face mentoring

Motivational work

SMART Groups

Volunteer opportunities

Peer Support

Group work

Partnership working

If you want more information about our service please contact

info@neraf.org

Or

Tel. 0191 5656688

Tel. 0191 5148520

Fax: 01915656715

Fax: 0191 5101827