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Halloween Events in Sunderland & Gateshead



**Come along to our spooky
Halloween party on the
30th October 2014
at
John Street, Sunderland
1pm -4pm**

**have some spooky treats and
play some spooky games including
a Halloween Quiz**

Fancy Dress is essential !!

The Freedom Programme

We are delighted to announce that from Friday October 3rd we will be running The Freedom Programme from our John Street Premises.

What is the Freedom Programme?

The Freedom Programme is a domestic violence programme which was created by Pat Craven and evolved from her work with perpetrators of domestic violence. The Programme was primarily designed for women as victims of domestic violence.

The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help them to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess. The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.

For more information or if you would like to refer yourself or somebody else onto the programme please contact Michelle Hope on 0191 5656688.

A CARER'S POEM

This is a poem written by our Family and Loved Ones worker, Lynn. Looking at life from a carer's perspective. We found it very moving.

Thank you Lynn for sharing it.

HERE WE GO AGAIN.

"Here we go again, another day on the drink,
It's the same every day, I feel like I'm on the brink.
Whisky, gin, vodka or rum, I really don't think he minds,
Whatever he has money for, He will go & find.
Why should it bother me? He never lifts his hands,
He really should be grateful, I do as he demands.
I should stand up for myself, & tell him how it affects me,
But there's always that fear, He will be blind drunk & not see.
I'm stuck in a rut, I don't know what to do.
My life is in chaos, and my mood is blue.
Threats don't seem to work, I try them every day.
They only make things worse, and then he makes me pay.
Mental abuse, that what it is, how can he be so cruel?
He does what he wants anyway, and makes me look a fool.
One day I will leave him, that will give him a fright.
I will secretly pack a bag, and leave tomorrow night.
Tomorrow never comes, I can't walk out the door.
I can't leave him now, he will drink even more.
I wish I could end this torture, and stop all the pain.
What's the solution I ask? What would I gain?
I must stay here and fight, the kids need me here.
Here we go again, I'm here for another year."

SAY GOODBYE TO DRINK AND DRUGS



D.A.G.S.
DRUG & ALCOHOL GROUP SUPPORT

D.A.G.S. was established in July 2010 and the aim of the group will be to increase access to peer support services for adults with either controlled dependency or abstinence from drug or alcohol usage.

D.A.G.S. will also work to increase awareness to the negative impact of drug & alcohol misuse.

We offer a weekly meeting place for individuals to speak openly and confidentially about their experiences with others.

**WE MEET
EVERY WEEK
FEEL FREE TO
POP ALONG**

Day: Wednesday

Time: 12.00pm - 1.30pm

Venue: Achieve with NERAF

@ 56 John Street

IF YOU REQUIRE FURTHER INFORMATION PLEASE CONTACT:

Sonia Howe on: 07514281934

**Are you affected by
someones drug or alcohol
addiction?**

**Come and talk to us for free,
confidential and friendly
advice.**

0191 5148520

0191 5656688



RECOVERY RELAY EVENT

ACHIEVE with NERAF attended the Recovery Relay Event on the 22nd September.

Many organisations including Turning Point, NECA, Horizon, First Contact Clinical and Onwards and Upwards joined the fantastic day to show a combined support for our clients and their families. Our amazing volunteer coordinator Shellie Nichols-Key and her husband Rob represented us by completing the eight and half mile run, while our supporting clients, volunteers and their families promoted recovery in the streets of South Shields.

The event was opened by The Mayor and entertainment was provided by the Durham Choir. ACHIEVE with NERAF client, families, staff and volunteers were all provided with lunch and refreshments throughout the day. In all it was a wonderful day highlighting positive collaboration between recovery organisations and providing opportunities to work together to achieve our goal in providing our clients and families a clear pathway to recovery.



Continued.. A Tale of Recovery – On the way

“Would you like to enrol on a Teacher Training Course”? I was gobsmacked! The Managing Director of the Prince’s Trust Volunteers had just asked me if I would like to enrol on an evening class which he was delivering; The City & Guilds 7307 ‘Adult and Further Education Teachers Certificate’! He explained that they had been watching me while I helped out with the IT class and were so impressed that he thought I would make a good teacher! It wasn’t that long ago that I had been living rough, getting my head down anywhere that I could, eating out of soup kitchens and dressed by charity shops now someone was asking me if I would like to train as a teacher!

At this point I had been sober for about eight months and was still struggling with ‘normality’, self-confidence and self-respect were also huge issues and I thought that bit by bit things were improving, but this was something else. The thought of standing in front of adults and teaching filled me with dread, but as he pointed out, I had more or less been doing that with Eve (my IT tutor) for the last couple of months, so, in for a penny.....!

The First session was a blur of form filling, induction and expectations and meeting strange new people who didn’t have issues with alcohol or drugs. To say that I felt uncomfortable and out of place would be an understatement, but the evening flew by and truth be told I quite enjoyed it. The Second session was when we actually started to learn the basics of teaching and training in the adult sector; Andy (the tutor) was fabulous, he had excellent people skills and made the class interesting as well as informative, although I still had my self-doubts. At the end of the night I approached Andy and informed him that I wouldn’t be coming back; I had been sitting looking around the room struggling with the concept of being in among ‘ordinary people’ and thought I don’t deserve to be here! In my mind I had lost the right to be treated with any sort of respect and genuinely felt that everyone knew, that the others in the group were tolerating me and that the decent thing to do would be to quietly slip away! Andy was horrified; “you are as good as anyone else in this group and better than most” was how he put it, he also suggested that if I didn’t attend the following week, that he would come to my door and get me, so reluctantly I agreed.

During this time I had moved on to the next level of IT training and was now doing the European Computer Driving Licence (ECDL) at Newcastle College twice a week, helping Eve with the Prince’s Trust Volunteers during the day, teaching them IT and assisting with Community Programmes (computer recycling) in the West End of Newcastle upon Tyne. My life was starting to fill up but I still had no real direction, everything was one step at a time, but still being very careful to avoid places that sold alcohol and any of my so called ‘mates’.

The craving to drink was still there but not as bad as it was, but life was becoming quite good. My partner looked after her young granddaughter quite frequently and a noisy, demanding three year old took up quite a lot of my attention and gave me a focus that I had never enjoyed before. She had been my motivation for stopping drinking; I was desperate to see her grow up and to help her avoid the pitfalls and bad things in life and to do that I had to be sober and reliable. I also wanted her to look up to me and be as proud of me as I was of her.

Then disaster! I failed my first exam on a technicality, months of work out of the window and I would have to do the full course again! Walking out of the college I passed my local pub on a warm Summer Evening, £200 in my pocket, just one drink.....

Follow in next months issue.

Gateshead Halloween Party

Come along to our spooky Halloween party on the
27th October 2014

at

Trinity Community Association

1pm -4pm

Come and see our hand made Halloween decorations
have some spooky treats and
play some spooky games including a Halloween Quiz
Fancy Dress is essential !!



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



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

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**

