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Thursday 30th October the eve of HALLOWEEN!!

Achieve with NERAF at John Street Sunderland turned the afternoon mixed group into a spooky Halloween party! Everyone went out of their way to dress as scary as possible for the annual spooky quiz! We had witches, a Devilish Dr, Mr and Mrs Vampire, and even the spook from scream joined in.



But that didn't stop everyone helping themselves to the delicious food which Norma and Pat very kindly made. Tom the quiz master Coates once again kindly offered his services and had everyone with their thinking caps on as we started the quiz. The quiz was split into two categories the picture quiz and the question and answer quiz. All in all it was a great afternoon and lots of fun. NERAF would like to say a massive thank you to everyone who helped out.



## One to one support for substance misuse

We are pleased to announce that we are now carrying out one to one support for substance misuse. We are accepting referrals from services and also self referrals. For more information please contact Claire on 0191 5656688, or email [info@neraf.org](mailto:info@neraf.org)

## 12 STEP RECOVERY GROUPS WHAT THEY ARE ! & HOW THEY WORK !

Over the coming weeks, Achieve with NERAF in collaboration with Clean Sober Living will be delivering group sessions surrounding 12 step groups, such as Narcotics Anonymous ( NA) , Alcoholics Anonymous ( AA) and Cocaine Anonymous ( CA).

The sessions, led by people in long term 12 step recovery, aim to dispel the myths, fairytales and legends about these programmes. Participants will get a unique opportunity to speak to the people in them and explore what they actually are and how they actually work.

Both staff and service users, living and working in the world of drug and alcohol addictions in Sunderland, are welcomed and encouraged to attend.

**Venue** : Achieve with NERAF, 56 John St, Sunderland, SR1 1QH

**Date / Time** Every Wed @ 1.30—3.00 pm

# UNDERSTANDING ADDICTION

## and Mutual Aid - 12 Step Recovery !

### A USER LED PERSPECTIVE

ACHIEVE with Neraf, in collaboration with Clean & Sober Living, are hosting two awareness sessions surrounding addiction and 12 Step abstinence based Recovery

This unique programme is designed and delivered by people in long term recovery. The sessions offer a "user led" perspective into the nature of addiction and how to achieve and sustain abstinence based recovery through 12 step programmes .

**Throughout the session you will :**

- Expand your knowledge and understanding of addiction and 12 step abstinence based recovery
- Hear real life 'recovery stories' from recovering people who have achieved and maintain an abstinence based lifestyle
- Challenge your own beliefs, attitudes and values surrounding these concepts..
- Learn how to support people into 12 step abstinence based recovery.

N.B These sessions are designed for staff and stakeholders only.

**Not service users or clients**

Places are limited, so book early to avoid disappointment.  
(Lunch and refreshments provided)

<i>Event Dates:</i>	<i>Tue 2nd Dec</i>	<i>9.30—3.30</i>
	<i>Tue 9th Dec</i>	<i>9.30—3.30</i>

*Venue:* ACHIEVE—56 John St, Sunderland—SR1 1QH

To Book, please contact [maria.irving@neraf.org](mailto:maria.irving@neraf.org)  
Tel 0191—514 8520





Sunderland Men's Health Network is a local initiative which aims to provide a forum to collectively discuss men's health issues to improve and raise the profile of men's health in the city.



*Lifeline***Project**



## Alcohol Awareness Workshop

Venue: Stadium of Light, Sunderland. SR5 1SU

Date: Tuesday 25<sup>th</sup> November 2014

Time: 9.30am-12.30pm

**Free Refreshments Provided**

**The aim of the training:** To empower you to promote men's health with a focus on Alcohol Awareness in your workplaces, networks and groups by understanding key issues and having the resources to support you

**This event is for:** People who have an interest in improving the health of men. You may be a worker or volunteer, employee or health champion, this event will be relevant to you.

**To confirm attendance contact:** [maria.irving@neraf.org](mailto:maria.irving@neraf.org)

Please include: Name, organisation, contact details and any special requirements.



# Macmillan Coffee Morning/Afternoon

On the 26th September NERAF held a Macmillan Coffee Morning/afternoon in Sunderland and Gateshead to raise money for cancer.

In Sunderland we held a Bake off, it was £2.50 to enter and then people brought in a sweet home made item, We then asked clients, Volunteers and staff to write on a card to vote which cake they thought was the best. Everyone really enjoyed the morning we had a wide variety of cakes from cheese cake to mars bar crispy cakes. However Megan's Lemon cake was the overall winner. We had a really good turn out of staff, Volunteers and clients, the atmosphere was amazing everyone was so enthusiastic about raising money and enjoyed having cake for breakfast....(shhh don't tell everyone we're supposed to promote healthy living)

In Gateshead we also had a wide variety of cakes, along with clients we invited the general public to come and have coffee and cake with us. We also went in to the town centre and asked people if they would like to donate and have cake. We had a lovely relaxing afternoon and all ate far too much cake but its all for a good cause right?.....  
(Or so I keep telling my hips)

Over all the day was a massive success and we raised a **grand total of £130.18**

I would like to thank everyone who took part and helped make this day a success, I could not have done it without you.

Thank you





# Volunteer Opportunities

For more information please contact Shellie Nichols on 0191 514 8520 for Sunderland or 0191 478 5422 for Gateshead

Achieve with NERAF is an independent charity established to help transform peoples lives by helping them gain recovery from substance misuse. We do this by providing a very personalised service, recognising that everybody is unique with individual needs. We will make you feel welcome, listen to your story and then work with you to help you achieve what matters to you. We take pride in working "with" you rather than doing what we "to" you.

## GATESHEAD DROP IN GROUPS

Achieve with NERAF in Gateshead is now fully up and running in our new premises the Trinity Centre on Gateshead High Street.

We are now holding three mixed drop-in groups **Monday 1pm-3pm, Thursday 2pm -4pm** and **Friday 2pm -4pm**. We also hold a ladies only group on a **Monday 10.30am - 12pm** and Carers group **Friday 10am-12pm**.

We have lots of exciting developments on the horizons and we would like clients to be a part of this.

No referral is needed for our groups, so if you feel you need some support please drop in or contact us on 0191 478 5422



## **Continued.... A Tale of Recovery – Inner Battle**

Every nerve end in my body was screaming at me; my mind was saying “what is the point, even when I am trying so hard, everything is against me”, more than anything else in life, all I wanted to do was to go into the bar and just have ‘the one’! Somehow I managed to continue walking; there was a long steep hill in front of me (in more ways than one), every step I took was agony; just keep walking, step by step I walked up the hill teeth gritted, this was the hardest test to date. The consultant at the hospital had said to me when I was discharged that “you won’t feel like a drink at the moment” because I had been so ill and was still full of medication, “but in a year’s time when you are feeling better and your body has recovered, your mind will tell you that you are now back in control and that you can now drink again normally, BUT you can’t”! Now here we were!

This was ringing through my head as I walked, I knew that if I managed to get home I would be okay, but the battle between common sense and the craving was massive, how could I justify going for a quick drink, just to be sociable and then I would go straight home! I continued walking, the hill stretching out longer and longer; I had walked up here hundreds of times but had never been so aware of my surroundings, my consciousness was heightened to such a point it was like an out of body experience; the adrenalin flowing through my veins and my mind going at a Thousand Miles an hour. Top of the hill; now just round the corner and through the front door, this is not getting easier.

The arguments in my head were raging; just walk back down; you have tried in the real world, but the real world isn’t playing the game, it shouldn’t be this hard, it’s just about not having to drink to get through the day. Millions of other people do this every day without thinking about it, so why am I struggling so much. My system had been clean for a long-time now so there were no physical dependencies, but my mind.....

Throughout the course of my life I had fought many battles; some I had won and others I had lost, but this time I was acutely aware that this was possibly the biggest battle that I was ever going to face and if I lost, everything was lost.

Keep going, keep walking, switch off, you don’t need this, the temptation was overwhelming but I have come so far, worked so hard, rebuilt my life to an extent; people were even treating me with respect again, don’t give in, just keep going.

The day I had been admitted to hospital was playing in my mind, after twelve hours without a drink I had gone in to a Grand Mal Seizure and was rushed into Intensive Care. When I came round I asked the doctor how bad it was and asked him to be honest; “you won’t make it, your internal organs are too badly damaged”. How long have I got? He replied “you won’t make it till the end of the week”, this was Tuesday! “I am not ready to go anywhere yet”, this was what my partner called my bloody mindedness and according to her afterwards, she knew then that I would be okay.

So now I had to dig in. I walked through the front door, dropped my bag and switched the kettle on. As I took the first sip of tea the craving disappeared; the sense of relief was enormous. I had just completed the hardest walk and the biggest challenge of my life and come through unscathed; this was the turning point, now I knew I could do it.





## Achieve with NERAF supports Sunderland Pride Event.

Achieve with NERAF staff supported the Sunderland Pride event. The day was filled with a diverse population of people, promoting cultural change surrounding individual sexual orientation.

Achieve with NERAF promoted our amazing services in Sunderland and Gateshead advocating our group and family one to one support services within the area.

The day was uplifted by the participation of the local Sunderland community and additional organisations promoting health and well-being in the streets of Sunderland.

Achieve with NERAF would like to thank our staff and volunteers for their hard work throughout the day and would like to thank the Sunderland Pride participants for making the day a memorable event.





## 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

“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](mailto: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](mailto:shellie.nichols@neraf.org)**



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](http://www.neraf.org)