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Moving on up

Read about the free 10 week course running at Achieve with NERAF on pages 2 and 3

New Gateshead Events!

See what's happening at our Gateshead site - Gateshead Achieve with NERAF, Trinity Centre, High Street, Gateshead NE8 1EP.

Why not come along to our women's only group for a cuppa and a chat?

Every Monday and Friday 11am - 12:45pm

Here at Achieve with NERAF

56 John Street



MOVING ON UP – FREE 10 WEEK COURSE

IT WILL HELP YOU TO IMPROVE ASPECTS OF YOUR LIFE



The course will be taking place at

Achieve with NERAF

56 John Street

Sunderland

SR1 1QH

From Friday April 10th 1.15 – 4.15

If you would like further information or would like to book a place on the course please contact Maria on 0191 5148520

Maria.irving@neraf.org

Introduction To Moving On Up Course

10 week Course.

A course designed to increase confidence and self esteem, help enhance your skills to deal with problems, improve communication and relationships. Use your skills to manage emotions and stress, increase self awareness and move towards being job ready. This is an ideal first course to build upon your skills and open up progression opportunities into employment, volunteering or further learning.

Session 1	Orientation Welcome, enrolment, group agreement, course overview
Session 2	Goal Setting Personal and learning goal setting. The importance of mini goals
Session 3	Self Awareness Recognising self awareness cues and change in our physiology Introduction to Cognitive Behavioural Techniques
Session 4	Problem Solving The way we deal with problems Introduction to the F.O.C.U.S model
Session 5	Improving Communication Skills Ways of dealing with conflict, cycle of conflict, respectful listening resolving conflict at work, win win outcomes.
Session 6	Assertive Behaviour & Building Confidence and Self Esteem Defining assertive, passive and aggressive behaviour using assertive techniques when dealing with difficult behaviour from others
Session 7	Managing Strong Emotions Enhance skills to deal with difficult situations. Be able to manage your emotions at home and work. Understand and practice relaxation and time out skills
Session 8	Relationships and Building Healthy Relationships What is a healthy relationship? Introduction to the Nested Model Role models, healthy relationships, building working relationships and teams. Team working.
Session 9	Positive Thinking & Employability The impact of a positive attitude. Practicing new techniques, actions and consequences, taking responsibility for ourselves. Effective Job search and CV's writing.
Session 10	Employability What do employers want? Preparing for interview, dealing with rejection. Re-visit and Review all sessions. IAG and Guest Speakers, awarding of certificates

WHO CARES? I CARE!

*I care for a person, I love them so much, Now I'm a different person I am their crutch
We use to laugh dance and have fun, Now it seems all that is done.*

*How tired stressed and drained am I. Who cares for me when I cry?
I tell no-one how low I can feel, I blink and it's time to make another meal.
There's not enough time in the day, No time for me –other things in the way
Always rushing like I'm in a race, Always got to have a smile on my face*

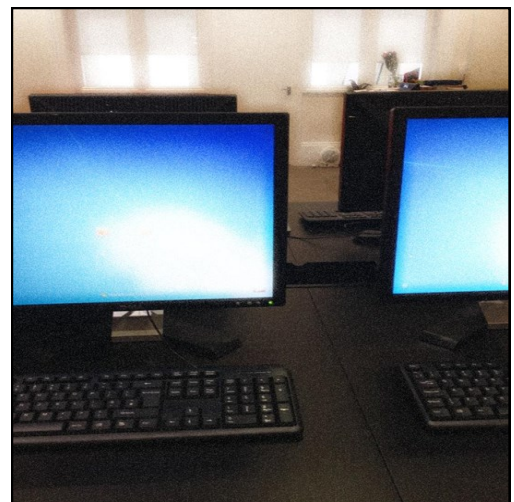
*Go to the shops, pay a bill, wash the windows, make a call
It seems like only me does it all
Day in, day out, I'm their crutch, Though I don't mind I love them so much.
At the moment it can't be any other way, But please try to hear what I have to say
Sometimes I feel crushed and small, I never show it as I must walk tall.*

*I feel their pain and want to make it go away, Don't worry I say –"I'm by your side every day"
I look into a face that looks so bare, Who cares? I care! I'm always there*

I care for a person because I love them so much

I.T Suite

We are delighted to announce the installation of our new I.T suite at our Sunderland Recovery Hub. The suite is for the use of any service users and their loved ones. The computers can be used for job search, benefit purposes, producing a CV and typing letters. We have staff and volunteers to help you with use the computers and teach you the basic skills. If you would like any more information about our I.T suite please contact Maria on 0191 5148520 or email maria.irving@neraf.org





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**



Volunteer Drop In

Want some more information about volunteering?

Why not pop along to our Volunteer Drop in on the First Thursday of every Month at our Sunderland office 10am-12pm

Have a cuppa and Speak to our current volunteers.

If you want some more information please contact Shellie on 0191 514 8520

Volunteer Opportunities

We are now providing exciting opportunities in the following roles;

Advocacy

One to One work

I.T Learning Support

Group Facilitators

Events and Activities

Receptionist and Admin

For more information about volunteering opportunities contact Shellie on 0191 5148520 (Sunderland) or 0191 4785422 (Gateshead) or email shellie.nichols-key@neraf.org.





GATESHEAD EVENTS

What's happening at Gateshead and what we've got coming up...

New Mutual Aid Recovery Programme to commence 2nd March 2015 3pm-4pm

We have been given the opportunity to work in partnership with Fulfilling Lives and can offer a structured mutual aid group within Achieve with NERAF Gateshead. The structured group is available to every individual in recovery and will take place after our Achieve with NERAF group 1pm till 3pm. All are welcome to attend both groups.

Carers Group every Friday 10am-12pm

Our Family Support team are experienced professionals offering free one to one and group support for family/partners of individuals engaging in alcohol or substance misuse. Our Family Support team also support family members/partners through their loved one's recovery process, providing additional support when required to maximise the recovery process. Please contact 0191 565 6688.

Recovery Walk every Friday 12.45pm

It's getting warmer and a great time to join our Recovery Walking group. Our fully certified walk leaders are waiting to meet you. We at Achieve with NERAF would like to invite you to explore Gateshead and surrounding areas with our enthusiastic walking team. We provide exciting history talks, share knowledge on local wild life and have a heritage trip or two. All are welcome.

Ladies creative recovery group commencing 9th March 10.30- 12.00

Create your own path way to recovery ladies with our new creative recovery group. We at Achieve with NERAF understand through professional and personal experience that recovery is a deeply personal journey. Therefore Gateshead Achieve with NERAF would like to support you to express your recovery. We have glass painting, rug making, knitting, painting and more. All free to our fabulous ladies in recovery.

Gateshead Achieve with NERAF, Trinity Centre, High Street, Gateshead NE8 1EP.

Tyne and Wear Museum taster session 16th March at 1pm

New exciting opportunity has come to Gateshead. We have been given the opportunity to work in partnership with the Tyne and Wear Museum. We are going to have a taster session on the 16th March and have been informed they will be some museum artefacts present at our Achieve with NERAF group. All in alcohol and substance misuse recovery welcome.

Onwards and Upwards abstinent 8weeks+ Group

We are delighted to promote Onwards and Upwards. Our volunteers are an integral part of the organisation and would like to extend a warm welcome to our members who have been abstinent for 8 weeks+ please find the details below:

South Shields Community Hub
459 John Williamson Street
NE33 5HP
Tel: 07434687571
Email info@onwardsandupwards.org.uk

Mondays 5pm-7pm

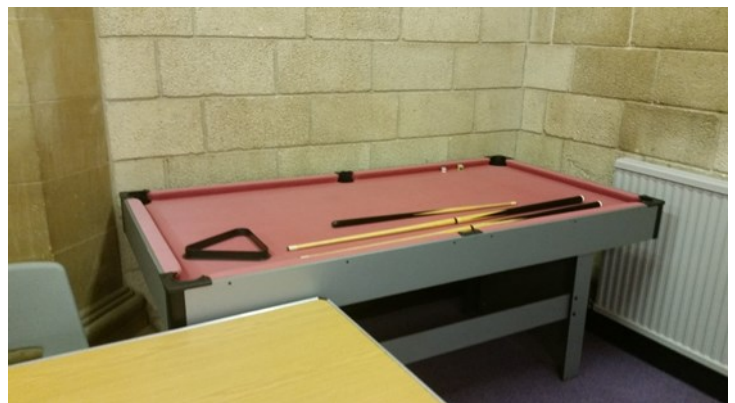
Fridays 6pm-9pm

Saturdays 6pm-9pm



Let the Games Begin! We have a pool table!!!

We at Gateshead Achieve with NERAF would like to invite you to join our mixed mutual aid groups. We have just purchased a pool table and PlayStation to add to our collection of activities within our recovery groups. Free to all individuals at any stage of alcohol or substance misuse recovery. Free tea and coffee also provided with additional support from our fantastic peer mentors programme and our dedicated volunteers. We all look forward to seeing you soon.



Achieve with NERAF

Group Times:

Monday 1pm-3pm
Wednesday 1pm-3pm
Friday 2pm-4pm

Need Free Legal advice?

WE CAN HELP !

Contact: Claire

On: 0191 566 6688

**To arrange an appointment with
our carefully selected
Law undergraduates Rebecca
Lofthouse & Lauren Cartledge**



Support Groups

Day	Venue	Time	Location
Monday	Gateshead/Women's	10.30-12.00	Trinity Church, Gateshead High St, NE8 1EP
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 SRI 1QH
Monday	Sunderland/Family and Carers	10.00-12.00	56, John Street, Sunderland SRI 1QH
Monday	Sunderland/Mixed	1.00-4.00	56, John Street, Sunderland SRI 1QH
Monday	Healthy Mind, Healthy Body, Healthy YOU!	4.00-5.00	56, John Street, Sunderland SRI 1QH
Monday	Sunderland/Abstinence	5.00-7.00	56, John Street, Sunderland SRI 1QH
Tuesday	Managing and Maintaining YOUR own Recovery! (structured)	11.00-12.00	56, John Street, Sunderland SRI 1QH
Tuesday	Sunderland/Community Lunch	12.15-1.00	56, John Street, Sunderland SRI 1QH
Tuesday	Sunderland/Mixed	1.00-4.00	56, John Street, Sunderland SRI 1QH
Wednesday	Sunderland/Family & Carers Group	9.30-11.30	56, John Street, Sunderland SRI 1QH
Wednesday	Sunderland/Family & Carers Group community lunch	11.30-12.30	56, John Street, Sunderland SRI 1QH
Wednesday	Sunderland/Mixed	1.00-4.00	56, John Street, Sunderland SRI 1QH
Wednesday	South Shields/Family & Carers Group	5.00-7.00	Horizons, 21 Beach Road, South Shields, NE33 2QA
Wednesday	Gateshead/Mixed	1.00-3.00	Trinity Church, Gateshead High St, NE8 1EP
Thursday	Sunderland/Mixed	1.00-4.00	56, John Street, Sunderland SRI 1QH
Friday	Freedom Programme	10.00-11.30	56, John Street, Sunderland SRI 1QH
Friday	Sunderland/Women's	11.00-12.45	56, John Street, Sunderland SRI 1QH
Friday	Sunderland/Mixed	1.00-4.00	56, John Street, Sunderland SRI 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 SRI 1QH

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

Managing and maintaining your own recovery

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**

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