

**INSIDE THIS ISSUE:**

Become a peer mentor	2
Recovery Hub timetable	3
Freedom Programme	4
Meet The volunteer	5
Healthy Mind	6
D.A.G.S	7
Managing and Maintaining	8
Party in the park	9
Support Groups	10

**Healthy Body, Healthy Mind, Healthy YOU!!**

Within this programme you will gain an understanding of what do you if you are nearing the end of your treatment. It will cover aspects such as Relapse prevention, emotional resilience and many more (go to page 6 to read more).

**FIRST MONDAY OF EVERY MONTH 5PM—7PM**



**AT 56 JOHN STREET, SUNDERLAND—  
EVERYONE WELCOME!**



## **What does a Peer Mentor do?**

Peer mentors are trained to support service users as they try to overcome addiction and make changes in their lives. Peer mentors help service users sustain their commitment to change and address the challenges they meet as they strive to achieve their goals.

Peer mentors do not advise service users about what to do, rather they help individuals consider their options and guide them through the process of making decisions. Most people who train as peer mentors have a long history of using treatment services.

The empathy and understanding peer mentors have gained through their own experiences can help them to win the trust of service users and sustain their commitment to the treatment process.

For more information please see a member of the team or telephone 0191 5656688.

**Are you working towards recovery?**

**Would you like to have a helping hand to support you in your journey?**

**Why not ask to work with an Achieve with NERAF Peer Mentor?**



# Achieve with NERAF Recovery Hub timetable

<b>MON- DAY</b>	9.30 – 11.00 DROP IN	10.00 – 12.00 FLOAT SUPPORT GROUP (Families and Loved Ones)	11.00 – 12.45 WOMEN ONLY GROUP	1.00 – 4.00 Peer Support Group	5.00 – 7.00 Peer Support Group (first Monday of every month is Karaoke night)	12-4  I.T Suite available for use. Please contact to book a slot
<b>TUES- DAY</b>	9.30 – 11.00 DROP IN	11.00 – 12.00 Managing and Maintaining YOUR Own Recovery	12.15 – 1.00 LUNCH WITH ACHIEVE	1.00 – 4.00 Peer Support Group		12-4  I.T Suite available for use. Please contact to book a slot
<b>WEDN ESDAY</b>	9.30 – 11.30 FLOAT SUPPORT GROUP (Families and Loved Ones)	11.30 – 12.30 LUNCH WITH ACHIEVE (Families and Loved Ones)	12.00 – 1.30 DAGS	1.00 – 4.00 Peer Support Group  2.00 – 3.00 Healthy Mind, Healthy Body, Healthy YOU!	5.00 – 7.00 FLOAT SUPPORT GROUP  SOUTH SHIELDS	12-4  I.T Suite available for use. Please contact to book a slot
<b>THURS DAY</b>	9.30 – 1.00 DROP IN			1.00-4.00 Peer Support Group		112-4  I.T Suite availa- ble for use. Please contact to book a slot
<b>FRI- DAY</b>	9.30 – 11.00 DROP IN	10.00 – 12.00 FREEDOM PROGRAMME	11.00-12.45 WOMEN ONLY GROUP	1.00-4.00 Peer Support Group		12-4  I.T Suite available for use. Please contact to book a slot
<b>SUN- DAY</b>		11.00 – 1.00 Peer Support Group				

### **The Freedom Programme**

We are running The Freedom Programme from Achieve with NERAF every Friday morning at 10am.

#### **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.

### **Everyone's Different, In Many Ways**

A day of addiction, A day of self affliction?

A morning grass dew, that was once new.

Where was the morning in crazy days?

Lost in crazy haze!

Some may say smell the coffee! Wake up to life!

But maybe have a life full of strife.

But now we are together singing "Hopefully!"

The potential death bells no longer ringing.

We all have problems, some we may still be courting.

But we know in the groups we are all supporting...

... Each other, ourselves and everyone.

Written by one of our members



**Achieve with NERAF would like to say a massive welcome to:**

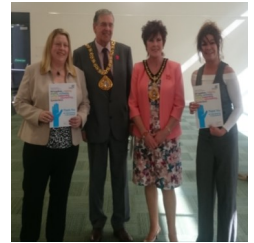
Flora Macleod

Jasmine Baird

**Who have join our team this month we look forward to working with you.**

## Volunteer Awards

This month our Volunteers Donna and Debbie attending a City Wide event to receive an award on behalf of all of our volunteers thanking them for all the hours they have put in to help NERAF.



The two volunteers were presented these awards by the Mayor and Mayoress.

We had a lovely time at this event and we would like to say a massive thank you to the Sunderland Health and Wellbeing Network for allowing us to attend this event.



Ever wondered why people Volunteer their time for free to help other in need?

By giving us a few hours of your time you could really make a difference, not only to someone else's life but to your own as you could:

- \* Learn / develop new skills
- \* Meet new people
- \* Help people in recovery
- \* Gain Work experience
- \* Help boost your CV
- \* Build Self Esteem
- \* Explore different careers
- \* Develop Career goals
- \* Increase the chance of employment this field

Why not give it try contact us today and ask for a trial.

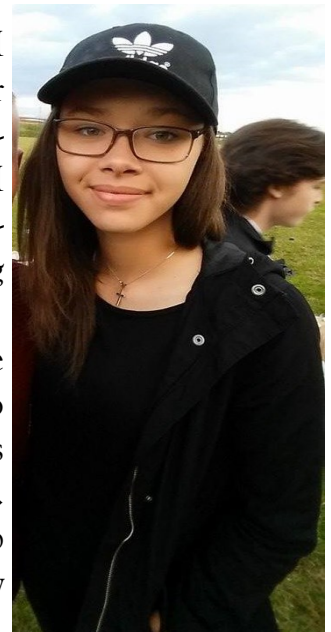
## Meet the Volunteer

My name is Jasmine Baird and I have recently become a volunteer within NERAF. I have a diverse array of interests and to my friends I am considered the loud and humorous type that is constantly making light of the situation.

This is juxtaposed by the fact that the my favourite colour is black. I tend to wear quite dark clothing, This is probably due to my interest in music. I prefer the heavy metal and pop punk style of music with some of my favourite artists being Tonight Alive, Avril Lavingne and Marilyn Manson.

My favourite food is probably pizza, because who doesn't like pizza? And if I were to have a dinner party I'd probably invite my friends, a couple colleagues and Jenna McDougall (however I doubt she would come).

I am very pleased to be a part of NERAF's volunteering team and I am looking forward experience to come.





## Healthy Body, Healthy Mind, Healthy YOU!!

This exciting programme is a rolling one of structured group work aimed at individuals who are coming to the end or have completed treatment for substance misuse. You can self-refer to the programme, or you can ask to be referred by an organisation you are working with.

We can also offer you a peer mentor to come along with you for the first time, or until you feel comfortable coming alone.

If you would like further information regarding the programme please contact Megan on 0191 5656688, or email [megan.thompson@neraf.org](mailto:megan.thompson@neraf.org).

The programme is aimed to cover the following areas:-

- Relapse Prevention
- Emotional Resilience
- Physical Health
- Healthy Eating and Recovery
- Money Management
- Understanding Self and forming healthy relationships
- Mental Health
- Crisis Intervention



# 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

## Managing and Maintaining YOUR Own Recovery

Managing and Maintaining YOUR Own Recovery is a peer support programme where, through the use of practical strategies and techniques, we help you to maintain recovery in many everyday situations.

Delivered in an informal, safe and friendly environment, we will help you help yourself, maintain your independence, make and sustain the changes that you wish to.

The programme focuses on the following 3 areas:-

*YOUR Motivation and how you can build and maintain it*

*Coping with situations and managing your urges*

*Your thoughts, feelings and behaviours and how to manage these*

This programme is delivered **EVERY Tuesday between 11.00 – 12.00 at:**

**Achieve with NERAF**

**56 John Street**

**Sunderland**

**SR1 1QH**

If you would like any more information about the programme please contact Megan on 0191 5656688





On Wednesday 10th June 2015 Achieve with NERAF were invited along to the Gateshead carers party in the park event to celebrate carers week. As I went with Lynn last year I thought it only fair to escort Michelle along to this one.

The event took place in Saltwell Park Gateshead from 11.00am – 2.00pm and luckily the sun was shining! We set up our information stall ready to answer any questions about our service and offer our support if needed.

There were lots of other organisations there with information stalls, arts and crafts, live music and even free beauty therapies, there was also a Scruffs dog show and scavenger hunt taking place.

The Scruffs Dog Show started at 11.30am and the categories were: 1) Dog with the waggiest tail. 2) Dog that looks most like its owner. 3) Dog the Judge would most like to take home. The Mayor of Gateshead was the judge and all the dogs were fab as they paraded around.

There was also live music from Gateshead music academy who were fantastic and even sang kids songs to keep the little ones entertained.

Unfortunately we didn't win the cake which was being raffled off or any prizes on the tombola but all the money raised from this was going to a good cause.

All in all it was a wonderful event and we were so glad we got invited to it, Gateshead carers worked really hard and it certainly paid off. Looking forward to next years!



## Support Groups

Day	Venue	Time	Location
Monday	Sunderland/Women's	11.00-12.45	56, John Street, Sunderland SR1 1QH
Monday	Sunderland/Family and Carers	10.00-12.00	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	Managing and Maintaining YOUR own Recovery! (structured)	11.00-12.00	56, John Street, Sunderland SR1 1QH
Tuesday	Sunderland/Community Lunch	12.15-1.00	56, John Street, Sunderland SR1 1QH
Tuesday	Sunderland/Mixed	1.00-4.00	56, John Street, Sunderland SR1 1QH
Wednesday	Healthy Mind, Healthy Body, Healthy YOU!	2.00-3.00	56, John Street, Sunderland SR1 1QH
Tuesday	Gateshead/Mixed	3.00-5.00	NECS Swan Street, Gateshead NE8 1BG
Wednesday	Sunderland/Family & Carers Group	9.30-11.30	56, John Street, Sunderland SR1 1QH
Wednesday	Sunderland/Family & Carers Group community lunch	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	Horizons, 21 Beach Road, South Shields, NE33 2QA
Wednesday	Gateshead/Mixed	3.00-5.00	NECS Swan Street, Gateshead NE8 1BG
Thursday	Sunderland/Mixed	1.00-4.00	56, John Street, Sunderland SR1 1QH
Friday	Freedom Programme	10.00-11.30	56, John Street, Sunderland SR1 1QH
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
Sunday	Sunderland/ Mixed	11.00-13.00	56, John Street, Sunderland SR1 1QH

Gateshead, South Shields, Sunderland

## 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](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)