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FASD Awareness Day – The ninth day of the ninth month

September 9th every year marks FASD Awareness Day.

What is FASD?

Foetal Alcohol Spectrum Disorder (FASD) is the umbrella term used to describe the conditions that occur in people who have been diagnosed with some, but not all, of the symptoms of foetal alcohol syndrome. Like Foetal Alcohol Syndrome (FAS), FASD is caused by a mother's drinking during pregnancy and it affects the way a baby develops physically and mentally.

Advice for mums-to-be

We don't know how much alcohol is safe to drink when pregnant. It depends on factors such as how fast a person absorbs alcohol, physical health, diet and what medication she is on. It is best to avoid alcohol altogether when pregnant. If you have been consuming alcohol while pregnant and are worried talk to your GP or midwife.

See page 2 for more information on FAS and FASD.

For more information about FASD please go to <http://www.fasdtrust.co.uk/>

Minsteracres 9th September

On 9th September members from our FLOAT project will be taking a trip to Minsteracres Retreat Centre. Please see next month's edition to see how it went!

FASD Awareness Day – The ninth day of the ninth month

What is FAS?

Children with Foetal Alcohol Syndrome have distinct facial features including: small and narrow eyes, a small head, a smooth area between the nose and the lips and a thin upper lip. They also show the following symptoms:

- Hearing and ear problems
- Mouth, teeth and facial problems
- Weak immune system
- Epilepsy
- Liver damage
- Kidney and heart defects
- Cerebral palsy and other muscular problems
- Height and weight issues
- Hormonal disorders

It is more difficult for a specialist to diagnose FASD than it is FAS. This is because children with FASD may not display the physical characteristics. It might not be until they start going to school and interacting with others that the following symptoms – which also affect children with foetal alcohol syndrome – show up:

- Learning difficulties
- Problems with language
- Lack of appropriate social boundaries (such as over friendliness with strangers)
- Poor short term memory
- Inability to grasp instructions
- Failure to learn from the consequences of their actions
- Egocentricity
- Mixing reality and fiction
- Difficulty with group social interaction
- Poor problem solving and planning
- Hyperactivity and poor attention


Pregnant Pause

The "Pregnant Pause" is those 9 months of pregnancy when you "pause" from drinking alcohol. (It is also advised by some that women trying to conceive should also consider avoiding alcohol, as the baby is most vulnerable during the early weeks.) But, if you are pregnant, have been drinking and maybe now worried:

1. To be completely sure your baby is not exposed to any further potential harm, it is best that you **do not drink** any more alcohol for the remainder of your pregnancy. Remember that the first 10 days post ovulation the foetus is generally safe as the placental maternal connection has not yet been established. The risk commences once the placental blood flow commences and the foetus is connected to the mother.
2. **Stop Worrying** - stress is also harmful for your baby - and you. Please speak with your midwife or GP about any concerns you may have.
3. **What to do after Baby arrives....**If you have any concerns after your baby is born about any aspect of their health or development, please speak to your health visitor or GP; they are there to help, advise and support you.

RECOVERY HUB TIMETABLE

MON- DAY	9.30 – 11.00 DROP IN	10.00 – 12.00 FLOAT SUP- PORT 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
TUES- DAY	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
WEDN ESDAY	9.30 – 11.30 FLOAT SUP- PORT 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 SUP- PORT GROUP SOUTH SHIELDS	12-4 I.T Suite available for use. Please contact to book a slot
THURS DAY	9.30 – 1.00 DROP IN			1.00-4.00 Peer Support Group		12-4 I.T Suite available for use. Please contact to book a slot
FRI- DAY	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
SUN- DAY		11.00 – 1.00 Peer Support Group				



Drop In - A safe, warm and welcoming environment for service users and loved ones to use the group room outside of group times. This may be to meet for a cuppa, meet your peer mentor or simply come in out of the cold to relax and read. There is a range of reading materials available for your use.

FLOAT Support Group - A peer support group for families and loved ones of those who are going through problematic substance misuse. A time to talk, discuss hints and tips and applying boundaries and coping strategies. You can stay for the duration of the group or pop in for a short while. You do not need a referral or appointment and our dedicated staff and volunteers will always give you a warm welcome.

Women Only Group - A peer support drop in group for women only. This group is facilitated by women and women are encouraged to attend and discuss issues relevant to them. The atmosphere is very informal and welcoming. Peer support tends to occur naturally within these groups, friendships are developed and everybody helps each other along. All are welcome at these drop in groups. You don't need a referral and you can stay for as little or as long as you want.

Mixed Peer Support Group - A peer support group for men and women. The atmosphere is very informal and welcoming. We have members attending regularly, some who are in the early stages of recovery and others who have been in recovery for some time. Peer support tends to occur naturally within these groups, friendships are developed and everybody helps each other along. All are welcome at these drop in groups. You don't need a referral and you can stay for as little or as long as you want.

Managing and Maintaining YOUR Own Recovery - 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. Progress is measured and goals set through one to one appointments that run alongside this group if you would like extra support.

Lunch with Achieve - A drop in where you can meet your peers, bring in some lunch and eat in a warm, safe and welcoming environment.

DAGS - A drop in support group independent of Achieve with NERAF for those with substance misuse issues.

Healthy Mind, Healthy Body, Healthy YOU!

A programme of structured group work for individuals following treatment for substance misuse

The programme is a rolling one, covering the following topics:

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

Progress is measured and goals set through one to one appointments that run alongside this group if you would like extra support.

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.

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 more information, or to book a session please contact Claire on 0191 5656688, Claire.tomlinson@neraf.org



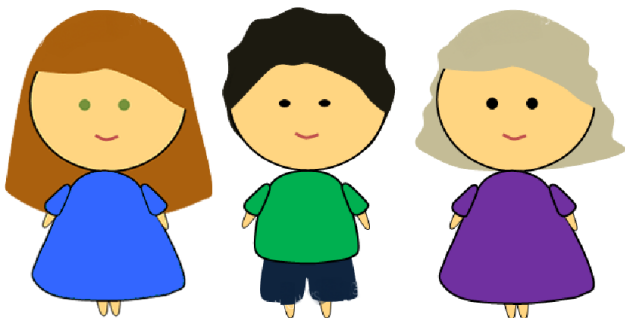
What our current volunteers get out of volunteering !!

Feeling part of an extended family. Keeping my feeling of self worth and knowledge of being able to help clients in any small way is appreciated.

I get to meet new people and make Fridays also get lots of experience and enjoy being out of the house.

Volunteering has given me opportunities to develop important life skills. The training that NERAF has provided has taught me about addiction family dynamics and how to support someone to recovery.

It helps with my recovery and confidence, it also gives me a daily routine and an opportunity to learn new skills and help others



Volunteering with NERAF helps me to see things in a different way seeing things from a different point of view...it makes me feel good knowing I am helping people and the experience will help me when I gain employment.

Enjoyment, Material for a documentary I am looking at writing and feel that helping someone in their journey progresses me in mine.

I have been with NERAF for approximately 3yrs, in this time I have gained valuable social skills , improved my knowledge through the course, improved my confidence in myself and the confidence to help others.

If you would like more information about volunteering with Achieve with NERAF please don't hesitate to contact us

Shellie Nichols-Key

Volunteer Co-ordinator

0191 514 8520



Join thousands quitting with Stoptober this year.

What is Stoptober?

Stoptober is an England wide campaign calling on all smokers to quit smoking, starting on October 1st and lasting for 28 days. The campaign is being supported all over the country by local NHS Stop Smoking Services, Local Authorities, pharmacies, retailers and large employers. There will also be a number of face-to-face events running nationwide.

What's the benefit?

Research has found that if you can stop smoking for 28 days, you're five times more likely to quit for good. Making that step isn't easy, but knowing you're not alone – that thousands of others have pledged to quit too – can be a huge boost to willpower.

You'll also have multiple resources available to help you along your quit journey.

Stoptober Resources and Results

The Stoptober of 2014 saw more than a quarter of a million smokers pledge to try and quit smoking.

By signing up to Stoptober, smokers can benefit from the following things:

Sign up to a text and email service, which provides motivational messages offering daily support and encouragement

Register for the app which is active for 28 days with helpful hints and tips for a successful quit attempt, available on smartphones and online

Join Stoptober Facebook page where smokers can share their Stoptober experience with others

A free stop smoking pack containing a number of proven quitting support tools and other support information

COMPUTERS AVAILABLE



Computer use available between the hours of 12-4pm Monday to Friday

Please see Claire or contact 0191 5656688 for more information or to book a slot



It's not 1989. The excuse "I'm not good with computers" is no longer acceptable.



Would you like to use a computer but need some help?

Supported appointments available

Please contact Maria on 0191 5148520 for more information or to book a slot.

Press Any Key To Start.

WHERE IS THE "ANY" KEY?!



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/Abstinence	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
Tuesday	Healthy Mind, Healthy Body, Healthy YOU!	2.00-3.00	56, John Street, Sunderland SR1 1QH
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
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

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

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