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New Recovery Hub centre timetable on page 2. The services within our Recovery Hub focus on the prevention of substance misuse and also the aftercare element. We have a comprehensive timetable of one to one and group support for people experiencing substance misuse. Starting from Monday 18th January we have a new range of groups and activities available to all members. Some of the groups still operate on a drop in basis, these are highlighted on the centre timetable with a star.

LEAD VOLUNTEER ROLE -
Interested in becoming our lead volunteer?
See page 5 for more information.

Looking for a career change of maybe a new start?

Read page 7 for details of our Moving on up group.



Achieve with NERAF Recovery Hub centre timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30					
10.00					
10.30					
11.00					
11.30	10.30 Moving On UPI	11.00 Managing and Maintaining YOUR own Recovery	10.00 DROP IN Family2Change	9.45 DROP IN Member Involvement Group	10.30 Managing Plan Your Week
12.00			10.30 Improve Your I.T Skills	12.00 DADS DROP IN	10.30 Managing and Maintaining YOUR own Recovery
12.30				1.30 DADS DROP IN	
1.00	1.00 DROP IN Activity Planning	1.00 History Box		12.30 DROP IN WOMEN ONLY	
1.30					
2.00					
2.30					
3.00			2.30 Healthy Mind, Healthy Body, Healthy YOU!		
3.30					
4.00					
4.30					
5.00					
5.30			4.30 Managing and Maintaining YOUR own Recovery (Abstinence based activity)		
6.00					

Training Room

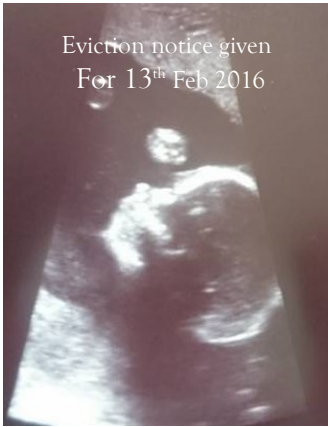
Group room

DROP IN groups are highlighted with a star

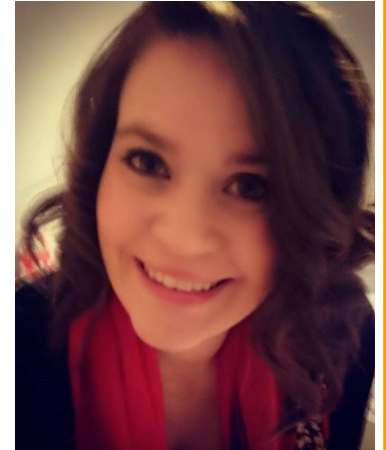


GOING ON MATERNITY

As many of you know I am currently brewing a tiny human. As of the 15th January 2016, I will be on maternity leave.



Don't worry I intend to come back to work in November 2016, I'm not leaving for good sorry volunteers you don't get rid of me that easily (Mwahaha Evil Laugh). I also intend on coming into work to annoy you all with my tiny human because as you all know he or she is going to be the best tiny human ever!!



I hope you're all looking forward to being inundated with pictures and updates about how things are going. Anyway, I would just like to say a massive thank you to you all for putting up with me and my 'Hormones'. I am looking forward to being on leave but I also know I will miss you all, Keep up the hard work.

I will see you all soon xxx

MOVIE CLUB

Every Friday 1 - 4

CHOOSE A MOVIE, PUT YOUR FEET UP AND RELAX



WOMEN ONLY DROP IN



**Come along to our drop in every Thursday between 1 and 4pm
just for women**

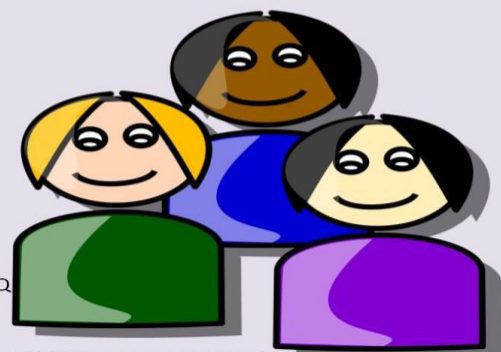
**Meet with your friends for a cuppa in a warm, safe
environment**

- **Take part in a variety of crafts, such as glass painting, card making, you choose!**
- **Beauty therapies**
- **The chance to discuss issues specific to women**
- **Women's health**

Free refreshments are available



Achieve with NERAF Recovery Hub, 56 John Street, Sunderland, SR1 1QJ
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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.

INTRODUCING OUR NEW EXCITING VOLUNTEER ROLE

LEAD VOLUNTEER

Purpose of Role	<p>To provide support and assistance to the Volunteer Coordinator and Volunteers in their day to day duties</p> <p>Assist with providing support to Volunteers</p> <p>Promote Volunteering</p> <p>Group Cover</p> <p>Act as an Ambassador for ACHIEVE with NERAF</p>
Main activities and tasks	<p>Attend Volunteer Meetings and Drop in Session</p> <p>Attend Volunteer Recruitment Events</p> <p>Be the spokesperson for volunteers</p> <p>Help volunteers to complete correct paper work</p> <p>Encourage volunteers to participate in extra events</p> <p>Communicate with volunteers on behalf of the Volunteer Coordinator.</p>
Quality, skills and experience required	<p>Essential:</p> <p>Good Leadership skills</p> <p>Reliability</p> <p>Able to commit to a minimum of 10 hours per week</p> <p>Ability to communicate with clients, other professionals and organisations in a competent and confident manner</p> <p>Good written and verbal communication skills</p> <p>Ability to work on own initiative</p> <p>Good Interpersonal Skills</p> <p>Discretion and confidentiality</p> <p>Listening Skills</p> <p>Resilience</p> <p>Non-Judgemental</p> <p>Presentation skills</p> <p>Knowledge of substance misuse issues</p> <p>Knowledge of or willingness to learn about NERAF Services</p> <p>Negotiation skills</p> <p>Ability to remain calm</p> <p>Computer skills</p> <p>Desirable:</p> <p>Previous experience of voluntary work</p> <p>Good sense of humour</p>

If you are interested in this role please contact us on 0191 514 8520 or email us at info@neraf.org

Mentoring and Befriending Approved Provider Standards

In November 2015 NERAF had an assessment too see if we could be accredited with Approved Provider Standard (APS) for our project. APS is the national quality standard designed specifically for all types of mentoring and befriending projects.

We are delighted to tell you that we have now been accredited with Approved Provider Standards for our volunteering and Peer mentor programme.

The report we received back was very positive here are a few points raised in the report about Achieve with NERAF and the peer mentor/ volunteering programme .

'Overall, this is a particularly effective project that produces good results with a challenging user group. The service is based on a meticulous and careful approach, well supported by appropriate policies and procedures and provides a model of good practice in this area of work. Interviews with effective and enthusiastic staff revealed a clear focus on good practice and a supportive and positive atmosphere. Service users were clear about the value of the support they receive and showed a high level of satisfaction with the service provision. The project is delivering at a high standard and is clearly meeting the Approved Provider Standard'

'Management and supervision is of a high standard: the organisation is relatively small and the advantages of this small size have been used effectively to ensure staff and volunteers are appropriately supported'

'The interviews and assessment visit have shown good evidence that this is a well-run and effective project, with an enthusiastic, skilled and effective staff team working closely together'

We would like to thank Staff, Volunteers, Peer Mentors and Services Users without your support and trust within the organisation this would not have been possible.



MOVING ON UP!!

**Improve your Employability Skills in a relaxed, informal
environment**



Sessions including:-

- Career Identification
- Reasons to find a job
- Setting and reaching your goals
- Building a CV
- Overcoming barriers
- Self esteem
- Personal presentation
- Interview techniques

MEET EVERY MONDAY 10.30 - 12

**Achieve with NERAF Recovery Hub, 56 John Street, Sunderland, SR1 1QH
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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
- * Complete student placements

Achieve with NERAF value all their volunteers and love to see people progressing in their careers. Over the past three months, four of our volunteers have moved on to gain paid employment and many have gained experience to complete their college/ university course.

There is so much to gain from volunteering. Why not give it try contact us today for more information.



We are now providing exciting opportunities for our Sunderland Recovery Hub in the following roles :

Advocacy
I.T Facilitators
Structured Group Facilitators
Events
Admin
Recovery Coaches

We are also now providing exciting opportunities for our new Community Rehabilitation Company project in the following roles:

Recovery Coaches
Structured Group Facilitators

For more information about volunteering opportunities contact 0191 5148520 or email info@neraf.org or have a look on our website www.neraf.org



NERAF would just like to say a warm welcome to our New Volunteers.

Bernadette Murray

Philip Maddison

Jordan Murphy

Rachel Gardiner

Dzhulia Stilliyanova Bandzheve

Jonny Inskipp

Whitney Thompson

Melissa Taylor

Katie Kelly

Thank you for giving us your time we look forward to working with you.

ACHIEVE WITH NERAF RECOVERY HUB

IMPROVE YOUR I.T SKILLS

If you don't know the mouse from the keyboard, have never used a computer before or simply would like some support to improve your skills, come along to the Hub every Wednesday between 10.30 and 12.30

- Improve your skills
- Learn new skills
- How to use a mouse
- How to access the internet
- How to set up an email account and send a message

SPACES ARE LIMITED SO PLEASE BOOK TO AVOID DISAPPOINTMENT



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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?

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.

