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KARAOKE EVENING....

Want to try your voice at Karaoke or already a seasoned pro? Why not join our Karaoke evening held at 56 John Street - details on page 4...

CHANGE OF GATESHEAD GROUPS...

Our Gateshead support groups that used to run from the Trinity Centre have now changed time and place.

Our groups now run from 3:00pm till 5:00pm every Tuesday and Wednesday from NECS at Swan Street, Gateshead, NE8 1BG.

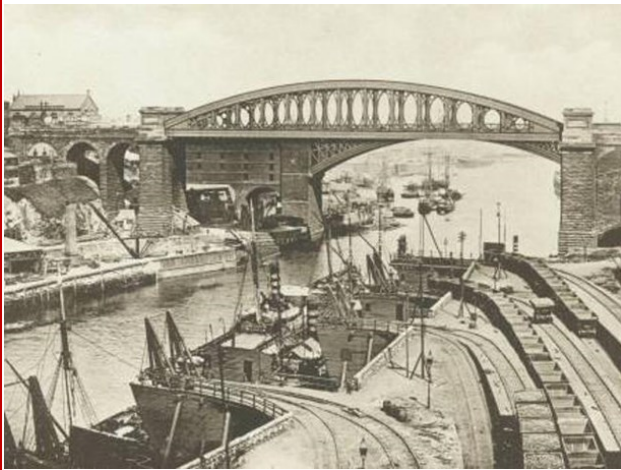
THE NERAF POOL TOURNAMENT...

Our Gateshead office at the Trinity Community Association saw the 1st NERAF pool tournament. Read on for the events of the day and to see photos of the momentous occasion!!



History Group

We are soon to be starting a local history group. The aim of this group is to explore the history of our local area through photography and internet based research, presenting this in a visual timeline. If you would like more information or would like to be involved please contact Maria on 0191 5148520



Tribute

We are extremely saddened to hear of the recent passing of one of our much loved members, Ian Herbert. Ian was well known and respected within Achieve with NERAF by staff, volunteers and service users and he is a big miss.

He attended our groups regularly and took part in many activities. Ian was always polite and respectful and always ready to crack a joke, often at the expense of the staff!! He will be remembered for his cheery disposition, being a good friend to many.

We would like to thank Ian's brother David, and Ian's friends and family for their kind donation. This will be used to help others.



"I'd like the memory of me, to be a happy one.

I'd like to leave an afterglow of smiles when life is done.

I'd like to leave an echo whispering, softly down the ways,

Of happy times, and laughing times and bright and sunny days.

I'd like the tears of those who grieve to dry before the sun

Of many happy memories that I leave when life is done." - Helen Marshall

Achieve with NERAF Recovery Hub Timetable

MONDAY	9.30 – 11.00 DROP IN	10.00 – 12.00 FLOAT SUPPORT GROUP (Families and Loved Ones)	11.00 – 1.00 WOMEN'S ONLY GROUP	1.00 – 4.00 Peer Support Group	5.00 – 7.00 Peer Support Group
TUESDAY	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 2.00 – 3.00 Healthy Mind, Healthy Body, Healthy YOU! Group	
WEDNESDAY	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	5.00 – 7.00 FLOAT SUPPORT GROUP SOUTH SHIELDS
THURSDAY	9.30 – 1.00 DROP IN			1.00-4.00 Peer Support Group	
FRIDAY	9.30 – 11.00 DROP IN	10.00 – 12.00 FREEDOM PRO- GRAMME	11.00-12.45 WOMEN'S ONLY GROUP	1.00-4.00 Peer Support Group	
SUNDAY		11.00 – 1.00 Peer Support Group			



Durham Trip

Recently our service users went on a trip to Durham. As the photo's show — The sun was shining and all had a great time!



COME ALONG AND KARAOKE



JOIN IN THE FUN AT ACHIEVE WITH NERAF
KARAOKE EVENING – 56 JOHN STREET,
SUNDERLAND

WILL BE HELD THE FIRST MONDAY OF EVERY
MONTH. COMMENCING JUNE 1ST 2015. TIME
5PM-7PM.



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

Amanda McLaughlin
Lenny Brown
Victoria Nesbit
Carrie Turner-Fryatt
Amanda Dodds
Nikita Hurn



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

WHY VOLUNTEER?

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.

*You are Invited to the
Achieve with NERAF
Volunteers Celebration Awards
1st June 2015
3pm
At Our Sunderland Office*



Volunteer Opportunities

We are now providing exciting opportunities in the following roles;

Advocacy
I.T Learning Support
Group Facilitators
Events and Activities
Receptionist and Admin

One to One Recovery Coach

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



THE NERAF POOL COMPETITION

The date was set. After months of behind the scenes deliberating, was it wise to let the Gateshead Sunderland inaugural pool competition go ahead. Local constabulary had to be contacted as heavy traffic was expected. How many followers of the Sunderland poolers would get to the venue? Could the buses cope, were the taxis prepared, would there be enough funds for the police overtime? Casting these worries aside, March arrived and the tension was high. Crowds swarmed to the church. Autograph hunters begged and fought over the best spots, in slid the minibus. The atmosphere was electric.

Inside the baying hordes of the Gateshead Gallavangers were screaming for blood. All they got was a cup of Joe's weak tea. Not perturbed, the teams squared up. And boy was this a sight for sore eyes. In the top corner were the Gateshead cheer leaders, Kaz and her mam doing a Mexican wave, whether or not they meant to was anyone's guess. Tables had been arranged to maximise the arena, and refreshments were provided. The draw was made and each eyed their opponent until world renowned referee Jimmy Hawkeye called order and the games commenced.

Silence befell the auditorium. Tension crackled and fizzed in the air as the first two squared up. Everyone had a sense of excitement and a thirst for victory. First up were the mascots and what a performance. The goading, the laughing, the wisecracks, the low shots, the tricks and the intimidation. Then the triangle was removed and play began. And what a game, the begrudging respect as they both thought, from this position I fancy either myself or my opponent winning. Then it happened, a win for the hosts. But only just, mind, having home advantage had really helped. Knowing the curve on the table and hiding the chalk helped. Soaring into a one nil lead, it seemed like there was to be no catching them. Gateshead then further stretched their lead in a tight 2nd frame. Closely fought between Jimmy and Danny, only one winner could emerge. Danny's mind seemed to be elsewhere, probably on shopping as Jimmy won a tight one. Two-nil the crowd hollered and security had to be called in as someone had spotted some flares. Thankfully there had been a mistake and it was just one of the volunteers' jeans.

Rack 3 and it was The Diamond versus The Terminator. Ooh the crowd went wild-ish, as Sunderland pulled one back in a gripping frame, only decided by a 3 pocket double cannoning off the last stripe and rolling the full length of the cushion before gently dropping into the pocket after a ricochet. Well done Sunderland, the fightback had begun, 2 – 1. A chorus of you're not singing anymore swept round the hall. Two old pros then put aside their differences and shook hands before facing off over the smooth grey baize.

So it fell to Albo the whirlwind to swerve a beauty making it 3 - 1. Doing a jig past the away fans he calmly sat back down and cherished the moment. And so the frames continued to roll. No-one could have anticipated what was to go down next. No doubt to appear on A Question of Sport someday. Lee Torpedo was to face Steve-O Master. Only 7 balls had been potted as the chance to sink the black arose. Tornado felt the pressure and scuffed his chance, then the master followed suit. Leaving the black safely tucked up behind his wall of seven stripes, Houdini would struggle to get out of this one. But a four cushion swerve back saw the white majestically kiss the black and send it teetering towards the brink. Could a seven ball game really happen in a game of such importance? Silence fell once more as the black seemed to take forever to curve its way into the pocket. History was made. The first time the master had been seven balled. Gracious in defeat, only two chairs were kicked over, and modest in winning, the tornado only did the one huge shout of success. It was 4 – 1 and all still to play for... but not for long. Soon followed 5 – 1, then 6 – 1. But by now no one cared as such a good day had been had. Realising they were part of something special, all loyalties were forgotten and everyone danced and clapped like there was no tomorrow.

Still there was pride to play for. Up stepped the two heavy weights of the NERAF pool world and a game of attrition started and went on and on and on. Before Hurricane Michelle pulled one back for Sunderland Poolers by wearing down Shell Shock. No disgrace there though, the Hurricane well known in town for choosing the shots no one else would dare take. And so it ended, a very good day was had by all and thanks go out to all concerned. Those who planned, arranged, travelled, played, supported and anyone else I can't remember, a BIG THANK YOU for making it such a good day.

Photos next page...

NERAF POOL COMPETITION



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

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