

# Autumn 2018 Newsletter



## Welcome

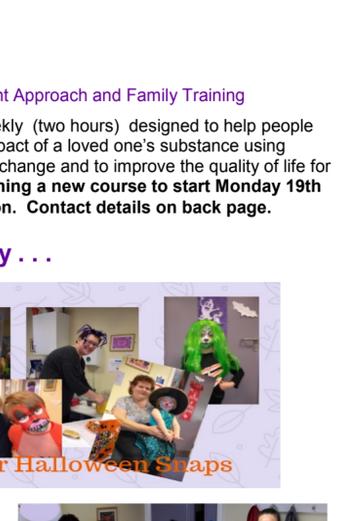
As Autumn takes a hold it seems like a good time to review all that we have achieved over the last few months and to look forward to what is planned for the autumn and winter. We have been busy with activities and courses, as you will see in this newsletter, and our volunteers have been looking after the building and helping us with events. Those of you who come to the Susan Kennedy Centre will have seen a transformation take place in the front garden. Many thanks to Sam and Linda who have taken on the garden and are sprucing it up for the spring.

In October we welcomed the British Red Cross who came along and delivered some really useful training. A number of volunteers completed the first stage of the befriending and peer mentor training and we ran another very successful C.R.A.F.T. Course. This course results in such positive outcomes for people who come along that we are already planning to start another one. In this newsletter one of our C.R.A.F.T. participants who wrote the poem below, also reviews a book which she highly recommends for people living with addiction in their family.

### Thank You

*Thank you Elaine  
For my "Bill of Rights"  
I'd forgotten I mattered  
In this horrible fight.  
Loving an addict is a lonely place  
You sit there heart broken  
Tears rolling down your face.  
People judge us for trying  
And that's really sad  
When you know inside  
You gave all that you had.  
I wanted to fix it  
I thought that I could  
Then you learned me to change things  
In the hope that they would.*

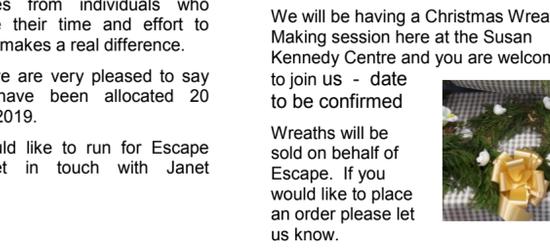
Margaret Walker  
CRAFT participant



### What is C.R.A.F.T. Community Reinforcement Approach and Family Training

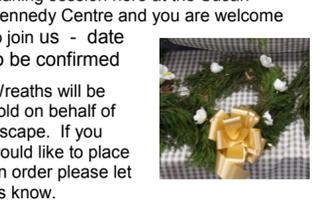
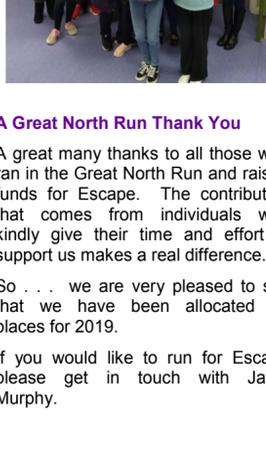
An eight session support programme held weekly (two hours) designed to help people develop the skills they need to manage the impact of a loved one's substance using behaviour. The aim is to bring about positive change and to improve the quality of life for both carer and substance user. **We are planning a new course to start Monday 19th November, get in touch for more information. Contact details on back page.**

### What we've been up to recently . . .



**Our Achievers—CRAFT training, First Aid training with the Red Cross and Befriender training**

Well Done Everyone!



### A Great North Run Thank You

A great many thanks to all those who ran in the Great North Run and raised funds for Escape. The contribution that comes from individuals who kindly give their time and effort to support us makes a real difference.

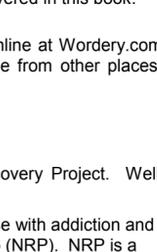
So . . . we are very pleased to say that we have been allocated 20 places for 2019.

If you would like to run for Escape please get in touch with Janet Murphy.

### Order your Christmas Wreath now!

Last year we had a great time making Christmas Wreaths so we thought we'd do it again!

We will be having a Christmas Wreath Making session here at the Susan Kennedy Centre and you are welcome to join us - date to be confirmed



Wreaths will be sold on behalf of Escape. If you would like to place an order please let us know.

### Book Review

I would like to recommend the book ... Loving an Addict, Loving Yourself ... by Candace Plattor for anyone living with addiction in their family.

The author, a former addict, is now a therapist specialising in addictions. Through her experience, knowledge & wisdom she clearly understands the chaos & exasperation of loving an addict.

It is a very easy read with lots of helpful advice in learning you how to make the changes needed for self care.



There are short personal stories showing these changes do work & like C.R.A.F.T. it shows making those changes in yourself can often bring about changes in your loved ones. It left me with hope and a feeling that I can learn ways to relieve the stress of living with addiction and can bring some form of peace back into my life. There is also a workbook to accompany the 10 Top Survival Tips covered in this book.

I found the lowest price for the books online at Wordery.com with free delivery, although it is available from other places. (Margaret Walker)

### From Recovery Project to Recovery Partnership

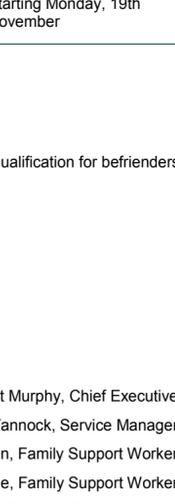
Last month we celebrated the successful completion of our Recovery Project. Well done to all who have moved forward in their journeys!

We continue, as always, to support families and loved ones of those with addiction and are pleased to work with the Northumberland Recovery Partnership (NRP). NRP is a dedicated service for anyone in Northumberland experiencing problems with drugs and alcohol.

*We are here to help people get well and stay well. We believe recovery from addiction and substance misuse is possible for everyone and we're here to help individuals achieve it. Our aim is to make recovery a reality in Northumberland*

*We offer the following support which is tailored to help the recovery journey. Harm reduction, Abstinence programmes, Medical support, a dedicated recovery coordinator and recovery support through mutual aid.*

*We can work with anyone in Northumberland over 18. You can contact the service via your GP or self-referral on 01670 396303*



### Other news . . .

- We are looking for a **volunteer cleaner and people to join our volunteer gardeners**, contact Mandy for more information
- Xmas Hamper - contributions will be gratefully received as will prizes for our Christmas Draw
- Clothes collections - another way we are able to bring in vital funds is through Cash4Clothes - if you are having a clear out please think of us!
- Art Group meets on alternate Thursday afternoons at the Susan Kennedy Centre - new members are always welcome - it's a fabulous way to be creative and do something just for you in a safe and welcoming group.
- Calling all swimmers! We are planning a sponsored swim at Blyth Swimming Pool next Spring - would you like to join us? Get in touch and let us know.

## What's on at Escape over the next few months

What	Where	Day	Time	Dates
<b>These are the planned activities but it is always advisable to check with us beforehand</b>				
CRAFT Maintenance	Hexham	Monday	5 to 7.30 p.m.	Once a month - check for dates
CRAFT Maintenance	Prudhoe	Monday	10 to 12 noon	On hold until further notice - get in touch for further details
Health and Wellbeing Event	Susan Kennedy	Monday	9.30 to 12 noon	December 17 March 25
Acupuncture	Susan Kennedy	Thursday	11 to 12 noon	Weekly—please let us know if you are coming along
Art Group	Susan Kennedy Centre,	Thursday	12.30 to 2.30 p.m	Usually every other Thursday, but check for dates if you're not sure, before you come
Carers Coffee Morning	Susan Kennedy Centre,	Friday	10 to 12 noon	Usually the first and third Friday of the month - but check if you're not sure before
Celebration Event	Susan Kennedy	Friday	12 to 1.30 p.m.	November 16 January 18
Peer Mentor Training	Susan Kennedy	Thursdays	10 to 2 p.m.	Starting 15th November for six weeks
CRAFT Course	Susan Kennedy	Mondays	10.30 to 12.30 p.m.	Starting Monday, 19th November

### Training currently planned for Spring 2019

- Teen Triple P
- Supporting Families Affected by Substance Misuse - Level 2 qualification for befrienders and peer mentors

## Contact Us

ESCAPE Family Support  
The Susan Kennedy Centre  
South View  
Ashington  
Northumberland  
NE63 0SF  
Tel. 01670 544055  
24/7 Helpline: 07702 833944  
admin@escapefamilysupport.org.uk  
www.escapefamilysupport.org.uk

Janet Murphy, Chief Executive  
Sarah Tannock, Service Manager  
Elaine Toopchizadagan, Family Support Worker  
Deborah Humble, Family Support Worker  
Angie Turnbull, Training Officer  
Mandy Robinson, Volunteer Co-ordinator  
Charity Number 1063500

**Get in touch with any ideas/contributions for the next newsletter !**

**And if you would prefer not to receive our newsletter by email please let us know**