



North East Networking Event

Are you involved in a Hearing Voices Group in the North East of England, or would you like to be?

Are you interested in meeting other people who are involved in the Hearing Voices Network in the North East?

The Hearing Voices Network is a national charity in England, which works to promote acceptance and understanding of Hearing Voices. One of the main ways we support people is through setting up and supporting Hearing Voices Groups.

Hearing Voices Groups offer a safe place for people to feel accepted and comfortable sharing their experiences of voices, visions, tactile sensations and other unusual experiences and perceptions. People meet together to help and support each other, to exchange information, and to learn from one another. Groups also offer an opportunity for people to accept and “live with voices” in a way that enables them to regain some control over their lives.

In England there are more than 180 groups, yet there are several areas where there are few or no groups, including the North East. This meeting will be an opportunity to think about how we can work together to make support more widely available, for people who hear voices. If you hear voices, support somebody who hears voices or work with people who hear voices, we would love to see you at the meeting!

Please come along to a meeting on: **Thursday 14th February 2013 from 2 – 4pm** at:

The Penthouse
Collingwood College
Durham University
South Road
Durham
DH1 3LT

**Spaces are limited, so to book a place, please call:
Jacqui Dillon 07951 635 033 or Email: Jacquidillon333@aol.com**

The Hearing the Voice project at Durham University has generously provided a room for this meeting. Please see below for directions to the venue.

NEt (North east *together*) Regional Service User and Carer Network should be able to cover all reasonable costs/expenses for service users and/or carers to attend.

Directions for Venue:

Travel Information

Collingwood situated just to the south of Durham City centre and is a 30 minute walk from Durham Station through the historic city centre of Durham. There is a tourist map on the platform.

Durham bus station is a 5 minute down-hill walk from the railway station and has several local services which stop just outside the entrance to Collingwood.

The College is a 5 minute taxi ride from Durham Station. All the taxi drivers know the College, so you won't need to give them directions.

Alternatively if you are arriving by car the Howlands Park and ride scheme is a 5 minute walk from Collingwood.

How to get to Collingwood

By Bus

The number 6 bus runs every 15 minutes from Durham Bus Station and stops outside College.

By Train

Durham Train station is in the centre of Durham and 5 minutes' walk to Durham Bus Station.

By Car

From the A1(M) heading South

Take the A690 turning signposted Durham. Continue straight on across the first roundabout take the left turn across the bridge. Continue along this road through five sets of traffic lights. Collingwood College is the third turning on the left hand side.

From the A1(M) heading North

Take the A177 turning signposted Bowburn and Peterlee. This is the junction with the Durham RoadChef Services area. The sign for Durham will urge you stay on the A1(M) for another junction. While this would not be a disaster, it is definitely a longer route and is likely to involve more traffic hold-ups. Take the A177 exit from the roundabout (2nd turning), signposted Bowburn. The road will take you through Bowburn village and on to Shincliffe village. Follow the road for about 4 miles until it reaches a roundabout and take the first exit. You will pass the University Science site on the left and reach a set of traffic lights. Turn left at these lights and proceed up the hill. Collingwood College is the third left turn, which is just after the hill flattens out.

From the A167

Take the turning signposted Durham at the roundabout where the A167 and A177 meet. Follow the A177 towards the City Centre and, after approximately 1 mile, turn right into Collingwood College.