



## 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: **Friday 10<sup>th</sup> May 2013 from 12.30 – 2pm** at:

The Joachim Room  
College of St Hild and St Bede  
Durham University  
Leazes Road  
Durham  
DH1 1SZ

**LUNCH WILL BE PROVIDED**

**Spaces are limited, so to book a place, please email: [Victoria Patton](mailto:Victoria.Patton@durham.ac.uk)**

The Hearing the Voice project at Durham University has generously supported this meeting. Please note that there will be a chance to hear about the latest Hearing the Voice research into voice-hearing and find out how you can get involved in the project at an **Interactive Hearing the Voice Workshop** in the Joachim Room from 2.30 – 5 pm.

**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 to Venue

### Travel Information

The College of St Hild & St Bede is situated just to the north of Durham City centre and is a 15 minute walk from Durham Station. 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 near Hild-Bede.

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 Hild-Bede:

#### By Bus

The Number 65 bus runs from Milburngate stand A at the bottom of North road in Durham and drops off outside the College. The numbers 20.60.63.64 & 65 all run from Milburngate stand A and drop off at "The Chains" near the Woodman pub at the top of Claypath and you would cross over the footbridge to get to the college.

#### Park and Ride

The park and ride service is located on the Howland farm Site, by the junction of the A1 and the A690 and at Sniperley and the buses run every 10 minutes going into the city centre. The tickets are at a cost of £1.70 which last all day.

#### By Train

Durham railway station is the railway station for the city of Durham on the East Coast Main Line. The station is managed By National Express East Coast. Despite its small Functional capacity the station is a principal stop on the East Coast Main Line and is called at by many intercity services travelling the route. The travel time between Durham and London Kings Cross, 254 mi south, is around three hours. Buses and taxi run regularly from outside of the station into the town centre.

#### By Car

From the A1 (M) heading south

From the motorway exit, take the third exit from the Roundabout signposted A690 Durham. At the roundabout take the 2<sup>nd</sup> exit straight into the college site and follow the car park signs.

From the A1 (M) heading north

From the motorway exit, take the first exit from the Roundabout signposted A690 Durham. At the roundabout take the 2<sup>nd</sup> exit straight into the college site and follow the car park signs.

From the A167

After the Honest Lawyer Hotel turn right at the next roundabout and follow the signs into Durham city. Going straight over all of the traffic lights. At the roundabout next to the Prince Bishops Shopping Centre take the 3<sup>rd</sup> exit and stay in the outside lane up to the next roundabout taking your 4<sup>th</sup> exit into the college site and follow the car park signs.