



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.

The last six months has seen the development of a number of new Hearing Voices groups in the North East. This meeting will be an opportunity to think about how we can work together to continue 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: **Tuesday 23rd July 2013 from 1 – 4 pm** at:

The Community Hall
The Mind Centre
90-92 Lothian Road
Middlesbrough
TS4 2QX

(The Community Hall is at the back of the building)

Spaces are limited, so to book a place, please email: [Sarah Jane Ashcroft](mailto:sarah.jane.ashcroft@hvn.org.uk)

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

Directions from the North:

A66 – Middlesbrough

Left slip road – A172

At the roundabout, take the **2nd** exit onto **Longlands Rd/A172**

At the roundabout, take the **2nd** exit onto **Marion Rd**

Turn left onto **Egmont Rd**

Destination will be on the left

Directions from the South:

A19 – Middlesbrough

A66 – Middlesbrough

Then follow instructions as above

OR

A19 – Take the slip road signposted Redcar – A174

3rd Exit on the roundabout

Take the slip road signposted Middlesbrough – Marion Road

Continue on the road until you come to a right hand bend and two mini roundabouts close together

Take the **2nd** exit on the first roundabout and then the **1st** exit on the second roundabout

Take the first left turn and then take first left again

Car parking behind the building

Community Hall is at the back of the building through metal gates.