

NEWSLETTER



north west glasgow
recovery communities

AUGUST

Welcome to our August newsletter and thank you to everybody who commented positively on our new layout of the newsletter !

In this month's newsletter we will start to hear from the real voices of our volunteers and the amazing people working at our partnership orgs who, like us are working to create positive opportunities and outcomes in the communities.

August was slightly quieter for us at NWRC in terms of big events but when we have that time we are putting it to good use by doing lots of forward planning this included a Board Meeting.

BIG NEWS !

Biggest news from NWRC this month is that our Monday Milton group will finish on it's last date on 4th of October.

In the meantime please come along to the group and bring along anybody who might benefit from this. There is still plenty of time to make good connections and we can give details of where our new Monday group will be. Keep your eyes peeled !!

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**OUR FIRST
VOLUNTEER
STORY**

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**OUR FIRST
SPOTLIGHT ON**

Our Volunteers



Each month we will feature one of the Volunteers at NWRC. We want the real voices of the North West communities to be heard and to showcase the outstanding work they do for the North West Recovery Communities Charity each week at the cafes, groups & events.

This month we will hear from Karen. Karen has volunteered with North West for nearly 2 years.

How did you come to hear about / attend NWRC ?

I was introduced to NWRC through We Are With You NW

What have the cafes/ groups done for you?

The cafes have given me routine & structure and through that I am hoping I can go on to employment

What are the positives and negatives of the cafes/groups?

The positive I have taken from the cafes the most is that I have been able to connect with other people like me.

What has volunteering brought to your recovery journey?

I have had good training and certificates and have got to know other people.

Training Tuesdays



Each Tuesday the Volunteers, staff and outreach workers come together to train and learn together.

Training Tuesdays are a mandatory part of being a volunteer at NWRC as we believe that the training we provide is an invaluable resource to the volunteers for their own personal development, for working within the cafes and groups, representing North West at events and would look amazing on any CVs they create for any future employment or volunteering Opportunities they undertake.

This month, 2 of the training Tuesday sessions were used for lots of planning for our annual volunteer residential trip. They also had a cheeky week off and then the 3rd session was for our 6 weekly ROSC which you can read about on the next page.

Our training calendar is now filled right into the next year with lots of amazing training coming up.



ROSC



On Tuesday 22nd August we held our 6 weekly ROSC meeting. This time round we had Tom Bennett from Scottish Recovery Consortium, Phoenix Futures & Graeme from the ADRS.

Tom came to speak about his role as the Rights To Recovery Officer and what that means for us all as workers but also as citizens and got us thinking about us a duty bearers and rights holders.

Kerry & Steven from Phoenix spoke to us about their new family residential space called Harper House and their Adult residential house in Anniesland.

Graeme came to speak to us about his new role as a BBV senior and how he hopes to be more visible within the community and how he will be able to help.



Our next ROSC 6 weekly will be on 3rd October.

If you would like to attend or would like to have any of the copies of the minutes from this ROSC 6 weekly or any previous ones please email us on info@nwrc-glasgow.co.uk



OUTREACH



north west glasgow
recovery communities

Our outreach workers work within the communities to offer support to people in their recovery journey. They will make contact either by phone or face to face and help people make the first step in to the community settings and services

They also promote Glasgow Recovery Communities within rehab settings by delivering presentations and they develop links with third sector organisations through collaborative working with their joint clients.

To make a referral for a client or to self refer to outreach in the North West of Glasgow (areas covered – Drumchapel, Knightswood, Temple, Yoker, Scotstoun, Whiteinch, Partick, Kelvinhaugh, Hillhead, Anderston, Maryhill, Milton, Possil, Summerston, Ruchill & Lambill and all areas within these localities)



For a referral form you can email us at info@nwrc-glasgow.co.uk. If you require any further information please contact the office on 0141 328 4578 or to speak directly to our outreach team –
Joanne – 07729574683
Steven – 07918923649

Our Cafes



IN AUGUST ...

WINGS

There were 131 Woman at WINGS Cafe. We were joined by Phoenix Futures, WeAreWithYou, Venture Trust, Hope Connections, Children's 1st, Elevate and NW ADRS

MEN'S GROUP

There were 41 men at the Men's group in August. It is great to see that this is still going strong and that we are still getting new faces.

KNIGHTSWOOD

There were 160 people at the Knightswood Cafe. We were joined by Healing for the Heart, Shelter, WeAreWithYou, Housing 1st, Hope Connections, Blue Triangle, City Writes, Wellbeing Scotland, Salvation Army, Second Chance & Safe as Houses.

POSSIL

There were 264 people at the Possil Cafe. We were joined by WeAreWithYou, SACRO, Phoenix Futures, June with the Reikie, Ann & Dave from Herbalist Scotland, NW ADRS, Healing for the Heart, You Decide Team, SISCO & Criminal Justice Team.

MILTON

There has been small but consistant numbers at Milton. This will run until 4th October. Then we will be closing this group. It has been good to have proper 121's with the people who have come to the Milton Group.

We are always looking for organisations to have pop ups at our cafes and groups. If you would like to have a pop up, please let us know at info@nwrc-glasgow.co.uk

NWRC In the Community



To start the month the WINGS group went along to support our sister organisation North East Recovery Communities at their Renew Woman's event.

All of our ladies had an amazing time and said the day was unbelievable and you can see from the photos that a lot of fun was had by all !

Well done ladies in the North East!!



NWRC In the Community



On 16th August we had a stall at the South Community Recovery Network's ROSC event. It was a great day. Big well done to Blue Vale for winning the football tournament and for everybody who took part in the Zumba with Recovery Rhythms



On 19th August we attended the Springburn Festival alongside some happy characters ! Emma the Vice Chair of the Spirit of Springburn said - "Just a quick email to thank everyone who came along to the Springburn Community Street Festival last week and for your support and understanding for moving the event inside due to weather conditions.

The event overall was an outstanding success, with over 5,500 people in attendance (this was calculated via clickers and Springburn Shopping Centre Management systems) and lots of very happy faces !

This wouldn't have been possible without your support so thank you so much for coming along"



Spotlight on ...



We mentioned in our newsletter last month that we will be starting to promote and support our partners and other organisations through our newsletter to ensure all of the good work that is happening throughout the North West, Glasgow and further a field is being shared.

This month we are shining the spotlight on **PHOENIX FUTURES SCOTLAND**

Phoenix are a long term partnership and friend of North West Recovery Communities. They have a Rehabilitation Service and Harper House their family specific service.

They also have a supported housing service which one of our contacts David wanted to say a few words on



“Our Glasgow Supported Housing Service is a 16-bed supported accommodation unit offering intensive support to individuals who wish to maintain a drug & alcohol-free lifestyle. The service is for people who have completed rehabilitation at our Scottish Residential Service, rehabilitation with another provider or from prison who are committed to their abstinence recovery.

We have 10 self-contained flats and aim to support individuals who have completed a rehabilitation programme, including through the criminal justice system to learn new skills and reintegrate into society in a safe and secure environment. We offer a tailored package of one-to-one support and groupwork to empower residents to gain life skills and support them to move on to a permanent tenancy. For referrals please contact mark.nisbet@phoenixfutures.org.uk or Tel:

0141 336 4272”

North West Recovery Communities



All cafes have an information table with pathways, services & groups to aid recovery

All of our volunteers and safeguarders have been Naloxone trained

wednesday

WINGS - Possilpark Parish Church, 124 Saracen Street. G22 5AP

From **10.30am to 1.30pm**

WINGs is our women's only group. There is recovery groups and shares - specialised groups on women's health. Peer social support for women. Head and shoulder massage on selected weeks. Reiki, bingo and arts n crafts sessions rotated.

Mens Sit and Share - Knightswood Community Centre, 201 Alderman Road G12 3DD From **5:15pm to 6:45pm**

A men's only group, with a focus on mindfulness, a safe space for our men to share their journey and issues when in or seeking recovery.

thursday

Knightswood at Knightswood Community Centre, 201 Alderman Road G12 3DD

From **11:00am to 2:00pm**

Recovery groups in partnership with Healing for the Heart, 2nd Chance Project (4 Weekly), Smart Recovery with Blue Triangle and City Writes Creative Writing Group. With meditation and peer social support, recovery shares. Head and shoulder massage & Herbalist visits on selected weeks.

friday

Possilpark at Possilpark Parish Church, 124 Saracen Street. G22 5AP

From **11:00am to 3:00pm**

MAP sessions from WeAreWithYou. Compassionate conversations from Healing with the Heart (Fortnightly) Recovery share other weeks. Reiki sessions every week & Herbalist visits on selected weeks & Bingo fortnightly. Peer social support always available.



All of our drop ins offer lunch with hot and cold drinks available