

# NEWSLETTER

# DECEMBER



north west glasgow  
recovery communities

Welcome to our December newsletter.

This Newsletter will be a big recap of everything we done during December.

It was a month filled with festive fun and connection around all of our cafes, our volunteers and Men & Woman's groups.

Our spotlight on for this month is City Writes.

We are looking forward to another exciting year for NWRC in 2024 !

## ***BIG NEWS !***

Big news this month is that our Creative Industries course starts again on 22nd January. The course is SQA accredited, runs for eighteen weeks, and is flexible in terms of how we structure all student-led projects.

Contact regarding enrolment can made via the following email addresses:

Email: [stuart.coleman@nclan.ac.uk](mailto:stuart.coleman@nclan.ac.uk)

Email: [info@nwrc-glasgow.co.uk](mailto:info@nwrc-glasgow.co.uk)

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# CHRISTMAS @ NWRC



The first of our Christmas events started on the 12th December when we had our Volunteer Christmas day out! We started off with some bowling then on to the World Buffet for an amazing meal. It was a small token of gratitude for our Volunteers who work so hard all year helping to run our drop ins and being a friendly face to every new and returning person who comes to them and being amazing examples of our motto "Recovery is Possible"

The overall winning team was Joleen, Catey, Jim, James & Charlotte. However, the overall highest bowling score was from "sparkles" more commonly known to you and me as Brian !





# CHRISTMAS @ NWRC



The next night was the turn of the Men's Group.

The men had a bite to eat and then attended the Panto put on by the Glasgow Group of The Creative Change Collective. "The Wizard of Booze"



Check out our  
Instagram &  
Tiktok Accounts  
for the videos of  
our Christmas !

# CHRISTMAS @ NWRC



On Sunday 17th December NWRC were represented at the Freed up x Recovery Rhythms Dance Battle.

NWRC were the champions last year, but we were happy to hand our crown over to Bluevale Community Club who were worthy winners on the day and a big well done to everybody else who took part and attended for making it a great day and night !

Also a big thank you to Donna & the Freed up team for organising and Kirsten from Recovery Rhythms for the Scottish Themed Choreography and costumes ❤️



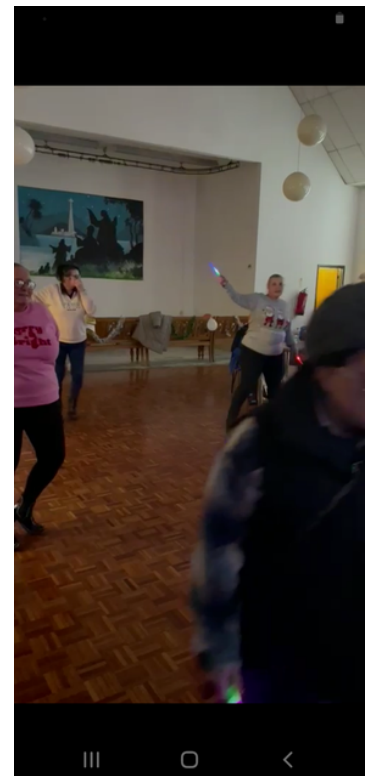


# CHRISTMAS @ NWRC



On Wednesday 20th December it was the turn of the Women's group to have their Christmas Event.

We had nearly 60 woman on the day. Treated to an amazing lunch, lots of party games, prizes, presents and finishing up with a Clubbercise session !



# CHRISTMAS @ NWRC



On Friday 22nd December we had our annual Christmas event at Possil

We had over 100 adults and 10 kids, a visit from Santa, the grinch and a few elves!

Our amazing 3 course meal was cooked and delivered to us from Possibilities and we were privileged to be able to give out the presents that were gifted to the children in the community by the Glasgow Spirit of Christmas initiative. We were able to give over 100 presents that were so kindly donated and would make such a different to the families we support.





# Our Cafes



## IN DECEMBER ...

### WOODLANDS

There were 25 people at Woodlands. This was predominantly made up of Workers & Volunteers and only a few participants we would love to see more community members at this cafe, so please spread the word!

### WINGS

There were 137 Woman at WINGS Cafe. WeAreWithYou, Hope Connections, NW ADRS, Elevate, Differabled, Bluevale & South Recovery Network.

### MEN'S GROUP

There were 26 men at the Men's group across December. This doesn't include the Christmas night. It is great to see that this is still going strong and that we are still getting new faces.

### KNIGHTSWOOD

There were 110 people at the Knightswood Cafe over December. We were joined by WeAreWithYou, , Healing For the Heart, Housing 1st, POP, NW ADRS, Shelter, Salvation Army, Safe as Houses & City Writes

### POSSIL

There were 364 people at the Possil Cafe. We were joined by WeAreWithYou, Safe As Houses, Healing for The Heart, POP, Phoenix Futures, NW ADRS, GCA, SISCO, NERC & SFAD.

### MEDICATION, RECOVERY & ME

The new outreach group started in October. We had a few community members. We hope that this group will build over time. Please see the flyer further on in the newsletter.

**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](mailto:info@nwrc-glasgow.co.uk)**

# Spotlight on ...



This month's spotlight on is **City Writes**

City Writes is a Glasgow based community organisation that started in March 2023. We look to set up and establish creative writing groups based on mental health recovery using a peer support model. The idea of these groups is to focus on peer support for recovery, creative writing and for everyday life.

Each week we have a two hour Music, Mindfulness and Creative Writing workshop at the North West Recovery Communities, Knightswood cafe starting at 1:00.

During the sessions we have some recovery focused conversations and do some mindfulness before we look at some music and do some creative writing.

If you want any further information then email [citywritesinfo@gmail.com](mailto:citywritesinfo@gmail.com) or ask to speak to me or a member of staff at the NWRC.

Here is some examples of work from our participants!

Who am I?

I've lost my voice!

I believe I've never been heard, well maybe not never? I hide behind who I am, my true, real self. Is it I fear people won't like who I am?

Perhaps, I'm guarded to protect myself from getting hurt or could it be I don't like who I am?

The sun; on a clear, crisp day is bright and gleaming, you can feel it's intimate glow on your face and almost warmth even though it's bitterly cold.

At night, when the sun goes down and heads off to sleep to rest for the breaking of the new day, the beam of the moon appears along with the stars with the promise of the break of a new day at dawn that will no longer portray the darkness suffered of angst and refuses the call to submerge into the depths of despair.

In the morning light, I must look up to the sky and believe the light will shine bright to guide me to believe it will carry me forward to have the hope, courage and strength to progressively continue my journey to positively discover who I am.

Kirstine Milne



# Spotlight on ...



## Spotlight on cont...

### A new beginning

I am now like a caterpillar, who is changing to begin a new life as a butterfly. My new life was about to take place and I can have a vibrant, life journey flying high and feeling the freedom of wings in the warm summer breeze.

What an amazing new beginning to a life changed forever!

Colours so bright like the first morning light!

Jody Rawlings

### A brand new start

I am on a clear path now, before I was lost, confused and desperately trying to find direction. I walked down many paths. I was lead down many paths, all ending in failure. This failure was all put on me by the ones trying to manipulate me and others meaning well but not honest with themselves.

In all the dark days were I cried, I didn't realise that my tears were watering the fruit that are now a grown man. And through the hardships I will surely experience, I am confident now that out of the hardships I will find courage, strength and serenity.

Forge your own path or follow one that wishes to teach you how.

Garry Smith



# Outreach



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@nwr-glasgow.co.uk](mailto:info@nwr-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



The outreach team are facilitating a Medication, Recovery & Me meeting starting on Thursday's in Maryhill.

The Poster with the details is further on in the newsletter

We have a new poster below for our outreach team. Please print this poster to use and display in your organisations to link in to our outreach service.





north west glasgow  
recovery communities



## **WOULD YOU LIKE HELP TO GET IN TO RECOVERY, BACK IN TO RECOVERY OR BACK IN TO TREATMENT ?**

North West Recovery Communities Outreach service can help. Our two lived experience outreach workers can help you make the link into care, treatment & support services and also help you navigate your way around other recovery organisations and resources within your community. If you would like to refer yourself or if you would like to refer somebody in to our service.

# **TALK TO US - 0141 328 4578**

Email - [info@nwrc-glasgow.co.uk](mailto:info@nwrc-glasgow.co.uk)

*Our Outreach workers -*

*07729574683 - Joanne 07918923649 - Steven*



**Scan the QR code to be taken to our website.  
Click the outreach service tab where you will  
find the referral form. Completed forms  
should be sent to the email address above.**



# North West Recovery Outreach Service

would like to invite you to our Medication, Recovery & Me meeting held at **Shakespeare Youth Club, 95 Shakespeare Street, Maryhill, G20 8LE**

This will be a weekly meeting on **Thursday's @ 1:30pm** with Tea/Coffee & Biscuits provided.

**Coping Strategies**

**Connection**

**Recovery Tools**

**Find out about recovery networks near you**

**Recovery Is Possible !**

This is a support group that is open to anyone currently receiving substitute medication to support their recovery from problematic alcohol or drug use, who want to learn more about addiction and the support available to them the group is also open to people who are on medication for their mental health. **Facilitated by people with lived experience**







# 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

## Monday

**Woodside** - Woodland Methodist Church, 229 Woodlands Road, G3 6LW

From **10am - 3pm**

Peer support and Recovery groups in partnership with GCA Building Positive Pathways (Morning Group), Smart Recovery with Blue Triangle twice a month, Second Chance on the last week of the month and other therapeutic groups delivered by NWRC.

**Creative Industries** - 18 week accredited course with New College Lanarkshire. Centered around music, podcasting and other creative music & media work. Courses run in **January & August** contact [info@nwrc-glasgow.co.uk](mailto:info@nwrc-glasgow.co.uk) for more information.

## 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.

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



# North West Recovery Communities



## 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. With meditation and peer social support, recovery shares. Head and shoulder massage & Herbalist visits on selected weeks.

**City Writes** at Knightswood Community Centre, 201 Alderman Road G12 3DD  
From **1pm to 3pm**

Creative Writing Group - Focusing on mindfulness and writing through the works of artists, past & present, with an opportunity for creative and peer-supported conversations.

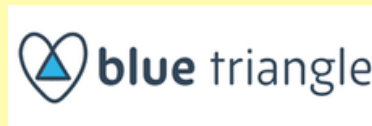
**Medication, Recovery & Me** at Shakespeare Youth Club, 95 Shakespeare Street, Maryhill, G20 8LE From **1:30pm to 4pm**

A support group that is open to anyone currently receiving substitute medication to support their problematic alcohol or drug use or mental health, who want to learn more about addiction and the support available to them.

## 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.



Website QR Code





**NEW COLLEGE LANARKSHIRE &  
NORTH WEST RECOVERY COMMUNITIES**

**SQA accredited college course - no experience necessary**

ACCESS TO THE  
**CREATIVE  
INDUSTRIES**  
STARTING FROM JAN 2024

Email

**Brian@nwrc-glasgow.co.uk**  
**Stuart.Coleman@nclan.ac.uk**

January 2024

# **CAN YOU COMMIT TO AN 18 WEEK COURSE?**

**80 ST VINCENT TERRACE  
GLASGOW, G3 8DX**

**TELEPHONE - 0141 328 4578**

## **ARE YOU INTERESTED IN**

**Songwriting, Beat Making, Radio  
Podcasting, Music Mixing, Recording,  
Creative Writing, Music Videos,  
Playing a Live Gig?**

## **EVERY MONDAY**

**10am in the NWRC office**

# **APPLY NOW!**



**north west glasgow  
recovery communities**



**NEW  
COLLEGE  
LANARKSHIRE**

**suitable: Ages 16 plus**