

NEWSLETTER

JULY



north west glasgow
recovery communities

Welcome to our July newsletter and a different type of layout. We want to change how we do our newsletter to showcase the incredible work we do every month here at NWRC but also to start incorporating the work we do in collaboration with partners, promote our partnership organisations and other community groups who like us are delivering amazing services and groups throughout the West of Glasgow and beyond ! Details on how to get involved or get promoted will come later in the newsletter.

July has been the busiest month yet for us at NWRC which means a bumper newsletter !

BIG NEWS !

Biggest news from NWRC this month is that our Monday Whiteinch Cafe has now closed.

We have started a group on Wednesdays from 11am-1pm at the Colston Milton Parish Church. Details are further down on the newsletter and will always be posted on our socials

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**Our ROSC
Recovery
through
Nature event**

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**WINGS
Woman's
Event**

Our Volunteers



north west glasgow
recovery communities



Our volunteers are at the heart of what we do and we couldn't do what we do without them !

Each month in the newsletter we are going to hear from one of the volunteers to find out how they came to volunteer for NWRC

As well as the running of the cafes and being in the steering group for the cafes, the volunteers have access to Training Tuesdays which provides training on different topics either for personal recovery development or development for their roles as peer support whilst representing NWRC at the cafes or events

We have closed applications to become a volunteer at NWRC for now. If you would like to be notified of when we will open applications again please send us an email - info@nwrc-glasgow.co.uk

Claypits Event



On Friday 28th July we held our Recovery Through Nature ROSC event at the Hamiltonhill Claypits Nature Reserve.

A big thank you to all of the services and organisations who came along to help make it an amazing day !

THANK
YOU!

FREED UP
We Are With You
Children 1st
CrossReach
Chest, Heart & Stroke
SAMH
The Conservation Volunteers
Phoenix Futures
Move On

Ann & Alan were on hand to provide all natural and herbal guidance and remedies

Leigh the Forest Leader held some activities within the Nature Reserve

River provided massages to the backdrop of the peaceful canal walk ways

Kuladharini took a mindfulness walk around the Claypits

Colin Paterson brought 3 chess tables and these proved very popular!!

But the most popular was the face painting provided by Michelle.
There were lots of amazing painted faces



Claypits Event



I thought the event was brilliant, volunteers were fantastic, helpful with their support setting up and sharp setting up. The weather was glorious and it was good to see people just didn't drop in and out, they were there for the whole day enjoying everything. The music and guys that were performing was great also, really good day and had loads of positive feedback on the day!
"Julieanne - Claypits Volunteer Co-ordinator"



Check out our TikTok & Instagram Page for a look at our day at the ROSC Event

Top: Staff & Volunteers of NWRC and Ann from GCA

L: The Claypits Volunteers

R: WAWY

Claypits Event



The claypits pond dippers were very popular !

The group were able to find 5 different species that you can see on the left.



Claypits Event



L: SAMH



R: The
Conservation
Volunteers



L: Colin
Paterson
running the
Chess Tables



R: Chest, Heart
& Stroke
Scotland

Claypits Event



The music for the day was provided by FREED UP Djs, Matt, Jenni, Gary & Our own Joleen.

Also performing were budding Rappers from Phoenix Futures who by far drew the biggest crowd of the day. They were support by Johnny Cypher who had this to say - "They were Megan, Darren, Jay, Graeme, Sim and tony with special shout out to Debbie who recorded a song that will be coming out with the others as soon as i'm finishing the masters

Hip hop can be such a useful tool for creative expression and a known tool for rigorous self therapy and that I am so proud of the collective from phoenix futures for writing their first tracks to such a high quality and having the bravery to perform for the first time to such a large audience. Also big respect to you guys for facilitating such a beautiful gathering in a once derelict place and for nurturing a safe space for people going through recovery to support each other."



L: Children 1st

R: Crossreach

Training Tuesdays



Over the last 7 weeks the Volunteers have been completing the steps to excellence course. The course was delivered by our own Tam & Jim.

"I thought it was brilliant, it's just shown me how we look at stuff in a different way, how you are conditioned growing up and you learn behaviours" John

"This was a great group full of enthusiasm and different characters. Everyone got involved from day one and worked really hard as individuals and as a team at all the tasks they were asked to do and thoroughly deserve their certificates.

They were a joy to work with" Jim



A group of the staff and volunteers in July also completed the Medication, Recovery & Me training from Natalie at SRC. This training will allow the learners to facilitate these groups within the community. Well done everybody !

ROSC



As well as our big Recovery through Nature event in July we had our 6 Weekly ROSC meeting

We were joined by Richard and Daryl from Scottish Families affected by alcohol and drugs. Richard is the Connecting Families Development officer. His role includes getting people connected in to SFAD, other services and most importantly getting families back connected with each other. Richard spoke about his work running the Family College and how this helps families dealing with a loved ones addiction, has guest speakers, tailored weeks to cover specific topics and trends and then work with the families once the college is done.

If anybody would like Tich or SFAD to come and speak to their organisation or for any further information contact richard@sfad.org.uk

Daryl spoke about looking at a whole family ROSC model and how the easiest way for ROSC to work is information sharing and shared examples of government frameworks that state families should always be included in any addiction care plan. Daryl & Richard then spoke through different ROSC models and we all participated in some group activities. It was another well attended ROSC meeting and we thank everybody for coming along.



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@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



NWRC in the Community



July was a very busy month for NWRC.

To start the month off Brian and Catey went to Rainbow House to promote North West Recovery Communities and the benefits of volunteering

On 9th July NWRC had a stall at the annual Recovery Connects. The weather was shining on us and the whole day was filled with positivity, connection & music

Joleen & John even got their photo taken with the main man Bez himself !

Check out our TikTok & Instagram Page for a look at our day at Recovery Connects



NWRC in the Community



On the 23rd July Steven & Kirsteen shared a stall with WeAreWithYou to promote NWRC at the Maryhill Summer Festival



Also in July we launched our new Milton Group and WINGS held their next big Woman's event. More info about both of these events of the next pages

WINGS

Woman's Event



north west glasgow
recovery communities

The WINGS woman held their Woman's event on the 12th July.



The FREED UP ladies were on hand to provide the music with 22 organisations taking stalls to promote the work they do in supporting woman in our communities

In all there was over 90 woman through the door on the day, another amazing turn out and shows the true power of these events.



Thank you to all of the stall holders, FREED up ladies ,the speakers and of course the volunteers for making it another special day !



Milton Group



north west glasgow
recovery communities

NEW!
Wednesday:
Milton
GROUP

Colston Milton Parish Church Egilsay
Cres, Glasgow G22 7PF

From 11am to 1pm

Group Work – Peer Support –
Recovery Topics

Starts: 5th July till
4th October

Refreshments Provided!



We have started a new group in the Colston Milton Parish Church.

This is in collaboration with HOPE connections.

We really hope we can get a recovery community going in this area and are always looking for other organisations to help us with this.

If you have anybody in this area, please bring them along, or even come along to see us and please promote this group!

Creative Industries



north west glasgow
recovery communities

NEW COLLEGE LANARKSHIRE & NORTH WEST RECOVERY COMMUNITIES

SQA accredited college course - no experience necessary

ACCESS TO THE
**CREATIVE
INDUSTRIES**
STARTING FROM AUG 2023

The next Creative Industries course starts in August

There is still time to apply or refer somebody to the course.

Contact the info@nwrc-glasgow.co.uk inbox and we can send out a note of interest form

We are looking forward to welcoming the next group in to our offices here at North West !

Email

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

August 2023

Let us promote you



Your Organisation here



To further the ROSC work we already do and make sure the information is reaching far and wide, each month we want to feature a different service, organisation or group.

We know that there is so much good work being done in the community but we also know that not everybody knows about it.

We will also be sharing important information as we find it such as foodbanks or pantries, upcoming events or shows and any other good news stories we see.

If you would like to be the first featured please get in touch at info@nwrc-glasgow.co.uk



North West Recovery Communities



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

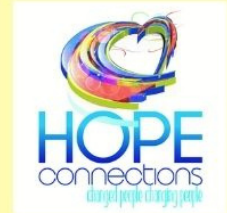
All of our volunteers and safeguarders have been Naloxone trained

wednesday

Milton at Colston Milton Parish Church , Egilsay Crescent, G22 7PF

From **11am to 1:00pm**

In partnership with HOPE connections. Peer social support, Group Work & recovery Topics.



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**

Two recovery groups in partnership with Healing for the Heart and 2nd Chance Project (4 Weekly). 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

**we are
withyou**