

North West Recovery Communities

April 2023

April has been a busy month at NWRC. We have had our first AGM as a charity. We hosted a Family Focused ROSC event as well as running our cafes and groups. It has been great to see an amazing number of people and partners coming through the doors to the events and the cafes this month, continuing to support the communities and continuing our message that recovery is possible!

Our Cafes

Our cafes, ran by our volunteers, provide a warm and safe environment for all, to show recovery is possible. The individual cafes have their own steering groups to discuss how the cafes will run, what the participants are asking for, what works, what doesn't and to plan any bigger events that they might want to put on. There are always two safe guarders at each setting to ensure the safe running of the day.

Knightswood

Our Knightswood group runs in the Knightswood Community Centre every Thursday Morning from 11am to 2pm. 201 Alderman Road G12 3DD. The two core groups we have in Knightswood are Healing for the Heart and Second Chance Project. Both of these groups do activities on helping and continuing recovery.

In March we started a Workshop "City Writes". It was an overriding success and will continue now as a weekly group. For more information contact citywritesinfo@gmail.com

In April, Wellbeing Scotland have been delivering a group on Finding Your Voice. This is another example of the partnership working we continue to build on to give more opportunities to our participants to find what suits them in their recovery journey.

We also have a partnership with Knightswood Community Centre with their monthly Hot Soup Cinema Club. A different film is shown every month with refreshments and a bite to eat included. All are welcome at the free event, however, tickets must be booked in advance. For more details or to book your place at the next film contact louise@ignitetheatreglasgow.org or for more Information phone 0141 959 9419.

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WINGS

WINGS (Women In North Glasgow Support) provides a vital support network for women in Glasgow seeking help with their recovery journey. It runs out of Possilpark Parish Church every Wednesday from 10.30am to 1.30pm. Women from our communities are welcomed to come together for the much needed social support, in the way of fun and games and peer-led activities.

This month at WINGS our partners, Shelter, Children's 1st, Elevate, WeAreWithYou and GCA all came to the setting to give advice and guidance.

River provided massage therapy to the group throughout the month.

The steering group have been working on materials and new ideas on groups to bring to the cafe next month, work will also be starting on planning the next big woman's event - watch this space!

Mens Sit and Share

The men's sit and share group that runs from Knightswood Community Centre on Thursday evenings continues to go from strength to strength and has a core group of regular attendees. Most weeks we get new people turning up. The group has no postcode restrictions and anyone from across the city can attend. We have people attending from all age groups and we provide a warm bit of food from 5pm onwards, the group session begins at 5.45 pm until 6.45pm.

The men's sit and share is ran by Allan Houston and James Simons who work in the ADRS and We are with you organisations. If anyone who attends the groups needs onward referrals or sign posting one of them will be available every week to support in this .

If you wish to attend please just turn up at Knightswood Community Centre every Wednesday night. We look forward to seeing you there

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Possilpark

Our Possilpark drop ins in Possilpark Parish Church, 124 Saracen Street, G22 5AP runs every Friday from 10:30am to 2:30pm. This is one of our most popular cafes with new faces every week being welcomed in.

The MAP (Mutual Aid Partnership) delivered by James from WeAreWithYou & oHealing for the Heart with the Compassionate conversations are our two core groups that are ran from Possil. Our volunteers also run the recovery shares which are always appreciated by the participants.

Possilpark is the only cafe where Bingo is played. The volunteers and staff at NWRC have been doing a lot of work around gambling addiction so now before the bingo starts we are giving a trigger warning to allow anybody who may recognise they have a problem with gambling, they can let one of the volunteers or safe guarders know and they will go another activity with them whilst this is on and also be able to signpost them to further help. We will continue to monitor this.

Reiki from June and Herbalist Scotland will also drop by which is always appreciated.

This month we have been joined by GCA, Housing 1st, Blue Vale, Sisco, So Cahoots, WeAreWithYou, Turning Point & Phoenix Futures to be on hand for any advice and guidance on their services for the participants if required.

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Whiteinch

Our Whiteinch cafe is continuing to build on its initial success with a steady group of participants coming through the doors each week.

The two recovery focused groups; Building Positive Pathways with Eddie from Glasgow Council on Alcohol and Kenny from Blue Triangle with the SMART recovery group continue to be well attended.

Our music group with Scott has been a resounding success with Scott going out of his way to string a guitar to help a left handed player who would have otherwise dropped out of the group. This is an amazing example of the spirit of our partners who have the community ethos within them and care so much about cafes and their participants. Thank you Scott !

As well as Blue Triangle & GCA we have been joined by Safe As Houses & Hope Connections to offer guidance and advice on their services to the participants.

The Whiteinch Centre was the host of our Family Focused ROSC event this month. You can read about this below.

We run the Whiteinch group every Monday from the Whiteinch Centre, 1 Northinch Street, G14 0UG from 11am-2pm.

Thank you to Willie who ran the Arts group at Whiteinch. He has moved to a new slot at Woodlands Church starting in June.

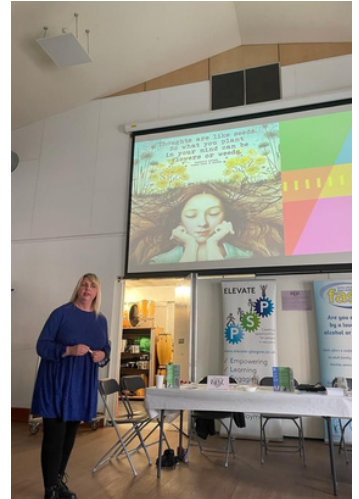
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Events

On Monday 24th April we held on Family Focused ROSC event at the Whiteinch Centre.

The purpose of this event was to shine a light on an aspect of recovery that can often get forgotten about, the families.

We had guest speakers from SFAD (Scottish Families Affected by Alcohol & Drugs), FASS (Family Addiction Support Service), My Support Day and Action for Children.



WeAreWithYou, Glasgow Girls Club, Lets Get Connected, Move On, SAMH, Phoenix Futures, Elevate, Creative Change Scotland, North East Recovery Communities, Children's 1st, Turning Point, North West Carers and Healing With The Heart all took stalls to signpost further information and learning.

We also had a Naloxone Training stall carried out by Jimmy from North East Recovery Communities.

It was a really informative day enjoyed by all and we thank all of our guest speakers and stall holders for joining us to share their amazing work and for helping us be able to hold events like this that are so important.

"Very informative & engaging presentations. Great variety of stalls & lots of networking opportunities for organisations. Naloxone Training available & the trainer was great. I feel confident that I could administer if situation arose" DRC Youth Project

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Annual General Meeting

On Thursday 27th April, we held our first annual general meeting for the Charity. It was held at our premises at St Vincent Terrace.

Thank you to all who attended to share this special milestone in NWRC's history.

We had speeches from Brian, Ann & Eve from Glasgow Council on Alcohol, one of our volunteers Chris who was asked to talk at the last minute and gave a very powerful speech on his journey with North West and what it means to him. Our Treasurer Tich and was chaired by Natalie Manly our vice chair in chair Louise's absence. Tich's daughter Jane also gave a lovely account of her time at the team building event last year.

We discussed the work on North West Recovery Communities and hopes for the future and had some people request applications to join our board.

There is still a lot of work to be done but we are all on board and ready to make 23/24 the best year of North West yet !



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ROSC

As well as our ROSC event we also had our ROSC 6 weekly event. The focus for this meeting was Gambling Awareness.

We had Adrian and Martin from The Machine Zone. We viewed their powerful film "One Last Spin" It can be viewed online at - <https://t.co/fnyKX48dJ3> they are doing incredible work through Scotland to educate on the harms of Gambling.

We also watched an inspiring video from The School of Hard Knocks. Caroline came along to show us the work that they had done during their last group course and it gave some of the partners in the room a chance to see the progress some of their clients had made in joining the course through them referring them on to it.

It is a perfect example of ROSC and why we do them. The networking and partnership working being showcased through the feedback.

Brian attended the first face to face Elevate network meeting since Covid to hear about some great work being done across the LERO network. Brian said it was great to be back out and seeing people instead of over team

Outreach

Our 2 outreach workers continue to be a lifeline to the people in the community who want to start or continue their recovery that might need a helping hand to come in to our settings and groups. They will go and visit people at home, in residential settings or hospital as a friendly and welcoming face with lived experience.

We are saying goodbye to our outreach worker Valene in May. Valene joined us in September and is leaving to work a bit closer to home but with a very heavy heart. We will miss Valene and thank her for her hard work and dedication.

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Training Tuesdays

In April we had training from Scottish Drug Forum on Specific Drug Focus and Trauma & Mental Health.

We had Margaret from Gamcare to talk about the rising problem of Gambling.

Jennifer from Blake Stevenson took half of one training Tuesdays session with the volunteers to carry out an evaluation on behalf HSCP (Health & Social Care Partnership) of their experiences of volunteering.

Brian & Charlotte also joined a short presentation from Volunteer Scotland. The purpose of this was to identify the processes and what we should be thinking about when trying to recruit volunteers and what might stop somebody from wanting to Volunteer and ways to get round some of the bumps along the way.

May

The look ahead to May consists of lists !

The start of a new financial year means lots of planning for the year ahead. We are always looking to find new ways to reach our communities and develop groups or activities that might just be the thing that somebody has been looking for to help them in their recovery.

The board will be meeting a lot in May to get our strategic plan for the year ahead.

We have a North West team building event and as always Training Tuesdays will continue to give us the opportunity to build our learning on different topics that we can take to our groups to help support our communities.