

North West Recovery Communities January 2023

We've kicked off the new year with a whole load of events and programmes! Our 2023 is looking to be packed full - with a new café opening up, the return of our ROSC events and much, much more!

Our Cafes

Our cafes are the main focus of NWRC, its where our volunteers do their best work and we get to show communities that **recovery is possible!** We run four drop ins in Knightswood and Possilpark and we are aiming for a fifth drop in Whiteinch coming soon!

WINGS

Women In North Glasgow Support (WINGS) is our women only group that runs out of Possilpark Parish Church every Wednesday. We are supported by Annie Bell from We Are With You. This group provides essential support for women and the unique challenges they face in their recovery journey. With recovery groups and shares, we also offer specialised groups from our partners for further support. WINGS also has time for fun and games, as for a lot of women in recovery, this vital social support and connection is quite often neglected. We are often joined by River of Cool Amber Massage who offers head and shoulder massages. Ann from Herbal Scotland has also been with us this month doing a group on menopause and perimenopause.



North West Recovery Communities

January 2023



Mens Sit and Share

Our men's group runs on Wednesday night out of the Knightswood Community Centre. This group has been running for some time and is supported by Allan Houston from the ADRS and James Simons of We Are With You. This group focuses on mindfulness and being a safe quite space for men in recovery to share their struggles and success.

Knightswood

Our drop in at Knightswood Community Centre on Thursdays is a very well attended group. We work in partnership with Alan Windrum from We Are With You, Jackie from Second Chance Project and Donna from Healing for the Heart. This group starts with meditation led by specialist volunteer Richard. We see a large amount of our partners at this drop in, Housing first, Shelter, Safe as Houses, Turning Point among others! We were delighted to have welcomed several student nurses into visit us at this drop in! Always fantastic to see students taking the time to see how recovery in Glasgow can work.

Possilpark

Our Friday drop in at Possilpark Parish Church starts of with a MAP (Mutual Aid Partnership) delivered by James Simons from We Are With You. We also offer reiki sessions at this drop in. Twice a month, we have Donna Ross from Healing for the Heart facilitating a compassionate conversation group, dealing with grief and loss, this has been a great group for people to speak honestly and feel heard while dealing with trauma.

North West Recovery Communities January 2023

ROSC

On the 17th of January, we held our second ROSC event after our August premier! Following the feedback gathered from the August event - people had overwhelmingly asked for Mental and Physical Health and Wellbeing!

While our first ROSC event had been focused on networking and re-establishing pathways with our partners and friends post-COVID-19, we did things a little bit different this time around with a resoundingly positive response!



Our initial speaker was our own Brian McCarthy - outlining what to expect and explaining what exactly ROSC is and what it means to us and the wider recovery community and why it is so vital for us to maintain pathways with each other. We had speakers from Phoenix Futures; outlining experiences from both a personal perspective as well as a clinical, thank you very much to Steph and Brigidine for sharing their experience and knowledge!

Phoenix Futures have a new unit opening in Saltcoats; for up to 20 families that have been affected by addiction and mental health, breaking barriers for those parents with younger children who may face stigma and additional barriers when trying to access recovery.

North West Recovery Communities January 2023

ROSC

We showed the FASS film 'Chap at the Door' which had a very strong emotional impact, but showed the very serious and bleak reality of addiction and its affect on the family and friends.

NWRC already offer a bereavement group, every second Friday at Possilpark Parish Church. We cannot ignore very real reality of addiction and the devastation it can have on people and their communities, we understand that people were affected by this film and we do encourage those people to reach out to ourselves, or our partners.



We had both Mindful Meditation offered by Richard, who facilitates Mindful Meditation our drop ins, and Laughing Yoga delivered by The Well Happy Band.

In terms of numbers we had 32 different stall holders, and recorded over 100 in footfall. We asked for feedback and were overwhelmed by the amount of positivity

Work has already started on going over our feedback and reflection on this event with eyes on delivering our next ROSC event. Our next ROSC event will be with a focus on Family and Children, as it was also highly requested in initial feedback.

We are thankful for everyone who attended and made it such a positive and productive day!

The ROSC steering group is; Thomas [NWRC], Helen [NWRC], Eve [GCA], Amy [Glasgow Girls Club/Lets Get Connected], Nicole [SAYWomen], Alan Windrum [We Are With You] and Steph [Phoenix Futures]. Anyone interested in joining us can get in touch by e-mailing: info@nwr-c-glasgow.co.uk

North West Recovery Communities

January 2023

ROSC - Six Weekly

Our first six weekly ROSC event of the new year was on the 24th of January! We had presentations from; Caroline from School of Hard Knocks (SoHK), Sarah from the Creative Change Collective, Kevin from Hope Connections, Catherine from Children 1st, Eve from GCA and Zara from Elevate and Davie from the Iona Community. Shelter, the Advocacy Project, We Are With You and the ADP were also in attendance.

There were two new programmes starting; Recovering Voices from the Creative Change Collective, is a creative 'anonymous-drama' group that contains elements of 'psycho-drama' and 'drama-therapy'. The main difference is that the work is character based with no personal details shared. The group runs Fridays from 2:00pm to 4:00pm at the Creative Change Collective, 4th Floor 51 West Campbell Street, G2 6QQ. (CC is looking for a city centre venue! If anyone knows of anywhere please get in touch!)

Contact: mark@ccc.scot

School of Hard Knocks is also launching their new programme for men in Glasgow - with no fitness level or age limits, this programme focuses on indoor workshops followed by outdoor training in rugby. SoHK will be running this session from the 21st of February from 9.30am to 2.30pm at the Clydebank Community Sports Hub. Transport costs will be provided, as well as breakfast and lunch!

Contact Caroline; caroline@schoolofhardknocks.org.uk and 07586123573.

We also looked over our plans for the future, with our larger ROSC event and our future partnership work with Recovery In Nature. We are excited by the upcoming events on at the Claypits nature reserve, with a planned event on the 17th of February showcasing what the Claypits has on offer! We will be part of the development of the Claypits Recovery In Nature programme and will share the calendar and programmes available when finalised!

We put in further development to developing our partnership pathways - looking at what partnerships we have and partnerships we are looking to develop, to build a strong and connected network of recovery organisations across the North West of Glasgow.

North West Recovery Communities

January 2023

Humanising Healthcare Forum

NWRC with Allan Houston of the ADRS have been working with Hugo Jobst of the Humanising Healthcare Forum and the SCRN since 2022 and our partnership continues into 2023. Initially starting at Glasgow University, these conversation cafes have expanded to Dundee and Aberdeen. On the 17th of January, the first conversation café was introduced in Aberdeen, to third year medical students in their psychiatry rotation and people with lived or living experience with addiction and recovery in the local community.

Feed back from the 20 different medical students who chose to take part expressed that it had been entirely beneficial, and more importantly, changed their perception of addiction with all respondents saying that the voices and experiences of those with lived experience should be incorporated into their training.

"It was very helpful to get a different perspective, especially insight into what is actually helpful for recovery rather than just 'treat and go'. It was very beneficial being able to talk to people who have gone through it and to see their views and hear their stories."

On the 27th of January, we held another conversation café at the University of Glasgow, we had 50 respondents, 30 of which were medical students. Our volunteers from NWRC supported this café, with thanks to the University of Glasgow for volunteering a space in its university dining hall for us to hold this event.

We've been delighted to see so many student nurses as part of Humanising Health Care taking part in our drop-ins; coming to see and meet the people in our communities!

February

Next month is already shaping up to be a busy month, with further development on our ROSC event, our new café at the Whiteinch centre and strengthening our pathways with our partners!