

North West Recovery Communities

March 2023



As we head in to the Spring we continue our programme of events and groups. International Woman's day being a big focus of our Month of March, the continued success of our new Whiteinch cafe and a look ahead to our ROSC family themed event.

Our Cafes

Our cafes continue to see new and old faces every week. Our volunteers and safeguarders welcome everybody from our communities in to the cafes and provide a warm and safe environment for all, to show recovery is possible. Each week the participants and the volunteers can raise ideas of what they would like to see at the groups and give feedback. Each cafe has a core menu of activities or groups they deliver each week and we are always looking at new initiatives to bring to the groups to give a wider offering and let all participants of the cafes find something to look forward to each week to help them in their recovery journey.

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. Our volunteers continue to make the cafe a success.

This month our partners, Shelter, Safe as Houses, Turning Point, WeAreWithYou and the ADRS all came to visit to be on hand with advice and guidance for our group members.

Our new Workshop City Writes had it's first group at Knightswood. Although this is just the beginning of the group, the members of the group are excited to be part of it and we wish them success with this.

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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.



WINGS

Please join us at:
8th of March 2023
Possilpark Parish Church
124 Saracen Street
G22 5AP
10:30am to 1:30pm
for massage, reiki, manicures,
recovery, information stalls on
services for women in Glasgow!

International
Womens Day

we are
withyou

International Woman's day fell on a Wednesday this year so our ROSC event for woman was held at Possilpark and the WINGS group was incorporated in to this day with the participants and volunteers helping to lead and facilitate the event with the help of all the partners who attended.

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

The group have also been able to have Reiki or Massage therapy over the course of the month from River.

Next month we will be bringing Easter Activities to the group,. These activity ideas are brought forward by the steering group for WINGS that is made up of the volunteers and safeguarders.

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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.

We have just had a separate group of around 14 people complete the 8 weeks Mindfulness based relapse prevention course in partnership with Mindfulness Scotland, who have provided a few courses over the years.

We would like to thank Anne and Catherine the tutors who have been great in providing the session, which included a days silent retreat which is always a great day.

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

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) group continues to be a success with all spaces being filled every week that it is delivered by James from WeAreWithYou or our own Michael helping Donna from Healing for the Heart with the Compassionate conversations, we also have recovery shares. We have had the return of Bingo which is thoroughly enjoyed by all participants. Also Reiki for our individuals - but they need to be fast as the small number of spaces go fast, speak to June! Herbalist Scotland will also drop by which is always appreciated.

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Whiteinch

Our Whiteinch cafe has got off to a great start! 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 have been well attended. After the first month at Whiteinch our partner facilitators had this to say ..

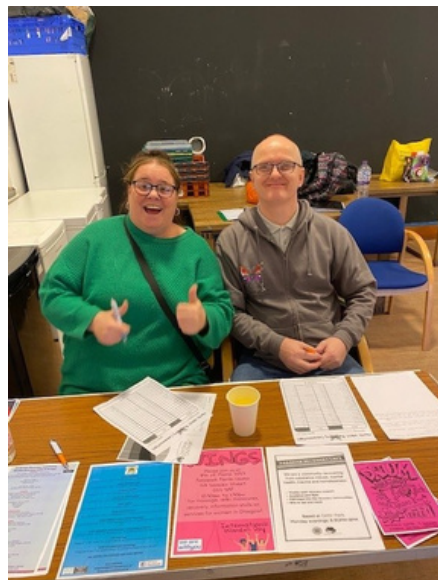
"The SMART meeting has been well attended. We have had good engagement from the people attending and people are sharing their experiences of recovery and appear to be reflecting on the SMART tools. Good to see the mutual aid ethos of supporting each other in recovery. It is still early days of the programme but we have covered 2 topics - building and maintaining motivation, coping with urges and cravings. Attendance is averaging out at about 6-8 attendees but did have 18 one week. Feedback from those attending is that they enjoy the meeting and find it a positive experience and find the SMART tools helpful. Looking forward to continuing with the group." Kenny - Blue Triangle.

"I'm loving it so far" Scott McDonald - Music Group

"Uptake/interest in arts and crafts has been limited" - Willie Sutherland - Art Group. If you know of anybody that would be interested in this Art Group please encourage them along !

We are excited and hope that Whiteinch will continue to grow and become another vital space for our groups and communities.

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



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Events

Wednesday 8th March was International Woman's Day. Our ROSC event was held at Possilpark.

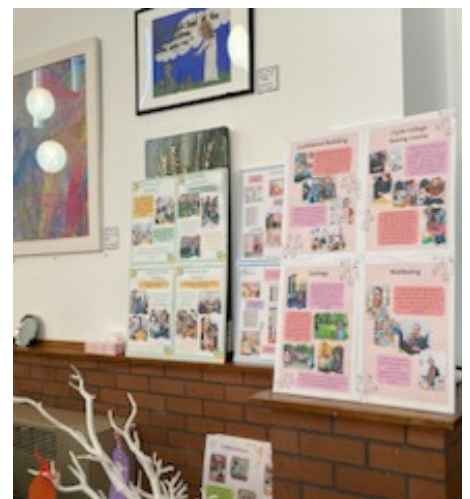
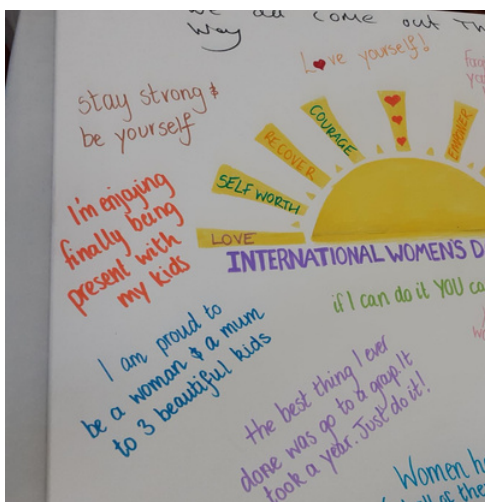
It was an amazing turnout with 128 woman signing in and 20+ organisations and stalls delivering on the day.

Some quotes from the day

"Had a great day, Powerful women in one room and hearing their journeys was inspirational..... "

"The event was fantastic, It was so inspiring listening to everyone in the room and connecting with other women. All the volunteers and staff did an amazing job putting it together. Thanks so much for having us ♥ "

"Thanks it was an amazing day the ladies did a fab job. I thought this was a nice picture to share from our stall where the women wrote how they are feeling "



A great day celebrating the great work being done and showing women can and do recovery and find connection no matter what their circumstances !

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Events

Whilst the women of North West Recovery Communities were at the Possilpark ROSC event for International Woman's day on 8th March. Brian our project manager was meeting the staff at the Lillas Centre in Maryhill. We hope to complete the partnership agreement soon in order for us to be able to deliver groups to the community there at the Lillas Centre. Thanks to Natasha from the Scottish Prison Service for the welcome and opportunity to come along to their own Woman's International Day and for future collaborative working in our recovery communities.

Brian this month also met with Bobby Walker at the Dumbarton recovery community to see the great work that is being done there. We wish them all the best for their future activities. Thank you to Bobby for the warm welcome.

We held a stall at the Clydebank College Campus for their Health & Wellbeing open day event. Thank you to Victoria for inviting us along.

The new workshop at our Knightswood Community Centre started on 29th March. City Writes is a creative writing workshop inspired by the work of Pink Floyd, Paul Weller, Lou Reed and others! There has been a good interest in this programme and we hope that this is the beginning of another great partnership available to our recovery community.

This month we said a sad goodbye to Helen Moore & Stephanie Bathgate. Helen and Stephanie have been an amazing support to the team at North West and we wish them all the best of the future.

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Training Tuesdays

Our Training Tuesdays this month have been delivered by SDF (Scottish Drugs Forum) on Substance use and why people may use substances. A lot of group participation and conversations were had. Also Drug Specific Focus looking at the different types of drugs and their affects. This training has been an extremely useful tool for the volunteers and staff to share learning with Graham and to continue to help our groups. SDF will also lead these training sessions into April with Trauma & Mental Health & Multiple Risk and young people still to come.

April

In April we will hold our family focused ROSC event at Whiteinch.

It is already gearing up to be a great day with stalls and speakers planning to come together to share lived experience, guidance and support with our family communities. Planning is in the final stages to make this the best ROSC event yet.

April is also a month of firsts at NWRC. We will be holding our first Outreach introduction group supported by Wellbeing Scotland this is only open to people who are already supported by our outreach team and will further strengthen the relationship with our communities whilst they are on their recovery journey.

We will also be holding our first AGM on 27th April. The AGM will be held at our offices here at NWRC to book your place please contact info@nwrc-glasgow.co.uk