

NEWSLETTER

NOVEMBER



north west glasgow
recovery communities

Welcome to our November newsletter.

We are back with our November and Pre Christmas Newsletter.

It has been a quieter month in terms of community events, however, it has been a very busy month in preparation for the Christmas Period and all the events being held in the community and our own Christmas events for our Volunteers.

Also included in this month's newsletter is the return of our volunteer story, this month from John.

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**THIS
MONTH'S
VOLUNTEER
STORY**

PAGE 11

**SPOTLIGHT
ON CREATIVE
INDUSTRIES**

BIG NEWS !

The big news from NWRC this month is our Christmas Flyer is attached at the end of the newsletter. This has all of our opening times for over the festive season along with the opening times of other services and organisations that may be helpful for you or the people you are supporting.

NWRC in the Community



At the end of October we restarted a venture that had to come to an end as covid disrupted a lot of the face to face work that was done in the communities. Every fortnight we will be sitting in Drumchapel Job Centre on Wednesday afternoons from 1pm to 4pm. This gives people an opportunity to speak to our volunteers about recovery in a safe space and share information about what is in their community.

On 29th November Jim & Charlotte attended the ADP & FASS Family informed networking event (F.I.N.E)

It was a great event with good group table discussions and connections made with other organisations.

The speakers were all very passionate and emotive about ensuring that the family's voices are heard when supporting their loved ones in various stages of addiction and recovery and the difficulties that they face when trying to get help for their loved ones and themselves.



ROSC



Our 6 weekly ROSC meeting was held on 14th November.

We had presentations from Penumbra Self Harm Network, The Wise Group Relational Mentoring Service, The Wise Group - HEAT, The Crisis Outreach Team from ADRS, Smart Works Scotland, Gamcare and Shannon from the ADP.

It was a very full meeting with a good mix of different services & organisations. Some really positive messages and information sharing.

If you would like to attend any of our ROSC 6 weekly meetings or if your service or organisation would like to do a presentation please contact us on info@nwrc-glasgow.co.uk



Our Volunteers



This month we will hear from John. John has volunteered with North West for the last year.

How did you come to hear about / attend NWRC ?

My care manager suggested attending the Drumchapel recovery cafe. Whilst at the recovery cafe I spoke to the outreach workers and I self-referred myself in to them.

What have the cafes/ groups done for you?

Coming to the cafes has given me structure and a purpose to my days. I have a reason to get up in the morning and being involved with NWRC and the people has provided me with hope for a better life.

What are the positives and negatives of the cafes/groups?

Positives are the groups, meeting like minded people and connection. There is a real feel of comfort around the cafes.

What has volunteering brought to your recovery journey?

Volunteering has given me hope, structure, support and a different outlook in my life.

What are your goals through NWRC & Peer Support ?

I am currently detoxing from 90mls and currently on 35mls. My main goal is to be abstinent, to build my confidence and possibly go in to employment in the future.

Training Tuesday



Each Tuesday the Volunteers, staff and outreach workers come together to train and learn together.

Training Tuesdays are a mandatory part of being a volunteer at NWRC as we believe that the training we provide is an invaluable resource to the volunteers for their own personal development, for working within the cafes and groups, representing North West at events and would look amazing on any CVs they create for any future employment or volunteering Opportunities they undertake.

On 21st November our volunteers started a 4 week Cognitive Behavioral Therapy Course from Linda at Open Arms Wellness. This is our second time working with Linda delivering this course. A big thank you to Linda for her efforts with this course. All of the volunteers and staff who have attended have found it very beneficial !



Our Cafes



IN NOVEMBER ...

WOODLANDS

There were 39 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 165 Woman at WINGS Cafe. WeAreWithYou, Hope Connections, Children 1st, NW ADRS, Elevate. WINGS also held a big Women's Event in November which you can read about below.

MEN'S GROUP

There were 55 men at the Men's group across November. It is great to see that this is still going strong and that we are still getting new faces. The Men are looking forward to their Christmas night out at the Creative Change Collective Panto at the Oran Mhor

KNIGHTSWOOD

There were 140 people at the Knightswood Cafe over November. We were joined by WeAreWithYou, Turning Point, Healing For the Heart, Housing 1st, Ann from Herbalist Scotland, POP, NW ADRS, Navigators, Shelter & City Writes

POSSIL

There were 311 people at the Possil Cafe. We were joined by WeAreWithYou, Move On, Safe As Houses, Healing for The Heart, POP, Phoenix Futures, NW ADRS, SISCO, Salvation Army & Housing First.

MEDICATION, RECOVERY & ME

The new outreach group started on 26th October. We had one community member. 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

WINGS Event



On the 1st of November our WINGS group hosted their next Women's event. The women were treated to Group Reiki as well as one to one Reiki, Massages, Positive affirmations, speakers and connection followed by a Zumba session.

There were also 18 Organisations & Services joining us on the day. A big thank you to Hope Connections, Children 1st, Nw Carer's team, WeAreWithYou, CAB Gambling Support, Bluevale, Sisco, Elevate, GAMH, Rape Crisis, NWADRS, SCRN, 218 Project, Martha's Mammies, Herbalist Scotland, Belle Isle House & Freed up.

Also a big thank you to Kirsten from Recovery Rhythms and Natalie, for providing the Reiki & Massages throughout the day.

The woman in attendance had an amazing day and felt that it was really powerful.



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. 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

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**

A weekly meeting on
Thursday' s 1:30 - 4pm
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



Spotlight on ...



This month we are shining the spotlight on **Creative Industries**

Creative Industries has been running from North West Recovery office since 2018. The course facilitator had this to say “ New College Lanarkshire is one of Scotland’s largest colleges, operating across Lanarkshire and East Dunbartonshire with multiple campuses located in Cumbernauld, Motherwell, Coatbridge, Kirkintilloch and Broadwood.

I am currently teaching in the Music & Sound programme which covers all areas of qualifications from Access level through to BA Degree,

How did you come to hear about North West ?

Back in 2018, my line manager had established a working relationship with NWRC and asked me if I would be interested in running a class within the NWRC office space and here we are five years later!

How do you feel that we can/do help each other?

The partnership between North West Recovery Communities and New College Lanarkshire offers a relaxed, safe learning environment where anyone can get involved in the course without having any previous musical knowledge or experience, again, offering an inclusive environment for anyone to get involved.

Anything else you want to include?

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 for the January course can be made via the email addresses on the poster on the next page.

**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!



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**NEW
COLLEGE
LANARKSHIRE**

suitable: Ages 16 plus



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

Creative Industries - NWRC office 80 St Vincent Terrace, G3 8DX

From **10am - 1pm**

18 week SQA accredited course with New College Lanarkshire. This run is about Radio Podcasting. Contact info@nwrc-glasgow.co.uk for more information or come along on a Monday Morning.

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.

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.

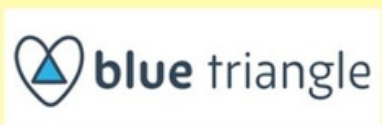
City Writes at Knightswood Community Centre, 201 Alderman Road G12 3DD
From **11:30am to 1:30pm**

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

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.



Registered SCIO
SC051587

Website QR Code





north west glasgow
recovery communities

Festive Opening Times



North West Recovery Communities

North West Office Opening Times

Monday 25th December - CLOSED
Tuesday 26th December - CLOSED
Wednesday 27th December - 9am - 5pm
Thursday 28th December - 9am - 5pm
Friday 29th December - 9am - 5pm
Monday 1st January - CLOSED
Tuesday 2nd January - CLOSED
Wednesday 3rd January - 9am - 5pm
Thursday 4th January - 9am - 5pm
Friday 5th January - 9am - 5pm

North West Recovery Cafes Opening

Monday 25th December - WOODLANDS - CLOSED
Wednesday 27th December - WINGS - OPENED AS NORMAL
MEN'S GROUP - OPENED AS NORMAL
Thursday 28th December - KNIGHTSWOOD - OPENED AS NORMAL
(City Writes Not On)
MEDICATION, RECOVERY & ME - CLOSED
Friday 29th December - POSSIL - OPENED AS NORMAL

Monday 1st January - WOODLANDS - CLOSED
Wednesday 3rd January - WINGS - OPENED AS NORMAL
MEN'S GROUP - OPENED AS NORMAL
Thursday 4th January - KNIGHTSWOOD - OPENED AS NORMAL
(City Writes Not On)
MEDICATION, RECOVERY & ME - CLOSED
Friday 5th January - POSSIL - OPENED AS NORMAL

Outreach Service will be phone calls and meeting at drop ins until 8th January

Citywide Opening Times

North East Recovery Communities

Wednesday 27th December - PARC - OPENED AS NORMAL

Thursday 28th December - JARC - OPENED AS NORMAL

Saturday 30th December - NERD - OPENED AS NORMAL

Wednesday 3rd January - PARC - OPENED AS NORMAL

Thursday 4th January - JARC - OPENED AS NORMAL

South Community Recovery Network

Wednesday 27th December - GSRC (will run from the Adelphi) -
OPENED UNTIL 3pm

Thursday 28th December - CREW - OPENED UNTIL 3pm

Friday 29th December - RAFT - OPENED UNTIL 3pm

Wednesday 3rd January - GSRC - (will run from the Adelphi)
OPENED UNTIL 3pm

Thursday 4th January - CREW - OPENED UNTIL 3pm

Friday 5th January - RAFT - OPENED AS NORMAL (No children)



Other Services & Orgs Opening Times

North West Alcohol & Drug Recovery Service

Wednesday 27th December - Possilpark Health Centre (OPENED)

Thursday 28th December - Possilpark Health Centre (OPENED)

Friday 29th December - Possilpark Health Centre (OPENED)

Wednesday 3rd January - All ADRS (OPENED)

Thursday 4th January - All ADRS (OPENED)

Friday 5th January - All ADRS (OPENED)

We Are With You NW Hub

Saturday 23rd December - 9-3pm

Sunday 24th December - 9-1pm

Wednesday 27th December - 9-5pm

(Recovery Check in Group 11-12:30pm)

Thursday 28th December - 9-5pm

(Recovery Check in Group 11-12:30pm)

Friday 29th December - 9-5pm

(Recovery Check in Group 11-12:30pm)

Saturday 30th December - 9-3pm

Sunday 31st December - 9-1pm

Open as normal from Wednesday 3rd January



Emergency Numbers

Simon Community - 0800 027 7466

Glasgow City Mission Overnight Welcome Centre

- 20 Crimea Street, G2 8PW

Social Care Direct - 0141 287 0555

Social Work Out of Hours 0300 343 1505

Samaritans - 116 123

Breathing Space - 0800 83 85 87

NHS 24 111

The Wise Group - Emergency Energy support - Contact before
21st December for support over Christmas. Opened again from
27th December - 0808 808 2282

Crisis outreach service number - 0141 201 3102

12 step fellowships

AA - 08457697555

Website - www.alcoholics-anonymous.org.uk

CA - 0141 959 6363 -

Website - <https://www.cascotland.org.uk/meetings>

NA - 08001404645

Website - <https://www.glasgowna.com/physical-meetings>

GA - 03700508881

Website - www.ga-scotland.org

Contact fellowship for events on over festive period



Children & Families Support



Parentline - 08000282233 (Check website for Christmas opening times <https://www.children1st.org.uk/help-for-families/parentline-scotland/>)

Childline - 0800 1111

Drumchapel Local Social Work - 0141 276 4710

Possilpark Local Social Work - 0141 276 6210

Partick Local Social Work - 0141 276 3112

www.glasgowhelps.org

www.kooth.com

www.camhs-resources.co.uk/apps-1



Free Food Services

McChuills / Homless Project Scotland - Christmas Day (Ticket Only) Phone 08000147160 or hello@homelessprojectscotland.org
80 High Street, G1 1NL

Drumhub - Christmas Day - 2pm Church On the Hill, 4 Lilyburn Place, Drumchapel (Phone - 07519985206)

Social Bite - Christmas Eve & Christmas Day 12pm - 4pm
10 Sauchiehall Street, G1 2GF

Lodging House Mission - Christmas Day & Boxing Day
8:30 - 3pm 35 East Campbell Street, G1 5DT

Bluevale Community Centre - 13 Whitevale Street, G31 1QW,
Email liam@bluevale.cc to book 12pm start, 1pm Lunch

Woodlands Methodist Church - 25th December from noon to 2pm. Bring and Share, even if just a packet of crisps.

Partick Thistle Charitable Trust - Christmas Day, Petershill Park, 28/32 Adamswell Street, G21 4DD 12pm-3pm (referral required)

Salvation army - 1 Houldsworth street G3 8DU - **Boxing day lunch**- CONTACT FOR SPACES



FESTIVE EVENTS

-
FREED UP - Hogmany Event - Check out FREED UP social media pages for information on this.

NA Hogmany Event - Sunday 31st December
2023

Ruchill Church. 15-17 Shakespeare St, Glasgow.
G20 8TH

Doors open 7pm - Till late

Main shares start at 7:30pm - Food n Dance
Celebrate the bells and bring in the new year

2024

£10 entry, under 90 days donation