

# North West Recovery Communities

## February 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 forefront of our mission to show that *Recovery Is Possible* - Its where our volunteers, the main focus NWRC, are active in their communities, bringing recovery and support to the people who need it. Our cafes are ran by our volunteers; each drop in has a steering group and a six week rotation for the chair of the group, we have staff from NWRC, We Are With You and GCA providing safeguarding, but ultimately, the direction of the group and the recovery that is on offer is in the hands of the volunteers!

## Whiteinch

Our Whiteinch drop-in opened on the 27th of February! We have previously held drop ins at the Whiteinch centre, and are delighted to be able to bring back our recovery community to this setting! Our first day was a massive success with over 70 people in attendance for our new cafe! Whiteinch has previously been a very popular location in NWRCs history and we look forward to all the new people joining us here! Our Whiteinch cafe is ran in partnership with WeAreWithYou, Blue Triangle and GCA! We are offering two recovery focused groups; Building Postive Pathways with Eddie from GCA and a SMART recovery group with Kenny from Blue Triangle! We also have a musical sharing group with Scott and arts and crafts with Willie. Our Safeguarders are Thomas from NWRC and Jamie from WeAreWith You.

## Mens Sit and Share

Our mens only group is every Wednesday night at Knightswood Community Centre in the evening from 5:15pm to 6:45pm! This is a quiet and safe space for men in all stages of their recovery journeys to meet up and share their experiences. This group focuses on mindfulness sharing and recovery with Allan from the ADRS and James from We Are With You.

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## WINGS

WINGS is our Womens only group, running out of Possilpark Parish Church every Wednesday from 10.30am to 1.30pm. WINGS (Women In North Glasgow Support) provides a vital support network for women in Glasgow seeking help with their recovery journey. Mindful of the unique differences women experience in accessing recovery, WINGS offers recovery focused groups and groups focused on women's health. They also provide the much needed social support, in the way of fun and games and peer-led activities.



This month WINGS have had Natalie offering Reiki sessions, which has been incredibly popular with our participants. We've also had Jan from Elevate offering information on the positive pathways programme and other support on offer! Catherine and Lyndsey from Children 1st have also been visiting, which allows our participants to have support and learn more about what is available to them as mothers on their recovery journeys. Emma from HomeStart was also at WINGS this month, which allowed our WINGS group to have access to a £49 voucher towards Gas and Heating.

We also celebrated volunteer Margaret's One Year birthday! Congratulations to Margaret on this milestone and all the best for the years to come!

This group is ran by our women volunteers, with safeguarding from Annie B from We Are With You and NWRCs' Joanna!

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### Knightswood

Our Knightswood group is every Thursday morning from 11am to 2pm in the Knightswood Community Centre at 201 Alderman Road G12 3DD. This group is peer-led by our Knightswood Volunteers. We have two groups ran by our partners; Donna from Healing for the Heart and Jackie from Second Chance Project who run two different groups on recovery.

We have had guests from Safe as Houses, the Salvation Army, GCA, Housing First and the ADR. Our Safeguarders at this drop in are Thomas from NWRC and Alan from We Are With You.

### Possilpark

Our Possilpark drop ins runs every Friday from 10:30am to 1:30pm in Possilpark Parish Church, 124 Saracen Street, G22 5AP. Our Possilpark group is peer-led and ran by our wonderful volunteer team! We have a MAP (Mutual Aid Partnership) group ran by James from We Are With You, which is incredibly popular with our participants. Twice a month, we have a compassionate conversation group with Healing for the Heart, dealing with loss and grief and the struggles associated with that and maintaining or finding recovery. This drop in also offers Reiki with June which is very popular with spots going quite quickly! Our Safeguarders at this drop in are Thomas from NWRC and James from We Are With You!

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## Training Tuesdays

Our Training Tuesdays is an important part of the development for our Volunteers and Staff! It allows us to access training from our partners and other organisations on building new skills and refreshing previous learning! This month we have had training from the SRC on BBV training with information sessions on Hepatitis B, C and HIV - this training took two weeks and was vital information for our volunteers and staff in learning about the facts vs. the myths and the treatment and testing methods available. We also had training from LGBT Scotland and Trans Scotland on LGBT+ terminology and how to make sure that our cafes and volunteers are safe and open towards the LGBT+ community. We unfortunately had to reschedule our GAMcare training to next month but took this time to go over boundary and safeguard training done by our own volunteer Michael.

## Events

NWRC have been delighted to support the Knightswood Community Centre in their Hot Soup Cinema Club! This started on the 27th of February, with hot soup, sandwiches, tea, coffee and biscuits - starting at 12pm with the movie kicking off at 1:30pm! Spaces are limited so please pre-book by e-mailing Louise - [louise@ignitetheatreglasgow.org](mailto:louise@ignitetheatreglasgow.org).

Our ROSC steering group had another meeting on our next ROSC event - which will be focused on Family Support. We were happy to be part of and attend the Citywide Mental Health and Wellbeing event at the Adelphi Centre! This event had loads going on with laughing yoga, massage, MAT meeting, naloxone training and the WAND van onsite!

We were also at the Claypits tour of the groups on the 17th of February! A day exploring the Claypits and seeing what wonderful things are on offer at this incredible nature reserve! We are delighted to be a part of the Recovery in Nature programme!

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## Events

We were delighted to see our volunteers; Karen, Jolene and Julie have their graduation from Elevate on the 23rd! So proud of how well they have been doing and glad to be part of this exciting day!

We also met with Alan from Hope Glasgow about the faith-based recovery they are hoping to offer - and we will have more on this to come!

We are going to be with our partners at Elevate and offering an internship with practical work towards their SQA in administration and we look forward to further developing this programme and being able to offer this opportunity!

Brian our Project Manager and Jolene our board member and volunteer were happy to be able to go to the Abstinence Project and do a presentation on what we offer here at NWRC and share their own experiences.

We are also happy to announce the start of a new workshop at our Knightswood Community Centre! City Writes is a creative writing workshop inspired by the work of Pink Floyd, Paul Weller, Lou Reed and others! This programme will be starting on the 23rd of March!

We are delighted to announce that our new Business Support worker, Charlotte, has joined us! Starting on the 1st of March we are glad to meet her and welcome her on to the team! She will be a great asset to the NWRC team and we are happy to have her on board!