

North West Recovery
Communities
Annual Report 2022-2023

Scottish Charity No: SC051587

Address: 80 St. Vincent Terrace. Glasgow. G3 8DX

Email: info@nwrc-glasgow.co.uk

Tel: 0141 328 4578 Website: nwrc-glasgow.co.uk

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Iain Macfarlane – Out going Chair of NWRC Board

It's an absolute privilege to be Chair of North West Recovery Communities as I see the impact the teams make across the city every day, demonstrating that Recovery Is Possible and that no one's past defines who they are today. The amazing team at NWRC share their experience and empower others to shape and embark on their own recovery journey. They're just there and they just care and it's through the commitment of the staff team and incredible volunteers that we're able to stand in gaps to build connected and compassionate communities for those who need it most.

Whether its bringing hope, connections, and support via the drop in cafes; the mentoring, advocacy, and navigator support provided by our dedicated outreach team; the range of amazing creative events offered to help people unlock their hidden talents; the mental and emotional support resources made available via support groups and online; or the tireless work to develop a dynamic recovery orientated system of care (ROSC) in the city by bringing partners together to share assets and join the dots to shape new recovery pathways.

Having constituted NWRC as a charity in early 2022 (on Valentine's Day!) we've been putting in place the infrastructure to allow us to operate as a standalone organisation, and thanks to the efforts of the staff team these foundations are now in place. I'm excited about what we can now achieve going forward as we start to shape our future direction to maximise the impact for people, families, and communities across the North West of the city.

Over the coming months we'll work with our volunteers, our partners, and people with lived and living experience to shape life-transforming recovery communities that we're all proud to be part of, as the difference we're making in offering connections, hope, identity, meaning, and empowerment will be clear for all to see.

Due to personal reasons Iain stood down from his position of chair of the board in February 2023. We thank Iain for his time as Chair of NWRC board and his contribution to helping start the charity. We wish him well for the future.

Louise Stewart - Incoming Chair of NWRC Board

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Over the past year I have been a Board member and have watched the Board grow and develop. To now hold the Chair's position as we move into a new era fills me with great pride and excitement for the future of the charity.

I am very proud to be the newly appointed Chair of North West Recovery Communities. Thank you to our previous Chair Iain MacFarlane who guided us through our first year - I would like to wish you all the very best.

North West Recovery Communities is now in its 11th year. I remember the initial conversations happening when I was a Recovery Worker in a Community Alcohol Service based in Drumchapel. I have been a part of NWRC since this time and it means very much to me personally to continue to be involved.

I would like to introduce our first annual report since securing charitable status by saying thank you to the people past and present who have been involved with North West Recovery Communities, you have laid the path for so many others. You have worked, and continue to work tirelessly to ensure that our doors are open to provide warmth and connection, hope and inspiration in a way that is free of judgement and constantly pushing barriers.

I would also like to thank our partners whose dedication and support is unwavering, we wouldn't be able to do what we do without you.

Here's to 2023/24 and beyond

Annual General Meeting

We welcome you to the first annual General Meeting for the North West Recovery communities.

North West Recovery Communities was registered with the Office of the Scottish Charity Regulator on 14 February 2022 as a Scottish Charitable Incorporated Organisation. The charity registration number is SC051587.

Contact Details, Trustees and professional advisors

Louise Stewart, Chair
Richard Watson, Treasurer
Helen Moore, Secretary
Natalie Manly, Vice Secretary
Deborah Anne Gavan

Resignations

Amanda Smith
Julie Edmondson
Stephanie Bathgate
Nicola Ferguson
Iain McFarlane,
Joleen Dunn
Angela Sinclair Millar

Advisors

Allan Houston, Alcohol Drug Recovery Service, Senior Addiction Recovery Lead
Brian McCarthy, North West Recovery Communities, Project Manager
Thomas Chawner, North West Recovery Communities, Development Worker
Carole Meakin, NHS, Business Analyst
Fiona McQueen, Scottish Recovery Consortium
Charlotte Angus - North West Recovery Communities, Business Support Assistant

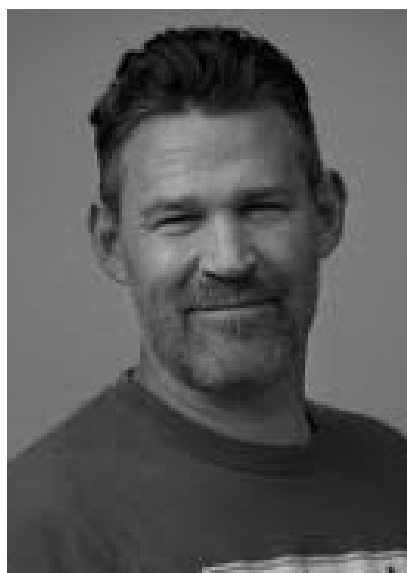
Meet Our Board

Our chair - Louise Stewart

Louise is Contracts Manager for a national drug and alcohol charity and has a 20 year career in social care. She has held roles including recovery worker, team leader and service manager and has worked in both paid and unpaid roles. Louise has worked in areas such as homelessness and mental health and for the past 13 years has worked in drug, alcohol and recovery specifically. Although Louise has a national role currently, she remains passionate about the ongoing development of North West Recovery Communities. Louise has worked hard to create sustainable pathways into employment and other opportunities for people with Lived Experience of recovery and feels strongly that people can thrive in their communities free from discrimination and stigma. Louise loves working in collaboration with other people and organisations and in building and sustaining relationships and knows that when we work together the possibilities are endless.



Our Treasurer - Richard Watson



NWRC has been such an important part of my own recovery journey that I am honoured to be a part of the board.

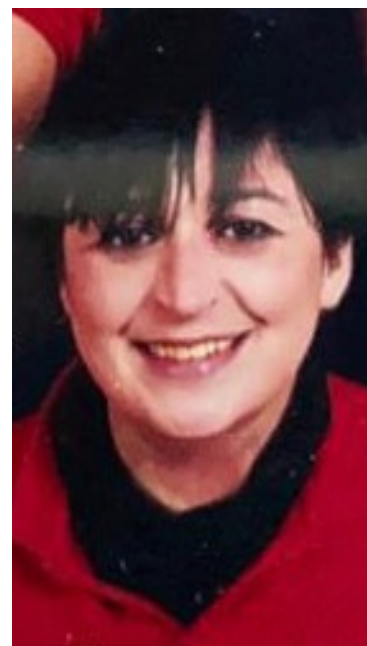
The volunteering, training, and opportunities I got being a part of the recovery community lead me into a unique role at The DWP and I hope that my experience with employability paths can help others shape their own recovery.

Now approaching my 7th year in recovery, I have left the civil service and now work helping develop Family recovery across Scotland with SFAD, again I hope this helps support a whole family approach within NWRC. I look forward to seeing NWRC grow as charity, help even more people and make recovery visible.

Our Secretary - Helen Moore

Helen was a volunteer at NWRC from 2020-2023.

Originally joining as part of her personal recovery, Helen was focused in the office working with staff in assisting with office administration. Helen managed the social media accounts for NWRC, the website and wrote the newsletters along with organising promotional materials for the cafes and other events with NWRC. Helen was also a part of the steering group for NWRCs large scale ROSC events, organising and promoting two large events with 40 different organisations. Helen has left her voluntarily role with a relocation to Dundee, but remains part of NWRC on the board as the charity has been instrumental in her own successful recovery.



Natalie Manly - Our Vice Secretary

Natalie is a Recovery Community Development Officer for a national recovery charity. Natalie has a long background of working in recovery communities and previously worked here at North West Recovery Communities as the Volunteer Development Coordinator. Prior to Recovery Community Work - Natalie has worked in a variety of settings including Rehabilitation, children and families and accommodation and alcohol services. She enjoys project management, asset based community development and leading teams of individuals to realise their full potential. Natalie also loves event management and in her current role has worked on Recovery Walk Scotland and a range of events from carnivals to conversation cafes. . Natalie is passionate about spreading the message that recovery is possible for everyone, and believes in a wide range of recovery options being available for people, to support people on a journey of self-discovery as part of their recovery journey.



Debbie Gavan - Board Member



Debbie is currently a Deputy Chief Executive Officer for a voluntary charity, who deliver befriending, mentoring and family support throughout Lanarkshire. Debbie has over 28 years professional experience of working within Health and Social Care in various roles including, administration, support work, youth work, project and operational management and governance. Debbie graduated from University with a Bachelor of Science (BSC) Social Care (Open) 1st Class and more recently a Master of Science (MSC) Contemporary Drug and Alcohol Studies. Debbie has a strong passion and significant experience personally and professionally of supporting others in the recovery field. Further she is extremely passionate and committed to her role within NWRC and her passion for our service did not just start here, as Debbie was previously a volunteer within the NWRC drop in services.

We would like to take the time to thank the previous team of people that made up NWRC. Jackie Smith from ADRS who had been at the helm of NWRC from inception to the set up of the Charity. Roisin Craig, Amy Clark & Martin Birch who were all business support admins. Martin moved on to Elevate & NHS. Jamie Reid an outreach worker who moved on to WeAreWithYou and still links in closely with NWRC as a safeguarder for Whiteinch. Sharon Graham, Natalie Manly & Eddie Kearney who were all Volunteer Development workers and Mark Healy the Co-ordinator. Our own Brian McCarthy in his first spell at NWRC worked on the Affit & Listening Ear Project and has now come back as the Project manager for NWRC.

About NWRC

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North West Recovery Communities supports people to find a path away from problematic drug & alcohol use and gambling. Looking at mental health, wellbeing and isolation and how it impacts people, focusing on supporting people to maintain their recovery, inclusive of the family and the wider community.

The aim and purpose of the recovery community is to promote recovery and the core message is recovery is possible and anyone can find support that suits them best and will help them in their personal recovery. We are peer-led organisation focused on lived and living experience. We provide a range of recovery activities, emotional support and we see NWRC as a safe place where people can come together to find out what opportunities are available for them to aid their recovery no matter what stage they are at. We could not do this without the many services, groups & organisations that are run throughout the city of Glasgow and beyond.

The drop ins we deliver offer a safe place where vulnerable adults and their families can be linked in with appropriate pathways best suited to their current situation. Whether that is to maintain abstinence, advice on how to access support in order to reduce from medical assisted treatment if required, maintain prescribed medications and offer harm reduction supports to participants who may be still working on reducing their problematic use of drugs, alcohol or gambling. Through the group work programs on offer, each setting can support people to learn coping strategies and build their recovery capital. We also offer an opportunity to progress into volunteering with NWRC where training and personal development are the focus. This allows the volunteers to go at their own pace building recovery capital, sense of connection and can look at their opportunities around employment if and when they feel ready.

NWRC works closely with people to implement their Care and Treatment plan with Glasgow Alcohol and Drug Recovery Services (GADRS) and a host of other services, groups and organisations.

Funding

The work of NWRC would not be possible without the financial investment from our funders and kind and generous donations from members of the public.

Our core funding of £80,000 comes from the HSCP (Health & Social Care Partnership). This allows us to develop the charity, run all of our cafes including hot food and providing wellbeing and holistic therapies for the participants of the cafes, provide training & development for our volunteers & staff and hold ROSC (Recovery Orientated System of Care) events.

The HSCP also gifted £5000 towards IT costs. This allowed the Charity to purchase computers for the Charity and other IT & Telecoms equipment.

The Corra Foundation Funding of £65,000 has allowed the Charity to employ two outreach workers. This money is ringfenced for the outreach worker's salaries, the work they do in dealing with referrals to the service, their expenses, their training & development and equipment costs.

Foundation Scotland kindly funded £2000 for 4 events to support more Woman to find connection in their recovery. Our first event was International Woman's day on 8th March. This was held during our Woman's group cafe WINGS (Woman In North Glasgow Support) all events using this fund will be developed by the WINGS group.

In addition to these funding streams, we are grateful to our other partners and organisations who offer us help, guidance, training and mentorship. Their input is invaluable and only strengthens the relationships and contributes to the all round continuation of the recovery communities to offer a platform for people to find their supports and improve their recovery journey, positively impacting their families and the wider community.

Our Cafes

At NWRC the drop ins / cafes are developed and delivered by the team of NWRC recovery volunteers, co-ordinated and supported by the NWRC staff team and partner organisations. Our volunteers are the core part of the work NWRC does and through their own passion for recovery are demonstrating at the cafes that Recovery Is Possible.

The steering groups put the cafes in the volunteer's hands, with peer-to-peer engagement and development and encouraging responsibility and is vital to the development of recovery in the communities we provide support to. We are so grateful to them for giving their time each week.

As part of the NWRC structure, we are aware of the pressures on volunteers and the challenges being faced by participants seeking support. To ensure the safety & security of all who use our cafes, all of our cafes have two Safeguarders. This is made up of NWRC staff, Outreach Workers and Partner organisations. We would like to thank Annie, James & Alan from WeAreWithYou, Allan from ADRS and Tam, Joanne & Valene from NWRC for your work in providing this each week.

The biggest thank you goes to our volunteers, Joleen, Chris, Catey, Leann, Nicola, Neil, Michael, Julie, James, John, Brian, Ashley, Angela, Margaret, Amanda, Karen, Jim, Sean, Gerry, Carol and Carolanne.

North West Recovery Communities



All cafes have an information table with pathways, services & groups to aid recovery

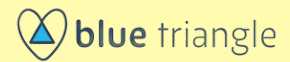
All of our volunteers and safeguarders have been Naloxone trained

monday

Whiteinch - Whiteinch Centre, 1 Northinch St, Glasgow G14 0UG

From - **11.00am to 2:00pm**

Building Positive Pathways with GCA (Morning) SMART Recovery from Blue Triangle, Musical Sharing with Scott and Arts and Crafts with Willie. Peer social support always available



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.



thursday

Knightswood at Knightswood Community Centre, 201 Alderman Road G12 3DD

From **11:00am to 2:00pm**

Two recovery groups in partnership with Healing for the Heart and 2nd Chance Project (4 Weekly). With meditation and peer social support, recovery shares. Head and shoulder massage & Herbalist visits on selected weeks.



friday

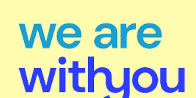
Possilpark at Possilpark Parish Church, 124 Saracen Street. G22 5AP

From **11:00am to 3:00pm**

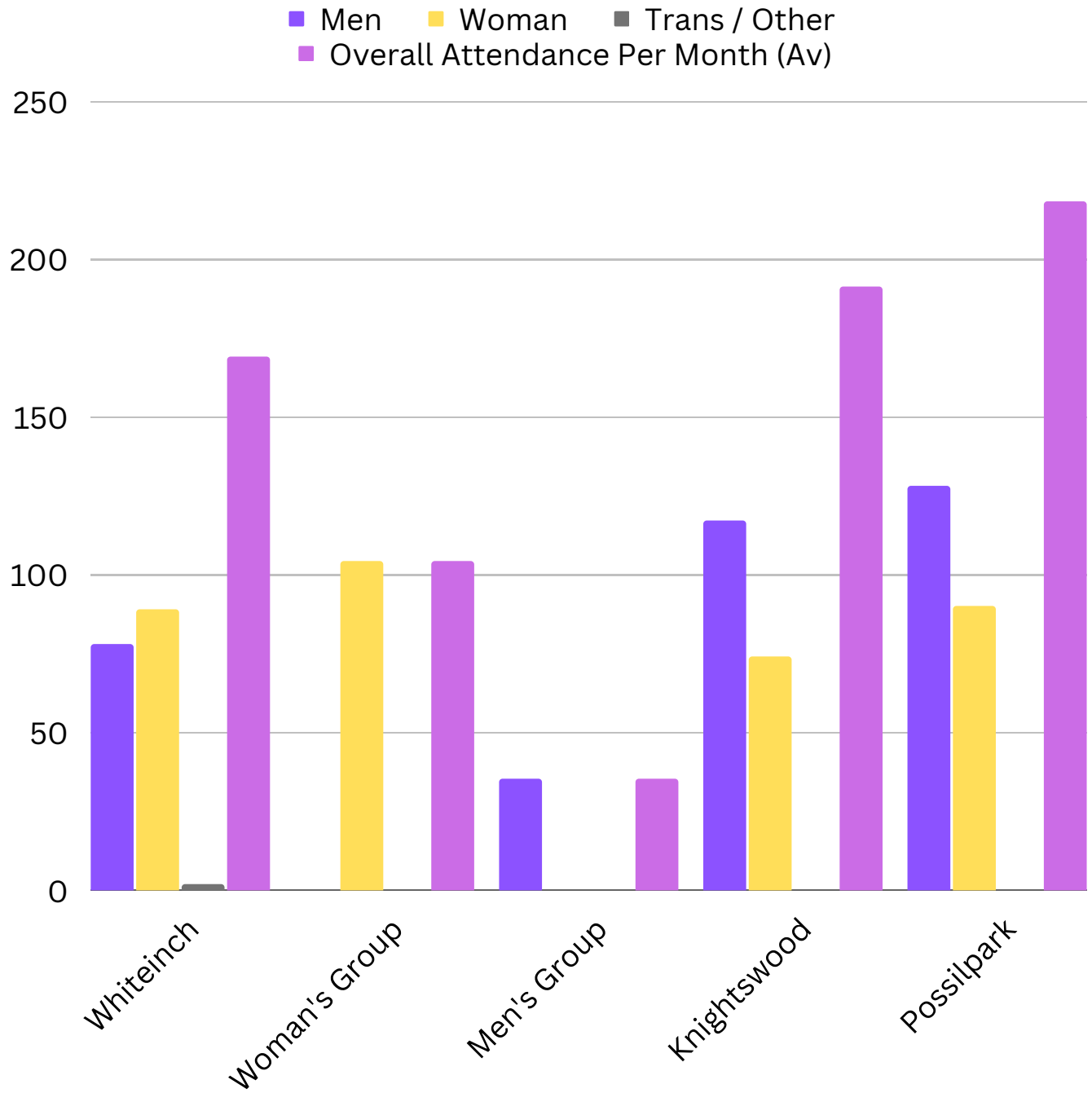
MAP sessions from WeAreWithYou. Compassionate conversations from Healing with the Heart (Fortnightly) Recovery share other weeks. Reiki sessions every week & Herbalist visits on selected weeks & Bingo fortnightly. Peer social support always available.



All of our drop ins offer lunch with hot and cold drinks available



Our Cafes - Average Monthly Attendance



Whiteinch Cafe

Our newest cafe is run out of the Whiteinch Centre. This was to replace our Drumchapel cafe. The first day seen over 80 people come through the door !

At this cafe we have two recovery focused groups; Building Positive Pathways with Eddie from Glasgow Council on Alcohol and Kenny from Blue Triangle with the SMART recovery group. We also have 2 expressive arts groups with Willie Sutherland doing an Art Group and Scott McDonald with a music group.



"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.

"The numbers have grown week on week. There have been several members of Safe as Houses namely, Andy, James and Mark that have shown great interest in the sessions. Andy is already an accomplished guitar player and after 2 sessions both him and Mark had mentioned that they found the music therapy more useful than the group activities that were taking place upstairs. James who is left handed almost gave up until I mentioned I will restring a right handed guitar for him to a left handed one so he can join in.

So far over the 4 weeks the numbers have varied from 3 on day one to 7 on weeks 3, so the interest is there. Along with the chat that the music therapy side of things may help them more than the group share (which I know is vital) I think that if we can get a happy medium between both, the guitar lesson will thrive." - Scott McDonald - Music Group

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

WINGS (Woman In North Glasgow Support) Cafe

We provide our WINGS cafe (Women In North Glasgow Supports) on Wednesday delivered by women volunteers with support from Annie Bell from We Are With You and Joanne Rollo from NWRC; to provide a safe space and a programme specific to building women's confidence and self-esteem. Areas of focus include mental health and activities are delivered in a trauma informed way. We are family focused and recognise the importance of seeing the whole family flourish.



"I was very apprehensive on my first visit to WINGs, however, within five minutes I felt so comfortable. The girls are all so welcoming and I feel like I've known them for years. WINGs is a breath of fresh air and has given me hope for a better future for my family"





The Men's group has been going for nine years now in NWRC , with thousands of people passing through the doors in that time. The past year has seen us established in Knightswood community centre as after the pandemic we moved premises. Also during the last year in partnership with Mindfulness Scotland we have managed to provide two 8 weeks mindfulness courses for around 30 people, these were mixed groups and allowed us to open up to the other sectors across the city.

The Men's group meet every week and in nine years we have only missed 3 sessions due to bad weather forcing us to close. The Men's group has developed into a strong partnership and is ran by Allan Houston (ADRS) and James Simons from WeAreWithYou. The men who attend the group are from all over the city, we have no postcode restrictions and they come from all walks of life. People can attend when they wish and the group has a constant stream of new people attending alongside our core attendees.

"What do you enjoy about the sessions?" was a question we asked the group. Most people love the atmosphere, the idea of taking time for themselves, helping their anxiety levels and listening and learning from others were just a few of the reasons they attend.

The group, due to the partnership with mindfulness Scotland, has trained participants interested in leading the sessions and Jim our volunteer has taken the opportunity to lead the group a couple of times recently.

Making people welcome, relaxed and providing a social aspect by sharing food before the session starts has always been an important part of the group and all are welcome to turn up for food at beginning. From attending the group we have seen many people then get involved in more drop ins or even access much needed support from ADRS or WAWY and having staff on hand who can link them straight in has proven invaluable
Long may this continue !

Our Knightswood drop in on Thursday is in partnership with Healing from the Heart and Second Chance Project, who provide two sessions - helping people develop a range of skills and strategies in dealing with the issues surrounding addictions and the strength to further develop their own recovery pathway.

One of our trained volunteers delivers mindfulness at this cafe on selected weeks. A new offering has also started in the form of Creative Writing. "City Writes" ran by Stephen McGuire.

Alan Windrum supports Thomas Chawner as the safe guardians for this drop in.

"The cafes have been amazing for me, they have turned my life around" Chris

"Been doing this for years and I love it, I wouldn't miss one" Jim

"North West Recovery Communities (NWRC) is a fantastic partnership of services/people who are enthusiastic about promoting recovery from Alcohol and Drugs. NWRC is now an integral part of Knightswood Community Centre and use the venue three days a week. When the Centre runs community events, NWRC volunteers are always first on hand to help out. They are a fantastic bunch of people always supportive and helpful. Recently some members have been volunteering in the Hot Soup Cinema Club serving 100 vulnerable people every Monday with sandwiches and soup. What a great organisation, everyone at the Centre talks so positively about the work they do." Gordon Giles - Development officer Knightswood Community Centre



"Without the cafes I would still be caught up in addiction. It has given me a sense of purpose and opened doors to other services" James

"Wonderful, friendly and safe environment offering hope in recovery. Volunteer team are superb" Martin

We would like to acknowledge our friend Richard Leonard. Richard delivered mindfulness in our Knightswood Cafe and was always in and around helping the recovery communities for many years. Rest in Power Richard and thank you !

Our Possilpark drop in on Fridays features a popular MAP (Mutual Aid Partnership) group ran by James Simons from We Are With You, he also supports Thomas Chawner as a safe guarder. This group holds a recovery share, other recovery based activities and very popular reiki sessions from June Sweeny. We've had quite a few special events held at Possilpark - We held a large family fun day for the launch of the new family learning hub, and of course, our yearly Christmas party!



We have River from Cool Amber Massage at various drop ins - offering head and shoulder massages and Anne from Herbal Scotland who does a drop-in clinic at some of our cafes offering a holistic approach to issues our participants might be facing.

We support GADRS, We Are With You and Children's 1st in the delivery of the structured family learning hub; reducing barriers for parents who do not have childcare so they can attend recovery meetings, supporting whole families to recover. Tutors, volunteers and staff support this process.

Every week we are joined by other partner organisations such as Elevate, Shelter, ADRS, GCA

"Provides a safe environment for people seeking recovery in the Possil Parish Church with a holistic approach" June

"Possilpark is delighted to host the NWRC Café because their positive attitude and skills helped the church to improve the quality of life in the area by holding a community streetparty last year. Two hundred people attended, so the volunteers were really needed. The integrity of their care and service was outstanding. This year they are helping with the free meal every Friday which 30 local people attend. They also escort the children to the Homework Hub. All this is in addition to their own programme of events. The church has improved its standing in the community because passers-by admire the work being done." Adah - Possilpark Church Leader

Tuesday is our dedicated day for Training. No cafes run on this day. Our training days give the volunteers the opportunity to add to their lived experience with other learning on a range of topics that can then give them the tools to take back to the cafes to help and understand the participants if required. This includes internal NWRC development - focusing on boundaries, confidentiality and safeguarding.

It is a continuation of our investment in our volunteers that can also be used for any employability opportunities, further volunteer opportunities, further education or to build self confidence when the training involves group work and sharing experiences and open up discussions on the topics being covered.

Our training Tuesdays are also a continuation of the support for our volunteers to share feedback on themselves, their recoveries, the cafes and anything that they might be struggling with and are comfortable sharing with the group.

Our training over the year has been delivered by our partners and has had an incredible impact for our volunteers development and to further the programmes and support we can safely offer our participants at café drop ins.

Training that we have completed this year:

Working with self-harm - SAYWomen
LGBTQ+ - GCA
Trauma informed Training - GCA
Child and adult protection - GCA
Rights to Recovery - SRC
Recovery, medication and me - SRC
Volunteers matter - GCA
CBT Training 8 sessions- Linda McPhail
Peer education - GCA
Lets Get Connected App- Glasgow Girls Club



Elevate Training Opportunities - GCA

Supporting disclosure of CSA- SAYWomen

Essential Training - 12 Week Block - GCA

Step to Excellence Trainers for Trainers - Innovative Solutions

8 Week Mindfulness Course - Mindfulness Scotland

Trainer for Training Naloxone - SDF

HEP C Training - SDF

HIV Training - SDF

GAMCARE - GamCare

LGBTQ+ Training - NHS

Substance use - SDF

Drug Specific Focus - SDF

Trauma and Mental Health - SDF

Multiple Risk and Young People - SDG

"The LGBT+ awareness was great. I learned various terms and pronouns. Great training !!

"Karen

"Training Tuesdays are great because I am still learning"

Catey

We have also completed Steps to Excellence training for trainers and have delivered two courses citywide. These courses are delivered by NWRC, We are With You and the ADRS. We hope to deliver more in the future.

NWRC's collaboration with Stuart from North Lanarkshire College has been running for several years. This is an amazing opportunity for our volunteers or participants to engage with creativity and acquire SVQ credits. Creative Industries offers a chance for participants to engage in something new - or relearn confidence in old skills - with song writing, composition, singing, instruments and musical video creation.

Elevate at GCA (Glasgow Council on Alcohol) are our key partner in the employability route for our volunteers and are visible at our drop in cafes. Over the year we have had several people leave us as volunteers and go onto employment. These people include; Robert Bowes, Nicola Ferguson and Ruairidh Menzies. Robert's story follows.

Robert's Recovery Story

I was in active drugs and alcohol addiction for 22 years. Addiction and crime went hand in hand with me. I stayed with my Ma all my life and she was like both a Ma and Da to me. My Ma was eventually struck down with cancer and one night as she lay dying, I just kissed her on her forehead and said to her to go and be at peace. I promised her I would get help, turn my life around to go now and not to worry. By this stage I had lost everything and had to grow up quickly. I was sick of the life I was living and hurting everyone.



After Ma's passing, I went to the Homeless Unit on Mansion Street and declared myself homeless with just denims and shoes as my sole possessions. I was then referred to Portland Street supported accommodation. I explained to staff about my situation and got referred to the Hunter Street Health Centre and I was appointed a Care Manager to look at my situation.

My care manager got funding for me to go to Link Up for their four-week detox program. I was then offered a place in Garscube House on their 4-stage residential rehab program. In the third stage I started volunteering in the community which was part of this program. However, after three months I was approached by the police with a warrant for something I did not know about and was put in jail. I really thought I had blown my recovery. However, on sentencing the judge was told that I was seriously trying to turn my life around and I was shown some leniency with an eighteen-month suspended sentence instead of a custodial sentence. However, I was ordered to carry out two hundred hours of community service.

At this point Garscube House started taking me to some of the Recovery Cafes in the Glasgow North West sector.

I started to mix with other addicts in recovery and I really saw recovery working in these settings. I was hearing the recovery stories, getting identification and I just knew that this was for me. At this point I linked in with Allan Houston who through his links with Criminal Justice managed to get one hundred hours of the Community Service switched to service in the Recovery Cafes.

When I left Garscube House I linked straight in with the North West Recovery Communities. I still felt quite shut off but with the help of NWRC I started to learn Life Skills, improve my communication skills. I started to get structure and routine. I started to get a sense of usefulness for the first time ever.

As well as volunteering in the cafes I went away on teambuilding exercises. I was being pushed out of my comfort zone as I lacked self-confidence. This was absolutely amazing for me as I was welcomed like a family by very positive people.

As well as the volunteering work I also started to take advantage of all the training opportunities that North West offer. I had never previously wanted to go to college as I had a real fear of failure but one of the first courses I attended was a 6-month adult return Education Course which I passed and achieved my first ever qualification. This started to give me confidence that I did have the ability to learn and improve and make something of my life. My thinking started to change from negative to positive.

During my recovery I knew I had to take a very good look at myself, how to deal with trauma and why I did the things I did. I started to open up to people and counsellors. Opening up and getting things out made me feel really good.

At the start of my recovery, I was 35 years old and weighed just seven stones and had absolutely nothing. NWRC gave me the opportunity to gain confidence and responsibility and to feel valued. I took advantage of all the training that was on offer. I started to feel comfortable with doing presentations to the service users in recovery.

At this point my thinking started to change as I was surrounding myself with positive people. I was able to be of service by starting to help people less fortunate than myself and was able to be as an example to them.

During my two and a half years with NWRC I was able to build up a recovery network which has been so helpful towards gearing myself to employability. I mostly helped out at the Drumchapel and Whiteinch recovery hubs. I started to chair recovery meetings, identifying suitable shares for the meetings. I co-facilitated MAP groups, got involved with self-recovery groups, SMART recovery as well as helping out in the kitchens, carrying out front desk duties.

All of this substantially helped my mental health. I started eating and sleeping healthily and regularly. I was slowly changing my lifestyle to one of a regular work pattern. After 2 years of volunteering with NWRC I also got the opportunity to volunteer with ASPIRE as a peer mentor for three people in recovery and to find out what this type of work involves. I started working with computers and updating Databases. This was my first ever experience of using computers.

After 18 months of volunteering, I was able to start applying for SVQ placements in the social care field and was encouraged to do so. However, I consciously took the decision to postpone this for another year I felt at that time that I was not quite ready and could still benefit from all the training and experience that NWRC could offer. However, after 2 and a half years I decided to time was right for me to grow further afield, and I applied for an SVQ placement with the Scottish Drugs Forum (SDF) in the Social Care field. I was awarded a place on the programme and my first work placement was in Garscube House where I was previously a resident and service user.

I was now able to see the operation from the other side of the fence and started to learn skills such as duty of care and responsibility. I quickly realised this was the field I wanted to work in. I had the lived experience in this field to be able to help others. The service users saw me as a positive role model and was able to provide them with the hope and inspiration that they could get well. After just seven weeks into the placement, I was encouraged to apply for a job as a peer mentor and my application was successful.

I complete my SVQ in social care in June 2022 and will be qualified to work in the fields of mental health and addiction. None of this would have been possible for me without the help and support of NWRC. I now have a totally different outlook on life. I have peace within myself and am full of gratitude. I now have my own flat and am paying bills which never used to happen. I am now doing the things for myself and my Ma as that is what she always wanted for me.

I hope my experience can be of help, benefit and motivation to others as to what can be achieved if you have the desire and willing to do so.

Julie's Recovery Story

I went into Phoenix residential rehab twice for alcohol addiction. My condition is Korsakoff. By this time, I was completely shut-off and closed down. I was constantly afraid and riddled with fear, not wanting to speak to people and constantly worrying what people thought about me.

My first attempt at recovery failed as I went back to Edinburgh and fell back into the same trap on my own again with no support.



My second recovery is a success, I moved to Glasgow with support and friends all around me, and a totally a new way of life.

I first heard about the North West Glasgow Recovery community when I was in re-entry into Phoenix during my second attempt at recovery. We were encouraged to take on various commitments and NWRC were recommended to me as a great opportunity to move forward in my recovery. As a volunteer with the Northwest recovery communities and I took on a number of roles - front desk, meet and greet, helping in the kitchen, cooking for the drop-in centres, Managing some of the creative arts and crafts groups. I have played my part in all of the volunteering roles that are available at our drop-in centres.

NWRC have also offered me excellent training opportunities which have been invaluable to me. As well as the basic volunteer training skills such as boundaries, confidentiality, and safeguarding awareness skills, I have also had the opportunity to complete officially recognised SQA training in subjects such as basic psychology, confidence building, problem solving, First Aid, Health and Hygiene, Social care, and practical crafts to name but a few.

North West Recovery Communities has opened up a whole new way of life for me, but they allowed me to develop at my own speed which was really helpful. My experience has completely changed me for the better. I have learned to be patient and tolerant, non-judgmental and I have learned to listen to people. I have completely changed my whole way of thinking. I can definitely say that I could not have achieved any of these changes without the help, support, guidance, and friendships I have formed through my volunteering role in the community.

All this experience has now enabled me to move into full time employment. I have just started a role with The Wheatley Group as a Health and Wellbeing Assistant primarily helping people with ARBD (particularly Korsakoff's syndrome) and other mental health issues. In this role I can now help other people- having experienced the problems for myself - and I am able to show people that there is life and hope for people who suffer from these issues and illnesses. I could not have got to where I am today without the help and experience of the North West Glasgow recovery Communities.

Our volunteers are at the heart of NWRC and the main asset that we have. They work incredibly hard out in the communities at the forefront of showcasing that recovery is possible and that it is both achievable and realistic. During COVID-19 the volunteers stepped up massively and kept NWRC going! After reopening from COVID-19 the office was comprised only of Martin Birch, our business admin worker, and Thomas Chawner our Volunteer Development worker - it was the volunteers who made sure that the cafes were running and recruiting other volunteers to the NWRC team!

NWRC has always focused on the volunteers that make up our team and one of the highlights of the year is the residential weekend away, which we were so happy to see return in 2022! It gave our volunteers a chance to bond out with the cafes and training and for other members of the NWRC family to meet each other. NWRC has always included the families at our weekend residential as they just as important to the recovery community as anyone else!



We returned to Aberfoyle and could not have been more fortunate with the weather and the complete absence of midges! We had a wonderful time, with planned activities such as; raft building, a leap of faith, archery and of course, the night walk which saw NWRC members blindfolded walking through an obstacle course learning that both trees and their roots are quite common in a forest!

We have also had trips to the Escape Rooms, Laser quest and hold an annual Christmas party. All well deserved thank you's to our team !

Our Volunteer Pathway

We are always looking for new volunteers to join our team! Our pathway is outlined below.

Step One Over 4 weeks spend time at settings and take part in our drop-ins; attending the group work, recovery shares and experience the drop ins for yourself.

Step Two Get to know the current volunteer team and the staff and chat to the partner organisations that help support the drop ins and recovery communities.

Step Three Still interested? Great! Speak to one of the volunteers or staff to complete your note of interest. One of the staff members will then contact you to come in to the office to complete your application. This will involve the PVG process and the volunteer agreement and references.

Step Four Continuing to engage at the settings e.g drop ins and group etc while awaiting your PVG process completion and return of completed references.

Step Five Once the PVG process is approved and references are accepted you are now a member of our volunteer team! You will start volunteering at your nominated location. Making yourself available for training Tuesdays, will be allocated a supervisor for support throughout your time volunteering with NWRC. Welcome to the team !

Brian McCarthy - Project Manager NWRC

It's great to be back at North West Recovery Communities, where I was previously coordinating the AFFIT and Listening Ear projects in 2017, had great time working with the team, the volunteers and the wider community across the North West of Glasgow and beyond, enjoyed it that much I have returned to take on recovery project manager role, so happy to have landed this opportunity.



I have been involved with many aspects of the recovery world since 2010, developing as a peer professional realising to my surprise that my life experience would be a benefit to others and also to my surprise that recovery could give so much when the feeling was has lost so much and made a real mess of my life, I have been very fortunate to land in with great folk along the road of recovery who showed me this was not the case and a new life was possible, from the peer led research work at the SDF and BBV support work at C Level, doing SVQ with New Horizons and supporting set up of North East Recovery Day (my first connection to the recovery communities), stint with Loretto Care alcohol support service, developing recovery opportunities within homelessness while at Aspire, community link working down in North Ayrshire, and Social Care work at NW ADRS, the people I have had the privilege of supporting and the teams I have been part of have made it possible to enjoy this kind of work, seeing many positive outcomes and witnessed the transformation that recovery can have on someone's life and their families and the wider community, and aware that also the sadder stories that are part of it, I understand that addiction will keep robbing families of loved ones, but that again has motivated me to keep turning up, recovery is possible, I do believe that, takes effort but well worth it, just need to find the activities and connections that support belief in self and motivate changes supporting recovery in folks lives, and its something I will try to install in what we do while working here at NWRC.

I have always seen the benefit of volunteering opportunities as this was my life for number of years before moving into employment. So NWRC without its volunteers would not be able to achieve what it has to date, is a great place to practice some of my learning and share those experiences with others. It's great to be part of this team and looking forward to the future working together to promote our ethos, we will get things wrong at times, we don't have all the answers, but I believe that collectively we can create a recovery focused culture and inspire people to join the world of recovery, it's amazing that NWRC has full charity status now and great to have the NWRC board to support us with our development, as well as the many friends of NWRC who again without them it just would be so difficult to deliver on our goals, not to get all technical but NWRC is a part of the recovery oriented system of care and I will do my best to connect with the other great services groups and organisations doing some amazing work across the city to keep the message Recovery is possible, and keep promoting and supporting people to find their path, keep on it and reap the benefits that recovery can give those seeking it.

Thomas Chawner - Volunteer Development Worker

Thomas has been working in social care for 12 years. His experience includes working in the ARBD Unit in Possilpark. During the COVID-19 pandemic, Thomas decided to challenge his comfort zone and was successful in joining the NWRC team. Thomas' previous lived experience of his own addiction and recovery has been an asset in working alongside NWRC volunteers. Thomas is enjoying the challenges that this job has and has found that this has developed his own work practice and his own personal recovery.



Joanne Rollo - Outreach Worker

Joanne first came to NWRC as a participant and then a volunteer - where her training and development gave her the skills and the confidence to apply to work at Turning Point, where she was successful in her interview. Joanne worked at Turning Point for a year before returning to NWRC as an Outreach worker! Joanne was happy to return to NWRC having previously began her recovery journey here and given the option to both return and offer that same chance to others.

Valene Crawley - Outreach Worker

Valene joined the team in November, coming from her previous work at Turning Point Scotland Reach Out service. She joined Turning Point after a period of her own recovery, initially having joined the crisis team before moving to the reach out service. This allowed Valene experience at navigating employment where she completed various training courses that have been beneficial to her work here at NWRC. Valene loves her work, and quickly felt part of the team, she is gaining knowledge in the services here and enjoys partnership working which is beneficial for the people she supports. She has been impressed by the level of support and training of the volunteers, and how unique the structure between staff and volunteers is and how positive it is for the atmosphere and progress of NWRC.

Charlotte Angus - Business Support Admin

Charlotte joined the team in March 23, coming from her previous role as the Security Manager and Health & Safety Coordinator at the Golden Jubilee NHS Hospital. Charlotte had previously applied for a similar position in Addiction Services before going to the Jubilee. When the position came up again she couldn't let the opportunity pass. Charlotte has lived experience as a daughter of a parent in recovery who was helped in their journey by the ADRS team. She wanted to be part of a team that helps others as she has seen first hand that recovery is possible with the support given by the services & projects under the NWRC umbrella. Since joining she has been able to see the vast amount of different pathways for people in recovery and the sheer amount of work and dedication from all workers and volunteers towards ensuring these services continue to help the community.

Allan Houston - ADRS Senior Addiction Worker

My name is Allan Houston and I am the senior addiction recovery lead for northwest and have been involved with the NWRC since the very beginning and have seen the amazing work done and benefits to people being involved over the years. Being involved in an organisation which leads on empowering people and developing self esteem and confidence and keeping the idea fresh in peoples minds that Recovery is possible for anyone.

I have felt part of a team working alongside many valued staff and volunteers over the years , having a hands on approach , running the men's group with my colleagues for nine years and seeing the many people coming and going over the years has been a privilege. In the last 14 months seeing the organisation gain charitable status and being involved as an advisor to the board has been great , getting to know a board of strong individuals who have a vested interest in developing the charity and seeing it go from strength to strength. The project manager and staff team we have currently are an amazing bunch and we learn from each other continually.

I love NWRC and feel very passionate about it's continued growth as I have an understanding of how beneficial peer support is and creating opportunities to allow people to meet others who inspire them and plant that seed of hope.

I feel good about our current situation as a charitable organisation and believe the full compliment of people involved , volunteers , staff , partners and agencies will only go forward in a very positive way , and I feel grateful to be part of it.



Keep shining NWRC

Eve Jones - Community Development Officer GCA



Working with the NWRC has opened me up to so many new partners, and I've learn about the importance of ROSC and how it is implemented. It has been so amazing connecting with all the volunteers, and going away to Aberfoyle with everyone. I have really grown and developed as a Community Development officer, because of them...so thank you

In April 2021, the Scottish Government Grassroots provided funding for two recovery outreach workers for NWRC. The fund enabled the employment of two full-time recovery outreach workers with lived experience of drugs and alcohol to support people struggling with drug and alcohol use.

During the COVID pandemic, many people disengaged from services. Many were at risk of relapse and overdose. Using local intelligence, staff have connected with people on a level which drug and alcohol users understand. Evidence has shown people open up more and are more honest with staff who have experienced the same struggles. They don't feel stigmatised and are more open to receive support to become drug and alcohol free and move forward with their lives in a positive way. Staff have referred people back to treatment and care, supported people detoxing from illicit drugs and alcohol and from medication-assisted treatment (MAT).

They have supported people who are homeless, helping to secure suitable accommodation to keep them off the streets and away from harmful drug and alcohol use. Most people referred to the service, are isolated and have poor physical and mental health issues. Staff have referred people to other services to receive the support they need for a positive future.

From October 2021 to October 2022 we have received over 150 referrals with evidential positive outcomes. Linking into ADRS , attending recovery communities, fellowships, accessing detoxes, gender specific groups, volunteering with various organisations, education and employment being a small example of the benefits of having outreach workers in our communities.

We support people at every stage of the journey, hopefully taking away the chaos initially, by accessing treatment if required which can include ORT, alcohol detoxes and possible rehabilitation support linking in with care managers and prehab workers. Outreach staff have access to ongoing training and regular supervision sessions. Outreach have been involved in various regular presentations to the ADRS Teams , Glasgow Alcohol and Drugs Crisis Centre and will begin presentations to both Detox units Eriskay and Kershaw.

Ultimately, the service is showing real positive outcomes, improving people's lives and their families' lives. The hope is to reduce the number of drug and alcohol related deaths in the North West of Glasgow.

Our most frequent partners are We Are With You, GCA and the ADRS. WAVY provides us with safe guarders at every drop in to work alongside NWRC staff. Allan Houston from the ADRS works closely with NWRC and supervises the Outreach workers.

North West Recovery Communities and Glasgow Council On Alcohol have been partners for a number of years. More recently, Eve Jones, came on board with NWRC as a Community Development Officer. Eve, for the past year worked with the NWRC team to develop ROSC in the North West of the city. This entailed working in partnership to develop both organizations partner bases, as well as coproducing ROSC events.

"GCA, has benefitted hugely from being a partner with NWRC, through the partnership it has enabled us to sit on steering groups for citywide wellbeing events and have stalls at things like Recovery Connects.

*Anne Mclean, GCA's senior counsellor, regularly attends NWRC Possil park café. Anne sits in the MAP group, and can offer participants support during the day. Anne also fast tracks people into counselling who are supported by NWRC. This has been really beneficial in opening the counselling service up to community members who may not traditionally engage with us." - **Eve Jones GCA***

Eddie Danks, GCA's wellbeing support worker, has most recently branched GCA's wellbeing Wednesday group work program into NWRC's Monday Whiteinch café. The group is really well attended, and Eddie really enjoys delivering the session every week.

Eve is working with NWRC, at a Hot Soup cinema club in Knightswood. Eve is hoping that through this she can engage with harder to reach communities.

NWRC has been developing our ROSC partnerships. Every 6 weeks we have a meeting held on the Tuesday morning at the Salvation Army Centre on Houldsworth St. We have been working closely with multiple partners, developing networks and pathways for volunteers and café participants.

It is the perfect example of our partnership working as each partner that comes to the meeting can update on what they are doing and promote services, projects or courses that other partners can signpost their clients or participants to or present their latest work. Often with guest speakers who we can add to our list of partners.



Partnerships Cont...

Our list of partners, which continue to grow:

North West Alcohol Drug Recovery Service
North West Recovery Hub - We Are With You
Glasgow Council On Alcohol
Elevate PSP
Alcohol Drug Partnership
Salvation Army, Houldsworth Street
Humanising Healthcare
South Community Recovery Network
North East Recovery Community
North Lanarkshire Recovery Community
12 Step Fellowships

SAYWomen
Wise Women
Aspire
Partick Thistle Community Trust
Street Soccer
Healing for the Heart
Second Chance Project
Claypits Nature Reserve
GamCare
North West Carers
North West Voluntary Sector

Glasgow Council Voluntary Sector
SAMH
Venture Scotland and Moving On
The Advocacy Project
Marthas Mammies
Men Matter
Lets Get Connected - Glasgow Girls
Waverley Care
Scottish Drug forum
Scottish Recovery Consortium



FASS
SFAD
Children 1st
Hope Connections
Hope for Glasgow
Phoenix futures
Crossreach
Mungo Foundation
Blue Vale Hub
New Rhythms For Glasgow
Possibilities Cook n Care
Home Start
Police and Fire service
Freed Up
SISCO
Knightswood Community Centre
Possilpark Parish Church
Street Connects
LGBT Health and Wellbeing
Back on the Road
V.I.N.E
Way Ahead
VRU - You Decide
Simon Community

With our growing list of partners we have developed pathways and continue to build upon these through the ROSC model. We have facilitated two large scale ROSC events that have been attended by many partners to strengthen partnership working.

"Excellent opportunity to connect with other recovery organisations and build a stronger network to support those in need"

We had our initial first event on the 19th of August at Possilpark Parish Church; we hosted a simple event with stallholders to network with each other and our participants from the Possilpark community. This event proved to be incredibly successful we had 31 different company's and organisations in attendance, we recorded a footfall of over 200 attendees. It was a vital step in reconnecting with each other after the affects of COVID-19 and recreating new links.

Since then we have had the second event held on on the 17th of January 2023, at Knightswood Community Centre. At this event Brian McCarthy introduced and explained the ethos of ROSC - we also had speakers Steph and Brigidine from Phoenix Futures, outlining experiences from a lived-experience and a clinical perspective. We also shared a short film from FASS 'Chap at The Door', which had a strong emotional impact. This ROSC event was focused on Mental Health and Wellbeing in reflection of the feedback we received from the August ROSC event; we had Richard (who takes mindfulness meditation at our cafés) offering a short meditation session and Laughing Yoga delivered by The Well Happy Band . We had 30 companies and organisations as stallholders and we had a footfall over 100.

"Fantastic event. Brian spoke from his heart and the film was powerful. All speakers were very informative. A great variety of stalls with a plethora of advice and help. Great, great day"



"Thank you for having us as a stall holder. Great event. Powerful; video and interesting topics. Our rehab residents enjoyed yoga and mindfulness"

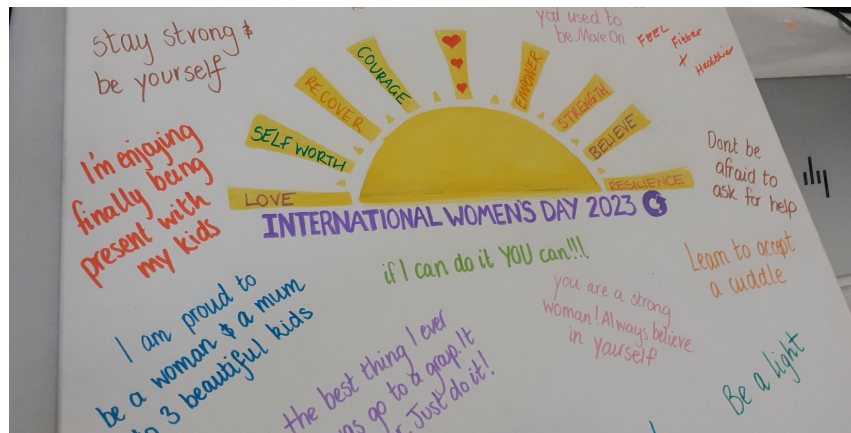


Our third event was held on 8th March to mark International Woman's day. It was an amazing turnout with 128 woman signing in and 20+ organisations and stalls delivering on the day. With thanks to Foundation Scotland for their funding that was used to hold this event with the WINGS woman's group.

"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 "



Our next ROSC event is being held on 24th April with the theme being Family.

These ROSC events are set to continue as part of NWRCs future in developing pathways between NWRC and partner organisations to further strengthen recovery in our communities. The steering groups for these two events comprised of; Tam [NWRC], Helen[NWRC], Eve[GCA] with; Amy [Lets Get/Glasgow Girls Club], Nicole [SAYWomen], Richard [SFAD], Alan [We Are With You] and Steph [Phoenix Futures].

NWRC has been part of the Glasgow Citywide Health and Wellbeing events with our sister organisations NERC & SCRN. Several of these events have taken place with the work of the three sectors coming together to provide five larger scale events for participants across the city.

NWRC staff and volunteers also make up the lived experience representatives on the ADP lived and living experience reference groups and we look forward to continued attendance of local and citywide ADP subgroups.

Lived Living Experience

Staff

Families

Woman's

Consultation at these events contribute to the Rights, Respect and Recovery Strategy and ensure that the Quality Principles are known and embraced.

NWRC also attends the Lived Experience Recovery Organisation (LERO) platform. This partnership with Scottish Recovery Consortium also ensures we support the development of Recovery Communities throughout Scotland, sharing information and experience. Membership of such forums represents our voice locally and nationally to inform best practice and influence policy and strategies. Our links with other recovery communities has grown as a result.

Stalls & events we have attended during 22/23

Sober Queer café launch
Claypits nature reserve
Knightswood musical morning sign along
Pinkston water party
Family learning hub family fun day
Kulture Connect Carnaval
PSP partners event - Vintage Vehicle trust
Scottish Recovery Walk - paisley
North East Recovery community - SPARK - ROSC event
Lilias Centre - Women international day
Clydebank wellbeing open day

We always take the opportunity to support and attend these events so we can share the message "Recovery is possible" to the wider community and meet new friends. Many thanks to all of the organisers for the invites as we know how much work goes into planning and delivering these events.

NWRC has been working with Allan Houston and the Humanising Healthcare Forum, for a collaboration between medical and psychiatry students and those with lived experience. This has been ongoing for the past year and has had very positive outcomes for all involved. This started with Glasgow University medical student - Hugo Jobst - and NWRC partnering with SRC who provided us with the space.

Medical and psychiatry students that had previously stated that they had very limited links into addiction recovery and no training in this specific area, were invited along to the SRC building to take part in conversation cafes along with lived and living experienced people to develop their own knowledge, which was a great success.

This has led on to conversations with Dundee and Aberdeen Universities to provide this opportunity to the medical and psychiatry students with the hope that this will be developed into the curriculum.

Quotes from medical students include:

"Insight into peoples lived experience - you don't get that from lectures"

"I have learnt more about recovery and addiction in one and half hours than I have in the last five years of studying to be a medic"

The plan is too continue delivering the drop ins in utilising the great partnerships we have delivering groups work, recovery focused activities, supporting wellbeing, offering lunch and refreshments, with peer support at their core.

Keeping the voice of the communities at the strategic levels through our involvement with the various platforms ensuring the challenges and success are shared with those who focus on the implementation of our national and local strategies.

Ongoing development and support of the recovery orientated systems of care model, with our 6 weekly workforce development sessions, and networking events.

Ongoing recruitment of volunteers and continued focus on their development and supporting delivery of our goals here at NWRC

To continue to find out what going on in the recovery world as we know it, making sure this info is shared to those in need of hearing what is on offer.

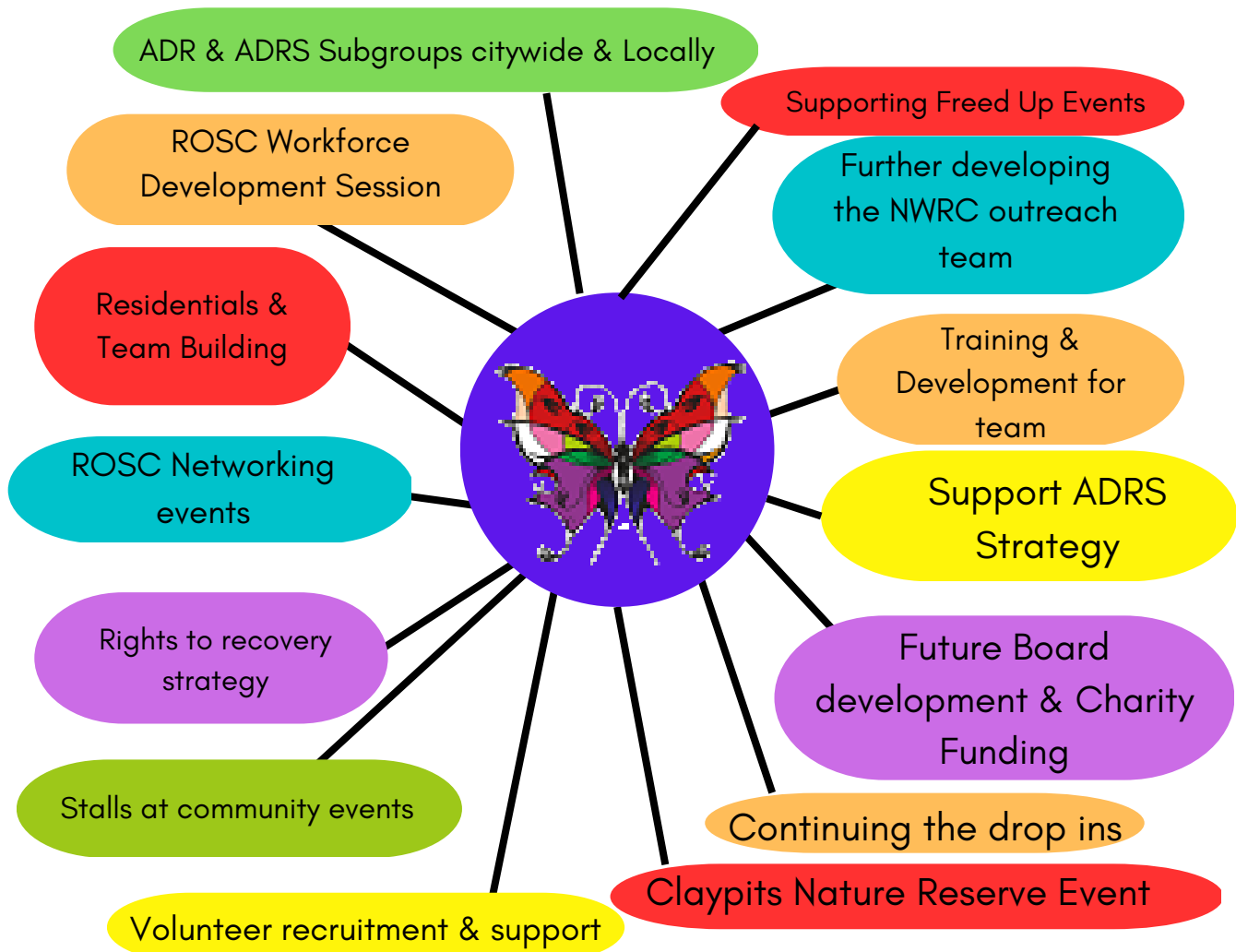
Building on existing relationship and making new friends, promoting this information to the wider community. Being available to hold stall at any community events.

Looking at starting some activity at claypits nature reserve with focus on recovery through nature

Make sure the outreach service continues in the same fashion and we are engaging with those requiring this service , Promotion of the freed up events , Nwrc Team building and residential activities

Working with nwrc board to grow our charity where directed by the leadership from them

Action Plan



North West Recovery Communities (A Scottish Charitable Incorporated Organisation)

Receipts and Payments Account For the year ended 31 March 2022

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total Funds</u>
	<u>Year ended Mar-22</u>	<u>Year ended Mar-22</u>	<u>Year ended Mar-22</u>
	£	£	£
Receipts			
NHS funding	85,000	-	85,000
Glasgow City Council	4,785	-	4,785
Corra Foundation	-	50,000	50,000
Bank interest	215	-	215
Donations	2,123	-	2,123
Other income	7,130	-	7,130
Total receipts	<u>99,253</u>	<u>50,000</u>	<u>149,253</u>
Payments			
Salaries	-	(45,000)	(45,000)
Training and development	(10,541)	-	(10,541)
IT costs	(1,503)	-	(1,503)
Room hire	(41,702)	-	(41,702)
Food	(9,701)	-	(9,701)
Sundry	(7)	-	(7)
Subscriptions	(256)	-	(256)
Accountancy	(380)	-	(380)
Equipment	(4,543)	-	(4,543)
Outreach Expenses	(1,039)	-	(1,039)
Volunteer Expenses	(5,745)	-	(5,745)
Office Supplies	(2,945)	-	(2,945)
Stationery	(1,473)	-	(1,473)
Event costs	(550)	-	(550)
Therapies	(1,260)	-	(1,260)
Marketing	(1,984)	-	(1,984)
Staff Expenses	(305)	-	(305)
Total payments	<u>(83,933)</u>	<u>(45,000)</u>	<u>(128,933)</u>
Excess of receipts over payments	<u>15,320</u>	<u>5,000</u>	<u>20,320</u>

North West Recovery Communities
(A Scottish Charitable Incorporated Organisation)

Statement of Balances
As at 31 March 2022

	<u>General</u> <u>Fund</u> £	<u>Restricted</u> <u>Fund</u> £	<u>Total</u> <u>2022</u> £
Cash and Bank Balances			
Balance at 1 April 2021	4,438	-	4,438
Excess of receipts over payments for the year	15,320	5,000	20,320
Balance at 31 March 2022	<u>19,758</u>	<u>5,000</u>	<u>24,758</u>

Liabilities

Accountants' fee 2022: £960

Approved by the Trustees on ----- and signed on their behalf by:

Trustee

Our Unaudited Accounts 22/23

North West Recovery Communities
(A Scottish Charitable Incorporated Organisation)

UNAUDITED

Receipts and payments account
For the year ended 31st March 2023

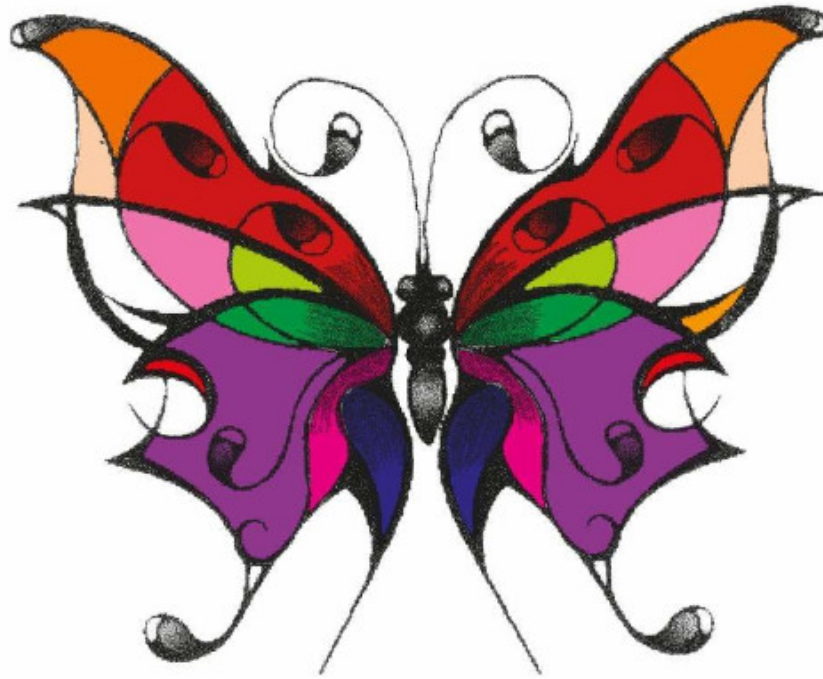
	Unrestricted Funds	Restricted Funds	Total Funds
	Year ended Mar 23	Year ended Mar 23	Year ended Mar 23
	£	£	£
Receipts			
NHS Core Funding	80000		80000
Corra	3250	65000	68250
Bank Cashbank	27.2		27.2
Donations	100		100
Family Learning Hub		20000	20000
HSCP (IT Grant)	5000		5000
GCA (Rosc Events)	440.57		440.57
Foundation Scotland (WINGS Funding)	2000		2000
Other Income (Refunds etc)	6349.62		6349.62
Total Receipts	97167.39	85000	182167.4
 Payments			
Cafes	30187.35		30187.35
Family Learning Hub		8734.02	8734.02
Outreach		43354.57	43354.57
Events	5084.59		5084.59
Volunters	14162.51		14162.51
NWRC General Running costs & Misc	27181.15		27181.15
Total Payments	76615.6	52088.59	128704.2
Excess of receipts over payments	20551.79	32911.41	53463.2

**North West Recovery Communities
(A Scottish Charitable Incorporated Organisation)**

**Statement of balances
As at 31 March
2023**

	General Fund	Restricted Fund	Total 2023
	£	£	£
Cash and bank balances			
Balance at 1st April 2022	24758		24758
Petty Cash	250.66		250.66
Excess of receipts over payments for the year	20551.79	32911.41	53463.2
Balance at 31st March 2023	45560.45	32911.41	78471.86

***Restricted funds are held for Outreach & Family Learning
Hub so true final balance for NWRC alone is £45560.45***



OSCR

Scottish Charity Regulator
www.oscr.org.uk

**Registered
SCIO**

SC051587