

North West Recovery Communities

June 2023

June has been a busy month for NWRC promoting ourselves at lots of different volunteering events and promoting the good work we do in the communities. There is lots of planning going on for 2 events coming up in July and we had our first board meeting since our AGM.

Our Cafes

Our cafes, ran by our volunteers, provide a warm and safe environment for all, to show recovery is possible. The individual cafes have their own steering groups to discuss how the cafes will run, what the participants are asking for, what works, what doesn't and to plan any bigger events that they might want to put on. There are always two safe guarders at each setting to ensure the safe running of the day.

Mens Sit and Share

The men's sit and share group that runs from Knightswood Community Centre on Thursday evenings. We provide a warm bit of food from 5pm onwards, the group session begins at 5.45 pm until 6.45pm. The group has no postcode restrictions and anyone from across the city can attend. We have people attending from all age groups.

Each week the group pick a word. This month, some of the words that have been discussed are Boredom, Respect & Impatience. Each of these words are pulled and are used to generate open discussion on what that word means to each man. During the group the men also practice mindfulness.

This month there have been 5 new faces to the group which is great to see.

If you wish to attend please just turn up at Knightswood Community Centre every Wednesday night. We look forward to seeing you there

Possilpark

Our Possilpark drop ins in Possilpark Parish Church, 124 Saracen Street, G22 5AP runs every Friday from 10:30am to 2:30pm. This is one of our most popular cafes with new faces every week being welcomed in.

WeAreWithYou, SACRO & ADRS have also been in the cafe this month to share guidance & advice to the participants.

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WINGS

WINGS (Women In North Glasgow Support) provides a vital support network for women in Glasgow seeking help with their recovery journey. It runs out of Possilpark Parish Church every Wednesday from 10.30am to 1.30pm. Women from our communities are welcomed to come together for the much needed social support, in the way of fun and games and peer-led activities.

The Children's 1st Mammie's group ended in June. Catherine had this to say "The Mammies group was a pilot that took place over a 4 week period.

It was open to any mummies who were interested in coming together for peer support , advice , a listening ear and any other information we could provide. We had 3 mummies who came along individually which enabled them to have some quality time to share their experiences and also discuss any worries they have in relation to their children.

Although this did not progress as a group this time , it was helpful for the women to have the 1-1 support.

The 1-1 support will continue as needed during Wings each week and Catherine will be there to offer this"

This month, Children 1st, NW Carers, Money Advice, Elevate, WAWY & Navigators dropped in to the cafe to share guidance & advice to the participants.

The WINGS steering group have started to plan their next Woman's event. This will be held on 12th July 2023 at Possilpark Parish Church. Please get in touch if you would like more information on this - info@nwrc-glasgow.co.uk or visit any of our social media pages for details.

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Knightswood

As we have been blessed with lots of lovely weather in June, some of the Healing from the Heart groups have been taken outside which has been enjoyed by all the participants.

The groups in Knightswood have changed slightly - we are now running a more varied program to allow the participants to try more.

We still have our Healing for the Heart group every week.

Our City Writes group is still going strong each week. Due to its success this will now be a standing group every week at Knightswood.

Second chance come to Knightswood monthly.

We now also have Wellbeing Scotland who hold a Fortnightly group

This month WAVY, Safe As Houses, Housing 1st, Blue Triangle, Wellbeing Scotland and Shelter have come along to support the participants.

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Whiteinch

Alongside our two running groups Building Positive Pathways and Smart Recovery we have been joined by Safe As Houses, Blue Triangle, GCA, POP, Hope Connections, ADRS, Housing 1st, Elevate, and Freed Up.

The way we hold our groups in Whiteinch will be changing in the coming weeks.

There will be no Cafe at Whiteinch from 24th July but instead of a Monday full day Cafe we will be making smaller pop up groups in a number of different areas throughout the North West.

You can read about our first new community group later in the newsletter.

Milton

In July we will be starting a new group in Milton in partnership with Kevin from HOPE connections. Special thanks to the HOPE team for joining up with NWRC.

We are exploring new areas throughout the North West to start new groups to bring recovery to more people in the communities we support.

The group will start on 5th July and be held at the Colston Milton Parish Church, Egilsay Crescent G22 7PF from 11am - 1pm

There is a Tai Chi session ran by Christopher at the Colston Milton Church at 10am, all welcome to attend before the drop in.

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Events

At the start of June Brian & Joleen attended the Inclusive volunteering event held by Volunteer Glasgow. The team showcased how we recruit volunteers and the work the volunteers do in the community.



The same week Tam & Charlotte had a stall at the Maryhill Burgh Halls to again promote volunteering at North West Recovery. It was a quiet day but it was lovely to speak to other volunteering organisations and do some networking and ROSC work.



Brian, John, Chris, Joleen & Donna all attended the Knightswood Connects event at Knightswood Park to promote our message that recovery is possible! They were kept busy with the badge making and the weather managed to keep up so a great day all round!



Brian made 2 trips to Jericho this month. Catey joined him for the woman's group and Jim joined for the men's group. Both groups were well received. Special thanks to Mick and all the staff at both houses for the warm welcome and receptibility.

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Events Cont ...

To finish off the month Brian represented NWRC at GCA's mindful movement and wellbeing event at Bonjour to mark Pride week.



Also a big thanks to Paula & co at NG homes for their great presentation and great connection opportunities at the breakfast & a blether.

The rain didn't stop us at NWRC at the Recovery Olympics. The rain eventually did stop the event though for safety reasons but a great day was had by all and we are sure we had a couple of winners in the team even though there were no official winners called !



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Creative Industries



Well done to our 2023 graduates of the Creative Industries Course. Their tutor Stuart had this to say "Huge congratulations to the following students who signed up for the New College Lanarkshire Access To Creative Industries course in January 2023. BR, CM, JG and PC all successfully completed the 18-week course and now have the following SQA qualification to be proud of - Music: Performing Skills with a Scottish Context. The guys would meet up weekly and discuss topics and ideas for a song, this would be recorded and captured in the NWRC office and some pictures taken along the way to help make a video to support their song.

Well done guys, so well deserved!

<https://www.youtube.com/watch?v=1Ux61W4HR5Y>

Applications are now open for the next course starting in August. For more information please contact brian.mccarthy@nwrc-glasgow.co.uk or stuart.coleman@nclan.ac.uk



Email

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August 2023

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Outreach

At the end of June we welcomed our new Outreach worker Steven.

Steven has joined us from the Mungo Foundation and is looking forward to getting started.

Training Tuesdays

June saw the end of our training with SDF. Since January SDF have delivered 7 training groups to the staff and volunteers, covering the topics of Naloxone train the trainer, Hep C, HIV, Substance use, Drug Specific Focus, Trauma & Mental Health and Multiple Risk and Young People.

We want to thank Graham and Trish for their time and enjoyable training throughout the last 6 months and we hope to see them again for some more training soon.

ROSC

Plans are well underway for our next big ROSC event at the Hamiltonhill Claypits Nature Reserve. This will be held on 28th July 2023. The theme of this ROSC event is Recovery through Nature.

It is sure to be an amazing day.

July

July will be a very busy month for NWRC with lots of events coming up.

We have a new group starting in Milton, Recovery Connects, our next 6 weekly ROSC meeting our big ROSC event, our next big WINGS Woman's event to name but a few. We are looking forward to seeing all of our partners at all of these events !