

North West Recovery Communities

May 2023

May came and went in the blink of an eye, nobody at NWRC can believe we are nearly half way through the year !! There have been a couple of bank holidays in May but this hasn't stopped the great work of the team.

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. "Hopeless" was one of the words chosen at the end of May, this generated a lot of great discussion. We will start to hear more from the Men's group in the next newsletter.

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

Whiteinch

Our Whiteinch cafe was closed on the 3 bank holidays we had in May.

Our building positive pathways & Smart recovery group picked back up on the one week that the cafe did run. Both groups are always well attended and we always receive great feedback from the participants.

Blue Triangle, GCA, WAWY, Housing 1st (Salvation Army), Safe as Houses & North West Voluntary Network all came along to give guidance & Advice to the participants.

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Knightswood

Our Knightswood group runs in the Knightswood Community Centre every Thursday Morning from 11am to 2pm. 201 Alderman Road G12 3DD. The core groups we have in Knightswood have changed slightly we still have Healing for the Heart this will now run every other week, the other two weeks will now be groups from Wellbeing Scotland and Smart Recovery . All of these groups will continue to do activities on helping and continuing recovery.

As mentioned above we had our first Smart Recovery group in Knightswood. It was attended by 25 people! A great indication that this will be a popular group and an amazing addition to our schedule at Knightswood.

Our City Writes group that runs out of Knightswood is now well established and the participants of the group are really enjoying this.

On top of our usual meditation sessions and support offered from Ann the Herbalist we have also had North West Carers, Blue Triangle, Safe As Houses, Salvation Army, ADRS, VRU, Shelter, Navigators, WAWY & Positive Outcomes Project come along to give advice and guidance to the participants.

Our partnership with Knightswood Community Centre with their monthly Hot Soup Cinema Club continued throughout all of the bank holidays in May. Films shown this month were A Man Called Otto, Charade, Dr Dolittle, The Queen & Matilda. Refreshments and a bite to eat are always included. All are welcome at the free event, however, tickets must be booked in advance. For more details or to book your place at the next film contact louise@ignitetheatreglasgow.org or for more Information phone 0141 959 9419.

Brian and 3 of the volunteers also helped at an event held by Knightswood Community Centre this month. More about that in our events section of the newsletter.

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Possilpark

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

The MAP (Mutual Aid Partnership) delivered by James from WeAreWithYou & Healing for the Heart with the Compassionate conversations are our two core groups that are ran from Possil. Our volunteers also run the recovery shares which are always appreciated by the participants. Possilpark is the only cafe where Bingo is played. The volunteers and staff at NWRC have been doing a lot of work around gambling addiction so now before the bingo starts we are giving a trigger warning to allow anybody who may recognise they have a problem with gambling, they can let one of the volunteers or safe guarders know and they will go another activity with them whilst this is on and also be able to signpost them to further help.

Reiki from June and Herbalist Scotland will also drop by which is always appreciated.

This month we have been joined by GCA, Housing 1st, Blue Vale, Hope Connections, WeAreWithYou to be on hand for any advice and guidance on their services for the participants if required.

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. Woman 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.

Children's 1st started their mummies group at the start of May. This group will run for 6 weeks ending mid June.

The ladies have all come together in May to keep the cafe running smoothly with staff annual leave and volunteers on their travels. It has been a good opportunity for the volunteers to take on different roles in the running of the cafes.

Our Karen has just come back from a 3 week working trip to Italy through the Erasmus scheme with Elevate. She endured some of the worst weather that Italy as experienced in decades but once that had cleared she loved her time there and has been sharing her stories with the team.

North West Recovery Communities May 2023 Events

The team started off a busy month of events by attending The Creative Change Collective's Recovering Voices show in Dumbarton. We went to support our very own Neil. Everybody from North West who went to the show couldn't give enough praise for the show and all who performed.



As mentioned in the Knightswood Cafe update, Brian, Chris, Jim & Brian R volunteered at the Knightswood Seniors event hosted by Knightswood Connects. The Singergie choir & Big Band were performing a host of songs whilst the guys were serving the 130 strong crowd. A great event that we were happy to help with to aid the community partnership we have with the Knightswood Community Centre.



Brian & Catey went along to support the Street Soccer Woman's event. Brian was promoting the work of North West Recovery Communities and Catey was able to share her experience of volunteering at North West. They also bumped into our own Joleen who was on the decks providing the tunes with Freed Up.



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Volunteers



Holistic Health
SCOTLAND

The North West Volunteers and staff joined by some partners & board members went on a Wellbeing Away day to Loch Lomond hosted by Holistic Health Scotland.

We completed a nature walk to and from the loch side, some of the group braved the cold water therapy - the rest of us supported from the side. When back in the warmth and with full bellies we took part in a cacao ceremony, breath work and to finish Chi Gong. In perfect timing the fish suppers were delivered at the end of the relaxation session and we were all able to eat together and share what the day had meant to us all.

Once the eating was over, we said goodbye to Volunteers Margaret & Michael. We will miss them both and wish them well for the future, but we know that we will see them again in the recovery world.

Also in May 2 more of our volunteers completed Naloxone training. They will be able to use this training to deliver it participants of the cafe or more vitally be able to administer it if required.

North West Recovery Communities May 2023 Outreach

In May we said goodbye to one of outreach workers Valene. Recruitment and appointment of Valene's replacement has been completed and we are looking forward to welcoming the new outreach support worker aboard. We will introduce them in the next newsletter.

Joanne has taken on the extra case load in the interim period between the new outreach colleague starting with help from Tam, Brian & Allan to ensure this service is still being provided to our community.

As well as managing the 2 cases loads Joanne has also completed Child protection training in May and is one of the safeguarders for the WINGS group on Wednesdays.

Training Tuesdays

Our training this month was delivered by The Spark. Mental Health Awareness, Coping with Change, Conflict Resolution & Working with difficult people were the topics covered over the 4 weeks.

It was invaluable training for the team and we are grateful to Marjory, Kirsten, Jamie & Caroline for their time and expertise.



North West Recovery Communities May 2023 ROSC

We held our 6 Weekly ROSC meeting on 30th May. Speaking at this meeting was Sean from Nova - A private Rehab in Largs . Sean delivered a truly brilliant presentation on the Psychology of Addiction.

We had 20 partners attend the meeting and it was great to see them all, some we haven't seen for a while for various reasons.

As usual all organisations were able to share the work they are currently doing, promote any projects they have and just general information sharing or requesting. Great to see ROSC in action !!

Everybody in attendance enjoyed Sean's presentation so much, they have asked Brian to have him back at a future date to do another presentation.



As it was a ROSC meeting, we took this opportunity to say a big thank you and goodbye to Eve in this role .

Eve has been working with North West as a Community Development officer for Glasgow Council on Alcohol.

Brian credits Eve with helping set up the ROSC community we have by being so proactive, out in the community making links, promoting the ROSC principles, joining the dots, making more options for people to embark on their journey.

Eve was pivotal in helping NWRC deliver its work to the community and we thank her for this.

This won't be the end of our work with Eve as there are rumors she will join the NWRC board ! Watch this space ...