

NEWSLETTER

OCTOBER



north west glasgow
recovery communities

Welcome to our October newsletter.

We have had a very mixed bag in October from a ROSC 6 Weekly to collecting an award at the Parent Network Scotland Awards to a Volunteer team building day! Read all about it throughout.

We are proud to be showcasing different organisations that are helping our communities. We don't have a volunteer story this month but in it's place we have 3 spotlight on pages ! .

BIG NEWS !

The big news from NWRC this month is our outreach workers have started their Medication, Recovery & Me group. This group will run on a Thursday afternoon from 1:30-4pm at Shakespeare Youth Club, 95 Shakespeare Street, Maryhill, G20 8LE.

This a support group that is open to anyone currently receiving substitute medication to support their recovery from problematic drug & alcohol use, who want to learn more about addiction and the support available to them. The group is also open to people who are on medication for their mental health.

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**THE FIRST OF
3 SPOTLIGHT
ON ARTICLES**

PAGE 15

**AWARD FOR
NWRC**

Training Tuesday



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

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

On 31st October our volunteers and staff finished their 6 week trauma & resilience training from Healing For The Heart.



The whole team were very invested in this training. We were able to learn a lot about ourselves and were able to learn new tools to ensure we stay within our resilience zone. The ladies have also incorporated the grounding technique in to the check ins and check outs at the WINGS group. A big thank you to Donna & Vicky for this training.

Read on to see more on Healing for the Heart.



OUTREACH



Our outreach workers work within the communities to offer support to people in their recovery journey. They will make contact either by phone or face to face and help people make the first step in to the community settings and services

They also promote Glasgow Recovery Communities within rehab settings by delivering presentations and they develop links with third sector organisations through collaborative working with their joint clients. To make a referral for a client or to self refer to outreach in the North West of Glasgow (areas covered – Drumchapel, Knightswood, Temple, Yoker, Scotstoun, Whiteinch, Partick, Kelvinhaugh, Hillhead, Anderston, Maryhill, Milton, Possil, Summerston, Ruchill & Lambill and all areas within these localities)

For a referral form you can email us at info@nwrc-glasgow.co.uk. If you require any further information please contact the office on 0141 328 4578 or to speak directly to our outreach team –
Joanne – 07729574683
Steven – 07918923649

We have a new poster below for our outreach team. Please print this poster to use and display in your organisations to link in to our outreach service.



The outreach team are facilitating a Medication, Recovery & Me meeting starting on Thursday's in Maryhill.

The Poster with the details is further on in the newsletter



north west glasgow
recovery communities



WOULD YOU LIKE HELP TO GET IN TO RECOVERY, BACK IN TO RECOVERY OR BACK IN TO TREATMENT ?

North West Recovery Communities Outreach service can help. Our two lived experience outreach workers can help you make the link into care, treatment & support services and also help you navigate your way around other recovery organisations and resources within your community. If you would like to refer yourself or if you would like to refer somebody in to our service.

TALK TO US - 0141 328 4578

Email - info@nwrc-glasgow.co.uk

Our Outreach workers -

07729574683 - Joanne 07918923649 - Steven



**Scan the QR code to be taken to our website.
Click the outreach service tab where you will
find the referral form. Completed forms
should be sent to the email address above.**



North West Recovery Outreach Service

would like to invite you to our Medication, Recovery & Me meeting held at **Shakespeare Youth Club, 95 Shakespeare Street, Maryhill, G20 8LE**

This will be a weekly meeting on **Thursdays from 1:30 - 4pm** with Tea/Coffee & Biscuits provided.

Coping Strategies

Connection

Recovery Tools

Find out about recovery networks near you

Recovery Is Possible !

This is a support group that is open to anyone currently receiving substitute medication to support their recovery from problematic alcohol or drug use, who want to learn more about addiction and the support available to them the group is also open to people who are on medication for their mental health.

Facilitated by people with lived experience



For more information - info@nwrc-glasgow.co.uk

Spotlight on ...



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This month we are shining the spotlight on **HEALING FOR THE HEART**

Healing for the Heart was Established in 2014. Their vision is, To provide timely, affordable holistic support with mental health and wellbeing.

To change the culture of stigma around mental health issues both in the community and in the workplace so that improving mental health is as normal as going to the gym.

To equip and support workplace leaders to develop healthy patterns of living for themselves and to support those they lead to do the same.

To establish transformative spaces which do for mental health and wellbeing what Maggie's does for cancer care.

They offer the following services

Counselling - Available in person or online.

Group Work - A number of weekly groups with creative body or psychological focus. Groups are in community settings as well as in their central Glasgow location.

Inner Healing - Help to establish or Re-Establish a connection with God.

Child Therapy - Working with children in local primary schools using art & talking therapy to help them process emotions and feelings.

Training - Adverse childhood experience & trauma workshops, Inner Healing training & Boundaries



Spotlight on ...



This month we spoke to one of the team from Healing For The Heart, Donna.

"I am the community development lead for Healing for the heart, a mental health charity.

We provide a wide range of services in the community and clinical counselling. We partnership work with Northwest in two drop-in cafes. Firstly, at Knightswood we provide wellbeing discussion groups on topics like mental health, stigma, self-care, and stress management.

We also provide a compassionate conversation support group within the drop in possil every second Friday. This group is for individuals that have been affected by suicide or alcohol and drug death bereavement. We have also provided staff and volunteers training on the community resilience model helping individuals to track and regulate their own nervous system and widen our resilience zone."



How did you come to hear about North West ?

I have worked alongside NWRC in some capacity since at least 2010 in a mixture of different roles and groups including running the Woman's mindfulness group when it was in Whiteinch. So it was a natural partnership agreement when the opportunity arose to start the groups in the cafes.

How do you and NWRC work together to help each other & our communities?

We bring trauma and resilience based mental health support in collaboration with addiction services in the North of the city.

We value our partnerships as mental health services. Working with addiction service is imperative as both are closely linked to wellbeing.

Anything else you want to include.

Here's what individuals have stated the benefits are from attending our groups.

"Encourage to speak and feel heard", "Builds my confidence", "Helps me to understand my mental health and wellbeing", "Helps me to realize I am not alone", "Connects me with others and reduces isolation", "Builds my self-esteem", "Builds positive relationships", "Helps me to find other resources", "Builds courage to change", "Helps me manage my mental health", "Helps me to communicate my feelings", "Builds trust", "Group receives great numbers every week", "Helps me with structure in my day", "Gives me self-awareness", "Give me coping strategies"

Donna's new self development programme starts in January please see next page



Transforming Lives

Made For More

Self development Programme

Starting 8th January 2024

Referrals now open

(Closing date 17th of November)

Meaningful connections

Enhance Resilience

Living with purpose

build confidence

Volunteering opportunities

For More info

Contact 0141-406-1320

donna@healingfortheheart.co.uk

Spotlight on ...



Also this month we are shining a light on a new service that is being lead by one of our existing partners Stephen McGuire from City Writes.

Stephen is the Multiply Lead Tutor for WEA (Workers Educational Association)

WEA, Workers Education Association is piloting a 1-2-1 Person Centred Numeracy across Glasgow! This project is all about you and how you can improve your number skills.

At your first session we will discuss your goals and what you would like to achieve!

Whether it be improving your numeracy to access employment or further education. It could even be to help your children with their homework or get a good deal on your mobile phone!

We can help!

Email Stephen on stephen.mcguire@wea.ac.uk or call 07340 358618



Spotlight on ...



Last but not least we shine a spotlight on **School Of Hard Knocks**
Caroline Goodliffe is the Senior Facilitator

School of hard knocks (SOHK) is a social inclusion charity that uses sport and exercise to help people with their wellbeing, motivation and confidence. Specifically, we run 8 week courses with adults and create a rugby team of individuals from many different backgrounds. We accept all fitness levels and those with a disabilities or mobility issues on a case-by-case basis. With some personal development sessions and teaching the power of teamwork and communication, our participants leave us feeling more prepared and motivated to deal with the problems life brings them. We are currently working with National Lottery Funding and it's my job to organise and deliver the courses.

How did you come to hear about NWRC?

We began our work in Glasgow last July after a long time working predominantly in Edinburgh and Fife. I was pointed initially in the direction of We Are With You who introduced me to the wider NWRC. Since that initial introduction the NWRC have been nothing but supportive, collaborative and truly impressive. Through the ROSC meetings and recovery cafes I have had the fortune to speak with so many volunteers and workers that give their heart and soul to the support of the recovery community.

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

We have completed 3 courses in Glasgow so far and are in the middle of our fourth. Many of our participants were referred from NWRC and the combination of our sharp, team-based course paired with the longer term one to one group meetings of the NWRC has proved extremely effective. We have had the pleasure to see some in recovery move in to full time work, training as a personal trainer, engage in counselling and mental health support, join a local rugby team, pursue qualifications but most importantly continue to stay in recovery.

Anything else you want to include?

Our next course will begin towards the end of February 2024, I hope to be along to a ROSC meeting soon to hassle to participant referrals ! Thank you to all involved in the NWRC for supporting SOHK and serving as a benchmark to an all-community approach to recovery.



Our Cafes



IN OCTOBER ...

WOODLANDS

There were 76 people at Woodlands. This was predominantly made up of Workers & Volunteers and only a few participants we would love to see more community members at this cafe, so please spread the word!

WINGS

There were 128 Woman at WINGS Cafe. We were joined by Differabled, WeAreWithYou, Hope Connections, Children's 1st, NW ADRS, NERC, Elevate & Turning Point

MEN'S GROUP

There were 35 men at the Men's group in October. It is great to see that this is still going strong and that we are still getting new faces.

KNIGHTSWOOD

There were 125 people at the Knightswood Cafe. We were joined by Healing for the Heart, Shelter, WeAreWithYou, POP, City Writes, Wellbeing Scotland and Salvation Army.

POSSIL

There were 233 people at the Possil Cafe. We were joined by WeAreWithYou, Move On, Safe As Houses, Healing for The Heart, POP, Phoenix Futures, NW ADRS, The Beacons and David & Eilidh from Camus came along to say hello after our trip in September now that they are back working in the community.

MEDICATION, RECOVERY & ME

The new outreach group started on 26th October. We had one community member. We hope that this group will build over time. Please see the flyer feature in the previous pages to promote this group.

We are always looking for organisations to have pop ups at our cafes and groups. If you would like to have a pop up, please let us know at info@nwrc-glasgow.co.uk

NWRC In the Community

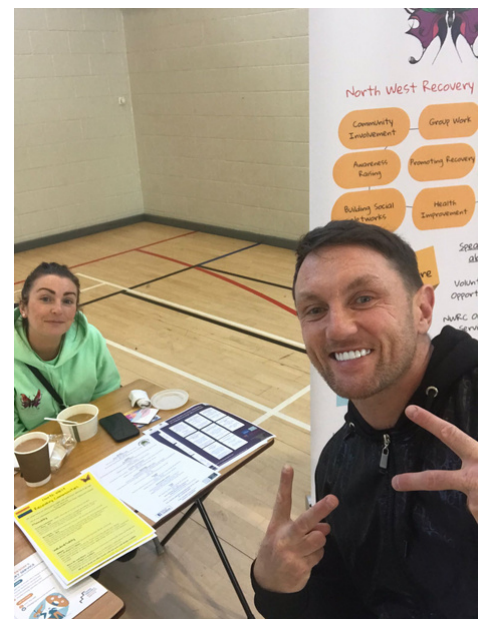


October was a mixed bag of events for NWRC

On the 2nd of October we opened our Woodlands Cafe. We have seen steady numbers at the cafe but we would love to see it grow to be as successful as our other cafes, so please help us with this by spreading the word!

On 11th October Brian, Jim & James started a small group in partnership with Aspire Garscube service to deliver a weekly recovery group to discuss and promote recovery to the supported people living in the service, the group is open to their Queen Margaret Drive and outreach services. This group will run for a month as a pilot.

On 12th October Charlotte & Catey held a stall the Clydebank College Campus freshers event. It was a lovely surprise to see a previous volunteer and catch up on what they are doing now.



On the 13th of October some of the staff team attended a burnout & compassion fatigue seminar.

As part of all of our continued personal development, it was a great learning opportunity to understand the best ways to keep ourselves in tip top condition!

NWRC In the Community



Over the course of the week starting on 23rd October, a number of our volunteers went through to Dundee as part of the Humanising Healthcare Forum. NWRC were asked again to be part of this programme and Hugo had this to say “ We have come to the end of two weeks of conversation cafes with medical students at the University of Dundee. Over 200 future will now have sat down, listened to and connected with someone with Lived Experience of addiction and Recovery in one of these events.

Thank you so much for giving your time to attend, and sharing your wisdom freely. No doubt we will have had a positive impact on their learning and understanding about addiction and recovery. Think about the affect that could have on one of their patients later down the road. We hope that we will have this opportunity again in the future, and that more students will be able to learn from people with lived experience each year.”



On 24th October our Volunteers and staff went to The Space for our team building event. The team took part in a dream relaxation session, collaborative art class and sensory games. The team enjoyed a competitive but good spirited day filled with love and connection.



ROSC



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On 3rd October we had our ROSC 6 weekly meeting. We were joined by DWP who brought along colleagues from different departments within the DWP all giving insightful information into the help that could be available for the people we work with and where to go when more complex help is required.

We were also joined by Citizen's Advice Bureau - Gambling Support who again gave information on what support is available for people and Jennifer from NW Citizen's Advice Bureau who spoke about what services are available from them and how to contact them.

We also had a public information delivery from Narcotics Anonymous

Thank you to everybody who came along to speak and all our partner organisations for attending.

The next meeting is on 14th November.

If you would like to attend any of our ROSC 6 weekly meetings please email us on info@nwrc-glasgow.co.uk

Award for NWRC



On the 5th of October some of the team got dolled up to attend the Parent Network Scotland Awards.

We were very kindly nominated for the Organisation of the year award by Natalie Byrne from NW ADRS.

We were sharing a room with some many other organisations and schools who are doing amazing work in their areas and communities. We had an amazing night with a lovely dinner, great entertainment and company. We shared our table with a very worthy winner, Sarah, who taught herself Makaton to be able to communicate with her son. You can find her Facebook under Makaton With Sarah.

We came runners up but were so grateful to be nominated and the NWRC name be out there and we done not bad in the raffle as well !





Call for Board Members

DO YOU HAVE THE SKILLS WE NEED?

North West Recovery Communities are a peer-led organisation focused on lived and living experience, supporting people in their recovery from problematic substance use who live in the North West of Glasgow. We provide a range of recovery activities, emotional support, and a range of opportunities for people to progress into volunteering with training and personal development with options to engage in education and looking at building capacity to become employable.

WHO WE ARE LOOKING FOR...

Funding Board Member

Financial & Accounting Board Member



IF YOU ARE INTERESTED IN ANY OF THESE POSITIONS OR WOULD LIKE MORE INFORMATION EMAIL INFO@NWRC-GLASGOW.CO.UK

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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

Woodside - Woodland Methodist Church, 229 Woodlands Road, G3 6LW

From **10am - 3pm**

Peer support and Recovery groups in partnership with GCA Building Positive Pathways (Morning Group), Smart Recovery with Blue Triangle twice a month, Second Chance on the last week of the month and other therapeutic groups delivered by NWRC.

Creative Industries - 18 week accredited course with New College Lanarkshire. Centered around music, podcasting and other creative music & media work. Courses run in **January & August** contact info@nwrc-glasgow.co.uk for more information.

wednesday

WINGS - Possilpark Parish Church, 124 Saracen Street. G22 5AP

From **10.30am to 1.30pm**

WINGS is our women's only group. There is recovery groups and shares - specialised groups on women's health. Peer social support for women. Head and shoulder massage on selected weeks. Reiki, bingo and arts n crafts sessions rotated.

Mens Sit and Share - Knightswood Community Centre, 201 Alderman Road G12

3DD From **5:15pm to 6:45pm**

A men's only group, with a focus on mindfulness, a safe space for our men to share their journey and issues when in or seeking recovery.

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



North West Recovery Communities



thursday

Knightswood at Knightswood Community Centre, 201 Alderman Road G12 3DD
From **11:00am to 2:00pm**

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

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

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

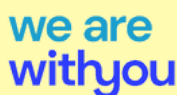
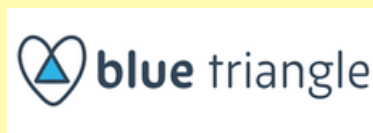
Medication, Recovery & Me at Shakespeare Youth Club, 95 Shakespeare Street, Maryhill, G20 8LE From **1:30pm to 4pm**

A support group that is open to anyone currently receiving substitute medication to support their problematic alcohol or drug use or mental health, who want to learn more about addiction and the support available to them.

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.



Website QR Code



Registered
SCIO
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