

NEWSLETTER

SEPTEMBER



north west glasgow
recovery communities

Welcome to our September newsletter.

In this month's newsletter we have an amazing volunteer story from Chris.

We have had a very busy September and it was great to see all of our friends, partners and other organisations at the recovery walk in Greenock.

We are proud to be showcasing different organisations that are helping our communities. This month's showcase is on page 7.

BIG NEWS !

PAGE 2

**OUR SECOND
VOLUNTEER
STORY**

PAGE 12

**OUR ANNUAL
TEAM BUILDING
TRIP**

Biggest news from NWRC this month is that we have a new cafe on Mondays. Our Woodside cafe will run from the Woodlands Methodist Church. It will run from 10:30 - 15:00.

The groups that will run within this cafe are Building Positive Pathways from GCA, Smart Recovery with Blue Triangle twice a month and The Second Chance project on the last week of the month.

Other weeks within the month, our volunteers will be delivering other holistic groups. As always anybody can attend and we look forward to seeing new and old faces !

Our Volunteers



This month we will hear from Chris. Chris has volunteered with North West for the last 18 months.

How did you come to hear about / attend NWRC ?

I heard about the cafes through WeAreWithYou. I was a participant at the cafes and then began volunteering for NWRC,

What have the cafes/ groups done for you?

The cafes have given me a purpose and a new way to live life. I have more confidence, self worth, self esteem and I am being accepted for me.

What are the positives and negatives of the cafes/groups?

The cafes show recovering addicts that there is a way out, it brings out talents in people you see in the groups and builds a recovery network. It also highlights other recovery options.

What has volunteering brought to your recovery journey?

It has brought stability, a stable lifestyle, interaction, training opportunities and working with others along with being able to work on myself and then being able to help others.

What are your goals through NWRC and Peer Support ?

I want to keep developing, continuing to build on skills. I am looking for more opportunities and links to other orgs. I want to support people coming behind me to show them that it is possible.

Chris is now abstinent. He is no longer on any protective meds which has been achieved within the community.

Training Tuesdays



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.

Over the next 6 weeks our volunteers and staff will be having training from Healing for the Heart. This training is all around resilience. This training will help us to ensure we are the best versions of ourselves in our personal lives, work lives and volunteering lives and enable us to manage everything that life can throw at us whilst undertaking any task.

We are looking forward to working with Healing for the Heart who are one of our main partner orgs and deliver groups for us in our Knightswood & Possil cafes.



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 will be facilitating a Medication, Recovery & Me meeting starting on 26th October in Maryhill.

The Poster with the details is further on in the newsletter



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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.**



Spotlight on ...



This month we are shining the spotlight on **SMART WORKS SCOTLAND**

Smart Works Scotland are a UK charity that exists to give women the confidence they need to reach their full potential, secure employment and change the trajectory of their lives. They opened their Glasgow centre in October 2022.

The women who come to Smart Works are referred from Job Centres, mental health charities, women's refuges, homeless shelters, the prison service, care service and youth organisations.



SMART
WORKS

They offer three services:

Career Coaching – this is for any unemployed woman looking to secure an interview. We'll help you with personalised one-to-one coaching with a skilled volunteer who will provide you with practical tips and next steps to secure an interview.

Interview Preparation – if you're unemployed with a confirmed interview we can help you feel confident and prepared with a personalised dressing session to find you a high-quality interview outfit, yours to keep. You'll also receive a one-to-one interview coaching with a skilled volunteer coach.

Second Dressing – once you get the job we'd love to see you again for a second dressing where we'll help you build a capsule wardrobe.

We would love to welcome you at our centre, but if you can't get there don't worry as we also offer a virtual service.

Spotlight on ...



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Our contact at Smart Works Scotland is Carys Roberts who is the Outreach Project Officer. Part of Carys' role is to expand the reach of the service and this is how she got in contact with NWRC as she was looking into recovery groups that Smart Works could potentially support.

Carys had this to say - "We can support women who are looking to get back into employment, with our confidence-boosting Interview Preparation and dressing service. We also offer Career Coaching for women who aren't yet ready for interview, but would like support with their job search, applications and CV."

We also have volunteering opportunities available and would welcome applications from any women from NWRC who are interested in joining our lovely volunteer team."



CARYS ROBERTS

If you would like to refer anybody to Smart Works you can call them on 03003730955 or email scotland@smartworks.org.uk

Carys will be coming to our next ROSC 6 weekly on the 14th November to chat about the service.

Our Cafes



IN SEPTEMBER ... (Our cafes were closed for one week in September whilst we were on our team building trip)

WINGS

There were 76 Woman at WINGS Cafe. We were joined by NW Carers, School of Hard Knocks, WeAreWithYou, Hope Connections, Children's 1st and NW ADRS

MEN'S GROUP

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

KNIGHTSWOOD

There were 95 people at the Knightswood Cafe. We were joined by Healing for the Heart, Shelter, WeAreWithYou, Housing 1st, POP, Phoenix Futures, NW Carers, City Writes, Wellbeing Scotland and Salvation Army.

POSSIL

There were 237 people at the Possil Cafe. We were joined by WeAreWithYou, GAMH, NW Carers, Safe As Houses, Healing for The Heart, Salvation Army, POP, SACRO, Phoenix Futures, June with the Reikie, Ann & Dave from Herbalist Scotland, NW ADRS, You Decide Team and SISCO

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

MILTON

Unfortunately even though we knew we would need to close this group in October, we had to cut the group earlier due to damage within the Church that was outwith our control. We thank Hope Connections for partnering with us in Milton and we hope we can do more work in this area in future.

NWRC In the Community



September was a very busy month for us at NWRC

Brian started off the month by visiting the Dumbarton Rocks Open Day. Brian had a great time that was filled with dancing, laughter and connection. Brian wanted to specifically highlight the work being done by Mentor Scotland a peer led mental health organisation.



We then went on our annual team building trip to Mull, which you can read about further down.

When we came back we were right back to it with Brian & Catey attending the Volunteering Fair at Glasgow City Chambers. Brian spoke to a lot of people at the volunteering fair but unfortunately lost all the contacts that were made that day when the tidy up process was underway by the staff within the city chambers. So please get back in touch with us if you haven't heard from Brian since!



NWRC In the Community



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On the 21st of September Charlotte & Brian attended the open day for The Moira Anderson Foundation in Glasgow. It truly was a lovely event where we were given the background of the foundation, an overview of the amazing work they do and were treated to a holistic treatment which is part of the treatment that woman can receive when they attend this service. We thank all the ladies at the Moira Anderson Foundation for a very informative visit and lovely welcome.



On the 27th of September Brian and John attended the Drumchapel Job Centre for a staff presentation. Before Covid NWRC had volunteers who would sit in the Jobcentre and meet people to give them information on Recovery. The DWP reached out to Brian to say they would really like to get this back up and running as it was really successful in the past in helping people in to recovery and give them more rights in respect to job seeking and their benefits. The presentation was a success and a big congratulations to John for fighting his fears and spoke so well about his experience. We are looking forward to being able to get back to working with our community members in this way soon!

The day after this Brian & Joleen attended the Health & Wellbeing event held by the Criminal Justice Department another great day showcasing our work and how we help people within the Criminal Justice System.



Recovery Walk 2023



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On Saturday 23rd the team attended the Recovery Walk in Greenock.

Check out our
Instagram &
Tiktok Accounts
for the videos of
our day !



Team Building Trip 2023



On the 1st week in September some of the team went on our annual volunteer team building trip. We stayed with the Iona community in Mull at their residence called Camus.

During the stay we took part in activities like abseiling and kayaking, took a day trip to Iona and completed group work and went over lots of paperwork as part of the volunteer's commitment of being a peer led organisation.

As always the sun stayed with the NWRC Team and we made memories that everybody will hold for a lifetime !



Check out our
Instagram &
Tiktok Accounts
for the videos of
the trip !



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

Creative Industries - NWRC office 80 St Vincent Terrace, G3 8DX

From **10am - 1pm**

18 week SQA accredited course with New College Lanarkshire. This run is about Radio Podcasting. Contact info@nwrc-glasgow.co.uk for more information or come along on a Monday Morning.

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.

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.

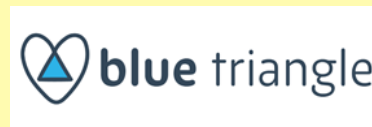
City Writes at Knightswood Community Centre, 201 Alderman Road G12 3DD
From **11:30am to 1:30pm**

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

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
SC051587

NEW!



CAFE!

Monday
Woodlands

Woodlands Methodist Church, 229
Woodlands Road, G3 6LW

10:30 - 15:00

Building Positive Pathways with GCA every
Monday Morning

Smart Recovery with Blue Triangle twice a
month

Second Chance on the last week of the Month

Starts: 2nd October

Hot Soup & Refreshments Provided!



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 starting on
26th October 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

