



north west glasgow
recovery communities

ANNUAL REPORT

2023-2024

Scottish Charity No: SC051587

NORTH WEST RECOVERY COMMUNITIES





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CHAIR INTRODUCTION

It has been a privilege to be the Chair of North West Recovery Communities for this past year. I would like to express a heartfelt thanks to the volunteers and team for their unwavering passion and commitment to creating a thriving recovery community, and to creating partnership opportunities that enhance the lives of all who are involved. I truly believe that the ethos that underpins our work is firmly held in the principles of a Recovery Oriented System of Care, and I feel that we have been unrelenting in our ambition to continue to strengthen this work.

I would also like to thank our partners, who we count at over 80. This continues to grow year on year, and we know that being united makes us stronger. We can only achieve such success and overcome challenges when we work together.

I would also like to thank the 7543 people who have attended the cafes and those who have engaged in activities, those who have developed, attended training, received qualifications and entered further education in the workplace. People can and do recover every day and are inspired by the visible examples that you all are.

We end the year with two new board members, enhancing our team and keeping us on track to grow and develop into 2024/25

We will launch our refreshed strategy in the Summer, which has been created in collaboration with volunteers, community members and other stakeholders. This will give us a platform to showcase our shared vision and to grow the charity. We have ambition to build on the fantastic achievements and outcomes we have seen over this past year (and the 10+ years that preceded this), and we are in a stronger-than-ever position to do this.

We recognise that there are still so many people in our community experiencing drug and alcohol-related harm, and I thank those who work tirelessly to ensure that our doors are open to provide warmth, connection, hope and inspiration in a way that is free of judgement. I am proud to introduce our second annual report since receiving charitable status, it is a fantastic read and highlights just some of the activities that have happened over the past year.

BRIAN MCCARTHY - PROJECT MANAGER

Another year, another amazing time been had here at North West Glasgow Recovery Communities, the dedication of this group of people to adhere to the principles of recovery and practice them in their daily lives makes the delivery of the recovery oriented system of care modal a reality in the north west of Glasgow and beyond, what would seem impossible becomes possible and collectively this group make up the formula that supports our core message that “recovery is possible” and I must admit just reading through this report I am content we have made a pretty effective impact, and really achieved the goals we set ourselves. It’s a WE thing.

When I talk about the WE thing I mean the staff members, the volunteers, the people looking for support, the specialist volunteers, the Safeguarders, the group facilitators, stall holders at our events, the partners delivering sessions and attending at the ROSC workforce development sessions, the nature based people, the housing and homelessness teams, the community justice supports, the benefits and welfare people, the advocates, the activities/sports based folks supporting mental and physical wellbeing, the people supporting crisis interventions, the residential rehabs, those with the creative arts thing, the faith based communities, the gambling supports, the 12 step fellowships and mutual aid groups, the people inviting us to do presentations and group work at their projects, the people inviting us to host stalls at their community events, the children and families services and supporters, the cleaners, the people opening the venues and renting the spaces, the caterers and foodies, all those offering those specialised roles for specific needs, the therapists, employers who give opportunity to those in recovery, the training and personal development/employability teams, the medical teams from link workers to GP, doctors, nurses, pharmacists, those at the front of house with the welcomes, national forums, local forums, the shared experiences and those willing to share them, those who work with bereavement and loss (let us not forget the tragic effects of addiction), the wider social care network, I think you get the drift, everyone has a part to play, and may we all continue to keep on keeping on and look after ourselves, we need to have each other’s backs as we support those who battle against the forces of addiction, and as we move into another year please let’s keep the message of recovery on the forefront of our work, we know why we do this work, and we know once the penny drops and individuals decide to join the recovery movement the benefits they can reap in their lives and their families lives are unmeasurable and the ripple effect into the wider community can be so positive. So thanks one and all, together we can.....

TAM CHAWNER - RECOVERY DEVELOPMENT WORKER

I would like to give the biggest thanks to the volunteer team, without each and every one of you, North West Recovery Communities wouldn't be the success that it is! Through your commitment and the knowledge of recovery is possible we as a team have accomplished so much throughout the year 23/24. The numbers of participants throughout the cafes and ROSC events shows how many people we have supported with some amazing outcomes for the people themselves. The figures speak for themselves. The cafes provide a safe space for many different walks of life to come in and feel connected to recovery. The building of partnerships with other services that attend the cafes providing groups and support to the attendees, give them alternative pathways in recovery.

My role at North West means I get to know the volunteers personally not only to help them access training for their own roles as volunteers but to ensure they have the support they need in their personal lives to build & maintain their recovery capital. I thank them all for always being honest, courageous and sharing sometimes traumatic or upsetting life events with me and trusting me to help guide them through or link them into other services. We as a staff team try to provide the best experience possible for the volunteers and also to thank them for their work throughout the year by organising team building events. The highlight of this year for me has been the growth in the volunteers, for most, seeing them develop from participants of the cafe through to being a steering group member of the cafe as a volunteer and running and developing the cafes, giving their ideas and listening to the requests from the attendees of the cafes also. I personally feel excited for the further development of NWRC and the years to come.

JIM COLEMAN - VOLUNTEER

"I have been volunteering with NWRC for over 2 years and it still amazes me the range and quality of the support and services we provide. This is down to the teamwork between NWRC staff and volunteers. The support, training and encouragement we receive as volunteers is second to none.

The training is varied and interesting and is designed to not only increase our knowledge of other service available to help folk we support but our own personal development. I am involved in the mindfulness meditation on Wednesday evenings at the Men's group and our recovery drop ins in Knightswood & Possil.

What I love about the cafes is the commitment, enthusiasm and mutual support among the volunteers. The love and acceptance they have for every person that comes in to the cafes is fantastic, They are welcomed, accepted and made to feel so comfortable and safe and it's wonderful as a volunteer throughout the years seeing the transformation taking place in the people we see each week.

OUR YEAR AT A GLANCE

25

VOLUNTEERS

4229

HOURS GIVEN BY
VOLUNTEERS AT
CAFES & EVENTS*

1688

TRAINING HOURS
COMPLETED BY
VOLUNTEERS*

8

ROSC WORKFORCE
DEVELOPMENT
SESSIONS HOSTED

299

ATTENDEES AT
WORKFORCE
DEVELOPMENT
SESSIONS*

229

CAFES AND
GROUPS RAN

7543

PEOPLE SIGNED IN
TO ALL DROP INS
AND CAFES *

61

OUTREACH
REFERRALS**

85

PARTNER ORGS

*FIGURE RECORDED TO DATE
**TO DATE - OUTREACH RUNS
OCTOBER-SEPTEMBER

VOLUNTEER SUCCESS

1

One volunteer taking up a part time employment post

1

One volunteer taking up a full time employment post in Health & Social Care

1

One volunteer reducing methadone prescription

1

One volunteer reduced methadone prescription and transferred to Buprenorphine

1

One volunteer became a SMART recovery practitioner

1

One volunteer training to be a SMART recovery practitioner

1

One group work programme developed and delivered by volunteers

2

2 volunteers reduced methadone prescription, transferred to Buprenorphine, completed treatment and have remained abstinent

2

2 volunteers successful in interview and obtaining work placements in Trainee Addiction Worker & Community Development both with SVQ qualifications

5

5 volunteers completed Cosca Counselling Training with GCA & Elevate

8

8 volunteers linked in to counselling or CBT for their own personal development

OUR VOLUNTEERS

Aside from the everyday running costs to the charity, the biggest spend we have is investing in our volunteers.

Our volunteers show up for us at all of our drop ins, groups, stalls & events. As peer support volunteers they are able to share their experience and learning with the people they meet in the drops ins and by going in to residential rehabs. They amazing role models and examples of our message of "Recovery is Possible".



In return, as part of being a volunteer at North West Recovery Communities, we ensure that the volunteers have access to a full training program every Tuesday. This has been the driver for some of our volunteers to come to NWRC as they have heard from friends or peers about the training that they can get whilst volunteering with us.

The training they have completed this year includes -

- 4 Week training with The Spark, Mental Health Awareness, Coping with Change, Conflict Resolution & Working with Difficult People.
- 4 Week training with SDF, Multiple Risk & Young People, Substance Misuse, Drug Specific Focus & Trauma & Mental Health.
- 6 Week Steps to Excellence course delivered by Tam & Volunteer Jim
- 6 Week Trauma & Resilience course from Healing from the Heart
- 3 Week First Responder Training from Glasgow & Clyde Rape Crisis
- Training on Gambling Support from Gamcare & Citizen's Advice Gambling Support
- 4 Week CBT course from Linda at Open Arms Wellness
- Suicide Safe Talk from North West Health Improvement Team
- Naloxone Training, Maths Anxiety from WEA (Workers Education Association) and continual in house training from NWRC on Safeguarding, Boundaries & Confidentiality.



By Catey

Training 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 alongside using it for their own personal recovery journey

OUR VOLUNTEERS



Being a volunteer is a valued & important commitment to North West Recovery Communities. We understand that each volunteer is still going through their own recovery journey and to ensure their own wellbeing is maintained throughout their time with us, they have regular supervision. This is an opportunity to check in on all aspects of their life and we can support in anyway required.

To give our thanks and appreciation for the hard work that the volunteers do, also understanding that volunteering can come with its own challenges, we have quarterly team building trips.

This years trips have included:

A wellbeing retreat hosted by Holistic Health Scotland in Balloch, taking part in yoga, breathwork, cacao ceremony & cold water therapy

A day out at The Dream Machine @ The Space where the volunteers got creative with clay in a collaborative art class, a dream relaxation session & a sensory games fiesta

Our annual residential was a 5 night stay in the Isle of Mull where the volunteers took part in abseiling, gorge walking, kayaking, beach walks, cold water therapy, group work but mostly good fun and team building

and 2 volunteer chosen trips to Bowling & World Buffet at Christmas and in March.

Chris's Recovery Story



Chris

I was brought up in Edinburgh, we moved from a nice neighborhood to a tough scheme, this is where I started my journey into addiction. I went through the cards with different drugs and found myself using stimulants heavily which in turn caused mental health psychosis.

I was isolated within my own home and was then introduced to heroin which quickly escalated into full blown addiction. This led me on to a methadone prescription which lasted 18 years.

I moved through to Glasgow around 2018 and was placed in a hostel. I continued to use heroin and valium daily along with my methadone, things weren't getting any better.

I moved into supported accommodation in the North West of Glasgow. It was here I started to receive support from Housing 1st Salvation Army who referred me to We Are With You - now With You. I engaged with them but still continued to use daily. I then found myself back in hospital for psychosis but within this period I had an epiphany - I needed to change!

I left hospital on 120mls of methadone and started to engage with the ADRS (Alcohol & Drug Recovery Service). It was suggested by my care team to attend the recovery cafes. I was full of fear and anxiety but managed to get through the doors around 2021, the cafes were too busy for me at this time. I started to attend Creative Industries at the NWRC office, where I started to build confidence and felt part of a group. Completing this course I then went on to volunteer at NWRC.

I started to detox and was encouraged to keep volunteering. I threw myself in to this, finding my self esteem & confidence improving as time went on. Detoxing wasn't easy but I was motivated to change with the support I had.

I transferred over to Buprenorphine at 30mls and planned to come off this within 6 months. My main goal to be abstinent was my motivation. I achieved this in 5 months and now writing this I am 6 months abstinent from all drugs.

I continue to volunteer at NWRC where they have linked me into counselling for past traumas. I have built up an extensive training record through my time volunteering and have gained friendships within the volunteer team. I am currently finishing a 9 month Cosca counselling course through Elevate. This has been really enjoyable and educational and has been a big boost to my self-esteem and self-worth in developing myself.

I feel very proud of myself and have hope for the future, for the first time in a long time !!



TESTIMONIAL

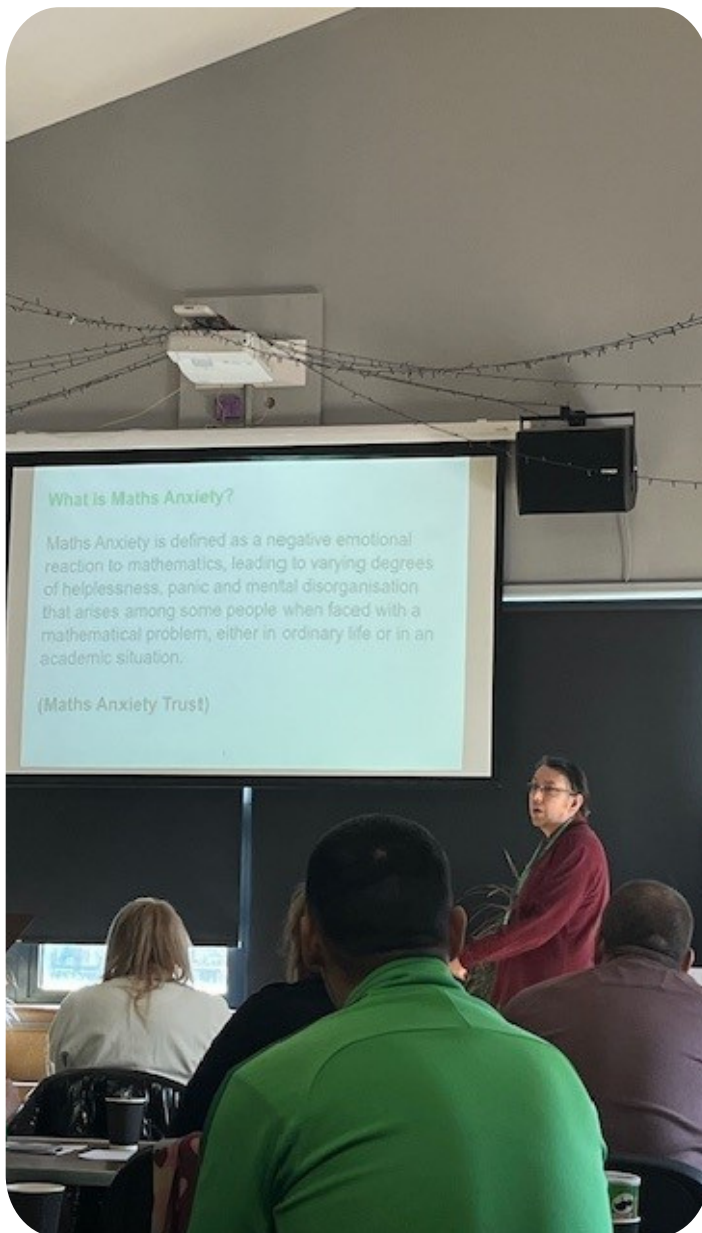
“I started my recovery with ADRS whilst still drinking, I was then admitted to hospital for detox as required by my GP. I started attending the recovery cafes with North West Recovery Communities, the help I have received has been the best I could have hoped for. I CANNOT FAULT THE HELP I HAVE RECEIVED”

JB

ATTENDEE OF
KNIGHTSWOOD, MEN'S
GROUP & POSSIL DROP INS

ROSC (RECOVERY ORIENTATED SYSTEM OF CARE)

ROSC 6 WEEKLY



Stephen McGuire of Workers Education Association at our ROSC 6 weekly development session

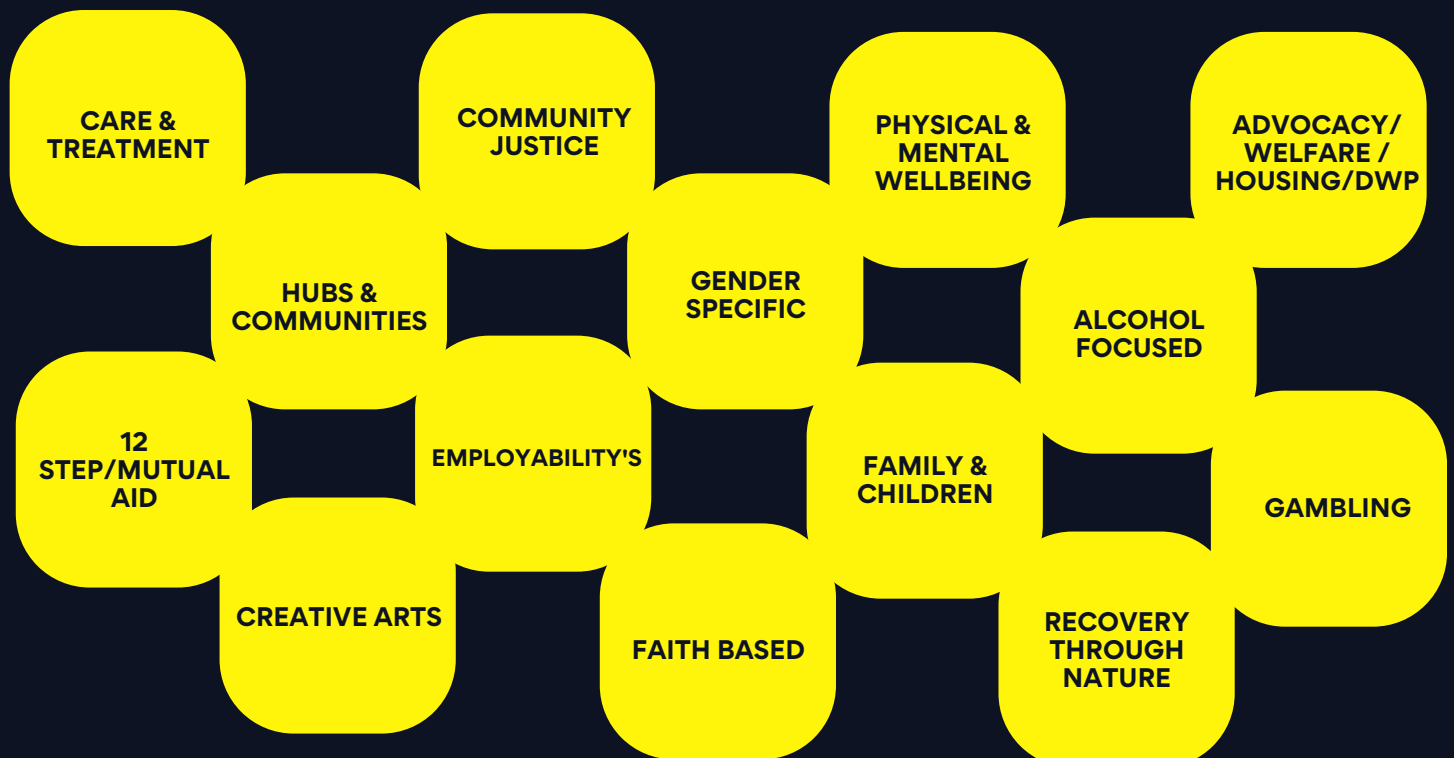
Every 6 weeks at North West Recovery Communities we hold a workforce development session. All of our partners and volunteers are invited to attend to help them understand what is out there in the world of not only recovery but every day supports for the people they are working with and for their own education to help support people in the community and in our drop ins. In this year alone we have had over 35 presentations from a whole host of different organisations. Through this workers and volunteers have been able to gain things like energy support and vouchers for their supported people, referral pathways to physical wellbeing courses, further education information and at times potentially life saving interventions with information being shared on how to refer people into residential rehabs or linking somebody in with a gender based violence organisation who can provide housing or training & support for somebody experiencing this. For any workers who feel this would be beneficial for them to attend, it is as simple as subscribing to our mailing list to be added to the invite list for this. Further details can be obtained by contacting the office.

ROSC AT WORK

We believe that recovery is possible for anybody who seeks it but we know that recovery is not a one size fits all approach. At North West Recovery Communities we promote all recovery in all forms. This is where ROSC comes in. Our partnership list speaks for itself with over 80 working partners or support partners, we are able to show people there is always a route to suit. Our volunteers use these ROSC resources at the drop ins and will always go above and beyond to find the answer for anybody at the drops ins if they don't have it with volunteers even contacting organisations directly to get the answers or just to do some personal research to educate themselves to then help the people they support at the drop ins.

Throughout this report and all of our volunteer recovery stories you will see evidence of ROSC at every turn where different organisations or services have been part of the jigsaw at different times or at the same time to build recovery capital in our communities or to aid us a charity help our volunteers and participants at the drop ins.

We split our recovery routes into 13 categories, below is come examples of how we work together or work to support & promote each organisation. All of our partners information is held also on our Resources section of our website.



ROSC IN ACTION

QUOTE FROM HOUSING 1ST - SALVATION ARMY

"COMING TO THE NWRC DROP INS GIVES OUR RESIDENTS STRUCTURE, RESPONSIBILITY AND SUPPORTS THEIR ADDICTION AS THEY DO NOT NEED TO BE ABSENT, THEY WILL STILL BE WELCOMED. THEY ARE ALSO ABLE TO SEE MORE THAN ONE SERVICE UNDER THE ONE ROOF. THEY CAN TAKE PART IN GROUPS, GAIN PEER SUPPORT AND THEY ARE ABLE TO MAKE SUGGESTIONS AND CAN SEE THEM BEING LISTENED TO AND ACTIONED"

WELFARE/HOUSING/ADVOCACY

At our Knightswood Drop in on a Thursday we are regularly joined by Shelter who are able to give any advice and guidance as required on housing related issues. We have contacts at advocacy services who we can link people in with to help with any housing issues they might have and who can educate them on their rights. Colleagues from the DWP always attend our ROSC 6 weekly meetings to help educate workers and volunteers on how people can access benefits and what easements can be put in place to help take the pressure off them when they are in early recovery. Two of our volunteers sit in Drumchapel fortnightly to be on hand to offer recovery support to people who come in to the jobcentre, this is an important way to break down barriers between people in recovery and the DWP to show there can be positive relationships here.

CARE & TREATMENT

One of our closest allies are the Alcohol & Drugs Recovery Service (ADRS). Our outreach service help people to get linked in with the ADRS to start treatment or support and advocate for them to reduce or change their medically assisted treatment, support discussions on recovery pathways, discuss how they would access residential services. Likewise, the ADRS refer supported people to our outreach service and drop ins in the hope they can continue their recovery with support in the community to get exposed to the multiple pathways available. At our Possil drop in on Friday's we have recently had Waverley Care sit in fortnightly offering BBV testing for anybody who wishes it. This gives participants the opportunity to access this testing in a safe environment where they might not have accessed it themselves outwith the drop in. We also have naloxone available at the drop ins.



North East



HUBS & COMMUNITIES

Another of our closest allies is With You North West Hub. With With You offering a structured program of activities to aid recovery and having a support worker North West Recovery Communities is a perfect place for somebody to meet their worker or be part of somebody's planned weekly activity. The workers from With You also form part of our safeguarding team at our drop ins and James Simons the Community Development Lead hosts the MAP group at the Possil Cafe on Fridays. We also have our sister recovery communities in the South SCRN (South Community Recovery Network) & the East NERC (North East Recovery Community) all offering different activities throughout the week that compliment our own - giving people recovery supports throughout the full week.

ROSC IN ACTION

PHYSICAL & MENTAL WELLBEING

Physical and mental wellbeing are almost always the biggest things people in addiction struggle with. At NWRC we have an extensive list of partners to ensure we can help guide people back in to positive physical and mental wellbeing activities. From Recovery Rhythms who cover everything from dance to cold water therapy to Healing From the Heart who deliver groups for us at both our Knightswood Thursday & Possil Friday drop ins covering resilience, mental wellbeing and compassionate conversations, working with people who have lost family and friends to suicide and helping them tell their story and not remembering them as a statistic. A number of our volunteers and community members attend Street Soccer every week as part of the Women's Street 45 programme and we were delighted to have Penumbra at the ROSC workforce development session promote their newly launched Self Harm Network support service.

COMMUNITY JUSTICE

At NWRC we work with a lot of people who are linked in already with community justice services, however it is important for people to know that their past and present is not a barrier to their future. Through organisations such as SISCO and POP people are able to engage in support and find access to recovery through the great work these organisations do. Both these organisations are regular attenders at our drop ins and other events. Through our engagement with community justice and payback orders it is good that people know that part of their payback hours can be completed under other activities by attending recovery groups and also lets the person be in a positive community setting with access to different services at the same time.

QUOTE FROM POSITIVE OUTCOMES PROJECT (POP)

"AT NORTH WEST DROP INS OUR CLIENTS ARE ABLE TO GET CONNECTION, LEARNING, BUILD CONFIDENCE & SELF ESTEEM. THEY CAN SEE THERE IS PEOPLE WHO ARE LIKE THEM AND FEEL PART OF. THEY CAN LINK IN WITH WITH OTHER SUPPORT SERVICES AND DON'T FEEL ALONE."

GAMBLING

Throughout this year NWRC have been making big strides to highlight the forgotten addiction of Gambling. From the film "One Last Spin" being shown at one of our ROSC 6 weekly workforce development sessions, a senior addiction worker at the ADRS took back to his manager that this question should be part of their screening with supported people alongside drug & alcohol questions. Our outreach team also ensure this question is asked when they are working with their own clients and are able to pass on supports on get them linked in with our partners at either Gamcare or Citizen's Advice Gambling Support. We have had presentations from both Gamcare & CAB Gambling Support at our ROSC 6 Weekly meetings as part of our commitment towards Gambling addiction having as much attention as drugs & alcohol. At the two cafes where we have Bingo - we make sure to ask people who may feel they have an issue with gambling to speak to somebody at the drop in to get support if they want it. We have also made up gambling support packs that are available at our ROSC meetings and are available for us to send by getting in touch.

ROSC IN ACTION

QUOTE FROM GLASGOW & CLYDE RAPE CRISIS

“WORKING WITH NORTHWEST RECOVERY COMMUNITIES HAS BEEN REALLY GOOD FOR OUR TRAINING AND NETWORKING WITHIN ADDICTIONS AND RECOVERY IN THE NORTHWEST. THOMAS AND BRIAN HAVE BEEN SO WELCOMING AND ALWAYS PROVIDE A SPACE FOR US AT THE ROSC MEETING WHICH IS HELPFUL TO LINK WITH NEW PARTNERS AND CHARITIES. WE ALSO TRAINED THE STAFF AND VOLUNTEERS ON GBV FIRST RESPONDER AND ARE LOOKING TO CONTINUE THE RELATIONSHIPS WITHIN THE RECOVERY CAFE. BY OFFERING WORKSHOPS FOR SERVICE USERS THAT OFFER A LIGHTER EDUCATIONAL APPROACH TO UNDERSTANDING GBV. NWRC HAVE BEEN INTEGRAL TO GLASGOW AND CLYDE RAPE CRISIS MISSION TO BE PRESENT WITHIN VULNERABLE COMMUNITIES THAT ARE AT RISK OF GETTING OVERLOOKED”

GENDER SPECIFIC

As well as having our own gender specific drop ins for Women & Men we have partnerships with organisations that have specific tailored help and advice on these topics. Glasgow & Clyde Rape Crisis have delivered training to our staff and volunteers on Gender Based Violence along with coming along to promote to other services about the free training they provide. By doing this they have empowered volunteers to approach them directly for advice for people they are supporting within the cafes and in the wider community. Say Women & Martha’s Mummies are other examples of where we can link people into alongside Men Matter based in Drumchapel and Andy’s Man Club that we will always promote and link our men into as a starting point to get further help and support for themselves.

12 STEP / MUTUAL AID

Whilst many of our community members and volunteers attend meetings, we understand that the 12 step program is not for everybody. Equally it is one of the best resources we have in the city for people seeking recovery with over 200 meetings from either Alcoholics, Narcotics, Cocaine Anonymous & Gambling Anonymous & AI Anon. There are other offerings also for Over Eaters, Sex & Lovers Anonymous in the city that people can be directed to if necessary. There are also public Information sub groups of these groups that support our community events. At our Knightswood Drop in on Thursdays on alternative weeks we offer a taster session of Smart Recovery that is delivered by Jim one of our volunteers and newly qualified practitioners. James Simons from With You delivers a Mutual Aid Partnership (MAP) group every Friday at our Possil drop in. This lets participants get a chance to sample different options that they can then access outwith our drop ins.

ALCOHOL FOCUSED

We work closely with GCA (Glasgow Council On Alcohol) with representatives from Elevate, counselling service, Building Positive Pathways who support the drop ins with 1-2-1 group work. With GCA launching their new LGBT support group through Kinder Stronger Better, it gives us a resource offering for people of the LGBT community to have specific support from their community. NWRC also sit on the PSP meeting through elevate to connect with other services & organisations.



ROSC IN ACTION

EMPLOYABILITY'S

At NWRC we have a great relationship with numerous organisations with employability services as part of their offerings. Elevate, Action for Children, Smart Works & Move On all providing help for our community and volunteers in this year alone. As mentioned in Donna's story earlier in the report, Smart Works provided interview skills support and practice to Donna that meant she was successful in her interview. Also if you were in attendance at today's AGM you will have heard our Volunteer Charlie's story, who has gained a community development placement with Move On. We understand that employment might not always be the route people want to go down but we can help them with confidence, training and life skill tools to help build recovery capital and be assets to their communities for years to come.

RECOVERY THROUGH NATURE

Recovery through nature is fast becoming one of the most popular routes for people to access for their recovery journeys. NWRC have started a walking group on Wednesday's using the Hamiltonhill Claypits Nature Reserve as the backdrop for the walks, with this also being the venue for our Annual ROSC Family event. Members of our drop ins and volunteers have both benefitted from completing the course from Venture Scotland which combines nature and physical wellbeing. Venture Scotland were recently at our ROSC 6 weekly workforce development to advertise their new course starting and thanking North West and our partners for the referrals made to them in recent years. Look out for our recovery through nature program beginning in June

FAMILY & CHILDREN

Families are an integral part of recovery for a lot of our participants and making sure the family approach is always high on our agenda. Our ROSC event at Whiteinch in April focused on the family approach with speakers from FASS (Family Addiction Support Service), SFAD (Scottish Families Affected by Alcohol & Drugs) and My Support Day giving information on how their organisations can help families. Our outreach team also have this as part of their screening tool to ensure any family members have access to support. Having a specific group for families affected by addiction is a focus of NWRC in the 24/25 year to be able to deliver a whole family approach. We will also be helping to develop group work programs that organisations working with young people and children can deliver on Drug & Alcohol as it has been identified throughout the city that there is a severe lack of this resource currently. We look forward to continuing this conversation with the Dumbarton Road Corridor Youth Group, G15 Youth, G20 Youth and YOMO (Young Movers).

We support the NW family learning hub which is delivered by key partners, Children 1st, Alcohol & Drug recovery service family team & With You who support families with art activities, cooking/baking sessions and homework support with volunteer tutors.

QUOTE FROM CHILDREN 1ST

CHILDREN 1ST HAVE A GREAT PARTNERSHIP WITH NORTH WEST RECOVERY COMMUNITIES. THEY PROVIDE US WITH ALL THE LINKS THAT ENABLE US TO REACH OUT TO FAMILIES. THROUGH REGULAR ATTENDANCE AT THE CAFES THIS HELPS US TO BUILD RELATIONSHIPS WITH INDIVIDUALS WHO THEN GAIN TRUST IN ASKING FOR SUPPORT AND LINKING IN WITH THE LEARNING HUB. THEY ALSO PROVIDE A VARIETY OF NETWORKING AND FAMILY EVENTS WHERE WE CAN REACH OUT TO MORE COMMUNITY MEMBERS

ROSC IN ACTION

CREATIVE ARTS

Creative Arts is a massive part in somebody's recovery journey. Music, Film and Art are all ways that we can connect with each other and find a common ground. It is also something that people know they like and will often have an interest in, so it is a great place to start for a person's recovery journey. Freed up hosting their drug & alcohol free clubbing nights, comedy nights or giving people a place to speak to the masses on the radio show Make Recovery Visible, some of our volunteers past and present have completed various workshops and are now able to use those skills to be part of shows or events. The Creative Change Collective and In Cahoots both offer drama and acting to recovery networks and their participants as another way to share their story and use their voice through this as part of their healing. The Recovery Collective with their Recovery Connects Festivals that bring everybody together for a day of music & performances to all with all performers also being in recovery is a really unique way of celebrating the achievement of recovery ! Not forgetting our very own Creative Industries Course delivered by New College Lanarkshire.

FAITH BASED

Having Faith in Recovery is also another massive part of somebody's recovery journey. We have connections with Hope for Glasgow, Street Connect, The Bethany Christian Church, Jumpin Jacks, The Glasgow Buddhist Centre, Parkhead Nazarene, Woodlands Methodist Church who all offer their own recovery groups within their churches and centres along with many of these locations renting their rooms for 12 step fellowship meetings. The Salvation Army are also our main supporter for our Training location, ROSC 6 weekly and the AGM.

Donna's Recovery Story



Donna the day of her appearance at the Scottish Parliament

I left home at 16 and ran for the hills. Trauma plagued my childhood and was a catalyst for my 26 years in addiction.

I lived with domestic violence from my first partner for 15 years. I thought this was all part of life and it triggered my trauma from childhood.

I realised after sometime that I was finding comfort and escapism in my drug habit.

By the time we all went into lockdown, I was no longer using heroin but I was on a substantial prescription for methadone and being treated for psychosis. Enough was enough ! I had lost everything any everyone.

Lockdown was tough for everyone but during this I started to reduce my methadone and started to find the real and unhealed me !

Some people might call this a lightbulb moment but it was life defining for me. I realised I didn't want to be tied to a chemist, I didn't want to be the person that my addiction and trauma had made me. I wanted more, I wanted my life back! I moved to Stirling and I was surrounded by nature, that's the stuff I like and I linked in with Wave Trust. Through Wave trust I found support and received counselling. I started to work on the unhealed version of me. I was starting to get to know the real me again and I even became trauma informed. I was still in Stirling when I got the news that the father of my youngest 2 children had died due to an overdose. Through my recovery I now had the tools to deal with this tragedy, it was far from easy but this made me put down methadone forever. This was in 2022 and this was the day that my new life began.

In August 2022 I returned to Glasgow and I started attending the WINGS group. This allowed me to surround myself with positive and like minded people. The WINGS group led me to the recovery cafes and the recovery community. I started volunteering with the North West Recovery Communities and I could now give something back. Any training that was available I grabbed with both hands

I attended the Scottish Parliament and Glasgow City Chambers. If you are in the same place that I was in then you will know about Claire's Law. When I attended the Scottish Parliament I helped to change a law in Claire's Law and had a motion passed in the chambers.

This led to the Scottish Government taking a trauma informed practice in to Glasgow City Council and I was proud to be part of this.

After volunteering with the North West Recovery Communities I was encouraged to look for the next step in my recovery journey. I applied for jobs with the Scottish Drug Forum and Elevate. I attended interviews and received support for my interview skills with Smart Works.

I was successful in my interview and I am now looking forward to starting my job with the Scottish Drug Forum (SDF), completing my SVQ 2 as a trainee addiction worker.

I don't look back anymore, I look forward !



TESTIMONIAL

“Coming to the WINGS group I get to connect to other women and get support or just a wee chat and somewhere to go”

H

ATTENDEE OF WINGS
WOMEN'S GROUP

NWRC EDUCATES

As well as the work we do within the drop ins and with the volunteers, both the staff and the volunteers contribute a lot of time towards other recovery educational events or projects. We feel proud that the experience we give or that people get when they visit our drop ins or hear about through peers mean we are contacted directly to contribute to these worthwhile and important educational events.

We are in to the 4th year of hosting the New College Lanarkshire on their Creative Industries Course. (We starting working with New College Lanarkshire in 2019 with a break for a small event called covid!) The courses run in January and August and are held in the North West Recovery office. The course gives the participants an opportunity to gain credits and a SQA qualification. Each course subject is chosen by the participants themselves in a holistic way after discussion with Stuart the course facilitator in recent courses the group have recorded a song and video to go with it, a podcast and currently a radio show.

The participants will have lunch and have time to connect with each other whether they are in recovery or not. Being held in the office gives the participants the opportunity to access any recovery support or information they might want whilst here.



Previous participants of Creative Industries & Stuart Coleman Course facilitator

"AFTER 5YRS OF NEW COLLEGE LANARKSHIRE RUNNING WORKSHOPS WITHIN NORTH WEST RECOVERY COMMUNITIES OFFICE SPACE, IT STILL AMAZES ME TO THIS DAY, THE LEVEL OF CREATIVITY AND ENGAGEMENT THAT ALL PARTICIPANTS PUT INTO THEIR PROJECTS, FROM WRITING SONGS, MUSIC AND LYRICS, TO PODCASTS TO MUSIC VIDEOS TO CREATING RADIO PROGRAMMES, IT IS ABSOLUTELY INCREDIBLE TO SEE EVERYONE ACHIEVE AN SQA QUALIFICATION FROM THEIR HARD WORK ON THE COURSE, WELL DONE GUYS!"

Stuart Coleman - Course Facilitator

NWRC EDUCATES



Elle

In February we hosted our second placement student Elle who is studying BA Education and Social services. Elle was with us for 4 weeks learning about different recovery options in the community. She has left a mark on us a North West and know she will go far with whatever route she choses to go down, before she finished her placement she left us a note of her short time here with us.

“I am open minded to what I would like to become in the future however after working within addiction services it has shown me how rewarding this sector can be. The reason for choosing my placement to be within North West Recovery Communities was because I was keen to work within addiction due to dealing with family members dying of active addiction. I wanted to gain more knowledge around addiction and hopefully point people in the direction of help. The charity is local to me, and I knew about the great work they do from online and word of mouth. I know individuals that have been involved in their drop ins and have great success on their journey to recovery.

I want to pass a message throughout my networks about the challenges stigma can be for service users that have or still do use substances. I have enjoyed my four week placement with NWRC so much so I will be gutted to be going. Everyone has made me feel so welcome and I really do feel part of a community now which emphasises why people stick around these recovery cafes even years after becoming abstinent. I now understand how ROSC events work and the benefit of integration within services to support individuals. What really stood out for me during my time was how everyone roots for each other to achieve their goals. The continuous support I seen by volunteers and service users really blew me away. Everyone has a hand forward and a hand behind in this community. My best moments I would say were the international women’s day event at Possilpark Parish Church. The team and volunteers put a lot of effort into making the day special and they did a great job of it. The number of women empowering each other made this day a memory to cherish. The shares recovering addicts expressed was tremendous and being able to understand their journey from trauma to addict to recovering was inspirational. It shows how much NWRC means to people as they really do support people in need to change their life. With my knowledge I have gained I will support service users I come into contact within my career by giving them information such as where to find help and keeping connected with drug worker, sponsor, friends and family really does help. I will also remind people the barriers it can cause if you stigmatise drug addiction and to treat everyone with respect no matter their mental state.”

NWRC EDUCATES

North West Volunteers frequently contribute to the Humanising Healthcare Conversation Cafes.

The project first began in Glasgow in 2021 and several pilots have been run at universities throughout Scotland since. It brings students and people with lived experience together to give students the insight into addiction and recovery from their own perspective.



Participants at a previous Humanising Healthcare Event

Some of the feedback that came from the most recent evaluation from the students said -

“I previously saw alcohol & drugs as the problem, but now understand the person behind it and how it should be treated as an illness. The focus should be on keeping people with addiction alive signposting/creating/giving them the opportunities to do so.”

“Hope was said many times. It made me think of the quote “Hope is the last thing lost” As a future doctor, I understand the importance of recovery. I will implement this going forward”

“It was really eye opening to learn about how addicts don’t always feel supported by doctors and Healthcare professionals and what they thought would be helpful”

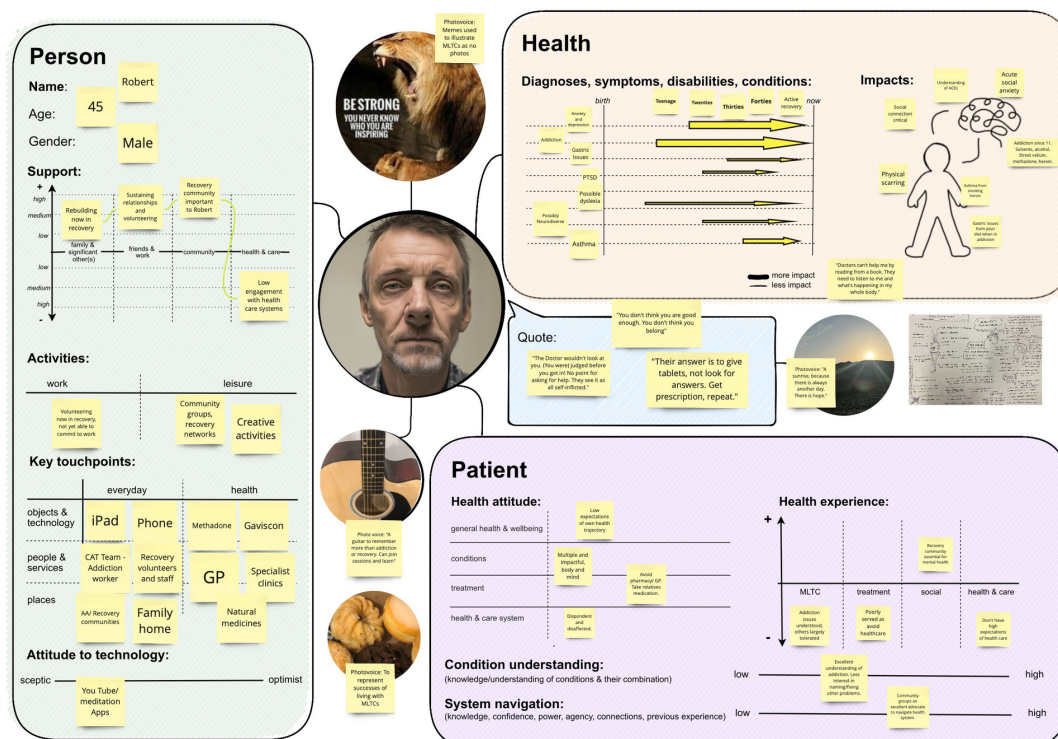
“THE SUPPORT GIVEN FOR THESE EVENTS FROM THE RECOVERY COMMUNITIES HAS BEEN AMAZING AND WE WOULD LIKE TO THANK EVERYONE FOR SUPPORTING STUDENTS AT DROP IN SESSIONS AFTER THE CONVERSATION CAFE DAY, MAKING THEM WELCOME AND ALSO PARTICIPATING IN THE CAFE, LENDING THEIR KNOWLEDGE AND EXPERIENCE TO A MEANINGFUL LEARNING OPPORTUNITY FOR THE STUDENTS AND OTHERS WHO ATTENDED”

Allan Houston one of North West’s closest allies and senior addiction worker at the ADRS who help set up the Humanising Healthcare conversation cafes

NWRC EDUCATES

“Dr. Nic Dickson, a participatory arts-based researcher, ran workshops with volunteers and staff at the North West Recovery Community (NWRC) from October - December 2023. Nic works for the University of Glasgow in the General Practice and Primary Care department on a project called Systematic, which explores the impacts of health inequalities and people living with multiple long term conditions (MLTCs). Nic invited participants to join 3 x 2 hour workshops and 6 in-depth interviews to explore the factors which impacted on their mental and physical health. The group used visual art approaches, including body mapping and photovoice, to reflect on their wellbeing and recovery from addiction.”

These groups were well attended and lively, with a safe space for the research provided in the NWRC offices. Two staff members were invited in March 2024 to consider the initial findings from the research. These were presented in the form of Personas, or archetypes of people who live with MLTCs (Shown Below). The feedback on the Personas and patient journeys has helped aid the development and refinement of our understandings of the impacts of MLTCs on 'seldom heard' members of our communities. NWRC has been invaluable in this process, and we would welcome future co-collaboration and co-creation of knowledge on the Systematic project, and beyond!”



Nic & the volunteer's work brought together using body mapping & photovoice

OUTREACH



Our 2 outreach Workers Joanne Rollo & Steven Kelly are employed directly by the North West Recovery Communities Charity, funded by a grant from the Corra Foundation. Referrals to this service can be done by obtaining a referral form by contacting us or from our website.

The outreach team get referrals from a number of different organisations & services such as the North West Alcohol & Drug Recovery Service and The Turning Point Stabilisation Unit with some people choosing to refer themselves in to our service.

The outreach workers work between our offices and on the road visiting their supported people throughout the week, taking part in the training with the staff and volunteers where applicable whilst also completing training linked to their own personal development for their roles. Joanne is currently completing her SVQ 3 in Health & Social Care.

In this report we have documented the number of referrals we have received to date. The outreach year runs October to September so this number will continue to rise. At some points we do have to report the number of outcomes we get from the people we support, however we would never publish these here. We support people at anytime where they are at. This inevitably means that sometimes, whilst somebody might get referred in to us for support, it isn't the right time for them and the support isn't able to be established. When this happens they are given the outreach worker's contact numbers, a letter advising them that we understand how hard it is to make the first step and that they can contact us to get linked in again whenever they feel ready along with our weekly planner.

The outreach team will work with their supported people to link them in to services they might not have known about before, based on their own wants and needs. They will also support them in to service they do know about but need extra support to get them over the door or make that initial phone call or appointment. Using our contacts we can get them the correct information, help and advice from the specific organisations required. We have secured food parcels, energy vouchers, booked appointments at places such as citizen's advice & money matters to help people ensure their benefits are maximised or debt issues can be resolved.

The team will usually always be in our drop ins throughout the week meeting their supported people, they will try where possible to pick up somebody who wants to come along to the drop in for the first time and get them connected with the volunteers and participants of the drop in to give them the confidence to find their own way next time. The team will also where possible take them to initial first appointments with other services such as Men Matter or Street Soccer to allow them to get over any initial stress or anxiety that comes naturally when entering into a new situation.

We always work with the ethos in outreach that a seed can be planted. A number of our volunteers started off as supported people of the outreach team and came through organically to becoming volunteers. As mentioned at the start, sometimes outreach isn't the correct time for some people but the seed can be planted and wonderful things can grown from this. We will always be ready to support people when that time comes.



TESTIMONIAL

“I cannot speak highly enough of the Mindfulness sessions. They are an invaluable tool in the path of recovery, a safe space where people can relax and experience peace. The high attendees are testament to how much they are needed. Keep up the good work!”

SH

ATTENDEE OF
KNIGHTSWOOD, MEN'S
GROUP & POSSIL DROP INS

PARTNERSHIP WORK



HEALING FOR THE HEART

Healing for the Heart deliver groups in both our Knightswood & Possil Drop ins every week. The Knightswood group have different topics each week covering things such as confidence building, meditation & gratitude. The Possil group have Compassionate Conversations, these groups are a significant part of what we offer at North West Recovery Communities and offer the participants opportunities to access different types of support for specific areas in their lives through their recovery journeys

“HEALING FOR THE HEART AND NORTH WEST HAS HELPED ME TO TALK AND SUPPORTED ME WITH MY GRIEF PROCESS ON THE LOSS OF MY NEPHEW AND MY DAD. I HAVE HAD MULTIPLE MEMBERS OF MY FAMILY WHO HAVE DIED WITH SUICIDE OR ALCOHOL AND DRUGS, 7 IN TOTAL. I COULD NOT DEAL WITH THE PAIN AND KEPT MY SELF USING DRUGS FOR MANY YEARS. HEALING FOR THE HEART HAS PROVIDED A SAFE SPACE TO MANAGE MY EMOTIONS AND SUPPORT WITH MY GRIEVING PROCESS.

I WILL BE FINALLY DRUG FREE IN THREE WEEKS AND HAVE MY LIFE ON TRACK DUE TO THE SUPPORT I HAVE RECEIVED AT HEALING FOR THE HEART. I HAVE LEARNED NEW COPING SKILLS AND HELP OTHER PEOPLE WITH THE GROUPS ACROSS THE CITY AND IN HEALING FOR THE HEART” A

“THE HEALING FOR THE HEART AND NORTH WEST COMPASSIONATE CONVERSATIONS GROUP HAS HELPED ME GET TO A PLACE WHERE I WANT TO TALK ABOUT MY DAD’S SUICIDE. I HAVEN’T FELT IN A PLACE OR SAFE TO TALK ABOUT MY EXPERIENCE UNTIL NOW WITHIN THE PEER GROUP THAT HEALING FOR THE HEART PROVIDE IN POSSILPARK CHURCH. I FEEL THE GROUP HAS GIVEN ME A SAFE SPACE AS WELL AS CONFIDENCE AND STRENGTH TO TALK. I ALWAYS AVOIDED THE LOCAL AREA WHERE MY DAD DIED AND NOW I FEEL THAT I CAN WALK PAST THE AREA WITHOUT AVOIDANCE.

I ALWAYS FELT THAT I DIDN’T DEAL WITH MY EMOTIONS AND USED SUBSTANCES TO COPE. I AM NOW IN RECOVERY AND VOLUNTEERING WITHIN THE RECOVERY SETTINGS ACROSS THE CITY.

I NOW FEEL THAT I HAVE STRENGTH TO TALK ABOUT OTHER TRAUMA I HAVE EXPERIENCED WITH MY FRIEND WHO TOOK HIS OWN LIFE AND ANOTHER FAMILY MEMBER THAT DIED WITH DRUG ADDICTION. I HAVE LESS GUILT AND FEEL RELIEVED THAT I HAVE THE PEER SUPPORT GROUP IN HEALING FOR THE HEART TO ATTEND” P

PARTNERSHIP WORK



CITY WRITES

In our Knightswood cafe in 23/24 we ran a pilot group for Creative Writing. This has grown to be an established and well attended group that offers something different for the participants in their recovery journey. Group Facilitator Stephen McGuire explains below how it started and how it is going ...

“City Writes started at the beginning of 2023 with the main aim of setting up creative writing workshops that offered peer support for addiction and mental health recovery.

We started working with NWRC in March 2023 and provide three tasters sessions and from this a weekly group has now established itself with peer support being at the centre of the group for recovery and creative writing.

The workshops that City Writes facilitates at the Knightswood Cafe are focused on Music, Mindfulness and Creative Writing. During these workshops we look at a piece of music or a recovery topic and have an initial discussion about it. Each session also includes a mindfulness exercise and we finish off with some creative writing.

There has been three pieces of work published from the group in a new Glasgow based publication called Dermis and these are available at Burning House Books in the South-side.

New members are always welcome at the group and you can ask about them through the NWRC or email me citywritesinfo@gmail.com”

"CITY WRITES HAS BEEN A GREAT WAY OF EXPLORING CREATIVE WRITING AND HAS IMPROVED MY POETRY"

"THE CLASSES WERE VERY HELPFUL IN BRINGING ME OUT MY SHELL."

"THE MAIN THING I TOOK FROM THE SESSIONS WAS THAT MY WRITING WAS WELL RECEIVED, WHICH GAVE ME MORE CONFIDENCE TO WRITE MORE."

"THE CREATIVE WRITING ASPECT WAS THERAPEUTIC AND EMBEDDED WITH SELF-CARE."

COMMUNITY WORK

Throughout the year we will be invited to attend community events, even if at times it feels like it wouldn't be a natural place for us to pop up, spreading the message of recovery fits anywhere !

Events we have attended or held this year -

Street Soccer Open Day @ Street Soccer

Volunteering our time to help serve lunch & teas & coffees at the Knightswood Community centre Seniors events & cinema clubs

Inclusive Volunteering Event

Knightswood Gala Day

Maryhill Community Event

Cowlairs Event

Springburn Community Event

Glasgow City Chambers Volunteering Fair

DWP Staff Education Talk

Community Justice Event

Clydebank College Freshers Week

ADP FASS Families Event

GCA LGBT Wellbeing Launch Event

DWP Networking Event

Broomhill Community Event



COMMUNITY WORK

NWRC ROSC Family Day @ Hamiltonhill Claypits Nature Reserve

South Community Recovery Network ROSC Event

Recovery Connects by the Recovery Collective

Recovery Olympics

Recovery Walk



LERO

Lived Experience Recovery Organisations (LERO) Leadership Group has been set up to connect the work of recovery communities and LEROs from across Scotland. In the context of this group when we refer to the term recovery communities and LEROs we are referring to organisations that are predominately made up of people with lived experience of the issues and services they provide support for in their local community. By coming together and sharing ideas and experiences of best practice within our organisations we create a national voice for recovery communities and LEROs and build a recognised national group that supports the development of such organisations now and in the future, creating environments where recovery can thrive and grow.

(Taken from - SRC LERO Terms of Reference)

Brian our Project Manager who sits on the LERO group

“Of all the groups that we sit on in relation to seeing how the recovery strategies are being delivered and developed and learning what is working, the LERO group fits the bill. It always amazes me to hear what is going on. I would struggle to hear what is going on outwith North West Glasgow and the rest of the city without those local and city wide groups we at NWRC sit on and in the same way, LERO works to show what is going on nationally and across the country in terms of lived experience organisations and with so much good work being done, the LERO group has been really beneficial. Let’s be honest, we know where we are falling short and we know what is required to fix a lot of what is wrong with current systems but this LERO group gives the opportunity to yes, share challenges and frustrations but more importantly share what is working well, hear the good news. That good news is the amount of great recovery happening across the country thanks to the dedication and commitment of the organisations that come along to the LERO sessions. They are online and again I am not a fan of online meetings but how else can you get the low down on what is going on in the borders of Scotland and Aberdeen in the same meeting? So fair play to technology, I do need to accept it better! It is great to hear how other organisations and services are sustaining their models, developing opportunities, responding to local challenges and making recovery visible and relevant to the needs of their communities. NWRC have taken part in consultations and given feedback to some of the reviews and ongoing assessments of how the strategies are being implemented across the country.

We also monitor the Recoverist Flag and the future plans for who will be holding it and where it needs to be collected from as it makes its way across the country. Where is it now? Who knows!

I appreciate how hard it is to be at all the groups, forums, steering and strategic groups expected of the recovery community but this is one I will try to keep in my diary, there is nothing better than sharing the good news – recovery is possible, we believe that for everyone!

Some of the highlights and there have been far too many to list them all, you hear about the day to day, week to week, activities and the range of groups and different ways people support their own recoveries, find support, hear the message that recovery can happen from them and then how they go on to sustain their own recovery and how this is then repeated time and time again, as they then come onboard with more ideas and support further developments locally.”

Tich from Scottish Families spoke about how we can all introduce the full family approach

Planet Youth explaining the Icelandic primary prevention model, aimed at reducing alcohol harms in youngsters in Iceland and how they looking to do similar project here in Scotland.

Nicola & Co at Restoration Fife with the Recovery Olympics

Kerry Anne at North Lanarkshire Recovery Communities and how music was healing folk and carrying the message

Alex from Andy's man club sharing how they are impacting positively in the world of men's recovery.

Bobby and co at Dumbarton with Recovery Rocks, the ongoing development and shared learning that has helped the growth of their community.

Robert from GRACE shared about their book launch of Reflections of Trauma and Recovery, a very creative way of supporting folks in recovery

Amy & Co at Recovery Ayr delivering groups and support folk who worked on delivering their recovery festival at Rozelle Park in Ayrshire

Kirsteen, founder of Recovery Rhythms and manager of new rhythms for Glasgow shared about how they provide an incredibly unique experience where they have combined the principles of a 12 step recovery program with dance

Julie from Terrence Higgins trust and the great work going on with their partners in relation to stigma and how it still effects people living with HIV but also hearing how people are living their lives with HIV and the undetectable news

Rosie from Dundee shared about their successful conversation cafe and how the first steering group meeting for the newest Dundee Recovery cafe was now in place

OUR PARTNERSHIPS

NORTH WEST ADRS

WITH YOU NORTH WEST

GLASGOW COUNCIL ON ALCOHOL

ELEVATE PSP

ALCOHOL & DRUG PARTNERSHIP

SALVATION ARMY - HOULDSWORTH STREET

SOUTH COMMUNITY RECOVERY NETWORK

NORTH WEST RECOVERY COMMUNITY

12 STEP FELLOWSHIPS

SCOTTISH DRUGS FORUM

SCOTTISH RECOVERY CONSORTIUM

FASS

SFAD

CHILDREN 1ST

HEALING FOR THE HEART

SECOND CHANCE PROJECT

WELLBEING SCOTLAND

HOPE CONNECTIONS

MUNGO FOUNDATION

FREED UP

KNIGHTSWOOD COMMUNITY CENTRE

CITY WRITES

POSSILPARK PARISH CHURCH

SIMON COMMUNITY

SMART RECOVERY

ASPIRE

CLAYPITS NATURE
RESERVE

STREET SOCCER

VENTURE SCOTLAND

MOVE ON

GAMCARE

CITIZENS ADVICE NW &
GAMBLING SUPPORT

NORTH WEST CARERS

NORTH WEST
VOLUNTARY SECTOR

GLASGOW COUNCIL
VOLUNTARY SECTOR

SAMH

THE ADVOCACY
PROJECT

MARTHA'S MAMMIES

MEN MATTER

LETS GET CONNECTED -
GLASGOW GIRLS CLUB

WAVERLY CARE

HOPE FOR GLASGOW

OUR PARTNERSHIPS

PHOENIX FUTURES
CROSSREACH
BLUE VALE HUB
NEW RHYTHMS FOR GLASGOW
POSSOBILITIES COOK & CARE
HOME START
POLICE & FIRE SERVICE
SISCO
STREET CONNECTS
LGBT HEALTH & WELLBEING
BACK ON THE ROAD
V.I.N.E
VRU - YOU DECIDE TEAM
PARTICK THISTLE COMMUNITY TRUST
DUMBARTON ROAD CORRIDOR YOUTH PROJECT
GILDED LILY
BLUE TRIANGLE
SAY WOMEN
POSITIVE OUTCOMES PROJECT
SAFE AS HOUSES
SALVATION ARMY - HOUSING 1ST
NAVIGATORS
DWP

THE WISE GROUP
MONEY MATTERS
SHELTER
THE METHODIST CHURCH
TURNING POINT
PENUMBRA
NSPCC
HOME ENERGY SCOTLAND
NORTH WEST HEALTH IMPROVEMENT TEAM
GLASGOW & CLYDE RAPE CRISIS
YOMO
SCHOOL OF HARD KNOCKS
NEW COLLEGE LANARKSHIRE
OPEN ARMS WELLNESS
WORKERS EDUCATION ASSOCIATION
SMART WORKS
THE RECOVERY COLLECTIVE
HOLISTIC HEALTH SCOTLAND

DROP IN NUMBERS

POSSIL



In 23/24 a total of 3300 people attended the Possil drop in. The mixed group are able to take part in a MAP (Mutal Aid Partnership) group delivered by James Simons at With You, Healing for the Heart deliver their weekly Compassionate Conversations group. We are also able to offer Reiki, Herbalist & Massage complimentary therapies on alternative weeks to the participants.

MEN'S GROUP



In 23/24 a total of 418 men attended the Men's Group. The men's group focus on Mindfulness and meaningful discussions by picking a word each week and speaking through what that word means to them. The quieter group is a better option for men who prefer a less busy setting with a core group who have been attending through its 10 year history !

KNIGHTSWOOD



In 23/24 a total of 1674 people attended the Knightswood drop in. At the Knightswood drop in the participants are able to take part in taster sessions of SMART recovery delivered by Blue Triangle and our volunteer Jim, groups delivered by Billy at the Second Chance Project and group sessions delivered by Healing for the Heart on subjects such a resilience and confidence. We are also grateful to be able to have a herbalist and podiatrist providing complimentary therapies for our participants. The City Writes group runs between 1pm and 3pm.

WINGS



In 23/24 a total of 1681 ladies attended the WINGS women's group. The ladies at the group take part in group work focused on women's health and recovery, there is arts and crafts and jewellery making and the women can get complimentary massages and take part in somatic dance movement sessions. The drop in is a safe space for women to gain peer support and connection.



OUR DROP INS

WINGS (WOMAN IN NORTH GLASGOW SUPPORT)



The WINGS group runs from the Possilpark Parish Church - 124 Saracen Street, Possilpark, G22 5AP

Every Wednesday

10:30am to 2:30pm

MEN'S GROUP



The Men's Group runs from Knightswood Community Centre - 201 Alderman Road, Knightswood, G13 3DD

Every Wednesday

5:45pm to 6:45pm

KNIGHTSWOOD



The Knightswood Drop in runs from Knightswood Community Centre - 201 Alderman Road, Knightswood, G13 3DD

Every Thursday

11am to 2:30pm

POSSIL



The Possil Drop in runs from Possilpark Parish Church - 124 Saracen Street, Possilpark, G22 5AP

Every Friday

11am to 3pm



BIG EVENTS

With money given to NWRC by Foundation Scotland, our outreach worker Joanne and the WINGS steering group have put on four big women's events throughout the year. Women's international Day, Christmas, Halloween and Hollistic Wellbeing have all been the themes for these bigger events that have always seen more than 100 women and 15 services all join us. Thank you to all the specialised volunteers and friends of NWRC who have helped us to bring special memories to the women attending all of these sessions and we look forward to being able to deliver more of these in the next year.





BIG EVENTS

The two other biggest events we held in 23/24 were our ROSC family day in July at the Hamiltonhill Claypits nature reserve. The sun was shining all day, Donna & Freed up provided the music and performances from community groups, the food was provided by The Courtyard Pantry, Massages by River & Face painting by Michelle all brought together with the stall holders and activities put on by our partners made it truly a day to remember of which is still spoken about now by the workers and volunteers of the Claypits, so much so that we will host our event here again in the next year.



In December we held our annual Christmas event at the Possilpark Parish Church. We served a 3 course dinner made by the participants of Possibilities to over 100 community members.

We were also incredibly humbled and grateful for the generosity of the people in Glasgow and beyond who take part in the Spirit of Christmas. Their kindness and donations meant we were able to give out over 100 presents for Children in our community. Given out by our special visitors Santa & the Grinch in our very own Santa's Grotto.



North West Recovery Communities
(A Scottish Charitable Incorporated Organisation)

Receipts and Payments Account
For the period ended 31 March 2023

	Unrestricted Funds	Restricted Funds	Total Funds
	Period ended <u>Mar-23</u>	Period ended <u>Mar-23</u>	Period ended <u>Mar-23</u>
	£	£	£
Receipts			
NHS funding	70,000	20,000	90,000
Corra Foundation	3,250	65,000	68,250
ADP	40,000	-	40,000
Donation from unincorporated association	4,922	25,000	29,922
WINGS	-	2,000	2,000
Bank interest	245	-	245
Donations	2,602	-	2,602
Other income	6,445	-	6,445
Total receipts	127,464	112,000	239,464
Payments			
Materials	(4,100)	(1,671)	(5,771)
Salaries	(708)	(60,000)	(60,708)
Training and development	(4,619)	(3,720)	(8,339)
Insurance	(491)	-	(491)
IT costs	(6,185)	(20)	(6,205)
Room hire	(38,589)	(272)	(38,861)
Food	(19,148)	(2,037)	(21,185)
Entertaining	(1,052)	(613)	(1,664)
Membership fees	(88)	-	(88)
Consumables	(1,773)	-	(1,773)
Services	(8,311)	(536)	(8,847)
Sundry	(425)	(11)	(436)
Outreach Expenses	(134)	(2,601)	(2,735)
Volunteer Expenses	(1,737)	-	(1,737)
Office Supplies	(1,113)	-	(1,113)
Stationery	(24)	-	(24)
Event costs	(809)	(500)	(1,309)
Donations	(59)	-	(59)
Bank charges	(92)	-	(92)
Total payments	(89,458)	(71,981)	(161,438)
Excess of receipts over payments	38,006	40,019	78,026

North West Recovery Communities
(A Scottish Charitable Incorporated Organisation)

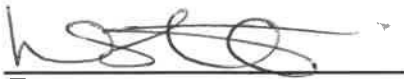
Statement of Balances
As at 31 March 2023

	<u>General</u> <u>Fund</u> £	<u>Restricted</u> <u>Fund</u> £	<u>Total</u> <u>2023</u> £
Cash and Bank Balances			
Excess of receipts over payments for the period	38,006	40,019	78,026
Balance at 31 March 2023	<u>38,006</u>	<u>40,019</u>	<u>78,026</u>

Liabilities

Accountants' fee 2023: £1,080

Approved by the Trustees on 14/3/24 and signed on their behalf by:


Trustee

Our Unaudited Accounts 23/24

North West Recovery Communities

(A Scottish Charitable Incorporated Organisation)

Receipts and payments account

UNAUDITED

For the year ended 31st March 2024

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total Funds</u>
	<u>£</u>	<u>£</u>	<u>£</u>
<u>Income</u>			
<u>NHS Core Funding</u>	<u>80000</u>		<u>80000</u>
<u>Corra</u>		<u>63500</u>	<u>63500</u>
<u>Bank Cashback</u>	<u>46.42</u>		<u>46.42</u>
<u>Donations</u>	<u>660.00</u>		<u>660.00</u>
<u>GGC Workforce Development</u>		<u>9000</u>	<u>9000</u>
<u>Other Income</u>	<u>847.98</u>		<u>847.98</u>
<u>(Refunds & Joint Venture for events Etc)</u>			
<u>GCA – ROSC</u>	<u>2148.77</u>		<u>2148.77</u>
			<u>156203.17</u>
	<u>Year Ended March 24</u>	<u>Year Ended March 24</u>	<u>Year Ended March 24</u>
<u>Operational Cafes</u>	<u>30551.95</u>		<u>30551.95</u>
<u>Special Cafes</u>	<u>7312.86</u>		<u>7312.86</u>
<u>Volunteers</u>	<u>16952.83</u>		<u>16952.83</u>
<u>Contractual Costs</u>	<u>21862.28</u>		<u>21862.28</u>
<u>ROSC</u>	<u>1954.84</u>	<u>5082.88</u>	<u>7037.72</u>
<u>General NWRC</u>	<u>10534.06</u>		<u>10534.06</u>
<u>Family Learning Hub</u>		<u>6430.51</u>	<u>6430.51</u>
<u>Outreach</u>		<u>39051.10</u>	<u>39051.10</u>
		<u>Total</u>	<u>139733.31</u>

Statement of balances – As at 31st March 2024

<u>Cash & Bank Balances</u>	<u>General Fund</u>	<u>Restricted Fund</u>	<u>Total</u>
<u>Balance at 1st April 2023 including petty cash</u>	<u>77808.94</u>		<u>77808.94</u>
<u>Excess of receipts over payments for the year</u>			<u>16469.86</u>
<u>Petty Cash</u>	<u>232.70</u>		<u>232.70</u>
<u>Balance at 31st March 2024</u>	<u>46823.62</u>	<u>47687.88</u>	<u>94511.50</u>



TESTIMONIAL

“I came here full of fear and in a hopeless state. I got some hope and support from other women who had been the same and were well. I started my healing journey with support from the women who showed me how to get well. Now I show women how I got well. WINGS saved my life and I am forever grateful”

K

ATTENDEE OF WINGS
WOMEN'S GROUP

CONTACT



CONTACT US

**NORTH WEST
RECOVERY
COMMUNITIES**



P/ 0141 328 4578



E/ info@nwrc-glasgow.co.uk



W/ www.nwrc-glasgow.co.uk



A/ 80 St Vincent Terrace, Glasgow, G3 8DX



FACEBOOK/ @nwrcglasgow

X (TWITTER)/ @nwrcglasgow

INSTAGRAM/ @nwrcglasgow

TIKTOK/ @nwrcglasgow







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