

# NEWSLETTER

## FEBRUARY



north west glasgow  
recovery communities

Welcome to our February newsletter.

We are all very much back in business here at North West and have our first community event under our belt for 2024.

Where January felt like it lasted 3 months, February has passed in a flash. So much so that we don't have a Spotlight on feature this month but we will be back with this next month!

Brian has been at two important meetings this month. The LERO group and the last in the leadership course with the British Institute of Human Rights & Scottish Recovery Consortium. Read more about this on page 6,7 & 8

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**WHAT WE HAVE  
BEEN UP TO THIS  
MONTH**

## ***BIG NEWS !***

The big news from NWRC this month - We didn't want to lose the resource that we had at Whiteinch and Woodlands with the Building Positive Pathways Group so Eddie from GCA is going to come and deliver this fortnightly at our Knightswood Cafe. We will hear more about this from Eddie in next month's newsletter once he has started the group in Knightswood. We are very grateful to Eddie for bringing this opportunity to the members of our Knightswood Drop In to experience this group.

# Our Cafes



**IN FEBRUARY ...**

## **WINGS**

There were 146 Women at WINGS Cafe. The WINGS cafe is held at the Possilpark Parish Church on Wednesdays between 10:30 & 2:30. At the cafe we were joined by With You, Elevate, Children 1st, Money Matters & Home Energy Scotland. Having organisations like Money Matters and Home Energy Scotland at the drop ins, means the women are able to speak to the advisors from both organisations in a safe space about anything they might need help with, where they might not have accessed the service on their own outside of the drop in. Any participants eligible at the drop ins were able to gain energy vouchers from The Wise Group and were supported with energy tips.

## **MEN'S GROUP**

There were 32 men at the Men's group across February. The men's group runs from Knightswood Community Centre on Wednesdays from 5:45 - 6:45pm. The group as part of the session complete a mindfulness exercise. They then move on to picking a word and discussing it. One of the words in February was "Wellness" Our project manager Brian was the safe guarder at the Men's group on the night that this word was picked, Brian said "Each member of the group gave amazing insight and examples of how they practice wellness and how it helps them in their everyday lives. This could be after coming back after relapse or if their recovery is continuing to go well, during this session we also delivered information packs to each of the men at the group. In this information pack was details of other Men specific supports in the area that they can tap in to the other days of the week where the men's group isn't on. This included Men Matter, Local to us in Drumchapel, Andy's Man club who have locations through Scotland and the UK and The Men Shed, It is important that we support each of our participants to access support outside of our settings to ensure they are staying connected and can access support all week round"

# Our Cafes



## IN FEBRUARY ...

### KNIGHTSWOOD

There were 180 people at the Knightswood Cafe over February. The Knightswood cafe runs from Knightswood Community Centre on Thursdays between 11am - 2pm. City Writes runs from 1pm - 3pm. The numbers at Knightswood are growing steadily which is amazing to see. We were joined by With you, Housing 1st, Elevate, City Writes, Salvation Army, Safe As Houses, Healing for the Heart, Wellbeing Scotland, ADRS, Second Chance Project, Dumbarton Road Corridor, Navigators and POP. In February we were also joined by some medical students who were visiting the cafes on the back of the Humanising Healthcare Event that was attended by some of our volunteers in January. Plus, one of the wellbeing co-ordinators from Clydebank College who came along to get some information on our drop ins and information on other services that will be used for any students who look for support in the college.

### POSSIL

There were 324 people at the Possil Cafe over February. Our Possil cafe runs from Possilpark Parish church on Fridays between 11am - 3pm. We were joined in February by With you, SISCO, Safe As Houses, POP, NW ADRS, Waverly Care, GCA, Housing 1st, Move On and You Decide Violence Reduction Unit. Through the Organisation Waverly Care coming to the Possil Cafes, they will begin having a regular visit to the cafe every 4 weeks. Waverly Care will provide testing to any of the participants who attend who would like this. Again, by doing this at the cafe it is a way for people to access this service in a safe space supported by their peers and with the stigma removed from a simple but very important test that will be able to be done in the community where people may not have accessed this service themselves outside of the cafe. This 4 weekly service will start on 15th March.

# ROSC



## 6TH FEBRUARY WAS OUR NEXT ROSC 6 WEEKLY MEETING

It was a very busy meeting with over 23 different organisations in attendance.

The speakers on the day were -

Cami & Edie from GCA who spoke about the work they do with the young persons recovery service. Michael from GCA promoting the new LGBT+ wellbeing service launch and the GCA showcase day.

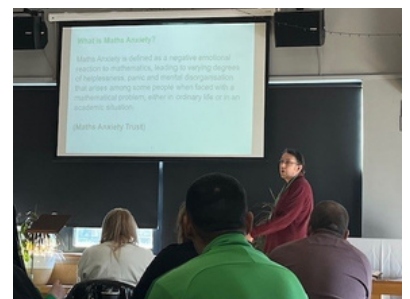
Shannon from the ADP giving information on the new survey out for specific organisations on the safer consumption rooms and also the survey for people who have had interactions with the MAT Standards. The survey for this is attached at the end of the newsletter for anybody that might be eligible to give their feedback.

Paige and colleagues from the Glasgow & Clyde Rape Crisis giving information on the free training they can provide in the G20 and G44 postcode area. They also have Drop ins in Drumchapel & Maryhill.

Stephen who runs our City Writes group had a different hat on and spoke to the group about his role in the Workers Educational Association (WEA) and the course he currently has running on Maths Anxiety

Angela from North West Citizen's Advice Bureau spoke to the group about energy support and guidance on how to navigate it and get help.

Finally, we had Healing for The Heart who have a presentation on what they do in their roles, a fascinating talk through the resilience zone and how this effects us all everyday. We also heard from a member of the Compassionate Conversations group that runs from our Possil cafe every Friday who spoke about what the group done for him. It was such a powerful talk! Unfortunately we were unable to see the video that they brought to highlight the work that the group does but we will show this at the next ROSC meeting.



# Our Volunteers



This month we will hear from Jim. Jim has volunteered with North West for Over 2 years.

## **How did you come to hear about / attend NWRC ?**

I attended the recovery cafe each Friday in the Whiteinch Community Centre prior to lockdown.

## **What have the cafes/ groups done for you?**

The cafes have given me purpose, fulfillment, routine, enjoyment, fun and acceptance.

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

The positives I see in the cafes are acceptance amongst everybody who attends, nobody is judgmental, everybody is welcoming and supportive and the educational value of the groups that take place within the cafes.

## **What has volunteering brought to your recovery journey?**

As above it has given me purpose, fulfillment, routine, enjoyment, fun and acceptance but it has given me a new lease of life.

## **What are your goals through NWRC and Peer Support ?**

My goals through NWRC and Peer Support are to continue to support the guys and girls on their recovery journey.

Jim has recently become a SMART recovery facilitator and helped to develop a group work program that he and one of the other volunteer James are now delivering as a peer support volunteer for NWRC. We are always so grateful for Jim and the time he gives to NWRC.

# LERO & Rights In Recovery



Brian sits on the LERO Lived experience Recovery Organisation group. We will be adding a LERO page to our website next month to help promote what is happening throughout the city and beyond, this will include events and job vacancies. Keep a look out for this launching !

The group met this month on 27th February. Brian has given an update on what was discussed at this meeting. “The LERO group is one of my favourite groups to attend, it’s for lived experience orgs, services and communities to come together to discuss and share experiences, good news stories, share our challenges and hear some solutions and find out what going on across the country. The February meeting was great, we heard about the National stigma campaign from Racheal who works for Terrence Higgins trust around the good news about treatment for HIV and how “the lie is dead not the person living with HIV” as the old narrative promoted. People are living healthy happy lives and although still facing stigma at so many places, I took hope from some of the good news shared about people challenging stigma and working together to break down barriers between them, really positive and powerful. Please have a watch at the campaign video – link below  
<https://www.youtube.com/watch?v=zX91VwsEMAQ>

Donna from Freed up shared that she finishes with SRC on Friday 8th March and on Monday 11th March will start as project manager for Freed Up CIC. It has been great to see the alcohol and drug free social calendar and activity growing over the years and we are wishing Donna and the Freed up crew all the best for the future. We at NWRC will certainly be happy to continue supporting Donna n Co in the future.

# LERO & Rights In Recovery



Cont...We also heard from Alex at Andys Man Club (AMC). They have started another group with now 44 groups meeting across Scotland. Here in Glasgow we have 2 meetings they take place at 7pm every Monday except bank holidays. There is one in Kelvin Hall and one in Heart of Scotstoun community Centre.

Alex and AMC do amazing work with their modal in Scotland on men's mental health, supporting men to connect share and support one another. On our website under the resources section we have a gender specific tab with all links to Men's Supports.

With Suicide prevention and awareness raising in mind Natalie (LERO lead) passed on the details around the release of a documentary film on male suicide: Below is the link to a film called 'A Little While Longer' which is a documentary film, , funded by the See Me Anti-Stigma Fund that aims to tackle stigmas around male suicide.

The film will be released on 15th March 2024 alongside a number of collaborating organizations and charities. The following YouTube link which can be posted on the 15th of March; however, please note that this link will not be active until then.

[https://link.edgepilot.com/s/625b4a1a/tN6jFM0rz0qWtAKiplkmlg?  
u=https://youtu.be/p6U5dk6T8Kl](https://link.edgepilot.com/s/625b4a1a/tN6jFM0rz0qWtAKiplkmlg?u=https://youtu.be/p6U5dk6T8Kl)

If anyone is interested in being a participating organization and wants to post the link on 15th March, please get in touch with Tom (tom.hurk@yahoo.co.uk).

I mean when you think of lack of connection and that overwhelming feeling of being totally alone and helpless, then building the social network and finding connection with other who have been in the same places then a Freed up comedy night or old skool night may be the ticket !! “

# LERO & Rights In Recovery



NWRC picked up some work while at the LERO group with incoming chief executive Tracey sharing about an amazing opportunity for people with Lived experience to work directly with MSP's delivering Naloxone training to Scottish gov MSP's - A whole day delivering in Edinburgh in May, we will definitely support this with the newly trained Naloxone volunteers at NWRC.

We always want new LERO members so please if you are a lived experience group with a focus on recovery then please get in touch with [natalie@scottishrecoveryconsortium.org](mailto:natalie@scottishrecoveryconsortium.org)

Big thanks to Tom @ SRC, Annie and Carlyn from British Institute Human Rights and Congratulations to all the gang Lee, Dermot, Robert, Ashley, Darren, Gillian, Dave, Victoria, Alan for completing the Rights in Recovery Leadership Programme over the last 8 weeks. It was really interesting and helpful in relation to seeing how human rights fits into advocacy for supported people, how we all have these rights, getting some understanding on them in context to the work we all do, and more importantly seeing how we support folk to claim their rights hence getting better outcomes. I am looking forward to sitting on the National Recovery advocacy network meeting as hope this gives some context to the training as in how it best applied to practice, and I do hope to work on some easy to read document to share how people claim their rights”





# What We've Been Up to This Month



On the 5th of February our outreach worker Steven delivered a presentation to the residents of Eriskey House. This can be a great opportunity for people building on their efforts in detox, by carrying on their journey in the community by getting involved with one of the many options available to them in the city.

On 10th February Brian & Volunteer Joleen held a stall at the Broomhill Community networking event. Thanks to Kenna and co from the NW Health improvement Team for the invite. This was for the residents of the Broomhill flats. We had some magic conversations with folks, and managed to get the recovery is possible message shared and we hope we see some of those people at one of the NWRC drop ins or at one of the other groups we promotes. We had good chats with people working for Wheatley group, Citizens Advice Bureau, PAPYRUS, Turning point flexible homeless outreach service, and Glasgow life to mention a few, apologies if we have missed anyone. It was a great morning had by all who attended.



# What We've Been Up to This Month



We celebrated the group who took part in the Christmas Dance Battle held by Freed Up & Recovery Rhythms to represent North West. The group had a lovely lunch at Marbles Buffet. A big thank you again to all who gave up their times in the run up to the event for practices and for participating on the day !

The last week in February seen us welcome Elle a placement student from City of Glasgow college. Elle is here to learn about different recovery pathways and be involved in how the ROSC model works in the community and in statutory services. Elle will be with us for 4 weeks before going back to continue her studies to gain her HND in Education & Social Services. Elle hopes to work in Social Work at the end of her studies.

On the 29th February, Brian attended the GCA showcase day. It was a great event getting an update on the different services that GCA offer and getting to catch up with all of the new and continuing staff at GCA of whom we have a close working relationship.

# What We've Been Up to This Month Cont...



On Thursday 29th, Brian, Charlotte & Ellie attended the Dumbarton Road Corridor Youth Group event held at the Yoker Community Campus

We were invited along to gain some insight in to what the youth clubs in the North West would require in order to develop and deliver group work around Drugs & Alcohol.

We were joined by Gillian who so kindly gave up her time to come along to help us with this piece of work using her own professional background in youth work. A massive thank you to Gillian and we look forward to working with Gillian more on this soon.

We were able to speak to lots of other organisations at the event, G20 Youth, G15 Youth, Glasgow Life, Medics Against Violence, North West Health Improvement Team and other strong voices and advocates for the younger voices in our communities.



A big thank you to Kevin, Stephanie & Arthur at the DRC Youth Group for inviting us along and we hope that the work we can do collaboratively to help the youth groups can together, build a foundation of support for a new generation of people affected by addiction now and in the future.

# 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.

On Tuesday 13th February we were joined by Stephen from WEA (Workers Educational Association) Stephen came to deliver a group on Maths Anxiety.

He had this to say “In February the WEA delivered Maths Anxiety training for NWRC Volunteers.

The session went really well and highlighted why anxiety can be a barrier for maths and numeracy but also how anxiety in general can hold people back from development opportunities.



In the second part of the workshop we looked at why numeracy can be an important part of recovery looking at finance, budgeting and managing medication.

“ We thank Stephen for delivering this training and look forward to working with him in this capacity again in the future.

# Training Tuesdays Cont...



On Tuesday 20th February Vicky from the Citizen's Advice Gambling Support joined us to speak about what they do to support people. Vicky had this to say " The Training and Engagement Officer from the Citizens Advice Scotland - Gambling Support Service was invited along to deliver a Gambling Harms training session to the NWRC team on Tuesday 20th February. There was a fantastic turnout of staff and volunteers on the day with good interaction during the session. Gambling can be a difficult subject to speak about as people can often feel embarrassed or stigmatised and think that they should be able to manage their own gambling, this can result in them hiding their gambling and not seeking support. The main takeaway from the training is that we need to raise awareness about gambling and the harms that it can cause. By talking about it and taking away the stigma and embarrassment then people who are experiencing gambling harms can seek help before they are in a crisis situation.

There is a wide selection of support resources and services available to help people into recovery. Following the training all attendees were issued full details of the supports available and how to access these together with a Certificate of Attendance. If any other services/organisations are interested in learning more or receiving the free Gambling Harms training please contact [Vicky.Lyons@airdriecab.casonline.org.uk](mailto:Vicky.Lyons@airdriecab.casonline.org.uk) who will be happy to arrange this.

The last training session in February was our in house training on safeguarding and boundaries this is an important part of being a volunteer at any of our settings. We ensure the volunteers always feel empowered to deal with situations when to report anything to one of the safeguarders for the safety of all who attend our drop ins.



# 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@nwr-glasgow.co.uk](mailto:info@nwr-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 poster below for our outreach team. Please print this poster to use and display in your organisations to link in to our outreach service.





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](mailto: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.**



# Do you receive Medication Assisted Treatment in Glasgow City?

Are you prescribed OST like methadone, buprenorphine/ Espranor<sup>®</sup> or Buvidal<sup>®</sup>?

We would like to speak with you about the treatment and support you have received.

What you and others tell us will help improve the services we provide.



The survey is completely anonymous.

**Please complete our online survey.  
Scan the QR code above or visit  
<https://link.webropol.com/s/MATPAS>**





# 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** - 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](mailto: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 and fortnightly group with GCA Building Positive Pathways. With meditation and peer social support, recovery shares. Podiatry & Herbalist visits on selected weeks.

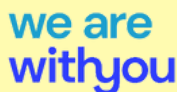
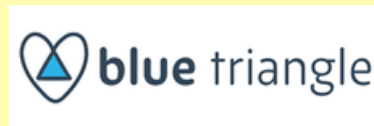
**City Writes** at Knightswood Community Centre, 201 Alderman Road G12 3DD  
From **1pm to 3pm**

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

## 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