

NEWSLETTER

JANUARY



north west glasgow
recovery communities

Welcome to our January newsletter.

We are all refreshed here at North West Recovery Communities and looking forward to a new year.

The diary is already filling up with training, events, stalls and ROSC meetings.

Our board had their first meeting of the year also - looking to the year ahead and what we want to achieve here at North West to ensure we continue to provide the best support we can to our community and continue to spread our motto that "Recovery Is Possible"

PAGE 6

**SPOTLIGHT ON
FEATURE**

PAGE 8

**OUR NEXT
VOLUNTEER
STORY**

BIG NEWS !

Our big news this month is that our Woodlands Group will be closing.

The last day will be Monday 12th February.

We are sad to be closing this group. Unfortunately we were never able to get the numbers attending the group to continue and keep it sustainable. We want to thank Laurent from the Woodlands Methodist Church for allowing us to use this space and supporting us at every turn. We hope to work with Laurent on another venture soon.

More about this on the next page.

Our Cafes



IN JANUARY ...

WOODLANDS

There were 51 people at Woodlands. This was predominantly made up of Workers & Volunteers and only a few participants. Unfortunately due to the small numbers attending the Woodlands cafe the tough decision was made to close the group in February with the last date being on 12th February. We would like to thank GCA & Second Chance for coming along each week to deliver the groups for us and to the services and organisations who brought their supported people along. For the participants who were coming along on a Monday, we have made sure they have been directed in to other activities.

WINGS

There were 156 Women at WINGS Cafe. At the cafe we were joined by With You, Hope Connections, Elevate, Children 1st, SISCO, Wheatley Care and Street Soccer. Street Soccer come frequently to WINGS, this has encouraged a number of the women from WINGS to start attending Street Soccer on a Monday. This is just one example of the ROSC work that we try to achieve at each cafe every week and we will start hearing more about in future newsletters.

MEN'S GROUP

There were 42 men at the Men's group across January. The number is steadily increasing. It is amazing to see new faces coming to the group and we hope that continues to be the case. Some of the words discussed this month were blame & responsibility and the group also trailed a new mindfulness session on forgiveness. The men are able to share and give their perspectives in a relaxed setting each week due to being a smaller group.

KNIGHTSWOOD

There were 124 people at the Knightswood Cafe over December. We were joined by With You, Healing For the Heart, North West Carers, Men Matter, Housing 1st, POP, NW ADRS, Shelter, Safe as Houses, North West Social Work & City Writes We will be joined by a Podiatrist in February at our Knightswood cafe. More about this in next month's newsletter.

Our Cafes Cont...



IN JANUARY ...

As mentioned before, going forward we will start to look a bit more at the work that is done each week at the cafes. With a closer view on the organisations that come to the cafes and what they do whilst they are there. Below is a more detailed review of our Possil Cafe in January.

POSSIL

Since the beginning of January we have had approx 90 people attending the café each week.
374 Overall throughout the month

The services that have come to support – Phoenix, SISCO, Safe As Houses, POP, Turning Point, Blue Triangle, Move On, Wheatley Care, Re Entry, NERC, Violence Reduction Unit, Freed Up, With You, NW Carers, ADRS, Healing for the Heart.

Our Community lead for With you facilitates a MAP group each week which highlights the cycle of change this group is always fully attended.

Fortnightly Healing for the Heart facilitates a group on compassionate conversations which we will hear a bit about later on from Donna, the group has been working on a celebration of life project looking at the lives that have been lost due to suicide. This group is also supported by Stephen from City Writes.

Our Volunteer team provide peer to peer to all within the cafes, providing a free lunch & pudding which is enjoyed by all. In alternate weeks there is a recovery group where a café attendee will share their recovery journey with the group and discuss afterwards.

We also have a reiki practitioner who comes to the café each week to provide a holistic approach to recovery. Those lucky enough to get a space gets a 45 minute reiki session. This is open to all café attendees.

We had 19 medical students attending the café in January to see how a recovery café runs and the positives it has in people's lives within the community. The feedback was very positive from all the students.

NWRC In The Community



On 22nd January the new year intake for Creative Industries started in the North West Recovery Communities Office. There is still time for participants to join. The posters for the course are on the next pages. If you would like more information on the course, please email the contacts on the poster or else email info@nwrc-gasgow.co.uk.



On the 18th January some of our volunteers and Joanne & Steven from North West Recovery outreach team took part in the latest Conversation Cafe at Glasgow University. The feedback that came from the trainee doctors involved in this was that 100% of them found it useful for their training and 100% of them believed that people with lived experience should be involved in medical education.

On 26th January 2 of our Volunteers Chris & John attended the DWP event at Drumchapel community centre to promote NWRC and network with other organisations in the community. A big thank you to Claire for inviting us to this event and we are so happy to restart this relationship with the DWP after it was paused due to COVID. Chris & John attend the Drumchapel DWP office every fortnight to speak with anybody who might be looking for recovery. By sitting in the DWP office it gives people a safe space to talk and see what is happening in their local communities from lived experience peers.



**NEW COLLEGE LANARKSHIRE &
NORTH WEST RECOVERY COMMUNITIES**

SQA accredited college course - no experience necessary

ACCESS TO THE
**CREATIVE
INDUSTRIES**
STARTING FROM JAN 2024

Email

Brian@nwrc-glasgow.co.uk
Stuart.Coleman@nclan.ac.uk

January 2024

CAN YOU COMMIT TO AN 18 WEEK COURSE?

**80 ST VINCENT TERRACE
GLASGOW, G3 8DX**

TELEPHONE - 0141 328 4578

ARE YOU INTERESTED IN

**Songwriting, Beat Making, Radio
Podcasting, Music Mixing, Recording,
Creative Writing, Music Videos,
Playing a Live Gig?**

EVERY MONDAY

10am in the NWRC office

APPLY NOW!



**north west glasgow
recovery communities**



**NEW
COLLEGE
LANARKSHIRE**

suitable: Ages 16 plus

Spotlight On ...



This month's spotlight is on **CAPA**

CAPA was developed to increase the support available to children affected by parent/carer substance use across Glasgow. It is envisaged that this service would improve interventions to children in their homes and supplement support to adults to help them parent/care more effectively. The service will also increase the supervision and surveillance of families where there are identified needs and risks.

CAPA support workers provide a range of supports and tasks to Adults and Children who are supported by ADRS. The support workers can and will attend HUBS in each locality.

They support families to attend health appointments such as dentist, hospital, GP, housing appointments, meetings, Assist and support multicultural families who struggle with a language barrier such as making appointments over the phone.

Assisting to complete forms for housing or benefits, all forms in general, This will include supporting families maximise their current financial situation

Activities with family/child(ren) CAPA staff will encourage improved engagement with local community and local services, at times this can be solely with the child(ren) as befriending support (Subject to FIN 71 funding)

Wellbeing check calls are provided this is to ensure children are in a safe environment and parent/carer/carer is not intoxicated, in addition to monitoring there should also be additional tasks (from above) attached to this service package.

Assist families to establish a morning routine and evening routine, such as supporting parent/carer/carer to wash and bathe child, prepare breakfast and meals etc

Staff assist with cooking and support families to purchase produce and prepare a healthy meal with limited budget also supporting with budgeting and shopping, this could involve supervised shop

Spotlight On

Cont ...



Assisting parent/carer with household task, such as cleaning and laundry tasks should be built into a planned and structured routine (this role is about support rather than CAPA completing the tasks)

As routine CAPA staff will check cupboard's and fridges to ensure there is appropriate food, beds to ensure they are made and clean (if this is not required this should be stipulated on original referral form)

CAPA staff will encourage parent/carers to engage with their child(ren) and support them with homework, at times this may require CAPA staff to support child(ren)

Speak and listen to a child regarding any worries /concerns or interests that they have and signpost them to the correct organisation.

The above is a brief list of the specific tasks/services available, CAPA are however happy to discuss all cases on individual basis and have the flexibility to offer a more bespoke service package if appropriate.

If you would like any further information on the work and service that CAPA provide. Please contact: Rhona Paterson - Rhona.Paterson@glasgow.gov.uk
Phone - 0141 353 9213

Our Volunteers



This month we will hear from James. James has volunteered with North West for 2 years in June.

How did you come to hear about / attend NWRC ?

I was being supported by the North West Recovery outreach team Joanne & Jamie whilst I was in the stabilisation unit. They offered to bring me along to the cafes.

What have the cafes/ groups done for you?

The cafes have given me purpose, routine, structure and they have boosted my confidence 10 fold.

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

The cafes are good for people who want to change their way of life and they provide groups, one to ones along with holistic therapies such as Reiki. Plus you always get food & warmth!

What has volunteering brought to your recovery journey?

It has given me confidence, structure and helped me to reduce my prescription.

What are your goals through NWRC and Peer Support ?

My goals are to continue reducing my prescription and facilitating groups on behalf of NWRC in other settings for partner organisations & services and doing other activities with NWRC.

James has recently co-facilitated a small pilot group and has worked to develop a new group work program that he will again co-facilitate starting in February with skills learned throughout his time and training at NWRC. James is showing great willingness to develop his skills within the volunteer team !

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. If you require any further information please contact the office on 0141 328 4578 or to speak directly to our outreach team –
Joanne – 07729574683
Steven – 07918923649

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





north west glasgow
recovery communities



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

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

TALK TO US - 0141 328 4578

Email - info@nwrc-glasgow.co.uk

Our Outreach workers -

07729574683 - Joanne 07918923649 - Steven



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



Training Tuesday



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

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

The first Tuesday after Christmas & New year was used to catch up with our volunteers after 2 weeks off. The next 3 Tuesday's we were joined by Paige and colleagues from Glasgow & Clyde Rape Crisis for First Responder training. This centred around gender based violence and how the staff and volunteers would be able to respond if somebody was to disclose this in the community. The feedback from this training that it was tough at times but very necessary and brilliant training.



**GLASGOW
AND CLYDE
RAPE CRISIS**



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 for more information.

wednesday

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

From **10.30am to 1.30pm**

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

Mens Sit and Share - Knightswood Community Centre, 201 Alderman Road G12 3DD From **5:15pm to 6:45pm**

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

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



North West Recovery Communities



thursday

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

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

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

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

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.



Registered
SCIO
SC051587



Website QR Code