

NEWSLETTER

MARCH



north west glasgow
recovery communities

Welcome to our March Newsletter.

This month we have taken part in multiple International women's day events.

We held our next Rosc 6 Weekly workforce development sessions

Waverley Care have started coming to the Possil cafe fortnightly to offer testing to the participants.

And we said goodbye to our placement student Elle !

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**WOMEN'S
INTERNATIONAL
DAY**

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**SPOTLIGHT ON
FEATURE**

BIG NEWS !

The big news from NWRC this month - We have started a new walking group every Wednesday. This was initially set up as a way for the volunteers and staff to get warmed up for the Kiltwalk that we are taking part in in April - To sponsor the group -

<https://checkout.justgiving.com/c/3555205>

The walking group poster is later on in the newsletter and is open to anybody. It would be great to see as many people there and get wellness through nature whether in recovery or not.

Our Cafes



IN MARCH...

WINGS

There were 246 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, Children 1st, Turning Point, Elevate, Phoenix Futures, NW ADRS. There were over 100 women at our Women's international event that you can read about further on in the newsletter. Our big women's events are always a roaring success and it is with big thanks to our outreach worker Joanne and the women's steering group for bringing it all together, even with obstacles put in their way at the last minute. Also this month, we are so lucky to have had both River providing the complementary massages for the women and also Tilly who has been delivering a range of different activities to the women including Somatic Dance as another offering for the ladies to try on a Wednesday. We brought back the Ask It Basket some of the suggestions were to have more colouring & drawing resources which we ordered right away and got delivered to the cafe. At the women's group, as well as the physical activities & group work that goes on through the day, we have a space for more mindful activities such as colouring & drawing and jewellery making which is always very popular.

MEN'S GROUP

There were 35 men at the Men's group across March. 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 March was "Manipulation" Brian the project manager for North West Recovery says " The word Manipulation and the discussion that followed was difficult for the group to share about but there was amazing willingness to be honest from the group"

Our Cafes



IN MARCH ...

KNIGHTSWOOD

There were 197 people at the Knightswood Cafe over March. The Knightswood cafe runs from Knightswood Community Centre on Thursdays between 11am - 2pm. City Writes runs from 1pm - 3pm. The attendee numbers in March have grown again since February. We were joined by With you, Healing for the Heart, Salvation Army, Home Energy Scotland, Safe As Houses, Positive Outcome Project, Aspire, NW ADRS, City Writes, Blue Triangle, DRC Youth Project, New Hope Community, Navigators and NW Carers. We had a successful launch of the new Building Positive Pathways group but due to unforeseen circumstances this will be off for a few weeks and we will advertise when it will be back. There is always a positive that comes from a negative in NWRC though, our volunteers Jim & James have been able to deliver their own developed group work programme to the Knightswood Cafe to ensure we are keeping the groups going at Knightswood along with Healing for the Heart groups and The Second Chance Project. Our new offering in Knightswood is a Podiatry check up. Karen seen 9 people in March and we are very grateful for her volunteering her time.

POSSIL

There were 394 people at the Possil Cafe over March. This is our highest number of attendees this year so far. It is great to see more and more new people come in and feel the welcome from our volunteers! Our Possil cafe runs from Possilpark Parish church on Fridays between 11am - 3pm. We were joined in March by With you, SISCO, Turning Point, Positive Outcomes Project, Safe as Houses, NW ADRS, Healing for the Heart, Salvation Army, Wellbeing Scotland, Dumbarton Road Corridor Youth Project, Home Energy Scotland and Waverley Care. Waverley have now started their fortnightly visits at the Possil Cafe. In their initial week they had 6 people come forward for testing. This is amazing and we are very proud to be able to have this resource at the drop in for the participants. We hope this can be a continuous partnership going forward for the benefit of the community.

What We've Been Up to This Month



You will remember last month we welcomed the second placement student at NWRC.

Elle came to us for 4 weeks as part of her studies at City of Glasgow College completing a BA in Education & Social studies, learning about different recovery options in the community. She has left a mark on us at North West and we know she will go far with whatever route she chooses 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.”

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



In March, Brian went to meet the DWP for a review of our partnership where two volunteers sit in Drumchapel jobcentre fortnightly to offer recovery support for anybody attending the jobcentre. The last few months have been so successful that it has been agreed that we will continue this partnership for another 3 months. Through the support and information given by the volunteers at this fortnightly visit, we have had 3 referrals to our outreach service. It wasn't set up to achieve any specific numbers but it is a testament to the peer to peer support being given by the volunteers that have given the men and women the willingness to reach out for that extra support from our outreach team!



On 15th March our outreach worker Joanne represented NWRC at Freed Up's launch as a new Community Interest Company at the Govan Music Festival.

The weather changed for the better on the night and it was a resounding success. We will get to hear from Donna about her new venture in one of our future newsletters but be sure to throw your support behind an amazing organisation for our communities !

On 18th March we had our next volunteer team building session. The volunteers chose to go bowling and for dinner at the hot world buffet again as we did at Christmas.

This time around however, there was no team spirit when it came to the score board. It was every man for themselves, with Charlie even nearly losing a shoe such was the level of intensity in their game. A great day was had by all and everybody was still pals in the end ! We are looking forward to our next one in June !



Women's International Day



Women's International Day was held on Friday 8th March. North West Recovery Communities held our own celebration of the day at our WINGS women's event on Wednesday 6th with women (and some men) attending other organisation's events.



Women's international day at WINGS

There were over 100 women and 21 different services represented at the WINGs Event held for Women's International Day

The women took part in karaoke and it is a big thank you to Donna & Freed Up for putting this on for us at the last minute. The volunteers were able to bring hope to the day with their recovery shares and there were some inspirational talks from the speakers. It was an amazing day filled with empowerment and gratitude !

Other Women's International Day Events

On Friday 8th March our volunteers Dawn, Karn & Donna represented NWRC with a stall at the Drumchapel Women's International Day event.

They started the day with a walk from St Andrew's Church up to Drumchapel Community Centre. The event was packed with people and services and everybody was treated to some amazing food and our Dawn even won a raffle prize !



Check out our Instagram and TikTok for a short video from the WINGS event

Also on the Friday, Charlotte, Steven & Elle attended the Wise Group event at the Templeton Business Park doing some networking and representing NWRC

ROSC



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19TH MARCH WAS OUR NEXT ROSC 6 WEEKLY WORKFORCE DEVELOPMENT SESSION

It was another well attended meeting with some new faces which we are always happy to see!

We were joined by Venture Scotland promoting the Venture on program. They are now on their 5th program and have come along today to give some feedback on how it has gone so far. Kat gave a big thank you to North west and all the other organisations who have supported the program and referred people to it. Venture Scotland works with Move On & Elevate during this program which is made up of personal development, outdoor activities and an SQA qualification. The program lasts for 12 weeks, 3 days a week. To speak about the Venture On program contact Kat -kat.jackson@venturescotland.org.uk

Barry Strain from DWP along with his colleagues were in attendance to discuss the DWP's strategy to support customers in recovery. The purpose of the strategy is to ensure customers who are in recovery are supported in a person centred way by DWP who recognise the issues and challenges they face, understand the specialist organisations available locally and nationally to support them and provide appropriate information, relevant signposting and supporting employability.

Barry advised about the continuing relationship between North West Recovery Communities & the DWP where we have 2 volunteers who sit in the Drumchapel jobcentre every 2nd Wednesday to speak to anybody who is interested in hearing about the recovery options in the community.



Tam, Megan and their colleagues from Shelter gave a very important and informative talk about Shelter's new strategy and the ways they will be working going forward to educate organisations on the human rights we all have when it comes to housing, in turn this will help organisations work with their supported people first and know when to contact shelter when their rights have been breached. Keep an eye out for training sessions on this in the near future.

To ensure we are keeping Gambling harms in the discussions alongside drug & alcohol addiction we showed the "One Last Spin" film again which shows the story of 4 people directly affected by Gambling addiction and the educators, researchers and politicians who are helping to try and make changes in our society to show the damage gambling is creating in our communities. To watch this video - <https://vimeo.com/674623850>

Technology wasn't on our side again when we tried to show the amazing video put together by the participants of the Healing for the Heart Compassionate Conversations Group - Please give this video a watch <https://youtu.be/GXaiAVVW-pl> - This group runs from our Possil Cafe on Fridays.

ROSC



On 11th March we held a ROSC networking event at the Ruchill Maryhill Church

Despite a small error with the location information it was still a great turnout with lots of great and important information shared between services and some new connections made.

A big thank you to all the services in attendance on the day

NWRC Volunteers
With You
Citizen's Advice Bureau Gambling Support
Waverly Care
Move On
Shelter
Healing for the Heart
Al-Anon
DWP
Freed UP CIC
GCA (Glasgow Council on Alcohol)
Phoenix Futures
Narcotics Anonymous
Cocaine Anonymous
North West Citizen's Advice Bureau
Glasgow & Clyde Rape Crisis
Fire Service Scotland
North West Carers
Men Matter
North Glasgow Healthy Communities
Elevate
FASS
Street Connects
Crossreach
YOMO (Young Movers)



Training Tuesday's



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 5th March we were joined by the North West Health Improvement Team who delivered a talk on Suicide Awareness and gave training on how any of our staff or volunteers would react and handle any situation where somebody might disclose if they have suicidal ideations or were in immediate crisis and expressing their wish to complete suicide. It is never an easy subject to speak about but it is an important tool for our volunteers to have. We thank Kenna and her team for this and will have them back at a later stage in the year for more training on this subject.

We have also started a new 6 week course with Healing for the Heart on Personal Development



OUTREACH



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

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

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



We have a 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.**



Spotlight On...



Our Spotlight on section this month is from Street Soccer Women's Street 45 programme.

Street soccer visit out Women's Wednesday group regularly with a number of our volunteers and participants attending the Street 45 programme on Mondays. It is an amazing community that helps women build both their mental & physical health. Our volunteer Catey told her story for Street Soccer last year and has allowed us to republish this in our newsletter about her journey through recovery and with Street Soccer.

"I had tried different things; however at this point I had lost everything that mattered most to me." Catey first heard about Street Soccer Scotland when in a rehabilitation centre tackling problem alcohol use and after subsequently attending the Glasgow sessions in 2011, she became aware that Street Soccer were entering both a women's and a men's team into the Homeless World Cup, to be hosted in Paris. "My first thought was, what an experience that would be and quickly dismissed that I wouldn't be in with a chance of playing for Scotland as I wasn't good enough. How wrong was I... I did get picked to represent not only Street Soccer but my country as well." Catey speaks fondly of her experience in Paris, meeting people in similar circumstances and still proudly displays her cap and medal to this day.

This was Street Soccer's first time entering a women's team and they proudly finished 5th. The men's team went on to win The Homeless World Cup that year, adding to an incredibly memorable and special experience for Catey. Catey initially chose to join Street Soccer through her love of football, it also gave her an opportunity to connect with other women outside of rehab who had faced some of the same life challenges as herself. Outside of the social connections, Catey quickly realised that the physical exercise made her feel good and helped promote positive mental wellbeing. "After attending sessions I realised quickly that my mental health improved and I began to be more positive about myself. My fitness levels were terrible but I began to see improvements which then helped with my self confidence and self-esteem." Catey suffered from social anxiety due to her past but at Street Soccer, her past didn't matter, and so this subsided. "The staff always make you feel welcome #SAMETEAM, I know I can approach any of the staff if I need support, a wealth of knowledge, lived experiences and most of all we get a laugh and some great banter."

After playing at the Homeless World Cup, Catey continued attending sessions. Her journey, however, was not a simple one, after relapsing she stopped attending sessions and found herself in a negative cycle for a few years. Catey was able to regain her sobriety and returned, and gained another opportunity, this time travelling to Munich. Catey credits Street Soccer as playing a big part in her recovery journey. "Long and short of this is no matter what Street Soccer have been there to welcome me back no matter my circumstances, to help support me with no judgement and let me know that no matter what they are there if I need them."

Spotlight On Cont...



Catey's Story Continued...

In 2023, Street Soccer hosted a Women's Only Nations Cup Tournament in Largs and Catey was invited to play. "I received a phone call from Sarah & Morag just after I left the session in August and was asked if I was up for playing in a team at the Nations Cup in Largs. My response was definitely no as I was too old for that now." However, after speaking with Sarah and Morag at length and after some gentle persuasion, Catey agreed to play in Team Unicorn, a team of women who had little experience in playing football. In a very short space of time, the women came together to learn Homeless World Cup rules. The small 4-a-side tournament has complex rules and requires strong teamwork and communication. "This was another experience I will never forget. A team of women coming together and learning how to play Homeless World Cup rules and what a laugh we had." The team spirit was amazing from the day they arrived at the tournament till the moment they left. Describing the unbreakable bond they have made through the tournament, Catey has made friends for life. "It is so so, powerful it's hard to describe. Watching everyone so happy no matter win, lose or draw we laughed all the way through." Needless to say, the Unicorns left with an Irn Bru award for 'Most Fun Team'. Catey is now 5 years sober, has rebuilt relationships with her children and now has 3 beautiful grandchildren she is able to spend valuable time with since overcoming her challenges. "Being part of Street Soccer has without a doubt been one of the best decisions I have ever made. I continue to attend sessions as I know having structured support and laughs are a part of my recovery journey. I know that no matter what my circumstances are, I will always be welcomed with open arms at Street Soccer.



**STREET
SOCCER
SCOTLAND**



About Street45

Street Soccer sessions are open to all and this inclusivity remains. But, when feedback from women players outlined the necessity for a women's-exclusive offering we launched the Street Soccer Women's Program, facilitated exclusively by our experienced female coaches. Tailored football drills and games were designed to meet the specific needs of our players. Although initially successful, we recognised that many women within our target demographic had negative associations with football as a sport, which in turn affected their attendance.

Adapting our approach, we moved towards football-based exercise, introducing the innovative concept of "Soccercise". By shifting our focus to smaller venues in the local communities, our player numbers increased. This initiative thrived for a number of years until the onset of COVID, requiring us to suspend our sessions.

Upon resuming, we acknowledged the impact of the isolation that came with lockdown and felt the need to rebrand our women's program, making it even more inclusive. After careful consideration, we opted for the name "Street45", shedding the 'Soccer' association while retaining the essence of our existing mixed sessions. The Street45 programme offers 45 minutes of socialising and personal development alongside 45 minutes of sporting activities, with football remaining an option alongside new additions such as Zumba and Boxercise.

This enabled us to broaden our reach, engaging women of all ages and backgrounds who benefit from our programme's offerings. Looking ahead, our aim is to expand our Street45 programme across the country, extending these empowering opportunities to more women, fostering confidence and facilitating positive transformation in their lives.

OUR IMPACT

In the last year we have:

- Supported over 1000 Women across Scotland
- Ran over 300 Women's Only Sessions
 - Supported 230 women into a Positive Destination such as Employment, Training and Education.
- Increased participation in our Women's Only Programme by over a third.
- Ran 3 Women's only tournaments with over 150 Women participating
- Attended the Women's Scottish Cup Final
- Attended Scotland Women's National Team Games at Hampden Park

For further information on Street Soccer Street 45 programme please contact -

sarah@streetsocscotland.org

NEW WALKING GROUP



north west glasgow
recovery communities

EVERY WEDNESDAY @3PM

MEETING AT THE APPLECROSS

ENTRANCE/GATHERING GROUND CAFE

**TO THE HAMILTONHILL CLAYPITS NATURE
RESERVE**

JOIN US FOR CONNECTION, NATURE & WELLNESS

CONTACT BRIAN: 07977665836





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 2.30pm**

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.

Walking Group - Meeting at the Applecross Entrance to Claypits Nature Reserve / Gathering Ground Cafe. Opportunity to get out in to nature no matter the weather. Open to anybody - Recovery & Peer support throughout. **3pm to 4pm**

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. Podiatry & Herbalist visits on selected weeks.

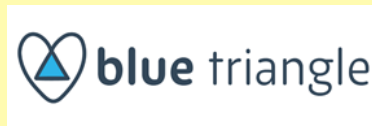
City Writes at Knightswood Community Centre, 201 Alderman Road G12 3DD
From **1pm to 3pm**

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