

# NEWSLETTER

## April



### Welcome to our April Newsletter!

It's been another fast month at North West. In April we started our new SMART group running from the Drumchapel Community Centre in Partnership with G15 Thriving Places and we held our next ROSC 6 weekly workforce development session.

We also started a new 12 week Pilot in Partnership with The Claypits Nature Reserve and Phoenix Futures. The participants from Phoenix will take part in Recovery Through Nature program delivered by staff from Phoenix, the Claypits and staff and one of the North West volunteers.

We hope you enjoy this month's newsletter.

## ***BIG NEWS !***

A number of the staff, volunteers, board members & friends of North West Recovery Communities took part in the Kiltwalk on the 27<sup>th</sup> April. It was mixed weather but it didn't stop the team completing the 13 miles from Clydebank to Balloch. So far we have raised over £1350

Thank you so much to everybody who donated to our wee charity !!

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**WHAT WE'VE  
BEEN UP TO THIS  
MONTH**

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**OUR NEXT ROSC 6  
WEEKLY MEETING**

# Our Cafes



## **WINGS - WOMEN IN NORTH GLASGOW SUPPORT** **Possilpark Parish Church on Wednesdays between 10:30 & 2:30**

**127**

**Attendees  
In April**

### **Partner Organisations who joined us in March**

With You  
NW ADRS  
GCA  
Children 1st  
In Cahootz  
NHS Smile 4 Life  
Hope Connections  
SAMH  
Elevate  
Waverly Care  
Glasgow Life  
NW Carers  
Wise Group  
Venture Scotland

A welcoming drop in for women looking for support & connection every Wednesday. Opportunities to take part in recovery groups & listen to recovery shares.

Visits from organisations focusing on women's health & wellbeing. Peer support provided throughout along with relaxing activities, Arts & Crafts, Somatic Dance & Head & Shoulder massages on selected weeks. Lunch & refreshments provided.

Our staff and volunteers have a ROSC (Recovery Orientated System of Care) folder at the WINGS cafe. This means we should be able to discuss a participants recovery or wellbeing goals with them and give them details on how to refer to organisations or pass on contact details of the right person to get them to help and support they might need or want outside of the recovery cafe.

For two weeks in April, In Cahootz delivered a presentation to the participants on what they do, the following week they came back to deliver a drama group. The ladies absolutely loved this. A massive thank you to Shannon at In Cahootz !

# Our Cafes



## KNIGHTSWOOD

**Knightswood Community Centre - between 11am - 3pm**

**120**  
**Attendees**  
**In April**

From our Knightswood cafe we run a number of different groups in collaboration with partner organisations.

11am - 11:30am - Morning Meditation Group  
11:30am - 12:30pm - Recovery Group work Program (With You)  
12:30 - 1:pm - Lunch  
1:30pm-3pm - City Writes Group (Creative Writing / Anxiety & Early Recovery Group)

### Partner Organisations who joined us in March

With You  
Blue Triangle  
NW ADRS  
NW Carers  
Venture On  
Aspire  
Turning Point  
NHS  
Prehab  
SAMH  
Crossreach  
Salvation Army  
City Writes  
Safe as Houses

Participants are free to join any groups they wish. Participants will have peer support from the volunteers and outreach workers in the hall throughout the day.

A free hot meal will be served at lunchtime and tea/coffee & biscuits are available throughout. Each week we are joined by organisations who attend the cafe to offer their own supports to the participants. This could be anything from Carer's support to Energy Vouchers.

Our staff and volunteers have a ROSC (Recovery Orientated System of Care) folder at the Knightswood cafe. This means we should be able to discuss a participants recovery or wellbeing goals with them and give them details on how to refer to organisations or pass on contact details of the right person to get them to help and support they might need or want outside of the recovery cafe.

# Our Cafes



## **POSSIL**

**Possilpark Parish Church on Friday between 11am - 3pm**

**291**

**Attendees  
In April**

From our Possil cafe we run a number of different groups in collaboration with partner organisations.

11:15 - 12:30pm - MAP group (With You)

12:30 - 1:30pm - Lunch

1:30pm-2:30pm - Afternoon Group (Healing for the Heart Fortnightly / Second Chance once a month)

2:30pm - 3pm - Bingo

## **Partner Organisations who joined us in March**

NW With You

Turning Point

NW ADRS

Healing for the Heart

SISCO

Street Connect

Salvation Army

NE With You

Second Chance Project

Gamcare

NW Carers

POP

GCA

As with our other cafes all participants who attend the cafe will be serviced a nutritious hot meal & desert. With refreshments & biscuits available throughout.

Participants can also take part in games of table tennis and bingo. The Possil cafe is our busiest cafe. With lots of different organisations attending to promote their service or that use our cafe to meet their own supported people whilst also allowing them to get recovery support or everyday support from organisations such as North West Carers & Gamcare.

# Our Cafes



## **MEN'S GROUP**

**Knightswood Community Centre on Wednesdays  
from 5:15 - 6:45pm**

**35**  
**Attendees**  
**In April**

Our men's group is a quieter group for any men looking to come along and practice some mindfulness. The group starts off by the men having a hot bowl of soup and sandwiches. After this they start the mindfulness with a body scan that can last between 30-40 mins. They then pick a word out of a hat.

The men do not need to speak if they don't want to. It is a safe space to be connected with other men in a smaller setting that might appeal to men that feel nervous or anxious about attending our busier cafes but still would like to be part of our community. There are no postcode restrictions so please encourage anybody you feel might benefit from this smaller group.

## **SMART GROUP**

**Drumchapel Community Centre on Wednesdays  
From 2pm to 4pm**

**33**  
**Attendees**  
**In April**

The SMART meeting has started off well. Our volunteer Simeon is the trained SMART facilitator running the group had this to say "It has been useful learning about scientific evidence-based, practical tools to complement any other approaches to recovery that participants are involved in. The meeting averages around 10 attendees and we hope to expand on this with another meeting starting in a more central location at the NWRC office, to give more people the chance to explore this approach to recovery"

# What We've been up to this month



On 9th April we started a new pilot in partnership with The Claypits Nature Reserve and Phoenix Futures. This is a Recovery Through Nature group who will complete a program of recovery focused activities in the Claypits using elements of mindfulness and practicing tools taken from the relapse prevention workbook. The participants are current resident of Phoenix Futures supported by staff from the Claypits and staff and a volunteer from North West. Once the 12 week pilot is complete, this will be evaluated to see if it is something that could be supported and delivered on a longer term basis. So far the group have completed yoga, a nature walk, maintenance session, mindfulness session & group work session.

On 11th April, Brian delivered a presentation to the residents of Crossreach in the Glasgow abstinence project. We discussed finding meaningful recovery related activities to have in place for completing their programs, we wish the residents well in their journey.

On the 28<sup>th</sup> March, Brian and some of the volunteers were in attendance again at Humanising Healthcare Conversation Cafes. With dates scheduled throughout the year, there is still time to register your interest in attending one or more of these. The registration QR code is at the end of the newsletter.

On the 29th March, Brian attended the G15 Breakfast and a Blether held by G15 Thriving Places. It was good to hear about the activities of G15 Thriving Places, their pantry launch, their Hope event which is happening on the 30<sup>th</sup> May (Poster at end of newsletter) and we also heard from Katrina from the Health & Social Care Partnership about the North West Locality Plan.



# ROSC (Recovery Orientated System of Care)



On the 1<sup>st</sup> of April we held our next ROSC 6 Weekly workforce development session.

After a slight bit of technical difficulty we got underway with another great meeting with 18 organisations represented including another couple of new faces which is always great to see!

Presentations on the day were from...

## **Sharon Graham, Research Assistant & Lead for Lived Experience - University of Glasgow**

Sharon spoke to the group regarding the project Partnership for Change. The project are looking for people with lived experience of having support from family services. They are looking to develop their research in Glasgow for parents who use family support services such as social work involvement. They will ensure that anybody participating in this is supported, safe and staff will understand that some of the conversations may be triggering for the participants and will support them in this. They also work in both a poverty aware and neurodiverse approach. If you know anybody who would like to participate in this please contact Sharon – [mvls-partnershipforchange@glasgow.ac.uk](mailto:mvls-partnershipforchange@glasgow.ac.uk)

## **Kirsty Nicolson - Glasgow Life & Mcmillan**

Spoke to the group firstly about Glasgow life and the libraries they run. Every library (that is opened) has a health & wellbeing department. They have a curated books for all different subjects including addiction & recovery. You can ask in the library for the books in this collection and where to find them. If the book you want isn't in your local library you can ask for it to be sent to your local library. You can also drop borrowed books off at any Glasgow Life library when returning. They have free and welcoming spaces that hold groups such as, RNID (Royal National Institute for Deaf People) Sessions, Death cafes who speak about death and grief, Chest, Heart & Stroke that do different checks, Parkinsons Group. They also hold a memories Scotland reminiscence group. These are held throughout the city. This is great for anybody who would like to make new friends and chat about their memories about where they have lived and grown up etc. Kirsty also works for Macmillan who run sessions across the city. The volunteers will speak about cancer, talking about cancer, refer to other services including the Improving Cancer Journey service who they have a direct pathway to. The volunteers are not able to give medical or legal advice. The sessions are very quiet with little to no people attending, especially the Drumchapel session.

This is held in at Drumchapel Library on Friday's between 11am & 1pm. They also run sessions in Partick, The Mitchel Library, Royston, Dennistoun, Parkhead, Castlemilk & Pollok. For more information on any of this please contact [Kirsty.Nicolson@glasgowlife.org.uk](mailto:Kirsty.Nicolson@glasgowlife.org.uk)

# ROSC (Recovery Orientated System of Care) cont...



## **Tracey Russell, Paula Taylor & Iain Sutherland - The Glasgow Clyde Project, Glasgow Clyde College**

Tracey, Paula & Iain spoke to the group about the Glasgow Clyde Project that aims to support people who want to progress into study, employment or training but are currently experiencing challenges and might not be ready. It is a personalised way to get back into education on the terms of the participant. They work with people on the barriers they have in being able to do this, including trauma. They work with people who are not in education and can support them into college course or development/employment opportunities, they also work with people within the justice system and upon liberation and are ready to progress into college or continued development and learners already attending college who are at risk of withdrawal due to challenging behaviour. They will have 1 hour one to one sessions to find out the goals of the person and will cover a range of topics that could be the barrier holding the person back including timekeeping, life skills, money management & confidence. They have both Gateway to college for younger children & adult return courses. To speak about this contact - [isutherland@glasgowclyde.ac.uk](mailto:isutherland@glasgowclyde.ac.uk) or [ptaylor@glasgowclyde.ac.uk](mailto:ptaylor@glasgowclyde.ac.uk)

## **Amanpreet - Jobs & Business Glasgow**

Amanpreet's service will go into the community to support people looking for employment. This could be people who are unemployed, going through redundancy, in temp roles or on zero hour contracts and work with them on confidence skills, CV skills etc. They also have a quicker referral pathway to Money matters as this can be a barrier for people going into work with the uncertainty around their finances & benefits. They will work with employers to employee their supported people with Jobs & Business paying up to the first 4 weeks wages. Criteria for this service is – they need to be paying their council tax to Glasgow City Council, No full time students (but once finished studying they can get in touch), Can't work with Asylum seekers only people with right to work in the UK, do work with refugees, need to have ESOL level 3 at least. Amanpreet has drop in sessions at different locations throughout the city with her colleagues including at our Possil & Knightswood cafes. Please contact [Amanpreet.Bamrah@jbg.org.uk](mailto:Amanpreet.Bamrah@jbg.org.uk)

To finish off the volunteers gave updates on the cafes and training they have completed in the weeks since the last meeting.

If you would like to do a presentation or attend any of our future 6 weekly meetings, please get in contact - [info@nwrc-glasgow.co.uk](mailto:info@nwrc-glasgow.co.uk)



# 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.

This month in training, Tam delivered one of the most important aspects of our volunteer's training calendar throughout the year, the boundaries, confidentiality & safeguarding training. We carry out this training quarterly to ensure that the volunteers understand their responsibilities and the importance of boundaries, confidentiality & safeguarding whilst running the cafes and working with vulnerable groups.

Also this month Stephen from City Writes came along to deliver confidence & assertiveness training to the staff and volunteers. This will be delivered by Stephen to the Knightswood Cafe during his afternoon group in the rotating schedule between the creative writing group and the Recovery & Early Anxiety group bringing a bigger offering to our participants. A massive thank you to Stephen for delivering this training to our volunteers and for continuing to develop ideas that will help our community.



# 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, Kelvinkaugh, 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](mailto: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  
Jamie - 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.

We welcomed our new outreach worker Jamie on 14th April. Jamie has worked with us at North West before so it is lovely to have him back and bringing our workforce back up of full capacity



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 - Jamie*



**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.**



# CONVERSATION CAFÉ

**SHARE YOUR LIVED EXPERIENCE OF  
RECOVERY WITH THE FUCUTRE  
GENERATION OF DOCTORS**



**SCAN TO SIGN UP**



**CONTACT [HUMANISINGHEALTHCARE@GMAIL.COM](mailto:HUMANISINGHEALTHCARE@GMAIL.COM) FOR MORE INFO**

# NEW SMART RECOVERY MEETING

**DRUMCHAPEL COMMUNITY CENTRE**

**320 KINFAUNS DRIVE, DRUMCHAPEL, G15 7HA**

**EVERY WEDNESDAY**

**2PM TO 4PM**



# Save the date

Friday the 30<sup>th</sup> of May  
11am - 2pm

*One world, one hope, people and planet together  
A celebration of hope.*

*All five primary schools, the high school, nurseries,  
3D Drumchapel, G15 Youth Project, Fortune works,  
Antonine Court, Men Matter, WOW & G15 Thriving  
Places invite you to this celebration.*

Venue: Drumchapel Community  
Centre

320 Kinfauns Drive, G15 7HA