

NEWSLETTER

June



north west glasgow
recovery communities

Welcome to our June Newsletter!

We are at the half way mark of the year already!

June has went so fast that we couldn't actually believe how much we crammed into it until it was time to start planning this month's newsletter.

We have said goodbye to some volunteers, celebrated our 3rd year as a charity with our AGM and held our next ROSC 6 weekly workforce development session.

Alongside our usual Training Tuesday's and of course of cafes & groups !!

We hope you enjoy this month's newsletter.

PAGE 6

**GOODBYE &
GOOD LUCK !**

PAGE 8

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

BIG NEWS !

Our SMART Group in Drumchapel will be changing location and will run from the Knightswood Community Centre from 13th August. We will be running a My Recovery & Me Group from the Drumchapel Community Centre at the same time on a Wednesday 2pm-4pm starting on 2nd July. This is a continuing partnership with G15 Thriving places.

Our Cafes



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

135

**Attendees
In June**

Partner Organisations who joined us in June

With You
Children 1st
Wise Women
ADRS & Students
Maryhill Move On
Hope Connections
Street Connect
Glasgow & Clyde
Rape Crisis

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.

In June, the women's group continued with their self defense classes with Pam from Wise Women.

Our Cafes



KNIGHTSWOOD

Knightswood Community Centre - between 11am - 3pm

138

**Attendees
In June**

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 June

Blue Triangle

ADRS

RISE

With You

Turning Point

Housing 1st

Maryhill Move On

Waverly Care

NW Carers

FASS

Criminal Justice

Worker

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.

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

279

**Attendees
In June**

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 June

With You
Turning Point
Upside
SISCO
Move On
ADRS & Students
Wise Group
NW Carers
Next Chapter
Healing for the Heart
Hope Connections
Freed Up

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. In June we were joined by Shivon from Next Chapter Scotland. Shivon supports people with criminal convictions being able to access volunteering roles along with many other supports in relation to this including family support. Shivon enjoyed her day and got good interest in her service. We will have the details of Next Chapter on our website resources page under Community Justice

Cont ...NHS, POP, Apex & GCA

Our Cafes



MEN'S GROUP

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

30

**Attendees
In June**

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**

29

**Attendees
In June**

The SMART group came to an end on 25th June. We are now holding a My Recovery & Me group which will run for a further 12 weeks at the same time and place.

Goodbye & Good Luck !!



In June we said goodbye to two of our Volunteers Chris & John who have both been successful in securing paid placements with the SDF (Scottish Drugs Forum).

Chris joined North West Recovery Communities as a volunteer in 2022. Through this time Chris has completed too much training with us to list here, completed a term of the Creative Industries course, a Cosca Counselling Course & joined a Scottish Government Stigma focus group. He went through his recovery in the community and is one of the best examples we have of this. Chris has grown in confidence over the years all the while being mindful of taking everything at his own pace and what he has been comfortable with throughout his journey. His recovery story was featured in our [23/24 annual report](#). He continues to be an amazing example to our volunteers and the participants at the drop ins.

John joined us in May 2024 after being a participant of our Knightswood cafe. John hit the ground running and put himself forward for everything and quickly became a part of the team. You can read about his journey into volunteering in our [June 2024 newsletter](#) where it appears his hopes have come true!! Despite set backs outside of his recovery John has always remained focused on his plan and again is an amazing example of digging deep and using the supports around him to keep going and achieving his goals!

We are so very proud of the guys, they are amazing examples of recovery and growth even through life's challenges and we wish them both all of the luck in the world. We know that they won't be strangers to us at North West.

I'm sure you will all join us in congratulating both Chris & John in their new roles !

Our AGM



On the 24th June we held our 3rd Annual General Meeting for the North West Recovery Communities Charity. It was an amazing celebration of the work done by the charity over the 24/25 year alongside the serious side of running a charity such as the strategy & finances. We were joined by a number of organisations and a representative from the Scottish Government. It was great to showcase our work to senior figures to highlight the work being done by small charities in the community. Most importantly the volunteers were able to see their hard work throughout the year brought together in both our Annual Impact Report and short video. Thank you to everybody who came along to celebrate with us.



Directly after the AGM we were joined by the trustees of the GEM Trust. We were delighted to be a recipient of a donation to go towards our Claypits Family Fun Day in July. It was amazing to hear the origins of their own charity and see the other organisations they have supported. Please have a look at their [website](http://www.gemtrust.co.uk) - www.gemtrust.co.uk



What We've been up to this month



On the 11th June we held a pop up in the Drumchapel Pantry ran by G15 Thriving Places. This was a great opportunity for us to share information on our drop ins, groups & recovery pathways, including our recovery group in Drumchapel we hold on a Wednesday with the people attending the Pantry. Tracy from G15 gave us some information to share “G15 Pantry Cupboard is located in Drumchapel Community Centre and is open every Wednesday and Friday from 11am till 2pm. Pantries are laid out like shops, and members choose their own items from a wide selection, including fresh, refrigerated, frozen and long-life foods. Each Pantry has a defined geographic area, and residents can become members. Pantries provide access to wrap around support which can include, cooking classes, kids clubs, financial advice. Unlike traditional food banks, which focus on free crisis provision, the G15 Pantry Cupboard will take a different approach, offering dignity and choice to its members. For a small membership fee, residents will have access to a dignified shopping experience, empowering families to manage their food budgets more effectively and prioritise their wellbeing”

On the 12th June, Brian and volunteers, Janice, Kirsteen and Catey travelled through to Perth for the Scottish Recovery Consortium Conference. Brian said “It was a smashing event, hearing the message of recovery, the challenges faced by lived experience, the evidence base for the effectiveness of LERO’s (lived experience recovery organisations), speakers, hearing the SRC strategy for the future and great visuals of seeing the national picture as we came together”



What We've been up to this month



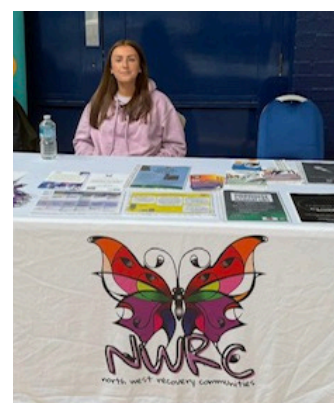
On the 16th June Brian attended the last of this run of the Humanising Healthcare conversation cafes. This has been a great project to be part of. The power of shared experiences, the receptiveness of the future doctors, the hope for the future knowing the recovery can happen anywhere and now the frontline healthcare workers who will be able to share that message also. We congratulate, Hugo, Allan & Romi for all their hard work setting up and coordinating the sessions in Glasgow and we look forward to them starting back up in October in Dundee.



On the 22nd June, Tam, volunteers Faye & Janice, joined by James from With You attended the Maryhill Tesco Wellbeing Day. It was a great day speaking to the community and taking part in the activities. With Faye winning a slow cooker !!

After our ROSC & AGM on the 24th Nic Dickson & Lyndsey Crawford from the University of Glasgow came to the office to work again with the volunteers. They are due to launch the animation comic book they have been working on and the volunteers helped to sense check the wording and questions within it before it goes out in the public domain.

On the 25th June Charlotte & Jamie attended our sister organisation, South Community Recovery Network's ROSC event. It was a great day with lots of organisations in attendance along with a number of wellbeing activities. The room was buzzing with so much information being given out and positive conversations about recovery pathways. Thank you so much to the team for inviting us along !



ROSC (Recovery Orientated System of Care)



On the 24th June we held our next ROSC 6 Weekly workforce development session. A reminder if you would like to come along to promote or speak about your service please get in touch info@nwrc-glasgow.co.uk

Presentations on the day were from...

Billy – The Second Chance Project

The second chance project is an abstinence-based program based in Glasgow (Carlton Place above the Mungo Foundation) it is a structured day treatment programme for people with drug and/or alcohol problems by providing high quality, abstinence-based treatment options which integrate 12-Step Recovery Programmes, CBT and other appropriate therapies. The project aims to provide people with purposeful recovery by securing and supporting their alcohol/drug free life and also in developing personally rewarding structured training, counselling and self-help, which will provide real benefit to them, their families and the community.

There are 4 stages of the program having been increased from 3, to include support people who continue on their protective medications having stopped their drug/alcohol use at the start of the program before they start the abstinence process. The program runs on a Monday, Wednesday & Friday for 3 hours a day. Referrals can be made by calling the organisation 0141 336 7272. Billy advised that there are very few barriers to being accepted on to the program but full details can be given on the initial call.

Viki – Healing for the Heart

Viki the community development lead gave details on Healing for the Heart who are a mental health and wellbeing charity. They are trauma informed and resiliency focused and offer affordable support to anyone regardless of race, gender, religion or sexual orientation. They offer counselling/psychotherapy, community development and training. They offer groups in the community on different wellbeing topics using the community resiliency model. Viki spoke about the resiliency model and how everybody has a resiliency zone. There is a 6-9 week waiting list for their service and they will take referrals from anybody who have some measure of stability including people on replacement therapies.

Enquiries@healingoftheheart.co.uk – 01414061320

Lorraine - Gamcare

Lorraine is the outreach & community practitioner for Gamcare. Gamcare are the leading provider of information, advice and support for adults affected by gambling harms. They provide a full range of free, flexible help and support for anyone affected by gambling problems across Glasgow and beyond. This support includes anyone who is impacted by someone else's gambling. Lorraine gave information on stats across Scotland on gambling and the impacts this can have. All of their services are free and there is no waiting list. Scotland@gamcare.org.uk – 01312615220 for referrals. For Lorraine to come and speak to your organisation or do a pop up, Lorraine.hannah@gamcare.org.uk 0777152796

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.

On the first week of June we had Paige from Glasgow & Clyde Rape Crisis who delivered first responder training to the volunteers. This training will hopefully give the volunteers the confidence to know what to do if they get any type of disclosure of this nature at the cafes, groups & drop

After a heavy week with the first responder training, the next week we welcomed staff from In Cahootz who delivered a fun team building session.

The third week, we had Stephen from City Writes come along to deliver assertiveness & confidence building training to the volunteers. This is such a good training course for us all to complete as not only will it help them in their roles as volunteers but outside in their everyday lives. This training will also be rolled out as a group in our Knightswood Cafe in the near future.



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, Kelvinside, Hillhead, Anderston, Maryhill, Milton, Possil, Summerston, Ruchill & Lambhill 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

Jamie - 07918923649

In June, both of the outreach workers completed Ketamine training to ensure they are keeping on top of the trends and changes in the landscape of drugs and alcohol in our communities.

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 - 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.**

