

# NEWSLETTER

## May



### Welcome to our May Newsletter!

The weeks keep flying by as we enter the half way mark in the year!

This month we have started the planning for the 3<sup>rd</sup> Annual Family funday at the Claypits Nature Reserve.

We held our next ROSC (Recovery Orientated System of Care) 6 Weekly workforce development session

and there has been lots of amazing work done in our drop ins with the many different organisations who come along to speak to the participants or bring a pop up

We hope you enjoy this month's newsletter.

## ***BIG NEWS !***

The big news for this month is the Date has been set for our 3<sup>rd</sup> annual Family Fun Day at the Claypits Nature Reserve. We will hold this on Friday 4<sup>th</sup> July. Keep an eye out for our emails and posts on our social media pages for all the details of who will be attending and the activities on offer that day. Please send out positive thoughts for the good weather also !!

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

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**OUR LATEST  
ROSC 6 WEEKLY**

# Our Cafes



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

**137**

**Attendees  
In May**

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

Children 1st  
NW ADRS  
Street Soccer  
Wise Women  
Hope Connections  
Street Connect

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.

Wise Women visited the WINGS group to start the first of the 6 week personal safety course. Focusing on what abilities women already have and developing new skills increases women's sense of safety and they leave with options for making informed decisions on what can be done to remove or decrease the risk of violence and crime in their lives.

# Our Cafes



## KNIGHTSWOOD

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

**171**

**Attendees  
In May**

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 May**

Turning Point  
Housing 1st  
Wise Group  
NW ADRS  
With You  
Blue Triangle  
City Writes  
Aspire  
Rise

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.

The Wise Group attended the cafe and brought a Pop up. They were able to support participants with advice around benefits, housing & many other subjects. They also took some referrals for future support from their service.

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**

**313**

**Attendees  
In May**

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 May**

Hope Connections

Turning Point

With You

SAMH

GCA

Wise Group

SISCO

Healing for the Heart

POP

Street Connect

Phoenix Futures

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 May Emma from SAMH attended the cafe with a pop up. Emma promoted SAMH, giving information on what services they offer. Emma had good, positive interactions with the participants, promoting mental wellbeing and reported that she had a positive experience at the cafe.

# Our Cafes



## **MEN'S GROUP**

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

**29**

**Attendees  
In May**

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 May**

The SMART group has been running in Partnership with G15 Thriving Places, the group has been attended by volunteers, outreach supported people and people from the local community.

# What We've been up to this month



On 6<sup>th</sup> May Brian and our volunteer Chris attended the Pharmacy Student Presentations. This is a session with Pharmacy students about to start work in community pharmacies where they hear from people about their experience of using pharmacies, with the hope that the new pharmacists will have a more educated view on what it is like for people using pharmacies to bring about positive change and allow more people to have more positive outcomes and get more support during their visit.

Throughout May the pilot of the Recovery through Nature project continued in partnership with The Claypits Nature Reserve and Phoenix Futures. This month they have taken part in Yoga, Group work & Forest school. The group have been ever so lucky with the weather in May. Let's hope the same can be said for June!

On 8<sup>th</sup> May Brian and another of our Volunteers Scott attended the pharmacy student presentations. We are very proud of Scott for continuing to push himself out of his comfort zone by attending and speaking at these type of events!

On the 12<sup>th</sup> & 19<sup>th</sup> of May Brian and some of the volunteers attended the next Humanising Healthcare Conversation Cafes there is still time to participate in the last two sessions. The QR code to register is at the end of the newsletter.

On 13<sup>th</sup> May it was the turn of our volunteer Karn to attend the Pharmacy Presentation to share her experience. A big thank you to all of the volunteers who attended the sessions this time round. Your voice's and experience's are so valuable when speaking to future professionals !

# What We've been up to this month



On the 15<sup>th</sup> May, Brian & Joanne attended the Creating Hope Together Conference hosted by Suicide Prevention Scotland. Suicide Prevention Scotland works across sectors to reduce suicide whilst tackling the inequalities which contribute to it. Brian and Joanne found the conference to be very informative. Learning how peer support and using shared stories are preventing suicide, the courage shown by people to share their stories & how it can help others. There was helpful information on pathways and they were able to meet other organisations offering groups who support those bereaved by suicide including friends of North West, Natalie & Anton who run the A Place Called Here group.

On 21<sup>st</sup> May Brian & Charlotte attended the Staff Reference Group event from the ADP. The purpose of the event was to get feedback on what staff from both the NHS & HSCP would like to see or change going forward to allow them to attend this reference group or continue to do so. They are an important resource to give staff the platform to share learning or help make changes in processes or policy.

Charlotte was part of the panel who spoke briefly about their participation and outcomes in the other reference groups that are coordinated by the ADP, Ladies lived & living experience, mixed lived & living experience & family.

On the 26<sup>th</sup> May we held our first official planning meeting with Julieanne from the Claypits for our 3<sup>rd</sup> annual Family Fun Day that will be held there on Friday 4<sup>th</sup> July.

On 30<sup>th</sup> May Brian attended the G15 Celebration of Hope event hosted by G15 Thriving Places. There were 5 primary schools, high school, nurseries, 3D Drumchapel, G15 youth project, Fortune Works, Antonine Court, Men Matter, WOW along with G15 thriving places. It was great to see the performances delivered by the youngsters and the group from fortune works with the finale. It was an inspiring show and really did give hope for the future as we could see how community plays it's role in promoting hope - we are all in this together !! Well done to G15 and everybody who contributed to this great event !



# ROSC (Recovery Orientated System of Care)



On the 13th May 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](mailto:info@nwrc-glasgow.co.uk)

Presentations on the day were from...

## **Karen Prentice – SAMH Step Up**

The aim of the Step up program is to support clients to make them feel more confident in themselves. They will work with people on their personal development in relation to wellbeing and their mental health.

This in turn could also give them the confidence to be prepared for work. Criteria is anybody with a Glasgow G postcode, Addiction/In Recovery, homeless within the last 6 months or at risk of becoming homeless again or have had involvement with the criminal justice system. If you have anybody you think would be suitable please contact Karen - [karen.prentice@samh.org.uk](mailto:karen.prentice@samh.org.uk)

## **Paul Brogan – Men Matter Scotland**

Paul spoke to the group about the service that is run from 20 Drumchapel Road, Drumchapel, G15 6QE and changes in the Men Matter timetable. Due to it being Mental Health Awareness week the team have been flat out attending events and presenting to other organisations, the timetable wasn't ready to be sent out. You can keep an eye out on their Facebook page for this going live. We will also send this out through the mailing list when we receive it. Paul welcomed anybody to come along to their hub to see the work they do daily. They are opened 10:30am to 9pm Monday to Friday.

[Contact@menmatterscotland.org](mailto:Contact@menmatterscotland.org)

## **Heather Coulthard – The Wise Group**

Heather gave a brief history of the Wise Group and how they have always been a organisation who support families and lift people out of poverty. Heather advised that the HEAT programme is now back opened to everybody. (Flyer for think is linked within the email). Heather's presentation was focused on their relational mentoring service. To be eligible for this service, the person needs to have caring responsibility in some capacity for children. People can refer themselves by contacting 0141 303 3131 or [relationalmentoringscotland@thewisegroup.co.uk](mailto:relationalmentoringscotland@thewisegroup.co.uk) or to refer somebody in use [this link](#). Heather is available to come out to speak to your organisation about The Wise Group services.

[Heather\\_Coulthard@thewisegroup.co.uk](mailto:Heather_Coulthard@thewisegroup.co.uk)

## **Katrina Macfarlane – NHS HSCP**

Katrina spoke to the group about the North West Locality Engagement Forum. This forum allows people to shape health & social care services and ensure they reflect the priorities and need of their local community. You can either be involved in person or be part of the locality database. This can be anybody who either lives or work in the North West of Glasgow and use it's services. To get more information or to join the forum. Please contact [Katrina.mcfarlane2@nhs.scot](mailto:Katrina.mcfarlane2@nhs.scot)



# 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 we had Natalie from the Scottish Recovery Consortium & one of our board members, come along to deliver “My Recovery & Me” training. With this training our volunteers will be able to deliver this training in other settings in the future.

Thank you to Natalie for delivering this.

We then had a paperwork day, ensuring all of our volunteer’s details are up to date. Not as exciting as our normal Tuesday’s but very important as part of our responsibilities for our volunteer group.

On the last Tuesday of the month our volunteers took part in a focus group with Alcohol Focus Scotland where they discussed the marketing of alcohol in Scotland and what the volunteers and staff thought about the marketing of alcohol in Scotland and what could be done to change it.



# 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](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.





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**

