

NEWSLETTER

July



Welcome to our July Newsletter!

It is holiday season so this month has been slightly quieter at North West.

We are not complaining though as before we know it we will be into Recovery Month and then the planning will begin for Christmas !

We held our annual family fun day. Unfortunately we had to take the event indoors due to the weather. We couldn't have imagined the turnout we had !

You can read more about it and everything else we have been up to this month below.

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**OUR FAMILY
FUN DAY**

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

BIG NEWS !

Our new creative industries course in Partnership with New College Lanarkshire will start again on Monday 25th August at 10am here at our North West Recovery offices. If you have anybody you think might be interested in this course please contact info@nwrc-glasgow. You can visit our website www.nwrc-glasgow.co.uk and head to the creative industries page to check out the work done in previous years and to get more information on the course.

Our Cafes



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

188
Attendees
In July

Partner **Organisations who** **joined** **us in July.**

With You
Children 1st
ADRS
Move On
Turning Point
Next Chapter
Hope Connections
Smile 4 Life
Quardash
Gamecare
Freed Up
Street Connect
Wise Women

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.

Our Cafes



KNIGHTSWOOD

Knightswood Community Centre - between 11am - 3pm

129

**Attendees
In July**

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 July

With You
Blue Triangle
Housing First
YOMO
City Writes
Quadash
Venture Scotland
ADRS
Turning Point
Street Connect

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.

Venture on came along and done a pop up promoting their new program, there is always good interest in this and it's great to see people taking up these opportunities to develop themselves.

Our Cafes



POSSIL

Possilpark Parish Church on Friday between 11am - 3pm

413

**Attendees
In July**

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 July

ADRS

GCA

With You

Gamcare

FASS

POP

Healing for the Heart

Phoenix Futures

Criminal Justice

Richmond Fellowship

Street Connect

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. Lorraine from Gamcare came along to Possil and done a pop up, She worked with people within the café in one-to-one interventions and promoted the work that they do within the service. Gamcare regularly do pop ups as they provide a vital service within the recovery cafes which shows the recovery cafes are not just focused on alcohol/drug addiction but any form of addiction.

Cont - Hope connections, NHS & ADRS Students

Our Cafes



MEN'S GROUP

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

38

**Attendees
In July**

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.

**My Recovery & Me
Drumchapel Community Centre on
Wednesdays
From 2pm to 4pm**

44

**Attendees
In July**

The Me Recovery & Me group started on 2nd July in partnership with G15 at Drumchapel community centre, the group is being facilitated by our volunteers, the group has around 8-10 participants weekly, this is through our volunteers, outreach clients and people from the local community. The group is a safe place to come and meet people and connect to people trying to recover from addiction or mental health

CLAYPITS RECOVERY THROUGH NATURE EVENT



On Friday 4th July we held our annual Recovery Through Nature Family Fun Day in partnership with the Hamiltonhill Claypits Nature Reserve. Usually held outside at the nature reserve, we unfortunately had to bring the event indoors to the Possilpark Parish Church where we hold our Friday cafe, due to the weather. Our worries of having low numbers with the change of location were unfounded with over 250 people signed in!

We had stalls from



North West Recovery Communities
Hamiltonhill Claypits Nature Reserve
NA Public Information
Jobs & Business Glasgow
Phoenix Futures
G20
Health & Social Care Partnership
Move On
Home Energy Scotland
CA Public Information
FASS
Children 1st
Bowel Cancer
Poverty Truth
DWP
Street Connect
Findlay Church



CLAYPITS RECOVERY THROUGH NATURE EVENT



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Cont...

Crossreach

North West Carers

Glasgow Life

The Conservation Volunteers

We also had the Freed Up DJs and performances from Shaun Kenny & Gordon with Bob on the bongo drums.

Gigglebee provided the face painting and glitter tattoos with Bounce Around providing the Candy Floss & Popcorn and Brian was helping with the badge making. The courtyard Pantry provided the food.

Natalie was able to provide Reiki sessions to some of the participants with River doing the same with massages. A big shout out to volunteer Faye for coordinating this and making sure everybody made their time for their relaxing therapy.

A massive thank you to everybody who came along and made the day such a success. Thank you also to Stephen McLean @ Pixmania who took all of the amazing photos on the day and another thank you to GEM Trust for their donation to allow us to hold the event !



What We've been up to this month



On the 6th July Brian & Charlotte attended the Recovery Collective's Recovery Connects Festival at Queen's Park. It was great to see people from the Recovery Communities throughout Scotland along with members of the public who made their way through the village and stopped for a chat. We were on hand as always with our badge maker that was enjoyed by young and old(er) alike ! Taking home a small memento of the day along with information on what we do here at North West! Well done to the guys at the Recovery Collective for putting on another amazing festival !



On the 14th July Brian and volunteers Joleen & Janice held the next session in the Lillias Centre. We were also joined by specialist volunteer Natalie who brought Reiki sessions to the residents. This was so well received by the ladies. The group had lunch together, followed by a presentation from Shivon at Next Chapter Scotland. Shivon discussed the service, advocacy and support for the participants. Jordan from the Scottish Recovery consortium came along to see the work we are doing in the Lillias. The day finished with a group discussion on what the next session will be. Another thanks to Geraldine and Heather at the Scottish Prison Service for their continued support.

What We've been up to this month



On the 16th July. Brian attended the Turning Point open day at their move on service. Thanks to KerryAnn and all of the Turning Point staff for hosting a great event, showing how people are supported and the benefits of a service to people on their journey. I still can't work out how the magician done it !



On 25th July Brian & Volunteer Kirsteen attended Crossreach Glasgow Abstinence Project (Rainbow House) to deliver a presentation on the work of the North West Recovery Communities. We discussed pathways and the importance of finding meaningful structured activity to be in place for leaving rehab. There was a wealth of knowledge in the room. They finished off with Kirsteen sharing her experience of recovery.

DID YOU KNOW ?

At both our Women's cafe & Possil cafe, our Volunteer Kirsteen cooks the lunches for the participants. There is always a main course and desert that has been carefully thought out by Kirsteen each week. Whether it be including ingredients high in thiamine or a special desert that a participant has mentioned a week before. Kirsteen puts so much love and care into all her meals and they are always so gratefully received by all!



What We've been up to this month



Over the last 5 weeks, two of our volunteers Jim & John have been delivering groupwork in the ARBD (Alcohol Related Brain Damage) Unit at Penumbra in Possil.

This is the second time we have delivered this at Penumbra and we hope to carry this on throughout the year.

Volunteer Jim had this to say

"We have just completed a second visit to Penumbra in Possilpark where we facilitated a Five week programme designed to reinforce clients sobriety and encourage a positive outlook.

Penumbra is a Seven bed residential facility providing support to clients suffering from Alcohol Related Brain Disease (ARBD).

Topics covered in the Groups included Barriers to Change, recognising and addressing triggers, tackling first thoughts etc.

Over the five weeks we had four regular clients plus staff members attending.

We thoroughly enjoyed facilitating the Groups and received extremely positive feedback from clients and staff. So much so they're hoping we can make this a regular occurrence."

A big thank you to Nefemi & the team at Penumbra for having us and supporting the continued partnership.

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.

Our training schedule was reduced slightly this month unfortunately due to sickness. However, it gave us a chance to catch up with our volunteers and have a big check in to see where they were all at and get some peer to peer support outside of the busy cafes!

We did manage to have Emma from SAMH come along to deliver the Positive Conversations training and then Frankie from Penumbra delivered self harm training to our volunteers the week after.



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. 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 July, both of the outreach workers completed Understanding Addiction training.

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.**



north west glasgow recovery communities



north west glasgow
recovery communities

WEDNESDAY

Men's Group

*Knightswood
Community
Centre - 201
Alderman
Road, G12
3DD - 5:15pm
to 6:45pm*

Focusing on Mindfulness, the Men's group is a safe space for men to share their journey and challenges when in or seeking recovery. Light Dinner & Refreshments provided.

WEDNESDAY

Women's Group - WINGS

*Possilpark Parish
Church, 124
Saracen Street,
G22 5AP -
10:30am to 2pm*

A welcoming drop in for women looking for support & connection. 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.

THURSDAY

Knightswood - Open to all

*Knightswood
Community Centre -
201 Alderman Road,
G12 3DD - 11am to
3pm*

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)

FRIDAY

Possil - Open to all

*Possilpark Parish Church,
124 Saracen Street, G22
5AP - 11am to 3pm*

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

All listed timings and groups can change at short notice. Please keep an eye on our socials for any updates



Website QR Code

