

NEWSLETTER

August



Welcome to our August Newsletter!

In the last of the Summer months we have had another slower months in terms of events.

The great work has continued at the cafes with lots of organisations attending delivering parts of their own programs and offering important services like Waverly Care who attended our Women's cafe to offer blood borne viruses.

We are now in the run up to our residential trip which you will be able to read about in our September newsletter and whilst nobody wants to speak it's name, we will be starting to plan for our Christmas festivities and events. Keep an eye also on our September newsletter for ways to get involved!

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

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.

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**ROSC
WORKFORCE
DEVELOPMENT**

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**WHAT WE HAVE
BEEN UP TO
THIS MONTH**

Our Cafes



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

146
Attendees
In August

Partner **Organisations who** **joined** **us in August**

With You
Penumbra
Venture On
Waverly Care
Wise Women
Move On
Street Connect
ADRS
Turning Point
Navigators
Children 1st

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 August, Emma from SAMH attended with a Pop Up and Penumbra brought some of their supported people along. Kat from Venture On attended to promote their next in take of their program, Waverly Care attended to provide Blood Borne Virus testing & advice.

Our Cafes



KNIGHTSWOOD

Knightswood Community Centre - between 11am - 3pm

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

135

**Attendees
In August**

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 August

Rise
Blue Triangle
Turning Point
With You
City Writes
Quadash
The Base (YOMO)
Safe as Houses
Aspire
Hope

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.

On Thursday 16th September, City Writes will start the new Anxiety in Early Recovery 4 week block.

With You have just completed their 12 week group program this will now be reviewed and be rolled out again in the near future.

Our Cafes



POSSIL

Possilpark Parish Church on Friday between 11am - 3pm

367

**Attendees
In August**

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 August

ADRS

Phoenix Futures

Hope Connections

Street Connect

Healing for the Heart

Salvation Army

With You

POP

Simon Community

Navigators

Whiteinch Move On

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.

**SISCO, NERC, Alcohol Focus Scotland &
Turning Point Scotland**

Our Cafes



MEN'S GROUP

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

29

**Attendees
In August**

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**

27

**Attendees
In August**

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

ROSC 6 WEEKLY WORKFORCE DEVELOPMENT



On the 8th August we had our next Workforce development session. With Brian on holiday it was Tam, Charlotte & Joanne's job to deliver the session. It all worked out in the end with more new faces joining the session for the first time.

We were joined by ...

Claire Muirhead - Glasgow Alcohol & Drug Partnership (ADP)

Claire spoke to the group about who the ADP are, the work they have undertaken last year and what is planned for this year and about the multiple reference groups that operate in the city with the hope that the membership for each group increases.

Kat Jackson - Venture Scotland

Kat spoke to the group about the Venture On Program. They have received funding to be able to deliver this program until 2027. They will have 3 intakes a year. The next intake will be September and then January. There is 10 people per intake due to Health & Safety ratios. Kat spoke through the presentation attached that described the different activities and outcomes that the group achieve. For referrals please contact Kat - kat.jackson@venturescotland.org.uk or Charlie - Charles@moveon.org.uk

Simo – Next Chapter Scotland

Simo spoke to the group about the charity Next Chapter Scotland. They are a Scotland wide charity working with people affected by the criminal justice system. This could be themselves or family members. Simo advised that they work with people with criminal charges & convictions of all natures including sexual offences. Their main helpline number is – 03303557145. They also have a website - [Next Chapter Scotland | Home](#)

ROSC 6 WEEKLY WORKFORCE DEVELOPMENT



Cont...

James – GCA, U Turn Project

James spoke to the group about the U turn peer education program that will be restarting after receiving funding from the National Lottery. Having ran in South Lanarkshire, it will now extend to Glasgow and East Renfrewshire. The peer educator groups will be starting this month and will be on a Thursday night between 6-8pm. Young people between the ages of 12-25 will deliver workshops to their peer groups on subjects such as Alcohol, Drugs & Spiking. As well as being trained to deliver the workshops, the young people also get one to one support for themselves throughout. james.fraser@glasgowcouncilonalcohol.org

Heather – Common Wheel

Heather spoke to the group the Common Wheel Service – A charity that supports people managing or recovering from mental health or dementia by providing meaningful activities. Program will run until end of March. All of the drop in activities run from their base at Gartnavel Hospital. . Full details of the program and locations are on the presentation, for any other questions please contact - heather@commonwheel.org.uk

If you are a worker or volunteer at service and would like to come along to to hear about what is happening in our area or if you would like to come and do a presentation on your service please contact us on info@nwrc-glasgow.co.uk

What We've been up to this month



On the 22nd August Outreach workers Joanne and Jamie attended the Stabilisation Unit's 5th Birthday Celebration. Joanne had a great day catching up with workers from all of the organisations in attendance along with the workers and residents of the Stabilisation Unit. Margaret's decorations stole the show !!



On 25th August our Creative Industries Course started back with lots of new faces which is amazing to see and we are looking forward to see what they produce this year. To hear & watch the work of the previous term's classes please go to our website - <https://nwrc-glasgow.co.uk/creative-industries/>

On 26th August Brian attended the DWP wellbeing event. A big thanks to Claire and her colleagues at the Drumchapel DWP for hosting the networking event. It was great meeting everybody and hearing how organisations and services are supporting the community and it was lovely having some meaningful chats with the public about the work North West Recovery Communities do

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.

One of our training Tuesday days this week doubled up with the ROSC (Recovery Orientated System of Care) workforce development days that you can read about on page 6.

2 weeks later, one of our board members Tich came to speak to the volunteers and deliver a strategy day. They discussed the wants and needs of the volunteers and what they think is required for the recovery cafes and participants going forward along with the future of the charity. It was a great session with Tich gaining more of an insight into the day to day running of the cafes from the volunteers perspective but also the volunteers having more of an understanding of the realities of running a charity and planning and finances required. Tich will catch up with the volunteers again at our residential trip and again in the new year to ensure the agreed actions are being progressed.

In the last week of August we were joined by Nathalie, a Dietician from the NHS who delivered training to the volunteers on weight management, looking at nutrition support and managing symptoms, seeing how addiction affects nutrition and tips to improve diet that they can use in their personal lives but also when speaking to participants in the cafes. Nathalie will join us for more sessions over the next few months.

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
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

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



MY RECOVERY & ME

My Recovery and Me groups aim to provide peer mutual support to individuals who are seeking recovery, in recovery, affected by addiction from substance use, or looking to improve their mental wellbeing.

Support is provided by peers locally in person utilising experiences and utilising tools.

Groups are managed and run by NWRC facilitators who are provided with support and training from the SRC.

**Where: Drumchapel Community Centre, 320
Kinfauns Drive, G15 7HA**

When: Every Wednesday, 2pm to 4pm

Contact: Info@nwrc-glasgow.co.uk



north west glasgow
recovery communities

SRC SCOTTISH
RECOVERY
CONSORTIUM

