

NEWSLETTER

September



north west glasgow
recovery communities

Welcome to our September Newsletter!

When I am preparing to start the newsletter each month, I will go through the diary to note down everything we have done in a month on top of our recovery cafes & groups.

In the two and a half years I have been creating the newsletters, I'm not sure we have had a busier month! The funniest thing about it is, it hasn't seemed busier than normal. I think this is because even if we are not out at other physical events, we are constantly working in the background, speaking to people, organising future events and finding ways to connect the dots in our networks to ensure we are delivering what is required for our recovery community!

You can read all about our very busy month below.

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**RECOVERY
MONTH**

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

BIG NEWS !

Starting on the 15th October, Healing for the Heart will be running an 8 week group called Calm Waters at our Wednesday Drumchapel Group. The group will help participants learn how our bodies respond to stress, explore techniques to build resilience and manage stress responses & develop new experiences of wellbeing. The group will run from Drumchapel Community Centre (address on page 5) from 2pm to 3:30pm

Our Cafes



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

100
Attendees
In September

Partner **Organisations who** **joined** **us in September**

With You
SAMH
ADRS
Citizen's Advice
Next Chapter
Scotland
Penumbra
Hope Connections
Street Connect
Quadash
Move On
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.

Our Cafes



KNIGHTSWOOD

Knightswood Community Centre - between 11am - 3pm

95

**Attendees
In September**

**Partner
Organisations
who joined
us in September**

Aspire
Turning Point
With You
Rise
Blue Triangle
POP
Housing 1st
ADRS
City Writes
FASS
The Base

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)

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

285

**Attendees
In September**

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 September

With You
Healing for the Heart
ADRS
SISCO
NERC
Waverly Care
Salvation Army
Turning Point
Hope Connections
Glasgow City Council
SDF

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.

Housing 1st, Street Connect, NW Carers & Aspire

Our Cafes



MEN'S GROUP

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

21

**Attendees
In September**

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**

12

**Attendees
In September**

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

Volunteer Residential Trip



At the start of September the staff & volunteers went on their annual residential trip. We chose to return to Aviemore staying at the Cairngorms Christian Centre after a successful trip last year. This is an important part of our calendar year as it is a time to be able to thank our volunteers for the work they do along with spending some quality time together as a full team with staff, volunteers, partner staff & board members all able to get to know each other better outside of the day to day work.

The group took part in a host of wellbeing activities including meditation and mindfulness including a nighttime meditation session by the water under the moon & stars! There were lots of long walks & hikes & hugging trees in the beautiful scenery. The quieter times were filled with card games, chats and discussions.

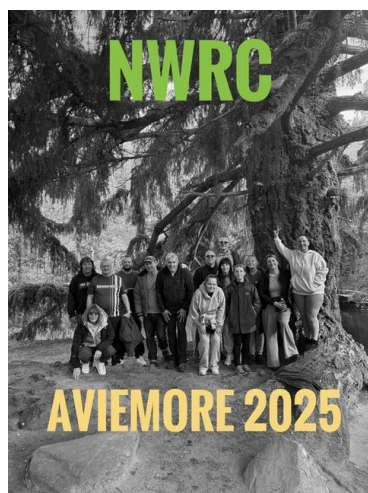
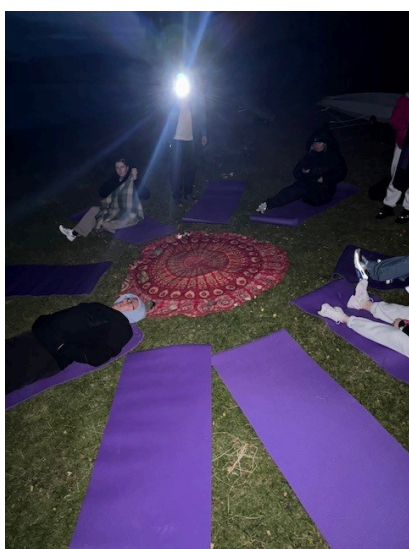
There were three big full group activities, bringing out every side of every one of us especially when each person had to role play a character and plead their case to be chosen to be accepted into a nuclear bunker! We finished off our trip again with a very heated and competitive quiz where every point or lack of, was being critically questioned !

The full four day's cooking was organised and prepared by our Volunteer Kirsteen with some helpers. There were times we genuinely didn't know if we could consume anymore!

It was another great trip with time put aside specifically to discuss the achievements and work of the charity and the volunteers over the last year. A massive thank you to the board members and partner staff who all came along on the trip and delivered a part of the activities.



Volunteer Residential Trip



RECOVERY MONTH



September is Recovery Month. In September we hold & attend events celebrating the stories, the challenges and the strength of everybody on a recovery journey.

Our first event was to the Recovery makes Glasgow event held by the Glasgow Alcohol & Drug Partnership at Glasgow Green. We hosted a stall with some of the volunteers in attendance. It was great to see recovery visible with all of the partner organisations showing the Recovery Orientated System of Care (ROSC) in action. There was a great turnout and were able to have lots of meaningful conversations with people, hearing how their recovery is going and the services, organisations & groups they were attending to support their journeys. The activities on offer were great for the full family and a big well done to Chris & Joanne for sharing their experience, strength & Hope in the stories tent alongside the other speakers from the other sectors. Well done also to FREED Up who brought the entertainment and the partners who brought the day together.



Whilst Brian, Charlotte and Joanne were at the Recovery Make Glasgow event. Volunteers Joleen and Nicola attended the Liliac Centre's own recovery walk event.

It was an enjoyable day for all in attendance celebrating recovery. Thank you to Heather, the staff and the residents at the centre for inviting us along.

RECOVERY MONTH



The next event was the annual National Recovery Walk held in Sterling by the Scottish Recovery Consortium

The North West Team joined forces with With You's North West Hub to take a bus through to the event. All reported that the full day was great, although the weather did catch up towards the end of the day. It was great to see recovery visible at a national level and we met many of our friends from other areas across the country showing that recovery is possible and happening everyday in everyway somewhere in Scotland.

Brian hosted a stall and was busy all day with plenty of discussions and chat about what is going on across the country with the other Lived Experience Recovery Organisations hearing the good work they are doing and sharing the good work we are doing with them.

Well done & Thank to the Scottish Recovery Consortium for putting on another fantastic day bringing everybody together !



What We've been up to this month



On the 1st of September, Brian and volunteers Karen, Jim & Simeon attended group facilitator training held by Humanising Healthcare. Since its inception North West Recovery Communities have been a strong supporter and attended nearly all of the conversation cafe sessions. As the organisation grows they offered training for those who attend regularly to give them the skills to facilitate the discussions at each of the tables during the future sessions.

On the 3rd, Brian attended the launch of the Abbeycare buddies wellbeing hub with Volunteers Catey & Kirsteen. Abbeycare have teamed up with St Mirren FC to create a new community hub for people recovering from alcohol and substance use. Weekly peer to peer support, pathways to recovery communities & wellbeing activities & workshops will all be available. Every Wednesday Evening from 6pm - 9pm at the SMISA Stadium, St Mirren Park, Greenhill Road, Paisley, PA3 1RU

On the 5th, Brian attended the G20 young person's event in Ruchill. It was great hearing the impact that the G20 activities had on the young people who they work with.

On the 12th, Brian attended the Comic Book Launch. The public information comic, was developed through conversation cafés at the University of Glasgow, hosted by the Humanising Healthcare. It was co-created with the recovery communities to capture their stories authentically. These are great resources! Well done to all involved !

On the 13th, Brian and volunteers Jim, John, Janice & Nicola attended the gratitude event held by Humanising Healthcare as a celebration of all the efforts given by the team and other Lived Experience Recovery Organisations that have contributed to the conversations cafes held at the universities throughout the year. We look forward to the next year!

What We've been up to this month



On the 14th Brian and volunteers Janice, Catey & Mehran attended the Abbeycare Recovery gathering at the Glynhill Hotel for the first time. It was great to hear from the speakers, Dr David Best (Research) from Darren McGarvey (Personal Recovery) and Jean from the family perspective as well as the other speakers. The choir, Voice of the Town were amazing ! It was great to meet all of Abbeycare's partner organisations and speak about the good work being done.

On the 15th Brian and volunteers Joleen, Dianne, Nicola & Janice, supported by Donna from Healing for the Heart delivered a Holistic wellbeing session for the residents of the Lillas Centre. This is an ongoing piece of work that will continue into the new year.

On the 24th, Brian attended the Gambling Harms conference held in Glasgow City Chambers. The group heard from a number of different speakers talking about different topics from local to national covering different demographic groups with lived experience at it's core. It was a truly inspirational day as was the support available that was shared throughout.

On the 25th Brian took the short journey through to Kirkintilloch to do a presentation on the work of North West Recovery communities covering a brief history if the organisation, what we do now, where we do it and how we work within the Recovery Orientated System of Care (ROSC) Model, promoting that recovery is possible for anyone.

Later on that afternoon Brian attended the Elevate graduation ceremony. It was a great afternoon celebrating the achievements of a number of our volunteers alongside their peers from other organisations and a big well done to GCA/Elevate for all of these success stories. it was great to see our volunteers Karen, Faye, Mehran pick up their awards with some unable to attend on the day it was also great to see some of our participants of our drop ins & groups also pick up their certificates alongside their family & friends.

ROSC (Recovery Orientated System of Care) Workforce Development 6 Weekly Meeting



We held our next ROSC (Recovery Orientated System of Care) workforce development session on the 16th September.

Mark Murray – The Base

Mark introduced himself and The Base which is part of what we would know as YOMO, they are working to have both of the organisations recognised in their own right. Mark gave details of all of the different activities going on at the Base including cooking classes & pantry. Mark's role is Recovery & Resilience worker and runs a number of his own groups within the Base. The Speak Easy peer support group that runs from 12noon on Friday's, The Recovery Rides group that mixes cycling with mindfulness. This runs on Wednesday mornings at 10am and the one to one support sessions. The sessions last for 50 mins and are an opportunity to speak freely about how somebody is feeling, however, these are not counselling sessions, they are therapeutic chats. For more information on any of these groups or for more information on The Base, please contact Mark.murray@yomo-online.co.uk

Kate Black, Joanne & Phil – In Cahootz

Kate explained In Cahootz, an arts based organisation's mission statement. "An Empowered, Creative, Confident Society." This is what In Cahootz wants to achieve for all of their participants, is to feel like they are always included and not so marginalised. Joanne, a participant at In Cahootz described her experience since joining In Cahootz and spoke through some of what they offer including drama, art, music and cultural groups. We also heard from Phil another participant who spoke about what he has been involved in during his time at In Cahootz including taking part in a annual show playing instruments when before they had never played an instrument. Both Joanne and Phil expressed how much confidence they had gained by being part of the different groups and activities. Kate gave details on the Kelvingrove Art Galleries Community Space where they currently have an exhibition of their work. This exhibition will be in the space until August next year, so get along and have a look !! To find out more about In Cahootz and their program please contact kateb@incahootz.co.uk

ROSC (Recovery Orientated System of Care) Workforce Development 6 Weekly Meeting



Stephen McGuire – City Writes

Stephen spoke about the background of City Writes and gave details of the Recovery Focused Group that runs out of the North West Recovery Communities Knightswood Thursday Recovery café. Music, Mindfulness & Creative Writing, designed to incorporate peer support and recovery focused conversations for people in Mental Health and Addiction Recovery. The group usually has between 6-12 people each week. The Music, Mindfulness & Creative Writing group runs for between 8/12 weeks, Stephen then runs a 4/6 week group on Anxiety & Early Recovery and it continues in a loop like this. Outside of North West, Stephen runs groups at Finn's Place & The Hidden Gardens on similar topics. Stephen is also able to offer literacy tutoring to people and through his main job role offers Neurodiversity in the Workplace Training amongst other courses.

To get more information on any of the above please contact Stephen -
citywritesinfo@gmail.com

Jennifer Gilbert & Ganga Shalini – Glasgow North West Citizen's Advice

Jennifer updated the group to advise that the North West Citizen's advice office is currently closed due to a flood and they will not be returning to this office. They can still be contacted on their telephone line and email. They are looking for space where they could hold pop up drop in sessions. If you think your workplace would be able to accommodate this, please contact Jennifer - Jennifer.Gilbert@gnwcab.org.uk
Ganga spoke through the help that can be accessed around Energy from the Citizen's advice including Smart meters, Priority Service register, Energy debts, warm house discount and eligibility for all of these. There are links for most of the issues raised within the presentation. For anything else please contact – advice@gnwcab.org.uk or
01419480204

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.

The volunteers took part in some training activities whilst at the residential trip in Aviemore.

Also this month the volunteers had another visit from Nathalie the dietician from the NHS where they covered food resource supports in the community

Wise Women joined us to deliver Gender Based Violence training. centering around women's safety.

The following week Emma from SAMH joined us to deliver a session on Drugs & Mental Health, in the same training day, Donna from Healing for the Heart to discuss the upcoming conversation cafe that is being held on the 18th November at the Salvation Army building. This is open to any of the participants of our cafes.



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.



Humanising
Healthcare

CONVERSATION CAFÉS WITH GLASGOW MEDICAL STUDENTS

SHARE YOUR LIVED EXPERIENCE WITH
THE FUTURE GENERATION OF DOCTORS
AT GLASGOW MEDICAL SCHOOL

2025

September: 22nd, 29th

October: 20th, 27th

November: 24th

December: 1st

2026

January: 19th, 26th

February: 23rd

March: 2nd, 30th

May: 11th

June: 1st, 15th, 22nd

9:30 am – 12:30 pm

Glasgow University Union

G12 8LX

Scan to sign up



Contact for more info: humanisinghealthcare@gmail.com



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





Calm Waters

Join us for eight weeks of group sessions to:

- Learn how our bodies respond to stress Explore techniques to build manage
- resilience and stress responses
- Develop new experiences of
- wellbeing



15/10/2025 - 03/12/2025



2pm - 3.30pm



Drumchapel Community Centre, 320 Kinfauns Drive, G15 7HA