

north west glasgow
recovery communities

Festive Information Booklet 2025





North West Recovery Communities **Office Opening Times**

Wednesday 24th December - 9am to 2pm

Thursday 25th December - CLOSED

Friday 26th December - CLOSED

Monday 29th December - 9am to 5pm

Tuesday 30th December - 9am to 5pm

Wednesday 31st December - 9am to 2pm

Thursday 1st January - CLOSED

Friday 2nd January - CLOSED

North West Recovery Cafes Opening Times

WINGS 24th December - 11am to 3pm

WINGS 31st December - 11am to 3pm

All other recovery cafes closed

All recovery cafes will be open as normal week commencing
Monday 3rd January

Outreach Service will be phone calls and meeting at
drop ins only during our opening times until 5th January

Citywide Opening Times

South Community Recovery Network

Monday 22nd December – Ibrox Cafe 5:30pm to 8pm

Tuesday 23rd December – Women's group 10:30am to
1:30pm

Alcohol Focus group – 2pm to 4pm

Wednesday 24th, Thursday 25th & Friday 26th December –
Closed

Monday 29th December – Ibrox Cafe 5:30pm to 8pm

Tuesday 30th December – Women's Group 10:30am to
1:30pm

Alcohol Focus group 2pm to 4pm

Wednesday 31st December, Thursday 1st and Friday 2nd
January – Closed

Back open as normal from 5th January

*Keep an eye on SCRN's social media pages
for any changes to this!*





North East Recovery Communities

Tuesday 23rd December - SPARC 11am-3pm

Wednesday 24th December - PARC 12-3pm

Thursday 25th & Friday 26th December - Closed

Saturday 27th December - NERD 11am-2pm

Tuesday 20th December - SPARC 11am-3pm

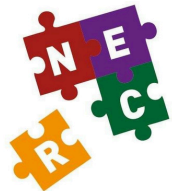
Wednesday 31st December - PARC 12-3pm

Thursdsay 1st & Friday 2nd January - Closed

Saturday 3rd January - NERD 11am-2pm

All recovery cafes will be open as normal week commencing
Monday 5th January

*Keep an eye on NERC's social media pages
for any changes to this!*



North East

Other Services & Orgs Opening Times

North West Alcohol & Drug Recovery Service

Opening Hours 8:45am – 5pm

Wednesday 24th December – Possilpark Health Centre,
Woodside & Drumchapel Mercat (OPENED)

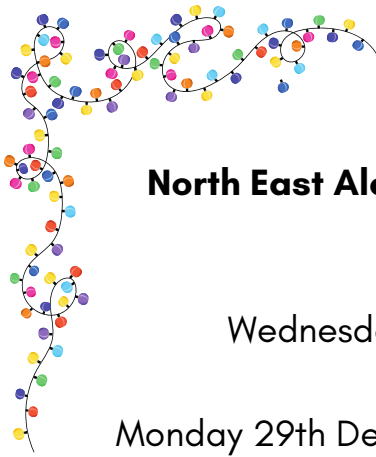
Thursday 25th & Friday 26th December – (All centres CLOSED)

Monday 29th December, Tuesday 30th December & Wednesday 31st
December – Possilpark Health Centre (OPENED) Drumchapel
Mercat & Woodside Health Centre (CLOSED)

Thursday 1st January & Friday 2nd January (All centres CLOSED)

*All services opened as
normal from Monday 5th
January*





North East Alcohol & Drug Recovery Service (Parkhead Hub)

Wednesday 24th December - Opened

Monday 29th December, Tuesday 30th December &
Wednesday 31st December - Opened

Monday 5th January - Opened

South Alcohol & Drug Recovery Service

Wednesday 24th December - All centres opened

Monday 29th & Tuesday 30th - All centres opened

Wednesday 31st December - Rowan Park & Pollok open until
12pm, Gorbals open until 4:30pm

Monday 5th January - All centres opened



With You North West Hub

Free Phone Number Available – 0808 178 5901

Monday 22nd December – 9am to 5pm

Tuesday 23rd December – 9am to 5pm

Wednesday 24th December – 9am to 5pm

Thursday 25th & Friday 26th – Closed

Saturday 27th December – 9am to 3pm

Sunday 28th December – 9am to 3pm

Monday 29th December – 9am to 5pm

Tuesday 30th December – 9am to 5pm

Wednesday 31st December – 9am to 5pm

Thursday 1st & Friday 2nd January – Closed

Saturday 3rd January – 9am to 3pm

Sunday 4th January – 9am to 3pm

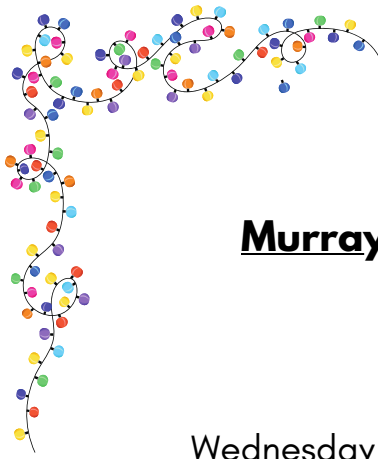
Normal opening times resume Monday 5th January

Maryhill Burgh Halls will not be operating as normal over the festive period.

Please call the team and they will advise on what is on & group times



withyou



Murray's Initiative (was GCA)

Wednesday 24th December - 9am to 4pm

Thursday 25th December - Closed

Friday 26th December - Closed

Saturday 27th December - Closed

Monday 29th December - 9am to 4pm

Tuesday 30th December - 9am to 4pm

Wednesday 31st December - 9am to 4pm

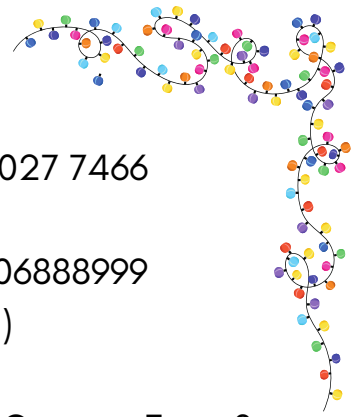
Thursday 1st January - Closed

Friday 2nd January - Closed

Saturday 3rd January - 9am to 5pm

Murray's
INITIATIVE

Emergency Numbers



Simon Community (24hrs) – 0800 027 7466

Homeless Project Scotland – 08006888999
(Between 10:30pm –9am)

Glasgow City Mission Overnight Welcome Centre – From 8pm
Phone to speak with the RSVP team and referral – 08000277466

Social Care Direct – 0141 287 0555

Social Work Out of Hours 0300 343 1505

Out of Hours Homelessness – 0800 838 502

Samaritans – 116 123

Breathing Space – 0800 83 85 87

NHS 24 – 111

The Wise Group – Emergency Energy support – Call before 23rd
December for help – 0800 092 9002

If after 23rd – Call your energy supplier to ask for help if your
energy runs out

Crisis outreach service number (Open 7 days a week 8am–8pm)
0141 201 3102



12 step fellowships/SMART

Alcoholics Anonymous -

08457697555

Website -

www.alcoholics-anonymous.org.uk



Glasgow AA Meetings

Narcotics Anonymous -

08001404645

Website -

<https://www.glasgowna.com/physical-meetings>



Glasgow NA Meetings

Cocaine Anonymous - 0141

959 6363

Website -

<https://www.cascotland.org.uk/meetings>



Glasgow CA Meetings

Gamblers Anonymous -

03700508881

Website - www.ga-scotland.org



Scotland GA Meetings



SMART
Recovery
Meetings

Some community buildings etc will close during the festive period. Please use the QR codes to check or phone the helpline numbers to confirm before attending

Children & Families Support



FASS – Helpline: 01417373699
(Closed 24th December to 5th January)

Scottish Families Affected by Drugs & Alcohol –
Helpline: 08080101011
(Check Social Media Pages for Christmas Opening Times)

Childline – 0800 1111

Drumchapel Local Social Work – 0141 276 4710

Possilpark Local Social Work – 0141 276 6210

Partick Local Social Work – 0141 276 3112

www.glasgowhelps.org

www.kooth.com

Papyrus (Prevention of Young Suicide) 24/7 Hopeline
08000684141

West Children & Adolescent Mental Health Service (CAMHS)
0141 207 7100

North CAMHS – 0141 201 5640

East CAMHS – 0141 277 7515

South CAMHS – 0141 201 5031



Christmas Meal Locations

Recovery Rhythms

Free Christmas lunch, dip, sauna and some carol singing.

Contact through Facebook -

www.facebook.com/RecoveryRhythmsGlasgow

Reidvale Neighbourhood Centre

13 Whitevale Street

Glasgow

G31 1QW

Christmas Day 12-2pm

Set Free Project

37 Portland Street, G5 9JL

Christmas Day 2pm

Contact if requiring transport on their facebook page

www.facebook.com/p/Set-Free-Project-61574237557192

Social Bite - Christmas Eve & Christmas Day 12pm - 4pm

10 Sauchiehall Street, G1 2GF

Drumhub - Christmas Day 3pm

St Marks Church, Kinfauns Drive, G15 7BD

Call to confirm place - 07767435734

The Charter Parkhead Nazarene Church

Community Breakfast - Christmas Day 10:30am-12:00

498 - 502 Tollcross Rd, Glasgow, G31 4XX

Other Supports



Local Community Food Hub

www.glasgowfood.net/community-food-hub/find-local-food-services

Gamcare

For Gambling Support

Telephone Number: 08088020133

What's App Number: 02030318881



Men Matter

Check the Men Matter Facebook page for their program over the Christmas & New Year period

Rape Crisis

Helpline: 08088 00 00 14

Email – support@rapecrisiscentre-glasgow.co.uk

Live Chat – <https://www.glasgowclyderapecrisis.org.uk>



ALISS

<https://www.aliss.org/>



Let's Get Connected App

<https://app.letsget.scot/About>



Festive Sober Events

AA – Place of Safety, New Years Party 25-26

31st December 8pm to 1am

Greater Easterhouse Supporting Hands (G.E.S.H) 1 Redcastle

Square, Glasgow, G33 5EG

Tickets £12 (Under 16's free)

For other NA or CA dances/events – please ask at your local
meeting

Freed Up – www.tickettailor.com/events/freedupcic

Good Clean Fun – <https://gcfglasgow.com/tickets/>

Other Resources

Our own North West Recovery Communities website has an extensive resources page where you will be able to find information on a number of different services & organisations and their contact details. Scan the QR code to be taken to the web page

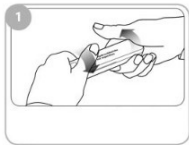


Naloxone (Ordering & Overdose information)
<https://www.sfad.org.uk/naloxone>

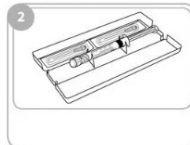
Mobile Harm Reduction Service (WAND Van
providing Wound care, Assessment of injecting risk,
Naloxone, Dry blood spot testing)
0141 280 3834 to arrange a suitable day and time to
visit an individual or service.



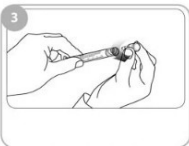
How to open, assemble and inject Prenoxad Injection (naloxone hydrochloride 1mg/1ml solution for injection).



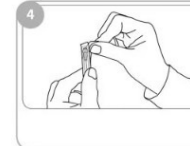
1. Remove the clear film wrapping by pulling the tear strip on the side of the box. Twist the outer plastic to break the tamper evident seals and open



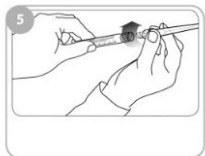
2. The box contains 1 syringe of Prenoxad Injection and two 23 gauge 1 1/4 inch needles for intramuscular injection



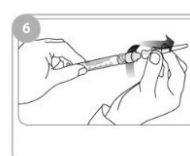
3. Unscrew the clear plastic top from the syringe



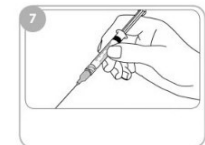
4. Peel back the backing paper from the needle packet and remove the needle, keeping it in its protective sheath



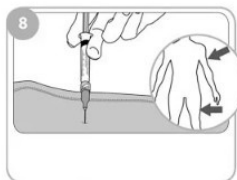
5. With the needle still in its sheath, screw the blue fitting onto the syringe



6. Gently twist the needle sheath and remove it from the syringe. Twisting the needle sheath instead of pulling it avoids needle stick injury



7. Hold the syringe like a pen or dart



8. **a)** Insert the needle at right angles (90 degrees) into the casualty's outer thigh or upper arm muscle, through clothing if necessary - **b)** Rotate the barrel so that the black dosage line can be seen **c)** Inject the first dose of 0.4 ml Prenoxad

Injection by holding the syringe steady and pushing the plunger to the first black line **d)** Take out the syringe with the needle attached and safely put it back into the case **e)** Do not re-sheath the needle **f)** If you need to give another dose, insert the syringe again and inject to the next black line

After using Prenoxad Injection, keep the syringe in the box and hand it to the ambulance crew so that they know it has been administered

The following are signs of an overdose:

- Loss of consciousness
- Unresponsive to outside stimulus
- Awake, but unable to talk
- Breathing is very slow and shallow, erratic, or has stopped
- For lighter skinned people, the skin tone turns bluish purple, for darker skinned people, it turns grayish or ashen.
- Choking sounds, or a snoring like gurgling noise
- Body is very limp
- Face is very pale or clammy
- Fingernails and lips turn blue or purplish black
- Pulse (heartbeat) is slow, erratic, or not there at all

If someone is making unfamiliar sounds while “sleeping” it is worth trying to wake him or her up. Many loved ones of users think a person was snoring, when in fact the person was overdosing. These situations are a missed opportunity to intervene and save a life.

It is rare for someone to die immediately from an overdose. When people survive, it's because someone was there to respond.

If you think that someone has overdosed call 999 immediately.

Recovery Position

Practise this with a friend until you can do it without thinking.

If someone is unconscious and breathing, put them in the recovery position.

- Open their airway by tilting the head back and lifting the chin
- Straighten the legs
- Place the arm nearest to you at right angles to their body
- Pull the arm furthest from you across their chest and place the back of their hand against the cheek nearest to you
- Get hold of the far leg, just above the knee, and pull it up, keeping the foot flat on the ground
- Keep their hand pressed against the cheek and pull on the upper leg to roll them towards you, and onto their side
- Tilt the head back to make sure they can breathe easily
- Make sure that both the hip and the knee of the upper leg are bent at right angle

Dial 999 and ask for an ambulance.

Stay with them until the ambulance arrives.

