

NEWSLETTER

November



Welcome to our November Newsletter!

Hello and welcome to our November Newsletter.

We are well underway with the plans for the festive session. Starting off with our networking event, details of which are below.

Also, in this month's newsletter we have a new feature from the Alcohol & Drug Recovery Service (ADRS) Dietitians. This will be included monthly going forward and will hopefully have hints and tips that everybody can use !

As the December newsletter will not come out until the beginning of January, we want to take this opportunity to wish you all a very Merry Christmas & a Happy New Year !

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BEEN UP TO
THIS MONTH**

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BIG NEWS !

We are holding our next ROSC networking event on Tuesday 9th December.

This will be held at the Maryhill Ruchill Parish Church - 1990 Maryhill Road, G20 0EF. At this event we will be launching our annual festive booklet. It would be great to see as many people along as possible !

Our Cafes



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

119
Attendees
In November

Partner **Organisations who** **joined** **us in November**

With You
NW ADRS
Aspire
Maryhill Move On

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.



Through December the ladies will have festive themed arts & crafts materials available to make Christmas Cards & other festive activities. They will hold their Christmas lunch on Wednesday 24th December

Our Cafes



KNIGHTSWOOD

Knightswood Community Centre - between 11am - 3pm

135

**Attendees
In November**

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 - 1pm - Lunch

1pm-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.

Partner Organisations who joined us in November

With You
NW ADRS
Smile 4 Life
Rise
Healing for the Heart
Turning Point
The Base
City Writes
Blue Triangle
Wise Group

Our Cafes



POSSIL

Possilpark Parish Church on Friday between 11am - 3pm

279

**Attendees
In November**

Partner Organisations who joined us in November

Healing for the Heart
Turning Point
Move On
Homelessness Team
Hope Connections
SDF
Aspire
North East With You
POP
GCA
NW With You
Men Matter

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 / Recovery Share)

2:30pm - 3pm - Bingo

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.

Throughout the month there will be different organisations attending the cafe to offer their own support to our participants

SISCO, Navigators, The Thistle & FASS

Our Cafes



MEN'S GROUP

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

30

**Attendees
In November**

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.

Recovery Group

**Drumchapel Community Centre on
Wednesdays**

From 2pm to 4pm

25

**Attendees
In November**

In November we continued Calm Waters in Partnership with Healing for the Heart. This eight week group will finish at the start of December. We will advertise what new group will run from Drumchapel in the new year

What We've been up to this month



On the 5th November Charlotte attended the Harm Reduction Event at Glasgow City Chambers. It was a very informative session with the chance to feedback on ways to ensure people can engage with the services.

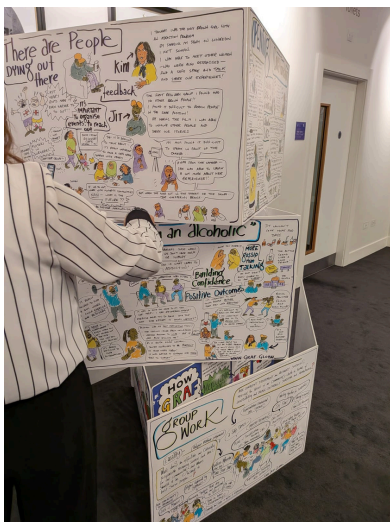
On the 6th Brian visited East Dumbartonshire Mental Health Team. Thank you to Eddie for having us along and it was great meeting the team to discuss what goes on at NWRC and discussing ROSC in action.

Later that day Brian attended GCA's 60th Birthday party. It was a great celebration, the stories & the impact they have had over the last 60 years as well as learning about the launch of their new name, Murray's Initiative!

Later again that night, Brian attended Rape Crisis' AGM. It was great to hear about the good work that is done. However, it was very harrowing listening to the stories and examples of the harms being suffered by women in our area, shining a light on the need for the service and why it is so important!

On the 7th, Brian delivered a presentation to Crossreach. It was good meeting up with all of the residents and chatting about what happens next after rehab, discussing all of the options for continuing their recovery journey in the community.

On the 13th Brian, Outreach worker Jamie & Volunteer Mehran attended a Minority Group Seminar hosted by Scottish Families affected by Alcohol & Drugs in Edinburgh. It was an amazing event, with shared stories, seeing the good work done and hearing from all of the speakers on the day. Including the film screening.



On the 17th Brian and volunteers Joleen & Nicola visited the Liliac Centre for the next group activity. This month the ladies took part in Christmas crafts, making Christmas memory boxes, hot chocolate sachets and Christmas decorations.

What We've been up to this month



On the 18th Brian and Ged from With you took part in a Fishing Day out with the participants at the Delivering Real Change Youth Project. Along with the Youth worker Liam who leads the Strive program. It was great to connect with the youth, discussing life and showing them how positive activities can benefit their wellbeing



On the 20th November Brian & Charlotte with Volunteers Catey & Joleen attended St Alphonsus Church with the staff from FASS and Staff & Volunteers from North East Recovery Communities and North East ADRS to help hang the memorial blankets for the Annual Remembrance Service held by FASS. Brian and Catey attended the service later, It was a very poignant night hearing the names of read out of those lost.

On the 24th a number of the volunteers attended the next Humanising Healthcare Conversation cafe. The next conversation cafe on the 1st December will be the last in this year's run and will start again in the new year. Thank you to volunteers, Jim, John, Nicola, Janice & Peter who have been our core group of attendees at these sessions.

On the 27th, it was a team effort with a number of the staff & volunteers attending the Drumchapel Christmas Lights switch on. Unfortunately the bad weather put a halt to proceedings, but we were lucky enough to hear some of the primary school children sing their Christmas songs ! The day continued in Drumchapel Library with Santa and Hymns with the lights being switched on during a pause in the bad weather !

On the 28th Brian attended the Breakfast and a Blether breakfast at NG homes. It was great to hear from the Balgrayhill Ukrainian Trust, Hope Connections & Quarriers who will have a new monthly drop in running from Saracen House starting in January.

ADRS DIETITIAN INFORMATION



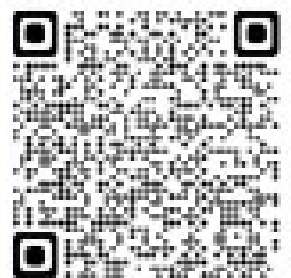
Starting this month we will be including a feature each month from the Alcohol & Drug Recovery Service (ADRS) dietitians. They will include hints and tips, recipes, advice & guidance on a wide range of topics around diet and wellbeing around food.

The ADRS dietitians are making a series of nutrition resources tailored to people with addictions and these can be found at www.nhsggc.scot/your-health/right-care-right-place/addictions/adrs-nutrition-leaflets

Check out our first resource which is a recipe book made by dietitians, occupational therapists and service users. It is full of easy instructions and cheap, healthy meals and snack ideas.



Keep an eye on the website, as more resources are always being added!!



ADRS Nutrition
Leaflets

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 staff & volunteers continued the course from Healing for the Heart, covering Dual Diagnosis & Community Resilience.

On the 18th of November Staff, volunteers and participants of our recovery cafes, took part in a conversation cafe held by Healing for the Heart. Each group discussed questions around the links between Addiction & Mental Health and how North West Recovery Communities & Healing for the Heart can help with this and also the participants experience with both of these organisations

This concluded our training for 2025. A big thank you to all of the training providers and partners that have joined us this year!



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 –

Jamie - 07918923649

We have appointed a new outreach worker and they will join us at the start of December

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 worker
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
1pm-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 /
Recovery Share) Pop up and
mental Health support every
week
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

