

# NEWSLETTER

## October



### Welcome to our October Newsletter!

It was another busy month at North West...

We had a full schedule with taking part in Humanising Healthcare Conversation Cafes & Pharmacy Presentations, as well as a Halloween party for the WINGS Women's group.

There was still time for fun with some of the volunteers attending the Creative Change Collective's latest performance and some of the volunteers taking part in G15 Thriving Places football tournament.

Our volunteers have also been super busy outside of the cafes !

We hope you enjoy reading all about it...

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**OUR  
VOLUNTEERS**

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

## ***BIG NEWS !***

We will be hosting a ROSC networking event on the 9<sup>th</sup> December. There will be information stalls from organisations & services and we will be launching our festive booklet. Please let us know if you would like a stall for this event [info@nwrc-glasgow.co.uk](mailto:info@nwrc-glasgow.co.uk) and keep an eye on our socials for further information !!

# Our Cafes



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

**176**  
**Attendees**  
**In October**

### **Partner** **Organisations who** **joined** **us in October**

With You  
Penumbra  
ADRS  
Rise  
Re-Entry  
Navigators  
Healing for the Heart  
Smile 4 Life  
Children 1st  
NW Carers  
Blue Triangle  
Pre-Hab

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 WINGS group held a Halloween party for our participants. You can read more about this on page 9

**Cont...Gamcare & FREED Up**

# Our Cafes



## KNIGHTSWOOD

**Knightswood Community Centre - between 11am - 3pm**

**141**

**Attendees  
In October**

### **Partner Organisations who joined us in October**

Aspire  
Rise  
Blue Triangle  
Turning Point  
SAMH  
ADRS  
Healing for the Heart  
Salvation Army  
Waverly Care  
With You  
NW Carers  
City Writes

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.

# Our Cafes



## POSSIL

**Possilpark Parish Church on Friday between 11am - 3pm**

**263**

**Attendees  
In October**

### **Partner Organisations who joined us in October**

The Thistle  
POP  
SISCO  
Aspire  
Housing 1st  
With You  
Phoenix Futures  
Turning Point  
Next Chapter Scotland  
Wise Group

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

Penumbra, HSCP, Hope Connections, ADRS, NERC, Healing for the Heart & Richmond Fellowship

# Our Cafes



## **MEN'S GROUP**

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

**36**

**Attendees  
In October**

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**

**12**

**Attendees  
In October**

In October we started Calm Waters in Partnership with Healing for the Heart. This is an eight week group that helps participants learn how their bodies respond to stress, explore techniques to build & manage resilience and stress responses and develop new experiences of wellbeing.

# Our Volunteers



**We couldn't do what we do at North West Recovery Communities without our volunteers. They dedicate their time each week to help deliver our recovery cafes along with other activities outside of them.**

In October, volunteers Jim & John started to deliver a group work program in Penumbra's ARBD (Alcohol Related Brain Damage) supported accommodation. This is the second visit this year that we have delivered this group work, with the hope that this will increase to four times a year.

Also in October some of our volunteers took part in a research project carried out by Natalie from York University. This is the second time we have worked with Natalie in project work focused on drug addiction. This project is centred around police involvement during addiction. Natalie has been attending our Possil cafe for the last 2 years, contributing to our 24/25 annual report on her experience of attending.

At the beginning of October volunteer Peter attended Barlinnie prison to discuss plans to work with Angela from The Croft who are based there. Peter will be starting a 6 week block in January, supporting people due for liberation and ensure they have pathways to recovery including our own recovery community.

We are so grateful to have a team of volunteers so willing to give their time willingly to their communities and offer help and hope to others seeking recovery or maintaining it.



# What We've been up to this month



On the 3<sup>rd</sup> Volunteers, Janice and Nicola joined Brian by attending the University of Strathclyde to share their experience with this year's pharmacy students, both shared their experience of recovery and using community pharmacies, alongside the voices of experience (mental health peer support service)

On the 6<sup>th</sup>, Brian and volunteers Jim, John & Nicola attended the next Humanising Healthcare conversation Cafe

On the 8<sup>th</sup>, Brian & Charlotte attended Clydebank college's well being day. It was good to see some friends of North West, Men Matter and Mentor Scotland at the event. We are grateful to be invited along each year to provide information on our organisation and information that might help the students at the college.

On the 9<sup>th</sup>, Brian attended Hope Connections group program to deliver a presentation to their participants alongside Men Matter. The presentation look at how we use and need supports at different times on the journey and how our needs change, promoting multiple pathways for support.



Later that night Brian and volunteers Joleen, Catey, Thomas and friend of North West Chris attended the Creative Change Collective's most recent production. You can read more about it [HERE](#)

On the 10<sup>th</sup> our volunteers along with Donna from Healing or the Heart marked Mental Health Awareness day at the Possil Cafe. A table was set up with different resources and an opportunity to speak to Donna if required about their mental health & wellbeing



# What We've been up to this month



On the 18<sup>th</sup> Brian and volunteers, Nicola, Catey & Janice took part in the Anti Racism football tournament hosted by G15 Thriving Places with our Volunteer Jim one of the referees on the day. Janice's team were the winning team on the day and Janice was later awarded a beautiful glass memento of the day, with the cup being awarded at G15's Ceilidh in November.



On the 20<sup>th</sup> & 27<sup>th</sup> Brian and volunteers, Jim, John, Nicola, Peter & Janice attended more of the the Humanising Healthcare Conversation cafes in Glasgow and on the 30<sup>th</sup> attended the session in Dundee with volunteers Joleen, Janice & Nicola.

On the 23<sup>rd</sup> we said goodbye to Outreach worker Joanne. Joanne started her journey with North West as a participant, then a volunteer and has been an Outreach worker since 2021. We will miss Joanne so much but we are so proud of what she has achieved and moving on to her new role in Shared Care. Thank you Joanne and we know you won't be a stranger !






# What We've been up to this month



On the 29<sup>th</sup> October Our Women's group WINGS held a Halloween party for the participants.

The WINGS steering group put the full day together including the balloon arch and prizes for the best dressed with Kirsteen providing a beautiful lunch, as always.

The ladies were joined by FREED up who provided the music. Thank you 

The participant's costumes were amazing on the day ! Making it a hard decision for the best costume prize.

It was a great day all round with lots of fun games and connection for the ladies !



# 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 28<sup>th</sup> October.

As always we were joined by great organisations, sharing details of their service and passing on valuable information!

## **Olga – SAMH**

Olga spoke to the group about a new initiative they have in partnership with the SPT called achieving Active Lives. They are looking to work in the community more, open to people experiencing mild to moderate mental health problems. People can be referred through an organisation or by self-referral with the goal of increasing physical activity. They will have a person centred plan, will look to break down the barriers to what has been keeping them back and what is available to them in their local area. Their worker can support them along to initial sessions of their agreed activities. The attached presentation has the contact details and the QR code on it to refer. [AALGlasgow@samh.org.uk](mailto:AALGlasgow@samh.org.uk)

## **Scott, Andy & Helen – Hope Connections**

Scott gave details of the work Hope Connections do as a small charity. They support people with a wide range of challenges from addiction, Mental Health & Community Justice. They will work people on what they are facing at that time and can link them into other services such as With You, the recovery cafes or support them along to the crisis centre. They work with Barlinnie Prison & The Liliac Centre with worker Helen regularly attending to deliver groups for the residents. They will also work on pathways to liberation, including working with the council & housing associations to try and ensure people have somewhere to stay when they are liberated. Within their own program they run a health and wellbeing group.

They have a partnership with Glasgow Life and will obtain a 6 week pass for their participants. They also take part in pet therapy at various times throughout the year with their regular participants. To refer somebody into the service or to find out more about the service please contact – [joan@hopeconnections.scot](mailto:joan@hopeconnections.scot)

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



## **Eddie Clarke – Abbeycare / Abbeycare Buddies**

Eddie is the outreach manager at Abbeycare residential. Abbeycare is a 34 bed residential in Erskine. They have very recently also taken over Jericho. Abbeycare wanted to work more out in the community and through long discussions an agreement was made with the CEO of St Mirren football club to open a Recovery & Wellbeing Hub.

St Mirren are providing the location & a free warm meal. There are lots of different opportunities within the Hub including creative workshops delivered by The Recovery Collective, creative writing from Wurdplay, yoga & meditation, an onsite CBT therapist and signposting to other help and support services at all times. They have set aside one week a month for organisations to come in to present to the participants. The hub is on every Wednesday at 6pm till 9m at SMISA Stadium, St Mirren Park, Greenhill Road, Paisley, PA3 1RU and is open to everybody, not just from the Renfrew area. For more details contact - [eddie@abbeycare.co.uk](mailto:eddie@abbeycare.co.uk)

## **Barry Strain & Kyle Davidson – DWP**

Barry gave details on the pathways to health team who have started to contact people who have limited capability to work. This will either be through text messages or through their journal. They are reaching out to try and reduce social isolation as there are still so many people cut off 5years after covid. If anybody has people they are working with that is struggling to engage with the jobcentre, contact their local disability employment advisor to discuss.

# 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.

This month the volunteers continued their visits from Nathalie, the dietician from the NHS. They covered tools and help for people to put on weight and also to loose weight. We hope to start having this information available at our recovery cafes soon.

We then started a 5 week course from Healing for the Heart, the first two weeks being on Stress Management and Reflective Practice.





# 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](mailto: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 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:** 19<sup>th</sup>, 26<sup>th</sup>

**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](mailto: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](mailto: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







## 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