

ANNUAL IMPACT REPORT 2025/26



north west glasgow
recovery communities



Scottish Charity No: SC051587

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CHAIR'S REPORT

As Chair of North West Recovery Communities, I would like to extend my sincere thanks to our incredible volunteers, staff team, partners, and community. Your dedication, compassion, and commitment continue to strengthen our recovery community and create meaningful change.

Throughout 2025/26, we have remained firmly committed to delivering a Recovery Oriented System of Care, rooted in hope, inclusion, and lived experience. Together, we continue to demonstrate what can be achieved when communities work collaboratively to support recovery and wellbeing.

This year, 29 volunteers contributed an incredible 4,686 hours supporting our cafés, groups, events, and activities. In addition, volunteers completed 1,380 hours of training, continuing to build confidence, skills, and opportunities for future progression into education, employment, and peer leadership roles. Your achievements remind us every day that recovery is possible.

Our recovery cafés and groups continued to provide safe, welcoming, and inclusive spaces across the community, with 267 cafés and groups delivered throughout the year and 7,491 sign-ins recorded across all cafés and drop-ins.

These spaces offer connection, belonging, and hope to people at all stages of their recovery journey. Our recovery cafés and groups continued to provide safe, welcoming, and inclusive spaces across the community, with 267 cafés and groups delivered throughout the year and 7,491 sign-ins recorded across all cafés and drop-ins. These spaces offer connection, belonging, and hope to people at all stages of their recovery journey.

Workforce development has remained a key priority during 2025/26. We delivered 7 ROSC workforce development sessions, welcoming 236 attendees representing 44 organisations. These sessions continue to strengthen understanding of recovery community engagement, reduce stigma and discrimination, and support more compassionate, trauma-informed approaches across services and communities.

We also continued to strengthen our partnerships and outreach activity throughout the year. With 95 partner organisations now connected through our ROSC network and 52 outreach referrals supported, we are seeing the power of collaboration in reaching individuals who may otherwise remain isolated from support.



REPORT CONT..

As an organisation, we have continued to strengthen our governance and strategic direction, ensuring lived experience remains at the centre of our work. Our values-led approach, co-produced with volunteers, staff, and stakeholders, continues to shape the way we grow and respond to the needs of our communities.

While progress has been made, we recognise that many individuals and families across our communities continue to be affected by drug- and alcohol-related harm. That is why our work remains so important. Thank you to everyone who continues to keep our doors open and our communities welcoming—offering warmth, understanding, hope, and connection without judgement. You are the heart of North West Recovery Communities.

I am proud to present our annual report for 2025/26, celebrating the resilience, creativity, and compassion that continue to define our organisation and the people who make this community possible.

With gratitude,

Louise Stewart Chair, North West Recovery Communities

BRIAN MCCARTHY - PROJECT MANAGER

It's that time of year again — a time for reflection. There is still that familiar feeling of not having enough time in the days and weeks to get all the work done. Yet, when I step back and look through the reports and newsletters from the past year, it is clear that we are making meaningful impacts.

All things considered, the hardworking NWRC team and our partners continue to keep our ethos alive and current: recovery is possible for anyone.

From our office base to the drop-ins, our outreach work, partnership projects, support for wider initiatives, workforce development, and the ongoing training and development of the team — we are making a difference and delivering on our mission to make recovery an option for anyone we come into contact with.

A huge well done to everyone involved. I am deeply grateful to all those playing their part across the North West and the wider city. Recovery is possible, and it is happening every day. With that said, we must always acknowledge the challenges and harms still caused by addiction throughout the North West and beyond. Individuals, families, and communities continue to be impacted.

REPORT CONT..

With that said, we must always acknowledge the challenges and harms still caused by addiction throughout the North West and beyond. Individuals, families, and communities continue to be impacted. If I may, please take a moment while reading this to remember those we have lost, and offer a hopeful thought for those who have yet to find us in the recovery world. We must keep on keeping on. Let us not become disheartened. We need to continue sharing the message loudly and clearly: people can and do recover. Through connection, the right support, and the right timing, things can and do get better for individuals, families, and communities. We see it every day.

The NWRC team is no exception to the challenges that life brings. What gives me great pride is the way those challenges have been faced together. I have seen first hand how important community is, and how connection and peer support can make all the difference when difficult times arise. Seeing the principles and tools of recovery practiced in real time, through real stories and lived experience, reassures me that we are delivering on and practicing what we preach — that together we are stronger, and better able to weather life's storms when they arrive. This brings me to something I feel strongly about: the importance of celebrating recovery in our own quiet ways — within our groups, services, organisations, families, and communities. Behind every reported number are real people, real achievements, and personal goals being reached. Equally important are the people supporting those individuals along the way. As a lived experience organisation, it fills me with joy to witness the magic that happens when recovery begins to take hold in someone's life — when people start to heal, repair relationships, rediscover meaning, and truly begin to live again. We have to celebrate the good times, because at some level, that is what helps carry us through the tougher times. That is also what attracts someone who may still be struggling with addiction. When people are exposed to recovery and see others living well, they begin to believe: maybe I can recover too. Maybe it is possible for me. So please celebrate your recovery. Share your story, if and when you feel comfortable, and in your own way. It is a gift worth sharing.

All of these stories I find myself reflecting on throughout NWRC's 2025–26 year are only possible because of partnership working — through pathways, co-delivery, shared knowledge, and understanding what each of us can offer. It is about building networks and ensuring that when we support people, they have choices that align with their own interests and recovery journeys. The recovery-orientated system of care model that we at NWRC strive to follow lends itself to how recovery works in the real world. We know NWRC is not everyone's answer, but we do believe that everyone's answer exists somewhere within the wider network of recovery opportunities available. One of our roles is to help people discover those options.

REPORT CONT..

We have seen time and time again that when people engage with the network and find what works for them, recovery happens and lives change. It works if you work it.

And lastly - you'll be glad to hear - to the people we support for trusting us, to the NWRC team, Board, staff and volunteers past and present to our funders, to the partner organisations and services who support us in supporting other, to the family members we have met, and to the wider community who continue to stand beside us - a massive thank you.

It's a "we" thing. Together, it is possible. Recovery can happen.

Brian McCarthy

THOMAS CHAWNER - VOLUNTEER DEVELOPMENT WORKER

Another year has come and gone at NWRC but yet again so much has been crammed into that year and so many great accomplishments. From the ROSC 6 weekly's, Christmas children's party and team building trip to Aviemore amongst other things it's been a productive year for the whole of NWRC! First and foremost I would like to thank our amazing volunteer team past and present, if it wasn't for them NWRC wouldn't be the service it is. If it wasn't for them & the time they dedicate to the cafes, training, events, and promoting recovery to people within the community, all this wouldn't be possible.

To see volunteers grow in their own personal recovery makes this job so rewarding for me and I'm amazed by the resilience, commitment and determination that they show in showing people that recovery is possible. Secondly I would like to thank all our working partners that attend our settings and promote recovery pathways to the participants we support. This is ROSC in action and we see this working for people all the time and the outcomes for the person speak for themselves. To the services that provide the training for our volunteer team, this is a valuable resource for NWRC, to upskill our team for things they may come across in our cafes and develop confidence, self-esteem, and self-worth, I thank you all.

The start of this year 2026 has been busy with changes to our program, and loads of ideas for taking NWRC forward in this year, so bring on another busy exciting year!

Tam Chawner

OUR VALUES



COMMUNITY

We work in our community, with our community for our community. We use community spaces and partner with other community organisations to deliver the best service possible



CONNECTION

One of the main building blocks of recovery is having connection. Whether this is with peers or services. We recognise the importance of relationship building and provide safe spaces to allow these connections to happen and flourish



UNITY

Our Board, Staff Team & Volunteers work and learn together then share this learning with our partner organisations and our participants. Everybody connected with our organisation is united in sharing the message of recovery

OUR VALUES



SUPPORT

Anybody accessing our service will be provided with the support, tools, resources and encouragement to achieve their personal & recovery goals. This of course includes our staff and volunteers as well as the participants.



EMPOWERMENT

We provide our participants with the information and volunteers with the skills and confidence to enact meaningful change in their lives, recovery and in their communities



HOPE

We believe Recovery Is Possible for anybody. Whether its our outreach team or volunteers at our recovery cafes, we share this message by sharing our own journeys and experiences, fostering hope to all who attend our settings

OUR YEAR AT A GLANCE

*Figure Recorded

** To date - Outreach runs Oct to Sep

29

VOLUNTEERS

4686

HOURS GIVEN BY
VOLUNTEERS AT CAFES &
EVENTS

1380

TRAINING
HOURS
COMPLETED BY
VOLUNTEERS*

7

ROSC WORKFORCE
DEVELOPMENT SESSIONS
HELD

236

ATTENDEES AT
WORKFORCE
DEVELOPMENT
SESSIONS *

44

ORGANISATIONS
REPRESENTED AT
WORKFORCE
DEVELOPMENT SESSIONS

267

CAFES &
GROUPS RAN

7491

PEOPLE SIGNED IN TO
ALL CAFES & DROP INS*

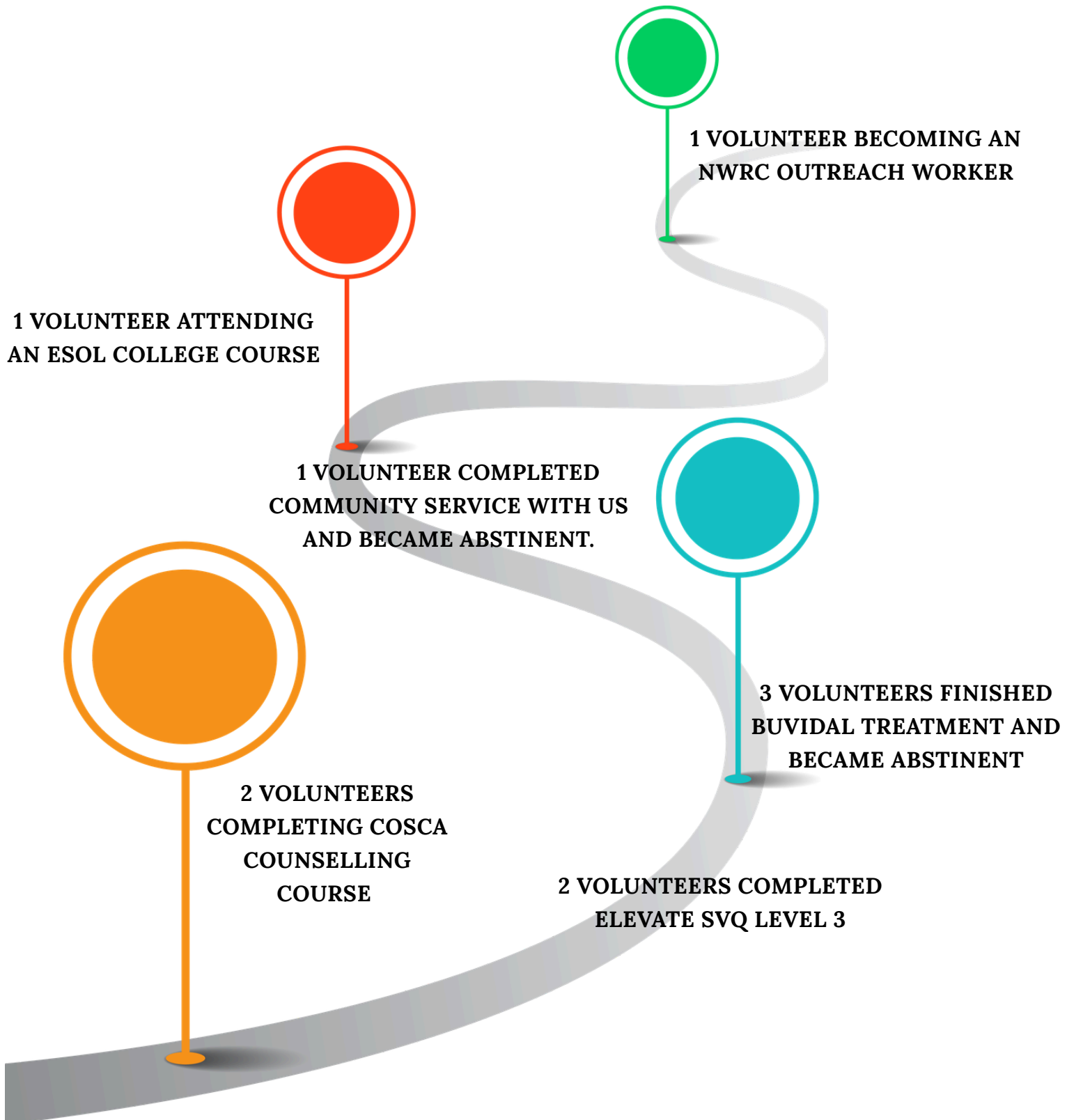
57*

OUTREACH
REFERRALS **

95

PARTNER ORGS & ROSC
NETWORK

VOLUNTEER MILESTONES



OUR VOLUNTEERS

Training Tuesdays are a mandatory part of being a volunteer at NWRC. Each Tuesday the Volunteers, staff and outreach workers come together to train and learn together. 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 year the training provided to our staff and volunteers has been

Confidence & Assertiveness from City Writes x 3

Boundaries, Confidentiality & Safeguarding x 3

My Recovery & Me from SRC - Alcohol Focus Scotland

First Responder Training from Rape Crisis Scotland

Self Harm Workshop from Penumbra - Nutrition Training from ADRS Dietitian

Gender Based Violence Training from Wise Women

Positive Conversations from SAMH - Naloxone Training & Refresher

Dual Diagnosis, Reflective Practise, Stress & Self Confidence & Community Resilience Training from Healing for the Heart

& Understanding Drugs, Alcohol & Stigma, Focus on Specific Substances & Mental Health, Trauma & Substance Use delivered by the Scottish Drugs Forum.

By our volunteers taking part in this training, they are not only, educating themselves, they are also arming themselves with the knowledge on subjects that helps them understand what might be going on for the people they speak to and support at our cafes and gives them the confidence to be able to have open conversations and pass anything on to the safeguarders at each of our settings as they will recognise when they are unable to deal with certain situations. Keeping everybody at the cafe safe.



OUR VOLUNTEERS



To say thank you to our volunteers for the tireless work they do in and out of the drop ins throughout the year, we had our residential trip in Aviemore for the second year running. During the trip we took part in a host of wellbeing activities including meditation and mindfulness, lots of long walks & hikes, card games, chats and discussions. We finished off our trip again with a very heated and competitive quiz. The full four day's cooking was organised and prepared by our volunteer Kirsteen. It was another great trip with time put aside specifically to discuss the achievements and work of the charity and the volunteers over the year.

We have also enjoyed a number of Team Building activities throughout the year including our annual Christmas day out with bowling and dinner, however this was a much smaller group unfortunately as a number of the staff team & volunteer team all came down with a bug and were unable to attend.



We incorporated some of our team building trips into supporting other organisations with their own projects. Some of the team attended the Creative Change Collective's end of term show and a big group of us went to support SISCO's play FEVER.

As mentioned before, the volunteers do not just give their time at the drop ins. Below is a list of some of the other initiatives that our volunteers have put themselves forward to do in their own time outside of their normal drop in commitments. This only adds to the dedication we see from them day in, day out! We are so grateful to each and every one of them.

Delivering Groups to Penumbra's ARBD Unit

Delivering Sessions in the Liliac Centre Women's Prison

Representing NWRC with pop ups at community events & foodbanks

Delivering Groups working alongside The Croft at Barlinnie

Speaking about their own lived experience at conversation cafes and presentations to trainee Doctors & Pharmacists

Helping deliver the Recovery Through Nature program at the Claypits Nature Reserve

Going to present their recovery stories at residential rehabs throughout the city

Visiting new organisations to introduce the work we do to try and forge new relationships and invite people along to our drop ins.

RECOVERY STORY

DAVID'S STORY

I was born and raised in the Drumchapel area of Glasgow, I started using drugs recreationally around the age of 13, everything at that time was fun and enjoyable, I continued to try other drugs but never looked at it as a problem as I was just doing what everyone around me was doing.



I suffered a serious assault around the age of 21 and needed surgery and I was then prescribed painkillers which led me to becoming addicted to them, I suffered from poor mental health but in those painkillers I found an escape from my feelings. This lasted for approx. 16 years taking prescribed tablets and buying them from the internet to feel better about myself and hide the thoughts and feelings around these. I was in and out of hospitals due to these, but couldn't find the courage to seek help or support nor did I know how. My father passed away and the prescribed medication had stopped working in taking away the thoughts of loss, grief and guilt, I was crumbling inside but had all this added responsibility now due to me feeling that I had to take on the man of the house role. My using progressed and I started taking cocaine on top of the painkillers and this gave me some sort of relief again.

I saw this becoming a problem but denial runs deep and I continued to use daily as much cocaine and painkillers I could get my hands on. I had another bereavement in my family and things spiraled out of control and I found myself involved in crime in my community and things were getting desperate. This was the beginning of the worst year in my addiction, I lost everything that mattered to me including family, friends, work, health physical / mental.

RECOVERY STORY

DAVID'S STORY CONT...

I found myself in a jail cell on boxing day 2024 after crashing my car while under the influence of illegal substances. This was my rock bottom and I knew things would have to change.

I was referred to NWRC Outreach and Jamie R appeared at my door and this was like a sign from my Dad and uncle as they had both worked with Jamie previously in another career. In fact Jamie and my uncle were best men at each of their weddings. I opened my ears and listened to the suggestions that NWRC could provide me and decided that I was going to start attending the recovery cafes.

I was given community service and managed to get the hours transferred over to NWRC which allowed my recovery to be my main focus, I completed those hours through volunteering at NWRC and I'm now part of a volunteer team that support me and through the training I have developed myself so that I am comfortable working with people in peer support which has helped massively in my own recovery.

I am now 9 months abstinent and enjoying life again, I have the opportunity to be a partner and dad again to my 4 kids. I have found out a lot about myself in this time and have enjoyed developing myself and being able to give back to a community that I took from.

I would like to thank my peers for their ongoing support and the staff at NWRC for giving me the opportunity to learn and grow as a person.

The message I would like to pass on would be
That if we are willing to change it is possible to recover.

**THE CAFE IS A SAFE PLACE. IT GIVES ME
STRUCTURE & ROUTINE & LOTS OF CONNECTION.
I REALLY ENJOY THE CAFE.**

**I GET CONNECTION AND GET TO
SEE LOTS OF FRIENDLY FACES AT
THE CAFE, AS WELL AS
KNOWLEDGE AND GOOD FOOD !**

**ITS GOOD TO BE AROUND NICE PEOPLE
AND GET CONNECTION AND STRUCTURE.
I ESPECIALLY ENJOY THE GROUPS AT
THE CAFE!**

QUOTES FROM PARTICIPANTS OF THE KNIGHTSWOOD CAFE

NWRC EDUCATES



For the 3rd year in a row, we have been encouraged and grateful that we have been able to take on a placement student studying towards their BA in Social Services and education with City of Glasgow College

This year we welcomed Paige...

“My name is Paige; I’m 19 and a student studying BA Social Services and education with City of Glasgow College on a 4-week placement with Northwest Recovery Communities. It is now coming to an end; I wanted to give thanks to everyone who I’ve spoken to and made me feel included at my time here. I have profoundly enjoyed my placement.

I attended the 6 weekly Recovery Orientated System of Care development session and to see all of the collaborators that are involved in supporting recovery from drug and alcohol use, I thoroughly enjoyed this as alongside the presentations I got to speak to services that has sparked my interest in how many ways support can be offered and how many supports can make up a network for someone on the their recovery journey.

This placement has definitely reaffirmed that I’d like to explore this sector more and perhaps start a career in this direction. I couldn’t possibly pick which has been my favourite attended event the 2 most interesting ones has been the humanising healthcare in which I got to listen to different lived experiences stories people shared and how all the different backgrounds from which they came show addiction does not discriminate but more importantly I heard how recovery works and what it can do for individuals their family and the wider community, when people find connection and support that suits them and this has helped my knowledge grow so much, and being at the recovery cafes on a Wednesday/Friday where I have been seen more of how groups can support people and learned so much about community mapping. These experiences have expanded upon my prior knowledge and helped me put theory into practice which will only help me in the future. I would like to extend my thanks to Brian, Amanda, Tam and Jamie at NWRC along with all the volunteers and attendees at the convo cafes and drop ins, I wish them well in their own recovery journeys, keep up the good work, it great to have been part of it.”

We wish Paige well in the rest of her studies and the rest of her chosen career !

NWRC EDUCATES

We didn't just take on one placement Student this year. For the first time we took on two Occupational Therapy Student both with the same name, Emma !!

Hi my name is Emma Silvestro-hay and I am a 20 year old 3rd year Occupational Therapy and I currently study at Glasgow Caledonian University. In 3rd year during the course you are sent out on a roll emergent placement which means I am not allocated with a qualified OT but instead another OT student. I was paired with Emma Reid for this 7 week placement and we were placed at North West Recovery Communities.



Emma and I did not have any previous experience working in an area with clients that have mental health/substance use issues. As this was a new area we were nervous about how we were going to carry out our role as OT students and interventions to pass this placement. On the first day we met Brian who was our practice educator and the rest of the staff/volunteers, they made me feel so welcome and supported throughout my time on placement. On Tuesdays we attend the training for staff and volunteers, on Wednesdays we went to the WINGS women's group in Possil parish church and on Thursdays we attended the mixed group at Knightswood community centre. The training on Tuesdays was so beneficial as it aided me to understand substance use and mental health issues and helped develop skills which I was then able to apply in the groups. Often Emma and I worked on the sign-in desk which I really enjoyed as it was a great opportunity to talk to clients, also I was aware of the responsibility I had as clients were attending for the first time and them having a good experience and introduction was very important and it would mean they would continue to attend these groups. From an OT perspective Emma and I began to develop and plan groups or interventions that would be appropriate. We decided to carry out a KAWA model and a Doing, Being, Belonging and Becoming group that a few clients could participate in. The clients that did engage with the groups really enjoyed them and we got very positive feedback. Overall, my time with the NWRC was amazing and has developed my professional skills and it has also helped me understand from a personal standpoint too, as I have been impacted from family issues with substance use. I appreciate all the support I received from the staff and volunteers and allowing Emma and I the space to carry out our group activities and I will take every bit of knowledge and training into my last academic year and future career.

My name is Emma and I am a third-year student Occupational Therapist studying at Glasgow Caledonian University that completed a role emerging placement with NWRC. Coming into the placement I didn't know what to expect as besides my volunteering for SHOUT and personal/family experience I had not yet had any professional experience working in addiction or mental health. ...

NWRC EDUCATES

The service plays a vital role within the local community by providing a safe and welcoming space for people who may otherwise feel isolated or unsupported. It offers a place where individuals can come with no judgment and feel accepted regardless of where they are in their recovery journey. The involvement of volunteers with lived experience is a key strength of NWRC as it creates a genuine sense of understanding, sense of trust and provides real life examples that recovery is possible.

In addition to emotional and social support the service also helps meet practical needs, such as providing a hot meal and access to food to take home, which can inadvertently reduce some of the everyday pressures individuals may be facing. The range of activities and partnerships available also helps people stay connected, build routine and access wider support showing how important community-based services are in supporting long-term recovery. One of the main things I have learned is how important community and connections are within recovery. Through attending drop-ins and group sessions, I have seen how important the environment is in supporting individuals to feel safe, valued and connected to those around them. I have also developed a better understanding of how meaningful activities such as group discussions, creative writing or meditation can support wellbeing by providing structure, sense of purpose and a sense of belonging. This has allowed me to make links between recovery and Occupational Therapy and understand how supporting people to engage in meaningful everyday activities, celebrating the small wins and having strong structure and routine can have a positive impact on recovery.

During my placement, I have also had the opportunity to apply occupational therapy ideas in practice. This has included supporting small group activities and delivering a short training session for volunteers to explain what occupational therapy is and how it can support recovery. Although this was initially quite nerve-wracking it was a valuable experience that helped build my confidence and communication skills. It also highlighted the importance of sharing knowledge, as it can help others better understand how everyday activities, routines and participation can support wellbeing. The participants of the groups engaged well with the activities and shared that it allowed them to think about areas of their life they don't normally look at, it allowed them to view their life with a more balanced lens, and it allowed them to identify areas of their life that could be better. During my time with NWRC I attended a group called City Writes on a Thursday at Knightswood where individuals are encouraged to reflect on one thing they are grateful for or one thing better than last week. This simple activity showed me how important it is to recognise small wins or moments as it can help shift focus, build hope and encourage reflection which are all important things during recovery.

It also highlighted how meaningful even small moments of progress can be within recovery and how creating space to share these experiences can support both individual wellbeing and group connection.

We wish both Emma's the best of luck in the rest of their studies and their careers.

NWRC EDUCATES

Throughout 25/26 we continued to offer our voice, experience and opportunities to learn and educate. Below are some examples of this...

HUMANISING HEALTHCARE

A staple of our year is taking part in and supporting the Humansing Healthcare Conversation cafes in both Glasgow and Dundee. The conversations allow the voice of lived experience to sit face to face with trainee doctors to try to shape how they will practice and treat future patients in addiction and recovery. It is also a really important opportunity for our lived experience volunteers to have their voices heard and share their stories either good or bad, about how they have been treated by GPs. Every year we have new volunteers and it means every year those new voices are being heard on their positive and negative encounters.

At the end of the run of the conversation cafes for the year, the Humanising Healthcare team held a gratitude event to thank all of the lived experience participants for their time and contribution.

We look forward to continuing our support in 26/27.

PHARMACY PRESENTATIONS

Again, another definite in our calendar each year is the Pharmacy Presentations. This is a session with Pharmacy students about to start work in community pharmacies. As with the conversation cafes the lived experience voices are so important for the learning outcomes for future care and treatment services in pharmacies. These sessions are less of a group conversation and more of a public speaking situation for our volunteers which can be so daunting but this year there were a lot of volunteers talking about their experiences for the first time and we are so proud of them for this.

BROOMHILL HEALTH CENTRE

For the second year in a row Brian was asked to attend the Broomhill Health Centre to speak to students from Glasgow University who were part of a project called Community Diagnosis, who were learning about the population served by the Broomhill GP Practice as well as the social detriments of Health. Brian went along to be interviewed about North West Recovery Communities, what we do and why it's so important.

UNIVERSITY OF GLASGOW - COMIC BOOK

Following on from the Systematic Project that our volunteers took part in in 23/24 and former volunteer Chris, who voiced the persona "Robert" for the animation to go with this in 24/25. 25/26 seen the creation of a Comic Book. Nic Dickson & Lyndsey Crawford from the University of Glasgow came to the office to work again with the volunteers. The volunteers helped to sense check the wording and questions within the comic book before it went out in the public domain. The Comic book launched in September 2025. The public information comic book is called Pathways to Hope and it can be viewed by clicking the link or at <https://eprints.gla.ac.uk/361962/1/361962.pdf>

NWRC EDUCATES

CREATIVE INDUSTRIES

The creative industries course from New College Lanarkshire is a main feature on our weekly timetable. Even though it runs during a normal school term time there is continued interest in the course as it offers our community something different than the cafes to bring meaningful activity to their week. The course is so well facilitated and welcoming that there is always such a great blend of people who are able to come together despite any barriers they might have. The course continues to bring people who can be very isolated to our offices every Monday morning and ensure connection and purpose at the start of their week. We love hearing what each group create each term and all of the work from each group can be listened to on our website.

ROSC 6 WEEKLY

Our workforce development sessions are open to workers and volunteers either working for addiction services or who have a shared interest in helping our community. Throughout 25/26 we had 44 different organisations & services represented at the meetings with more on the list to receive the invites and the report from the meetings. We know that by having this varied network, we know who we can contact when supporting the people in our community. The Recovery Orientated System of Care network grows literally by the week as people hear about the sessions and ask to be added to the mailing list to be invited to the next session.

PRESENTATIONS

Throughout the 25/26 year, we have delivered a number of presentations to a variety of different organisations. We delivered presentations as part of Hope Connections' program. We have visited residential rehabs Crossreach & Abbeycare letting the residents know who we are and what we do and building pathways for them when they leave to ensure they can continue to access support. Brian was asked to deliver a presentation to the East Dunbartonshire Mental Health Team who cover addiction services within their remit and a similar presentation was given to the North West ADRS staff team on our history, our program, how we work within the ROSC model and how our work can support their work in ensuring their supported people get the right recovery support at the right time as well as always advertising our outreach service.

COMMUNITY WORK

After hearing about a lot of community events that were unfortunately unable to take place in 25/26 due to funding pressures we really didn't think we would be able to promote ourselves as much as in previous years and support other community organisations. We were wrong ! It turned out to be another busy year and as always we are so grateful to the the organisers of these community events and education events for continuing to invite us or inviting us for the first time. It really does show the strength of the ROSC model, the professional friendships that have been formed and the reputation of North West Recovery Communities that we get invited to so many of these events. Most importantly each of these organisations want our input and message of recovery to be shared at their events!

Community events we attended in 25/26

G15 Celebration of Hope Event - Corra Drug Mission Event

SCRN ROSC Event - FASS Remembrance Service

DWP Networking day - Barlinnie Partner's day

G20 Young Person's Event - **Maryhill Wellbeing event**

Recovery Makes Glasgow - Recovery Walk



G15 Football Tournament

GCA's 60th Birthday

Dumbarton Recovery Event

Lilias Women's International Day

Gambling Harms Conference

Abbeycare Buddies Launch

Creating Hope Together Conference

Aberlour Family Support Conference

Drumchapel Community Council Christmas Event



HSCP Harm Reduction Event

Street Soccer Tournament

Turning Point Open Day

Rainbow House 40th Birthday

Recovery Connects

Stabilisation Unit 5 years event

Clydebank College Wellbeing Event

Corra Foundation Online Harm Reduction Event

Cadder Community Hub

Abbeycare Reovery Gathering



**“THE CAFE HAS HELPED ME WITH CONNECTION.
FOR 3 YEARS I HAVE ENJOYED COMING “**

**“THE CAFE HAS GIVEN ME UNITY & HELPED WITH MY
RECOVERY. I ENJOY THE CONNECTION. I WOULD BE
LOST WITHOUT COMING HERE“**

**“I GET LOADS OF KNOWLEDGE AT THE CAFE. I MEET NEW
WOMEN EVERY WEEK. THE VOLUNTEERS HAVE A LOT OF
AWARENESS ABOUT LOTS OF THINGS“**

**“THE CAFE IS REALLY EMPOWERING. I HAVE GAINED LOTS
OF NEW FRIENDS AND SUPPORT“**

QUOTES FROM PARTICIPANTS OF THE WINGS CAFE

RECOVERY STORY

PETER'S STORY

Hi my name is Peter and I have struggled with alcoholism and addiction from a young age always in denial, telling myself it was normal everyone was doing it, but truth is I was always drinking to blackout, using far too many drugs to take me away from me, self harm from a young age as it was only way I could feel anything, all the dreams of playing football professionally and being a success ended very quick !



I left the family home at a young age, suffered from bad mental health, never felt that I fitted in anywhere and was a loner, even in a room full of people I felt alone, I never felt good enough , my self esteem was always low, my self worth didn't exist, I wore a mask my full life to fit in and never believed in myself I never even knew who I was, I was just what ever anyone wanted me to be, I ended up in prison I lived my life like this till I was 38 ,I felt I had no one in my life and felt that was my life over, I attempted to end my life in May 2024 because I had nothing left to give and the only way I could see to get out the spiral of misery, I was in the hospital and the doctors couldn't help me with my mental health due to addiction issues but they asked me to speak with the navigators in the hospital, just as I was getting sent from the royal to Stobhill hospital to acute assessment, I finally admitted to being a alcoholic and addict, the navigators understood what I was talking about and met up with me when I got out the hospital, that's where my recovery began, they got me linked into SISCO and showed me how to look up fellowship meetings and recovery cafes and got me around people like myself, all in the community with no waiting times and getting passed about, it took me time but I started feeling like I was actually part of something I never felt alone, there was always someone to talk to that understood me.

RECOVERY STORY

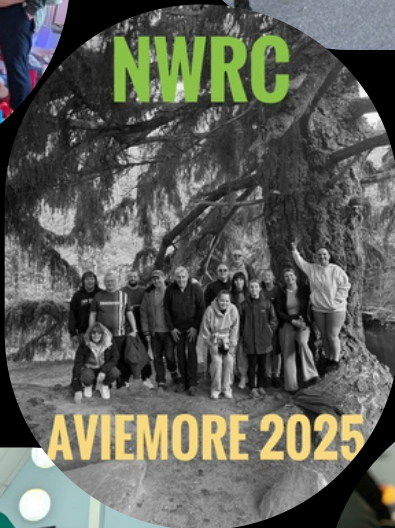
PETER'S STORY CONT...

I attended SISCO and recovery cafes through the day and meeting at night and felt my confidence growing I went on to volunteer at SISCO in the community and doing cafes in prison helping others like me, I put a note of interest at North West recovery communities and went on to volunteer with them at recovery cafes and receive training in all areas in recovery and continuing to grow as a person and becoming part of the teams in both organization's that helped me get to where I am

I have started believing in my self again and have a future, my mental health has improved and started doing things I thought I would never do that was outside my comfort zone, I was in a play at the fort theatre which was a great experience and in a short film, I started facilitating groups in recovery and speaking at ROSC events which have helped me grow and improve my confidence more, right now I am 18 months clean and sober, I am going through my COSCA counseling skills course looking to go on and do the 2 year diploma and also looking to go through my SVQ 3 in health and social care and build a future and new career,

I have repaired damage to my personal life and improved my family life, I enjoy my life today and would say to anyone struggling with addiction to give the community services a try as I have went from not wanting to live to being happy and building a future and have a great support network around me with genuine people who want to help.

HIGHLIGHTS OF 2025/2026





PARTNERSHIP WORK

If you have attended any of our ROSC 6 weekly sessions or have heard our Project Manager Brian speak at any events, he will always say the same thing, “We can’t do this alone”. Our recovery network is made up of an army of other services and organisations that we have formed alliances with to ensure we are able to direct people to the support the need throughout their journey just by picking up the phone or sending an email. Below are just some of the amazing people we work with week in week out to help deliver our own service and who help us to support the people in the North West Recovery Community .



“G15 Thriving Places has been working in close partnership with North West Recovery Communities for nearly two years. In 2024, we came together to host a community event and consultation in the G15 area focused on the challenges and realities of addiction. One of the most significant outcomes of that work was the creation of a new recovery group in Drumchapel, which has quickly become a valued source of support for local residents.

The workers and volunteers who facilitate the group bring exceptional commitment, compassion, and lived experience. Their energy and willingness to collaborate has strengthened our wider community work, and they are always keen to take part in events and initiatives across G15. Their presence has become a real asset to the area, helping to build connection, reduce stigma, and create more opportunities for people in recovery to thrive. We’re grateful to have NWRC here in Drumchapel and look forward to them being part of our community for many years to come.”

Tracy Forrester
Community Development Worker

PARTNERSHIP WORK



“Tam and his team have been running groups in the penumbra ARBD service since 2024. Following each group, both former and present residents commended Tam's groups for being engaging and dynamic, allowing them to freely discuss their alcohol-related experiences in a secure environment. They expressed how much they enjoyed interacting with others who had lived experiences and hoped to be able to participate in something similar in the future. Residents have now requested that Tam's team return to run groups in the program more frequently.

Some of the residents have also been attending NWRC groups in Possil and have reported significant benefits, as well as becoming part of a community outside of the ARBD service, which has aided their recovery. They highlighted some of the things they enjoy e.g meals, games, socialising and meditation activities. Staff have noticed residents discussing this with others and urging them to go.

Tam also provided staff training on group facilitation in November 2025. Staff felt that this was worthwhile and helped to upskill their practice in the way groups are delivered in-house. Overall, residents and workers agree that Tam's team has been brilliant and incredibly effective.”

Nifemi Osanyin - Operations Manager
Glasgow ARBD Supported Accommodation

PARTNERSHIP WORK

“My name is James Simons. I am the community engagement coordinator for the With You service based in the North West of Glasgow . I have been asked to write a few words to describe how working in partnership with North West Recovery Communities helps achieve better outcomes for the people we support . I volunteered myself with NWRC for just over two years before gaining employment with my current employers and NWRC had a massive part to play in helping me with training , gaining qualifications and most importantly building my confidence and self-esteem .



I have been working with the with you service for nearly 10 years and throughout my time there the organisation consistently promotes and works in partnership with NWRC either as safe guarders or in delivering evidence based group work at the recovery cafes. There is always a member of the with you team at all of the recovery cafes to support the successful running of the cafes . With You staff also attend most of the community and networking events with the NWRC volunteers and staff to promote recovery in the community. All the staff actively promote NWRC and either support people to attend the recovery cafes or encourage them to attend. I believe this partnership is absolutely vital to the people we support as it helps reduce isolation, gives people a safe space where they will be accepted, to learn new skills either in the structured groups or on a one to one basis.

I have personally seen countless excellent outcomes over the years where people have gone on to full time employment, others have gained invaluable qualifications and participated in training to help them progress in their recoveries as a result of this partnership. The partnership between with you and NWRC is fully supported and encouraged by senior management at all levels throughout the organisation as we have an excellent working relationship and clear recovery pathways for the people we support. I personally think that this partnership has proven time and time again that people have much better outcomes, more recovery capital and greater opportunities to sustain recovery.

Well done North West Recovery Communities on another brilliant year!”

PARTNERSHIP WORK

Healing for the Heart have partnered with the NW Recovery Communities for over 6 years.



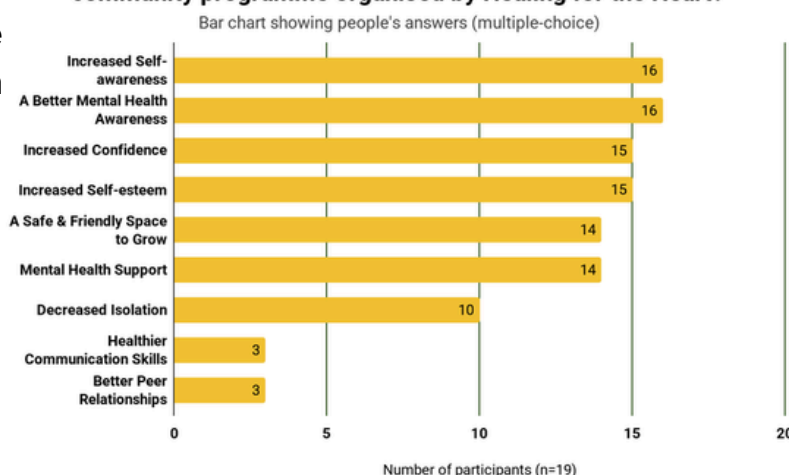
In the 25/26 year alone they have delivered groups at our WINGS, Possil & Knightswood cafes on Alcohol & mental health, Meaningful connections, Healthy minds, Stigma, Stress management, The definition of resilience, Resilience common reactions & ACES, Biology not a mental weakness, Resilience skills & how to use them, Memory and self-care, The perspective shift, A change in thinking, Relapse prevention, staying safe in the festive season & Personal development.

They have also brought the Made for More 6 week group to the WINGs cafe, The Calm Waters Project to the Drumchapel Group, The Research Your Voice Your Recovery Project which aims to identify mental health and wellbeing needs within the recovery community in Glasgow and empower people to shape integrated support through Your Voice, Your Recovery. Using a trauma-informed, recovery-focused, co-creative approach, the project centres lived experience, encourages individuals to share their voice, and strengthens community networks to support connection, participation, and sustained recovery. As well as attending the Possil cafe every Friday for Triage and information.

Healing for the Heart carried out their own evaluation with the people who attend their groups at our cafes. The chart on the right shows how invaluable these offerings are based on the proven and potential outcomes for the participants.

A massive thank you to Donna and the team as always for the partnership now and throughout the years and we look forward to 26/27 where we will continue to work on a strategic new phase of collaboration with Healing for the Heart.

Figure 3. What do you think people can get out of participating in a community programme organised by Healing for the Heart?



OUR PARTNERSHIPS AND ROSC NETWORK

ACT ASSOCIATES

IN CAHOOTZ

THE SIMON COMMUNITY

SMART RECOVERY

ASPIRE

CLAYPITS NATURE RESERVE

STREET SOCCER

SCOTTISH RECOVERY CONSORTIUM

THE CROFT

THE LILIAS CENTRE

SISCO

STREET CONNECT

BACK ON THE ROAD

DELIVERING REAL CHANGE YOUTH PROJECT (DRC)

BLUE TRIANGLE

POSITIVE OUTCOMES PROJECT

SAFE AS HOUSES

SALVATION ARMY - HOUSING 1ST

NAVIGATORS

DWP

TURNING POINT

GLASGOW & CLYDE RAPE CRISIS

NEW COLLEGE LANARKSHIRE

THE RECOVERY COLLECTIVE

APEX SCOTLAND

GLASGOW & CLYDE RAPE CRISIS

NEW COLLEGE LANARKSHIRE

THE RECOVERY COLLECTIVE

APEX SCOTLAND

GLASGOW LIFE

WISE GROUP

CROSSREACH

RISE

A PLACE CALLED HERE

WISE WOMEN

NHS HSCP

ADRS DIETITIANS

MARYHILL MOVE ON

NEXT CHAPTER SCOTLAND

QUADASH

YOMO

THE RICHMOND FELLOWSHIP

GIGGLEBEE

THE BASE

COMMON WHEEL

PENUMBRA

THE THISTLE

ABBEYCARE

TERRANCE HIGGINS TRUST

OUR PARTNERSHIPS AND ROSC NETWORK

VENTURE SCOTLAND

MOVE ON

GAMCARE

CITIZENS ADVICE NORTH WEST

GLASGOW COUNCIL VOLUNTARY SECTOR

NORTH WEST CARERS

NORTH WEST VOLUNTARY SECTOR

SAMH

MARTHA'S MAMMIES

MEN MATTER

WAVERLY CARE

HOPE FOR ADDICTION

PHOENIX FUTURES

CROSSREACH

RECOVERY RHYTHMS

HUMANISING HEALTHCARE

G15 THRIVING PLACES

ALCOHOL FOCUS SCOTLAND

GLASGOW CLYDE COLLEGE

JOBS & BUSINESS GLASGOW

UNIVERSITY OF GLASGOW

NHS - SMILE 4 LIFE

WHEATLEY GROUP

NORTH WEST ADRS

WITH YOU NORTH WEST

MURRAY'S INITIATIVE

ELEVATE

ALCOHOL & DRUG PARTNERSHIP

SALVATION ARMY - HOULDSWORTH STREET

SOUTH COMMUNITY RECOVERY NETWORK

NORTH EAST RECOVERY COMMUNITIES

12 STEP FELLOWSHIPS

SCOTTISH DRUGS FORUM

FASS

SFAD

CHILDREN 1ST

HEALING FOR THE HEART

THE SECOND CHANCE PROJECT

HOPE CONNECTIONS

FREED UP

KNIGHTSWOOD COMMUNITY CENTRE

CITY WRITES

POSSILPARK PARISH CHURCH

MARYHILL RUCHILL PARISH CHURCH

HOME ENERGY SCOTLAND

NORTH WEST HEALTH IMPROVEMENT TEAM

RECOVERY STORY

JANICE'S STORY

I originally came from Ruchill in the north west of the city, I started using illegal substances and thought life was fun and exciting. I progressed quickly into a different way of how I used drugs and found myself on a protective medication prescription, life was becoming dark.



I have been in and out of prison many times due to my drug addiction and thought that I was going to spend life caught up in this cycle and not knowing a way out, but never capable of asking for help and support.

My physical health and mental health were declining for many years and I was either in and out of prison or hospitals. I was close to death many times but couldn't see that there was a way to stop.

I sought help due to a partner taking his own life and was admitted into the crisis center around October 2024 and knew that I had to change or I was going to die, I started going to the H&I meetings that came into the center and for the first time opened my ears to people speaking about life without drugs. I transferred from my methadone prescription to buprenorphine in there which at that time was a massive change for me as I had been on methadone for 36 years.

On leaving there I was full of fear and was linked in with NWRC Outreach who introduced me to the recovery cafes and people trying to do the same thing as me, I had never met people who were trying to live life drug free and this was eye opening for me. I attended these cafes and that gave me a connection to people trying to maintain recovery. I started attending 12 step meetings and was keeping myself busy to avoid thinking or taking drugs.

RECOVERY STORY

JANICE'S STORY CONT ...

I started volunteering at NWRC and was stable on my buvidal, I started to reduce through the support of my peers and staff at NWRC, they encouraged me to have confidence in myself and believe that I could eventually come off this and lead a drug free life. I am now over 8 months abstinent and so proud of myself.

The things that I have achieved in this 8 months blow my mind such as going in to support the women in the Lillas prison in Maryhill, I have gained a family that I was estranged from for many years, I have moved house to start anew, I speak to student doctors / pharmacists promoting recovery and confronting stigma. I have recently done a empowering women share at woman's international day in NWRC which I couldn't have done without the support of my peers.

I have done a massive amount of training through NWRC , I have done holistic therapy courses and developed myself in recovery all this is possible due to not taking drugs and being connected to like minded people. I have recently booked a holiday to go abroad with my partner and this is life beyond my wildest dreams.

I would like to thank the services that supported me into recovery , WITH YOU, NWRC, the outreach team there, and all my peers and people that I have met along the way. This is just the start of me building a life and long may that continue upwards and onwards.

My simple message to people is
THAT THERE IS A WAY OUT AND THAT YOU DON'T HAVE TO
CONTINUE USING DRUGS AND THAT RECOVERY IS POSSIBLE.

OUTREACH

Our two outreach Workers are employed directly by the North West Recovery Communities Charity, funded by a grant from the Corra Foundation. Referrals to this service can be done by obtaining a referral form by contacting us or from our website. The outreach team get referrals from a number of different organisations & services such as the North West Alcohol & Drug Recovery Service and The Turning Point Stabilisation Unit with some people choosing to refer themselves in to our service.

The outreach team work between our offices and on the road visiting their supported people throughout the week, taking part in the training with the staff and volunteers where applicable whilst also completing training linked to their own personal development for their roles.

In 25/26 we said goodbye to longstanding outreach worker Joanne. Joanne had been part of the outreach team since it's inception. As one door closes another one opens and we said hello to volunteer Amanda who was successful in her interview to become our new Outreach worker. Amanda will start her SVQ in 26/27 with our other Outreach worker Jamie, coming to the end of completing his.

As we have mentioned in previous years, we have a lot of positive outcomes with the supported people that the outreach team work with as you will have read from two of the volunteer recovery stories but there can also be a lot of non engagement and dis-engagement. The team work tirelessly to ensure even if they are unable to sustain regular contact to work with the supported people who are referred to us, they are able to access our information through posting our weekly planner or if they have been referred by an external organisation - we let them know that we are no longer working with them, this ensures in most cases that the supported person will still have somebody looking out for them and trying to offer support.

IF YOU ARE SUPPORTING SOMEBODY WHO RESIDES WITHIN THE NORTH WEST GLASGOW AREA AND WOULD LIKE TO REFER IN TO OUR OUTREACH SERVICE, YOU CAN CONTACT US TO HAVE THE REFERRAL FORM SENT OUT TO YOU BY EMAIL AT [INFO@NWRC-GLASGOW.CO.UK](mailto:info@nwrc-glasgow.co.uk)

OR GIVE US A CALL ON 01413284578 (MON-FRI 9-5)

PLEASE USE OUR WEBSITE CONTACT PAGE AT THE WEEKENDS IF YOU ARE LOOKING FOR SUPPORT AND WE WILL CALL YOU BACK ON THE NEXT WORKING MORNING.

OUTREACH

CASE STUDY

Below is a case study of a supported person we have worked with in 25/26. The bold words are the different organisations and services we have contacted and collaborated with throughout the period of working with this person, to ensure they get the right help at the right time from the right people.

After receiving an Outreach referral from the **North West Alcohol and Drug recovery service** for a 50 year old male, the presenting issues were poor mental and physical health and isolation.

Initial contact was made by phone call and after discussion we agreed on meeting up at **North West Recovery Communities** drop in. Once we met up we discussed pathways. The individual disclosed he was trying to detox himself off street Valium but was struggling with it. We discussed the dangers of unsupervised detox, we spoke with client about the **Glasgow Alcohol Drug Crisis Centre**, gave him the information on the detox process within GDACC and then we agreed on next steps. We supported the individual to make a referral to GADCC and booked an assessment. We then received a date for assessment and agreed on supporting to the appointment at GADCC with him as he was very anxious. The assessment was done by GADCC staff and they agreed he was right for that service and advised they would be in touch when a bed became available. We continued with our support plan we had agreed and then linked him in with **North West With You** and supported client to all the recovery drop ins across the North west locality where he took part in all the groups and got connected with other people in recovery. He then received a call from GADCC that a bed was available, we supported him to go into GADCC where he stayed for three weeks, completed the detox and took part in GADCC program. He linked back in with **North West outreach** and came to the drop ins to further gain support and build recovery capital.

Due to being referred to the With You recovery hub, the individual then engaged in one to one support and has been discussing his poor mental health looking at general wellbeing. He has since been for a mental health assessment at the **ADRS**, but he appears and states to be in better space since being free from illicit drug use. His physical health has greatly improved as he is attending his **physio** appointments regularly and is taking care of himself.

ROSC IN ACTION

Having such a wide ROSC network makes it easy for us to be able to pick up the phone or send an email to one of our many contacts at the different service or organisations we have built relationships with throughout the years. Every year though, our focus is acutely directed to pockets of the community where the help is harder to get to.

It can take years for statutory services to catch up and build the infrastructure needed to target and support the ever changing needs of our communities, especially those who may not see themselves as needing help, or who those where there is much more stigma for trying to seek it.

This year the team have worked with a number of organisations to try and bridge the gap or help support these groups by working in a more hollistic way and introducing people to other routes in to Recovery with meaningful activity.

RECOVERY THROUGH NATURE

In 25/26 Brian, in partnership with Phoenix Futures and the Claypits Nature Reserve curated a 12 week group program based work by the University of Stirling program that would see selected residents from the Phoenix Residential house take part in different nature based activities within the Nature Reserve. Activities ranged from maintenance of the site, Yoga in the forest, mindfulness, Orienteering delivered by the Conservation Trust Volunteers and some classroom based activities around recovery. The weather was not on our side for most of the weeks so unfortunately some of the activities had to be cancelled but the group rounded off with a BBQ and gave feedback on how they found the course



Following on from the work started in 24/25 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 a great way of connecting with the younger age group, discussing life and showing them how positive activities can benefit their wellbeing. Gently introducing them to two organisations they can contact if they did, in the future, identify as having an issue with addiction. We hope to work more with Arthur and his team in 26/27.

MINORITY ETHNIC GROUPS

In 25/26 we have tried to broaden our reach to the harder to reach minority ethnic communities. We know that people within these communities need support but they are much less likely to come forward for it. To ensure we were learning what we need to do to approach this, some of the team attended a Minority Group Seminar hosted by Scottish Families affected by Alcohol & Drugs in Edinburgh. We also took part in the Anti Racism Football tournament held by G15 Thriving Places.

Brian & Jamie from the outreach team met with the Mears Group as we have had referrals to our service for people who are being housed by Mears who are in active addiction, to enable us to build a partnership going forward to support their tenants in the future if needed.



OUR DROP INS

MEN'S GROUP

THE MEN'S GROUP RUNS FROM
THE KNIGHTSWOOD COMMUNITY CENTRE
201 ALDERMAN ROAD, G13 3DD

EVERY MONDAY
2:00PM TO 5:00PM

WOMEN'S GROUP (WINGS)

THE WINGS GROUP RUNS FROM THE POSSILPARK
PARISH CHURCH - 124 SARACEN STREET,
POSSILPARK, G22 5AP

EVERY WEDNESDAY
10:30AM TO 2:00PM

DRUMCHAPEL

DRUMCHAPEL RECOVERY GROUP
320 KINFAUNS DRIVE
DRUMCHAPEL, G15 7HA

EVERY WEDNESDAY
2:00PM TO 4:00PM

KNIGHTSWOOD

THE KNIGHTSWOOD GROUP RUNS FROM
THE KNIGHTSWOOD COMMUNITY CENTRE
201 ALDERMAN ROAD, G13 3DD

EVERY THURSDAY
11:00AM TO 3:00PM

POSSIL

THE POSSIL GROUP RUNS FROM THE
POSSILPARK PARISH CHURCH - 124 SARACEN
STREET, POSSILPARK, G22 5AP

EVERY FRIDAY
11:00AM TO 3:00PM

OUR DROP IN NUMBERS

WINGS

1391 ladies attended our WINGS cafe in 25/26. Throughout the year the ladies benefitted from visits from organisations focusing on women's health & wellbeing, relaxing activities such as reiki and massage, Arts & Crafts, recovery activities & group work. We are so lucky to have specialist Volunteer Tilly continuing with us for another year to deliver Somatic dance sessions and also sessions on creating aromatherapy sprays and rollers. A massive thank you to Tilly for everything again this year. The women's steering group have also put together the big events for the Women's drop in, The Halloween Party, The Christmas Party and the Women's International day. It takes a lot of time and effort to plan and pull off these events, but they always do and they are always so well received and appreciated.



MEN'S GROUP

250 men attended the group. The men's group focus on Mindfulness and meaningful discussions. The quieter group is a better option for men who prefer a less busy setting with a core group who have been attending throughout its history. At the start of the year, the decision was made to change the format of the Men's Group to try and introduce more people to the men specific support. This group will move to a Monday Afternoon starting in April 2026.



KNIGHTSWOOD

1653 people attended the Knightswood Cafe. At the Knightswood drop in the City Writes Group has went from strength to strength with Stephen offering an 8 week creative writing group and then going on to a 4 week Anxiety and Early Recovery group. Both of these groups have continued to be really well attended and it is testament to Stephen's nature and how well he works with people that means people are able to access something a bit different but brings very meaningful outcomes for them.

POSSIL

In 25/26, 3352 people attended the Possil café. The mixed group were able to take part in weekly MAP (Mutual Aid Partnership) groups delivered by James Simons at With You and Healing for the Heart delivered weekly groups and support. It remains our busiest café.

DRUMCHAPEL

Our Drumchapel group had many variations throughout 25/26. We eventually got a settled drop in offering different groups and had 201 attendees in the year. We continue to have a presence in Drumchapel in partnership with G15 Thriving Places

**“I’VE LEARNED WHO I AM AND GOT LOTS OF SUPPORT &
CONNECTION. COMING TO THE CAFE HAS OPENED LOTS OF
DOORS FOR ME”**

“THE CAFES HAVE GIVEN ME CONFIDENCE BACK”

**“I HAVE BEEN GIVEN SUPPORT FROM LIKE MINDED
PEOPLE & ENJOY THE GROUPS”**

**“AT THE CAFES I HAVE BEEN GIVEN PEER SUPPORT,
GUIDANCE & EXAMPLES. IT’S BEEN A POSITIVE
EXPERIENCE - AND LOVELY FOOD!”**

QUOTES FROM PARTICIPANTS OF THE POSSIL CAFE

THE NWRC IMPACT

At North West Recovery Community we believe recovery is possible for everybody. As we share this message, we are building networks to ensure we are getting this message to as many people as we can. Through this work, we are leaving a lasting legacy in our communities. Helping those still to come and honouring those we have lost.

CBT Students

In 2025 we were approached by ACT Associates as they had a co-hort of students who were studying to becoming Cognitive Behavioural Therapists, who would need to complete sessions to contribute towards their practice hours. In 2024 we had refurbished our office space that included two private spaces that would be perfect to be able to offer CBT sessions. We interviewed a number of candidates who said they would be interested in completing their hours with us, to ensure the right people would be completing the sessions, with two being accepted and cleared to start after going through the PVG process. To date the students have seen 12 people, offering support that they would have been waiting for months maybe even years for through normal NHS referrals. Whilst the students were not able to cover some things due to the level of their own training such as trauma. Those who accessed the sessions found them extremely beneficial, especially for those who are on waiting lists to be seen for trauma as they were able to work on some aspects of their self identified concerns and have a supported outlet whilst waiting for their other referral.

“I put my name forward to be seen by one of the therapists as I felt my mental health was spiralling and I felt like I was getting triggered by situations constantly and it was affecting my overall health. I had tried CBT when I was younger but didn't feel like it helped. I know now I just didn't understand how it worked. The therapist I seen, you would think they had been qualified for years. The way they delivered the sessions in such a logical way really helped me be able to change my thinking around the situations I kept finding myself in and made me think about the rules for living I had made for myself. Sometimes it wasn't easy to confront what was being presented to me but the therapist was amazing at meeting me where I was at on each of the sessions and I firmly believe they have helped me escape my own head when things get a bit heavy and logically figure out what I need to do from what I was taught. I'm so glad North West were able to bring this to not just me, but everybody who has been able to access it”

“CBT changed my life; it helped me go all the way back to the time when my core beliefs were instilled and develop skills to change them. I'd still be struggling with my thoughts every day if I hadn't done CBT and learned how to think differently.”

“It gave me the tools and understanding to cope with anxiety , it's been life changing for me.”

“Doing my CBT Diploma placement with NWRC has been hugely beneficial for me. As a CBT student I'm really interested in addiction and would like to do further training. The staff at NWRC are extremely knowledgeable in addiction and always have advice and support. They have also been really friendly and welcoming. I'd highly recommend this charity to anyone doing a counselling placement. Getting regular clients has been easy and consistent.”

THE NWRC IMPACT

The Lillias Centre

Over the course of the 25/26 year a program was developed with the Scottish Prison Service to allow us to continue the work visiting the residents of the Lillias Centre to ensure that when the ladies were liberated they would have the peer support during their continued recovery in the community and allow them to build recovery capital. The team visited over five occasions. The first visit brought a reiki session and the opportunity to speak to the organisation Next Chapter Scotland who spoke about the advocacy & support service they offer. The second visit was in collaboration with Healing for the Heart for a holistic day. The third visit, was to celebrate Recovery Week with two of our volunteers being invited to take part in the centre's own recovery walk. The fourth session was a repeat of the previous year's Christmas event where the residents were able to make Christmas memory boxes, Christmas Decorations and hot chocolate & marshmallow sachets. Our last visit was to be part of the Women's International Day Event within the centre. We thank the team at the Lillias Centre for their continued support and hope to keep this going in 26/27.

The Claypits Family Fun Day

In 2025 we held the Third family fun day in partnership with the Hamiltonhill Claypits Nature Reserve. The weather was some of the worst of the year and so plan B was initiated and the event was taken in doors to the Possil Friday drop in. There was less activities to take part in, however it gave opportunity for more engaging conversations at the information stalls with different community organisations again, using the ROSC model. We had some musical community performers on stage and finished off with the FREED UP DJs. We look forward to holding this again in 26/27 and hopefully it will be back in it's rightful place, the Nature Reserve - if the weather allows !



Christmas & Festive Booklet

Our Christmas period was another massive success. We held parties for our Wings Group & our normal big Possil Friday Christmas Meal - both planned, budgeted and cooked by our Volunteer Kirsteen, saving the charity thousands of pounds. We also had a Christmas meal for our Knightswood group and a take away meal for our Men's Group. For the second year in a row we held our Kids Christmas Party where the kids were able to meet Santa and receive gifts pledged by the Spirit of Christmas event. Also for the second year in a row we held a public ROSC event with the focus on the support available to people during the festive period and the launch of our festive booklet



A FINAL NOTE

To end our 25/26 impact report we wanted to include the following words that were so kindly put together by Natalie Avlonitis. It is one thing for us to recognise the work we do and be proud of that. It is quite another thing to have an external visitor who has spent a bit of time with us to want to express how our work has made them feel and how our spaces have benefitted their own work. We want to thank Natalie for her words and for being part of the massive group of people who support our small charity each year.

“My very first interaction with the team at North West was around three years ago, when I reached out as a new and slightly nervous PhD student. I was looking to better understand the work taking place on the ground in Glasgow to support people experiencing addiction and recovery. My research explores the impact of police contact on pathways into and through drug dependency, and how this is experienced differently through gender. From the outset, I was keen to root my research in the work that was taking place on the ground, and North West was the first organisation to respond to my request for an informal conversation. That first conversation was with Brian, who listened carefully as I spoke about the project and immediately put me at ease. He invited me along to a Friday recovery café and sent out introductory emails to other organisations across the city. That initial interaction gave me my first insight into the warmth, openness and encouragement that the team at North West offer so naturally. It is something I have come to recognise as a constant in the spaces they curate.

I have now been attending recovery cafés on and off for almost three years, and in that time I have had the privilege of regularly witnessing the work that goes on both in front of and behind the scenes. While everything may appear seamless to those attending, there is an enormous amount of planning, coordination and care involved in making each session what it is. People are welcomed, fed, listened to, and supported, in ways that feel effortless, but are in fact deeply thought out and meticulously planned.

In the latter part of 2025 and early 2026, I spent a fair amount of time in the North West offices conducting interviews for my PhD. The team were incredibly generous in offering their space, and played an instrumental role in supporting recruitment for the project. This was no small ask, particularly as it coincided with one of the busiest times of the year. Despite this, the support was given freely and without hesitation, reflecting the organisation’s ongoing commitment to helping others. If you have ever attended North West’s events during the festive period, you will know how much is on offer. From the Friday recovery café Christmas party, complete with music, singing, games and a delicious three-course meal, to families’ days where children can attend and receive gifts from Santa, and volunteer celebrations marking the year’s efforts, there is a huge amount taking place. As an attendee, these events feel joyful, warm and effortless, but they are the result of an extraordinary amount of work behind the scenes.

A FINAL NOTE CONT ...

During this period, I saw the office transformed into what felt like the backroom of Santa's grotto, with staff carefully wrapping gift after gift for the children attending families' day. I saw people arriving early to prepare spaces, coordinate timings and make sure everything was ready, and staying late to clean, reset and ensure the space was ready to open its doors again. There is a quiet dedication in these moments that often goes unseen, but it is central to what makes these events so meaningful.

From early 2026, my time at North West has continued in much the same way – being welcomed into spaces that are thoughtfully and consistently created to bring people together. On the surface, these spaces might appear simple – a cup of tea, a conversation, a shared meal – but in reality, they are anything but. They are carefully curated environments that offer connection, inclusion, support and community. For the last couple of months, I have had the absolute privilege of attending the women's group, WINGS, on a Wednesday morning, which has genuinely become the highlight of my week. The group offers space for women to come together, chat, drink tea and coffee, share a meal and, if they wish, engage in more structured support. There is always something happening, whether that is bingo, group discussions, or simply time to sit and talk, and each week builds on the connections formed in the last.

The attention to detail in how WINGS is delivered is remarkable. For example, the three-course lunches are thoughtfully planned and prepared to ensure that every woman who enters the space is properly looked after. This includes meticulous budgeting (down to the penny!), multiple shopping trips, recipe development and research to ensure the meals are not only delicious, but nutritionally balanced, as well as preparation that may begin the day before the meal. Again, whilst the team may make this look easy, it is a huge amount of care, consideration and work that goes into ensuring every woman receives a lovely hot lunch.

Furthermore, the atmosphere that is created is palpable – one that is warm, inclusive and grounded in mutual respect. Every woman in the room brings their own story, their own experiences of overcoming and becoming, and these are held with care and respect, no matter where people are on their journey. What is particularly striking is the way women support one another within the space. It is a space where women lift each other up in ways that are both quiet and powerful, creating something that feels both safe and empowering. A perfect example of this was the International Women's Day celebrations which I was fortunate enough to attend. The day felt like an extension of everything WINGS represents. The day brought together food, conversation and celebration, while recognising the strength and resilience of the women in the room. Like so much of what North West does, it was carefully organised but felt organic, creating a space where people could come together and feel part of something. The speeches given by the volunteers were nothing short of inspiring – recognising achievements and uplifting other women in the room. It was a joy to witness.”

“SPACES LIKE THIS DO NOT EXIST BY CHANCE. THEY ARE CREATED, MAINTAINED AND PROTECTED BY PEOPLE WHO CARE DEEPLY ABOUT WHAT THEY DO. AT A TIME WHEN MANY PEOPLE EXPERIENCE ISOLATION, STIGMA AND BARRIERS TO SUPPORT, THE IMPORTANCE OF SPACES LIKE NORTH WEST CANNOT BE OVERSTATED. WE NEED MORE PLACES LIKE THIS – PLACES THAT BRING PEOPLE TOGETHER, CENTRE DIGNITY AND CARE, AND REMIND PEOPLE THAT THEY ARE NOT ALONE.”

NATALIE AVLONITIS
PHD STUDENT AT THE UNIVERSITY OF YORK

THANK YOU

We would like to acknowledge and thank the people who make it possible for us to operate throughout the year.

Firstly to the NHS/HSCP for our funding and for funding the three staff members (Project Manager, Volunteer Development Worker & Business Support Assistant)

To the Corra Foundation for funding our outreach team and GCVS who provide our payroll and HR support for the outreach team.

To our board of Trustees who ensure the charity is governed properly and allows us to get on with the community work.

To the volunteers, without whom the drop ins couldn't run. There is a lot of planning, cleaning & cooking that the volunteers give their time to do each week as well as supporting the people who come in to the drop in. This is no mean feat and it should be recognised that a lot of difficult conversations can be had, sometimes including trauma that the volunteers listen to whilst supporting the participants.

They know to pass anything they can't deal with on to the safeguarders but this does not take away from the fact that they need to dust themselves down and they come back every week to do the same as they care so much about our community.

To our two outreach workers who devote their days reaching those trying to make those first steps in to recovery or coming back to recovery after sometime away.

Lots of no shows, lots of empty houses when they visit and lots of unanswered phones, but the team are relentless in ensuring they can make that first contact and giving our details - so that those people know where we are when the time is right for them.

To the venues who allow us to run our drop ins and training days, Knightswood Community Centre, Possilpark Parish Church, Drumchapel Community Centre & The Salvation Army. Thank you for trusting us with your spaces and supporting us with all we do.

All of our partners that deliver groups, support at our drop ins and attend our events. You make it possible for us to work within the ROSC model and give the best support offerings to our community.

We are very grateful to have obtained some new funding from The Gem Trust. It was great to meet the small team there and tell them our story as well as hearing theirs. Thank you to David, Bob & Martin for supporting us twice in 25/26.

And finally, thank you all for reading our 25/26 Impact Report.

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