

# Newsletter



north west glasgow  
recovery communities

North West Recovery Communities

April 2026



## HELLO AND WELCOME

April has been a very reflective month as we prepared the Annual Report for our AGM and looked back on everything we achieved over the last year and also looking at the journeys of our volunteers as they wrote their recovery stories to be included in the report.

We celebrated previous volunteers achievements as they graduated from their SDF work placements and it was a big month for big events...

We held our first Gambling ROSC in partnership with Gamcare, we relaunched our men's group, Brian & Board member Allan took part in the Kiltwalk to raise funds for the charity and we said goodbye to our two occupational therapist placement students.

Lots to read about, we hope you enjoy !

## CONTENTS

Page 2 - This month at NWRC

Page 4 - ROSC & Training Tuesdays

Page 5 - NWRC Educates

Page 7 - Our Cafes

Page 8 - ADRS Dietitians

Page 9 - NWRC Program



0141 328 4578



info@nwrc-glasgow.co.uk

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## This month at North West Recovery Communities

### Hope Connections

It was another great session with Joan, Andy and the gang at Hope Connections. Brian spoke to the group about what NWRC have on and what other supports are out there and the various ways to find supports using the ROSC model.

### The Lilies Centre

Some of the ladies from our volunteer team visited the women at the Lilies centre again in April. We were also joined by Natalie who delivered some group reiki and Nicola from FASS joined us to give some input on family supports. With Nicola and Dianne from our team giving peer support. As always, thanks to Heather and co from Lilies for having us in again and thanks to all the ladies who took part.

### Recovery Through Nature

Brian attended a very interesting session hosted by university of Stirling. The event looked at research done around Recovery Through Nature, how a greenspace program can work and tools on how to evaluate the program. They went through the guidance manual which was very informative and then we heard from some organisations who are delivering nature based supports. This is all food for thought for us for any future Recovery Through Nature program we run.

### SDF Trainee Graduation

Tam & Brian attended the graduation ceremony to watch previous volunteers John & Chris picking up their awards and graduating from the program. It was some effort put in from the boys and it was great meeting their family members. John's sister and Chris' dad, who joined them to celebrate their amazing achievement. They are a great example of the recovery journey that folk make and the things they can achieve. It was great having them both as part of the volunteer team here and we wish them all the very best for the future !!



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## This month at North West Recovery Communities

### Kiltwalk

Brian, Board Member Allan and his wife to be Jill took part in this year's kiltwalk to help raise funds for the NWRC charity. The weather was on their side as they took on the Big Stroll from Clydebank to Balloch. The team bumped into some friends of North West along the way. A massive thank you to all who donated. After Just Giving took their cut we raised an amazing £1108.30.



### Men's Group Relaunch

In April we relaunched the men's group at the same location but at a new time. In the hope we can encourage more men to come along and get connection and support. The group is now up and running at Knightswood community centre every Monday 2pm – 5pm. It is early days but we have had a positive response so far. We are hoping there will be something for everybody, starting with a 4-week introduction to SMART recovery facilitated by Mark from the BASE, Teas/coffees, DOHNUTS or even community gardening for those who like to get their hands dirty, music, table football and much more to come. Please get in touch if you need anymore information.

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## ROSC

### RECOVERY ORIENTATED SYSTEM OF CARE

## Gamcare Event

As well as Drugs & Alcohol, NWRC has really been promoting the need for attention to be given to gambling addiction in our communities. Gamcare have been a regular partner of ours over the last few years and work began last year on arranging a Gambling specific ROSC event with Lorraine from Gamcare. Lorraine invited colleagues Rod and Suzie who travelled up from England to deliver the ROSC session on gambling with specific focus on women affected by problem gambling. A massive thanks to Cat for the lived experience share. It was very powerful! Nicole from Simon Community also presented to the group, the coproduced website Aila. A big thanks to all who came along to join NWRC team. We had 11 organisations represented with 32 people in attendance. It was a great learning opportunity and hopefully we all feel more confident to speak about gambling harms and more importantly offer solutions with recovery pathways going forward.

If you would like to attend these meetings please let us know at [info@nwrc-glasgow.co.uk](mailto:info@nwrc-glasgow.co.uk) and we can add you on.



## Training Tuesdays

April saw the return of the training package from organisation The Spark. On week 1 Jamie & Sara from the Spark delivered training on Group facilitation. The group went over group dynamics, challenges that they may face in forming groups and any other challenges that the facilitator may come across. The feedback from our group was very positive in what they were learning. Jamie set a challenge to the group to come up with a group in pairs and deliver that to the spark staff the following week.

The following week, the volunteers were paired up in the morning and put into practice what they had learned in our previous training. The volunteers came up with different topics of recovery groups and delivered them to Lesley from the Spark. She gave positive feedback and was impressed by the skill set of the volunteers in delivering their topic groups.

# NWRC Educates



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We didn't just take on one placement Student this year. For the first time we took on two Occupational Therapy Students. To try and make it easier for us, we were given two ladies with the same name, Emma !!

They both took the time to write about their time with us.

"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."

# NWRC Educates



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“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.

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.

# Our Cafes

Each week at our cafes, a number of different organisations & services attend...

At our Possil Cafe – Pop ups

Blue triangle  
Healing For the Heart  
NE Outreach  
SISCO  
ADRS  
Venture Scotland  
Murray initiative  
With you  
NW Shared Care  
Move On

At our Wings Women's Cafe

With You  
Elevate  
SISCO  
NW ADRS  
Waverly Care  
Parent Network  
Turning Point

At our Knightswood Cafe

The Base  
Turning Point  
RISE  
Glasgow Life  
City Writes  
With You  
NW ADRS  
Venture Scotland  
FASS  
Scottish Fire Service

## Highlights from month

### Venture Scotland



In April Kat & the team from Venture Scotland attended some of the cafes to promote the next group course of Venture On to Recovery.

This is a transformative 12-week personal development initiative designed for the Glasgow recovery community. They deliver 3 of these programmes per year and those successful in gaining a place, participate with peers in groups of 10. Many of our past and present volunteers have taken part in this and have loved it. Please get in touch if you would like details for the team at Venture Scotland for their next intake

Attendances at the cafes & Groups:

Possil - 324  
Women's Wings Group - 204  
Men's Group - 45  
Knightswood - 213

Our men's group Relunched in April and as part of the Men's Group, they will also benefit from services & Organisations visiting the group to promote their services to the men. In April the first two organisations to visit were The Base & Hope Connections.

Our full program for our cafes is at the end of the newsletter.

**If you are an organisation who would like to attend the cafe please contact us**



info@nwrc-glasgow.co.uk



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# NUTRITION TIPS from the ADRS\* dietitians



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\* ADRS stands for the Alcohol and Drug Recovery Service

This month's focus from the ADRS dietitians is around Diet & Liver Disease !

## Why is Diet Important when you have Liver Disease?

- When you have liver disease, your body does not store and use food properly and there is an increase in energy and protein requirements.
- If you have cirrhosis, you are unable to store enough energy in your liver to use between meals (energy from food only lasts around 2 hours). Your muscles are therefore at risk of being used as a source of energy resulting in muscle loss.
- Good nutrition can help prevent weight loss, maintain energy levels and muscle strength, along with supporting wound healing and recovery from illness.

## Protein Foods

### Beans & Pulses

- Lentils
- Chickpeas
- Kidney Beans
- Butter Beans

### Meat Substitutes

- Tofu
- Quorn
- Soya

### Meats

- Chicken
- Turkey
- Beef
- Pork
- Lamb

### Fish

### Nuts and seeds

### Eggs

### Cheese, Yoghurts & Milk

## Carbohydrate Foods

Starchy carbohydrates to include with meals:

- Bread
- Pasta
- Rice
- Cereal
- Potatoes

Carbohydrate foods & drinks to include with meals:

- Hot Chocolate/Malt drinks
- Fruit juice
- Milk
- Fruit
- Yoghurts
- Biscuits/Crackers
- Toast
- Crumpet/Scone
- Pancake/Muffin
- Crisps

## Example Snacks

Bowl of porridge with milk and 150mls of fresh fruit juice OR 2 crumpets with hazelnut spread

2 slices of toast with jam and 200mls of milk OR Granola with fruit and yoghurt

Hot chocolate made with milk and 3 rye crack

Cereal with milk and banana  
OR  
Scone and 150mls of fresh fruit juice



- 1 Adding calories and protein to food is called "fortification" and increases the amount of nutrition at every mouthful. You can do this by adding butter, oil, cheese, sauces and milk to usual meals and snacks.
- 2 Include protein rich foods at each and aim to include protein with some snacks to help maintain and build muscle tissue and strength.
- 3 Have a larger bedtime snack of 50g carbohydrates to help fuel your body overnight
- 4 If you feel full easily, aim for a little and often approach. Focus on having small amounts of carbohydrate and protein regularly and don't fill yourself up with fruit and vegetables. Having fruit and vegetables last means that you can focus on the higher calorie and higher protein foods that will protect your muscles

ADRS nutrition leaflets, Contains all leaflets specific to addiction. Use the QR code below to access.



# north west glasgow recovery communities



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All of our drop ins are welcoming spaces providing support & connection. There are opportunities to take part in recovery groups & holistic activities.

Peer support is available throughout with free hot & cold meals & refreshments provided.



## **Knightswood Drop Ins - Knightswood Community Centre, 201 Alderman Road, G12 3dd**

### **Monday - Men's Group 2pm to 5pm**

Join us for Connection, Recovery focused groups & activities, Group meditation, Recovery orientated System of Care information, Recovery Support, Warm chats & Free Warm Drinks

### **Thursday - Mixed Group 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)

## **Possil Drop Ins - Possilpark Parish Church, 124 Saracen Street, G22 5AP**

### **Wednesday - Women's Group (WINGS) 10:30am to 2pm**

A welcoming drop in for women looking for support & connection. With a focus on women's health & wellbeing along with relaxing activities, Arts & Crafts, Somatic Dance & Head & Shoulder massages on selected weeks.

### **Friday - Mixed Group 11am to 3pm**

**11:15 - 12:30pm** - MAP group (With You)

**12:30 - 1:30pm** - Lunch

**1:30pm-2:30pm** - Afternoon Group (Healing for the Heart Fortnightly / Recovery Share) Pop up and mental health support every week

**2:30pm - 3pm** - Bingo

## **Drumchapel Drop Ins - Drumchapel Community Centre, 320 Kinfauns Drive, G15 7HA**

### **Wednesday - Mixed Group 2pm to 4pm**

Join us at the Drumchapel Recovery Group a safe, supportive space for connection, healing, and hope. Whether you are just starting or continuing your journey, you are not alone.

All listed timings and groups can change at short notice. Please keep an eye on our socials for any updates

Website QR Code





Humanising  
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# 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)



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## **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*

*07729574683 - Amanda*



**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.**

