

# Newsletter



North West Recovery Communities

December 2025



## HELLO AND WELCOME

To our new look newsletter. We hope you all had a safe & peaceful festive period.

We are looking forward to starting a new year with lots of exciting and important plans for our charity & communities

## CONTENTS

- Page 2 - Christmas at NWRC
- Page 3 - Christmas at NWRC
- Page 4 - This month at NWRC
- Page 5 - This month at NWRC
- Page 6 - Announcements
- Page 7 - Outreach
- Page 8 - Our Cafes
- Page 9 - ADRS Dieticians



**SOME OF THE TEAM GATHERED FOR THE ANNUAL NWRC CHRISTMAS PHOTO BEFORE THE POSSIL CHRISTMAS PARTY**



0141 328 4578



info@nwrc-glasgow.co.uk

# Christmas at NWRC



## Possil Cafe

Our Possil Christmas party is the pinnacle of our Christmas festivities. With well over 100 participants each year, it is a mammoth task to feed everybody the three course meal. Not deterred by the hard work, we decided we could make it an even bigger challenge! Our amazing volunteer Kirsteen had a look at the costs associated with having outside caterers do our usual offering and said she would be able to do it herself. As you may know Kirsteen (along with some happy helpers) cooks the main meals at our Women's Group on a Wednesday and Possil cafe on a Friday most weeks. By Kirsteen taking this on, it saved our small charity a significant amount of money, allowing us to redirect this into the exciting plans in the new year.

As we knew it would be, the meal was a complete success with everybody thoroughly enjoying their Christmas dinner. Freed Up joined the party for the first of their visits and provided the entertainment. Everybody in attendance went home with a selection box but more importantly, information on keeping safe and keeping connected throughout the festive period with our Festive Booklet. You can read more about this on page 4



**CATCHING THE TEAM AT A BREAK IN THE TUG OF WAR GAME WITH THE DISH TOWEL. (NOT REALLY - THIS IS THE KITCHEN DREAM TEAM IN CHARGE OF PRODUCING & SERVING THE 3 COURSES AND THE CLEAR UP AFTERWARDS!)**

## Knightswood Cafe

Our Knightswood cafe Christmas meal was a quieter affair. With just over 30 people in attendance.

There was still fun to be had with volunteer Jim putting together a quiz for the participants

A big thank you to the team at KC Cafe based at Knightswood Community Centre for providing the Christmas meal.

Our Knightswood group were also able to take away a Festive Booklet.



# Christmas at NWRC



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## Women's Group

On the 24<sup>th</sup> December the Women's group held their Christmas party.

Again, volunteer Kirsteen and her team of helpers cooked the 3 course meals for the ladies.

The volunteers who attend and run the Women's group in the run up to the Christmas party started collecting toiletries, women's hygiene items and other lovely bits and pieces out of their own pockets to make gift bags up for all of the participants who came along to the party. Showing truly how dedicated our volunteers are to the people they support at our cafes !!

Freed up were on hand again to provide the tunes and by the looks of the photo below there were lots of fun and games had by all !



## Kid's Party

For the 2<sup>nd</sup> year running we had our kid's Christmas party for the children of our community members. We were joined by Ashley and the team from Giggle Bee who were painting faces and giving glitter tattoos galore !

Freed up and Board Member Natalie from the Scottish Recovery Consortium as well as our friends from Children 1st were on hand for the kids games and entertainment. The kids were also able to go and see Santa in his grotto !

We were very fortunate to be part of the spirit of Christmas initiative for another year. We were able to give 75 parents & carers gifts for under the tree on Christmas Morning! Sincere thank you's to all who donated !



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## This month at North West Recovery Communities

### Aberlour

Brian attended the Aberlour family Voices Event . The day was filled with great speakers, Including a mum who had been part of the service sharing her experience. Amazing work being done!

### Humanising Healthcare

A number of the volunteers attended the last Humanising Healthcare Conversation cafe of the year. Dates for 2026 at end of newsletter.

### Elpis Centre

Brian & Catey met with Staff about how we could support residents of the young women's service, if it was felt we could be of service. It was great meeting the Staff and some of the girls staying there.

### Crossreach –Rainbow House

Tam, Jamie & Amanda attended the 40 years of Rainbow House celebrations. There were great shares from the past residents, very enjoyable. Showing just how residential works for many.



## ROSC

### RECOVERY ORIENTATED SYSTEM OF CARE

### Networking Event

In December and for the 2<sup>nd</sup> year running we held a networking event with a focus on ensuring people know about the support available throughout the festive period. We know that it is such a challenging time for so many reasons. We invited as many of our partners as we could who were able to offer a wide range of support & information to the attendees and workers.

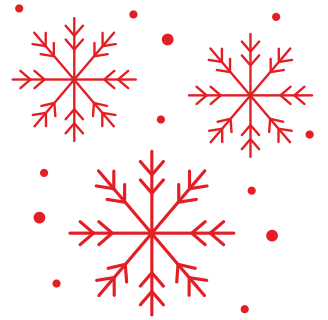
Again, for the 2<sup>nd</sup> year we produced our printed festive booklet. The booklet had information on places open on Christmas day for food and connection, emergency numbers for homeless accommodation, energy support and details of 12 step fellowship meetings running throughout the 2 weeks that statutory services are either closed or reduced.

Organisations who attended on the day - With You NW, Glasgow Rape Crisis, Quarriers Carer Service, SCRn, Murray's Initiative, Phoenix Futures, WAND (Van on Location)Turning Point, Street Connect, Smart Recovery UK, GamCare, Narcotics Anonymous, Back on the Road, Alanon, A place Called Here, The Base, FASS, Crossreach, & Wurdplay. Thank you to all attendees !

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## This month at North West Recovery Communities

### Volunteer Christmas Day Out



Every Christmas as a thank you for their hard work all year. We take our volunteers for a day out of their choosing. The tried and tested day out has always been bowling and then to the World Buffet. It is always a hit and suits everybody !

It wasn't all festive cheer though as we were half a team down with a lot of staff & volunteers unable to make it after all being struck down with the nasty virus that had been going about at the time !

Those who were able to attend had a ball with Janice being the overall winner of the bowling !!



### Our Drumchapel Group

December marked the end of our Calm Waters group held with Healing for the Heart and in partnership with G15 Thriving Places. Calm waters was a great learning experience from staff and attendees, the group had great feed back from people attending and our hope is that we can possibly run this group again later in 2026 with the support of Healing for the heart. Details of the next Drumchapel group will be shared soon.

# Announcements



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## GEM Trust

In December we were awarded £2500 from the GEM Trust. This is the second time we have been supported by the trustees at GEM. The money awarded went towards our full Christmas program at NWRC. We are so grateful to David, Bob & Martin for backing us and the work we do in our community!

Bob & Martin came along to our Possil Friday to present us with the cheque.

[www.gemtrust.co.uk](http://www.gemtrust.co.uk) - check out their site to see the other amazing charities they have supported.



## NEW COLLEGE LANARKSHIRE & NORTH WEST RECOVERY COMMUNITIES

College accredited course - no experience necessary

ACCESS TO THE  
**CREATIVE INDUSTRIES**  
STARTING FROM JANUARY 2026



The next Creative Industries Course starts in January (Poster at end of newsletter)



If you or anybody you are working with would like to attend please contact [brian.mccarthy@nwrc-glasgow.co.uk](mailto:brian.mccarthy@nwrc-glasgow.co.uk)



The course runs Monday mornings 10am-12pm at the NWRC office. 80 St Vincent Terrace, Anderston, G3 8DX. Lunch is provided

# Outreach



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## Welcome to Amanda!

Really, it's welcome again, again to our new Outreach worker, as Amanda is no stranger to us here at North West Recovery Communities.



"I had been volunteering at NWRC for the past 8 years where I done loads of training, upskilling myself, developing my self confidence, self-worth and empowering myself in my recovery journey all the while building recovery support.

I detoxed in the community with the support of NWRC and the fellowship and I am now nearly 3 years clean and sober.

I ventured into part time employment at SISCO and really enjoyed working with people in the community and prisons, this role helped me learn new skills dealing with conflict and traumatic experiences.

When the opportunity arose to apply for the outreach post at NWRC and I was successful in gaining full time employment, I was over the moon as this was where my recovery journey started and I am now in a place where I can pass my experience of recovery cafes, volunteering and lived experience onto people within the community that I will now be supporting.

I am really excited in developing myself within this role and promoting recovery that its possible for anyone that wants to change the situation that they are in."



## Our Outreach Team

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. Please call or email using the details below and we can discuss.

0141 328 4578

info@nwrc-glasgow.co.uk

# Our Cafes



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

At our Possil Cafe – Healing for the Heart, Turning Point, Move On, Homelessness Team, Hope Connections, SDF, Aspire, North East With You, POP, Murray’s Initiative (Was GCA), With You North West, Men Matter, GEM Trust, Terrence Higgins Trust, SISCO, Street Connects, Community Justice Social Work, Freed Up, Scottish Recovery Consortium, Navigators, FASS and The Thistle.

At our Wings Women’s Cafe - With You North West, North West Alcohol & Drug Recovery Service, Aspire and Maryhill Move On, Freed Up, South Community Recovery Network, STARS team from With You, Cool Amber massage & Street Connect.



Attendances at the cafes & Groups:

Possil - 229

Women’s Wings Group - 109

Men’s Group - 16

Knightswood - 92

## Highlights from month

### Terrance Higgins Trust

In December workers from The Terrance Higgins Trust visited our Possil cafe. During the visit they carried out STI testing and health related chats.



Terrence Higgins Trust Scotland is the country’s leading HIV and sexual health charity, providing support for people living with blood borne viruses and their families. They offer free sexual health screening clinics, and work to promote better sexual health throughout Scotland. They have a unique postal HIV testing service which means anyone in Scotland can test.

At our Knightswood cafe - With You, North West Alcohol & Drug Recovery Service, Smile 4 Life, Rise, Healing for the Heart, Turning Point, The Base, City Writes, Blue Triangle, Wise Group, Turning Point.

Our men’s group is a quieter group and does not have any organisations visit it. It’s a system that works well for our guys and allows them to be able to relax and enjoy the meditation and chats.

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](mailto: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

When we use drugs or alcohol some people eat less. When we become abstinent and our lives become more structured, our natural appetite can return. This is a helpful stage in recovery and some weight restoration is a sign that your body is becoming better nourished. However, some people seek the feelings that high sugar and high fat foods give us. Cravings for full sugar drinks, chocolate, crisps and take-a-ways are common when appetite is returning. This can lead to excess weight gain and for some people, this can feel uncomfortable.

Weight gain happens when we consume more calories than our bodies need. Weight gain may be the result of changes to your diet or being less active. High sugar and high fat foods don't fill us up and can result in us eating more calories than we would if we ate a meal that was nutritious and filling. Sometimes we can gain weight without expecting it. This is often because we are not always aware of the food and drink choices that we make, especially when we "eat on the go."

Each month we will include a healthy recipe but if you can't wait till the next newsletter you can click the link if you are viewing this electronically

[Recipe book](#)

or you can go to  
[www.nhsggc.scot/downloads/cooking-made-easy-cook-book/](http://www.nhsggc.scot/downloads/cooking-made-easy-cook-book/)

## Spaghetti Bolognese

**Ingredients:**

- 2 tps olive oil
- 1 small tin tomatoes
- 1 tsp dried herbs
- 1 small onion, chopped
- 1 clove of garlic, crushed
- 1 carrot, peeled and sliced
- 225g beef mince
- 125g spaghetti

**Method:**

1. Put the olive oil in a pan.
2. Add the chopped onion and garlic and cook for 3 minutes at medium heat, stirring occasionally.
3. Add the carrot and cook for 5 minutes.
4. Add the mince and cook until browned.
5. Add the tomatoes and cook for 5 minutes.
6. Add pepper and herbs.
7. Lower the heat and simmer for 15 minutes.
8. While the mince is cooking, cook the spaghetti according to the instructions on the packet.
9. Drain the spaghetti and put onto a plate, top with the bolognese sauce and serve.

Top  
Tip

Make double the amount of bolognese sauce and freeze some for another meal.

## Tips to Reduce Weight

1. Have a regular meal pattern. This prevents us from getting too hungry and snacking on higher sugar / higher fat foods.
2. Think about the "eat well guide" and where the foods you are choosing fit in to it. What could you be needing more or less of?
3. Add fruit or vegetables to each meal. This helps fill us up and provides extra nutrition.
4. Useful snacks when hungry between meals include cereal, toast, yogurt, fruit, nuts or oatcakes.
5. Look at the traffic light system on food labels and choose those with more "green" and less "red".
6. Try eating off a smaller plate.
7. Choose lower fat and lower sugar options.



# north west glasgow recovery communities



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WEDNESDAY

## Men's Group

Knightswood  
Community  
Centre - 201  
Alderman  
Road, G12  
3DD - **5:15pm  
to 6:45pm**

Focusing on  
Mindfulness, the  
Men's group is a  
safe space for  
men to share  
their journey and  
challenges  
when in or  
seeking  
recovery. Light  
Dinner &  
Refreshments  
provided.

WEDNESDAY

## Women's Group - WINGS

Possilpark Parish  
Church, 124  
Saracen Street,  
G22 5AP -  
**10:30am to 2pm**

A welcoming drop in for  
women looking for support &  
connection. Opportunities to  
take part in recovery groups  
& listen to recovery shares.  
Visits from organisations  
focusing on women's health  
& wellbeing. Peer support  
provided throughout along  
with relaxing activities, Arts &  
Crafts, Somatic Dance &  
Head & Shoulder massages  
on selected weeks. Lunch &  
refreshments provided.

THURSDAY

## Knightswood - Open to all

Knightswood  
Community Centre -  
201 Alderman Road,  
G12 3DD - **11am to  
3pm**

**11am - 11:30am** - Morning  
Meditation Group  
**11:30am - 12:30pm** -  
Recovery Group work  
Program (With You)  
**12:30 - 1:pm** - Lunch  
**1pm-3pm** - City Writes  
Group (Creative Writing /  
Anxiety & Early Recovery  
Group)

FRIDAY

## Possil - Open to all

Possilpark Parish Church,  
124 Saracen Street, G22  
5AP - **11am to 3pm**

**11:15 - 12:30pm** - MAP group  
(With You)  
**12:30 - 1:30pm** - Lunch  
**1:30pm-2:30pm** - Afternoon  
Group (Healing for the Heart /  
Recovery Share) Pop up and  
mental Health support every  
week  
**2:30pm - 3pm** - Bingo

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



Website QR Code





Humanising  
Healthcare

# CONVERSATION CAFÉS WITH GLASGOW MEDICAL STUDENTS

SHARE YOUR LIVED EXPERIENCE WITH  
THE FUTURE GENERATION OF DOCTORS  
AT GLASGOW MEDICAL SCHOOL

## 2025

**September:** 22nd, 29th

**October:** 20th, 27th

**November:** 24th

**December:** 1st

## 2026

**January:** 19<sup>th</sup>, 26<sup>th</sup>

**February:** 23rd

**March:** 2nd, 30th

**May:** 11th

**June:** 1st, 15th, 22nd

9:30 am - 12:30 pm

Glasgow University Union

G12 8LX

Scan to sign up



Contact for more info: [humanisinghealthcare@gmail.com](mailto:humanisinghealthcare@gmail.com)



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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.**



# **NEW COLLEGE LANARKSHIRE & NORTH WEST RECOVERY COMMUNITIES**

College accredited course - no experience necessary

ACCESS TO THE  
**CREATIVE  
INDUSTRIES**  
STARTING FROM JANUARY 2026

Email

[Brian.mccarthy@nwrc-glasgow.co.uk](mailto:Brian.mccarthy@nwrc-glasgow.co.uk)

[Stuart.Coleman@nclan.ac.uk](mailto:Stuart.Coleman@nclan.ac.uk)

January 2026