

Newsletter



north west glasgow
recovery communities

North West Recovery Communities

February 2026



HELLO AND WELCOME

to our February newsletter... The slow start to the new year is truly behind us now and the work, events and plans are ramping up!

It's been another busy month for NWRC with both the staff and volunteers finding themselves here, there and everywhere supporting new initiatives and continuing their dedication to spread the message that recovery is possible!

We hope you enjoy reading about what we have been up to in the community this month.

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**THE LADIES WITH BRIAN DISCUSSING PLANS FOR
WOMEN'S INTERNATIONAL DAY**



0141 328 4578



info@nwrc-glasgow.co.uk

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This month at North West Recovery Communities

North West Women's Health & Equalities Meeting

Brian attended the meeting held in the Women's Centre in Maryhill. Brian said It was very interesting to hear the women's network activities and how it fits in with the Women's health plan and how many of the health issues women face and need specific supports It was informative to know how best to respond when we are working with women in our cafes & groups.

Dumbarton Recovery Event

Brian, our volunteer development worker Tam, one of our outreach workers Amanda and volunteer Thomas attended the Dumbarton recovery event. The event showed 3 short films that were made. From struggle to strength was the theme as the films covered addiction, family and community. A big well done to all involved and thanks to Bobby from West Dumbarton ADP for the invite. It was very impactful and really well made, with great portrayals of the life events showing the very real challenges people who use substances face daily in their lives. The panel shared how they hope the films can be used to create discussion and give a reference point for these discussion to take place within services, orgs and communities, with direction given to show how the community and all the parts of community can make all the difference in someone's journey!

Humanising Healthcare

As normal, a number of our dedicated volunteers attended the next Humanising Healthcare Conversation cafes of the year. Dates for the rest of 2026 are at end of newsletter.

Cadder Community Hub

Outreach worker Jamie and volunteer Catey held a pop up at the launch of Healing from the Heart's wellbeing drop in. On the day, Jamie and Catey hosted a table promoting NWRC activities, and joined the conversations and met with some great folk, ROSC in action, making connections and sharing information. A great day was had by all who attended. We wish Donna all the best with the group!

Breakfast & a Blether

Held by Greg at NG Homes at one of their buildings, It was great to get along as always. Brian is always able to make links and hear from other orgs doing great stuff in the NW of Glasgow. Thanks to all the team at NG homes for putting on.

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Pharmacy Students Conversation Cafe

Brian and a group of the volunteers were proud to support the first convo café hosted by Morvan and Paul from Strathclyde University who are the teaching leads for the next wave of pharmacy students on their course. Volunteers Jim, Janice, Nicola, David and Stuart from Street Connects covered recovery and addictions and we were joined a number of different organisations. Voices of Experience, See Me & Arthritis UK. We seen 165 students over 4 sessions and was well received by all involved with Paul summing up what was great day.

"I'm just writing to thank you all for your participation on Friday and the same for all the volunteers that you had available to help on the day. We had 165 students attend on the day. The initial verbal feedback we have received from quite a number of the students has been so positive and appreciative of the volunteers and what they managed to pick up from the day. I felt that throughout the day the students were (mostly if not totally) all engaged in the session. The energy levels were high and , I believe, that we achieved our learning outcomes for the day.

We will be undertaking a review of the session and seeing what more we could do to build on this for future years – this was the first time we have ever done this for our students."

NWRC wish the students well with life and their studies and thanks again to all at the university for having us along!!

TRAINING

Training completed by the volunteer team and staff this month included - SDF – kicked off the month with the last of the training sessions with Graham. The last session was on mental health trauma and substance abuse.

The volunteers enjoy these training days as it allows them to bring there lived experience to the discussions and share there personal stories. The next we were joined by Liz from the NHS to do a refresher course for our volunteer team on Naloxone. This training could save the life of a person if overdosing. We are now looking to have naloxone distributed at each café on a regular basis. Brian then held the next boundaries, safeguarding & confidentiality training. This is a vital training for our volunteers as it starts to establish what's appropriate around those topics in the café and volunteering for NWRC.

Outreach



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Welcome back Jamie!

After having the trip of a lifetime, outreach worker Jamie was back together working with Amanda in February.

It wasn't an easy start for Amanda, coming into a new role and then being the only outreach worker for a number of weeks, but she handled it like the amazing woman she is!

It was right back to it though, with the diary filling up fast for the team with visits, meetings, new referrals and calls with all of our supported people.



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 Pop ups The Second Chance Project, Waverley Care, Street connect Healing for the Heart, Gamcare & Next Chapter held pop ups.

With - POP, NWADRS, Turning point, SISCO, The Prehab team, Navigators, The Shared care team, Blue triangle, Murray's initiative & With you all coming along to meet their own supported people or to support the participants of the cafe.

At our Wings Women's Cafe

Gamcare, Scottish Recovery Consortium held criminal justice interviews, Healing for the Heart, NWADRS, Aspire Hope connections, With you, Glasgow City Council shared care team & the Stars team all visited the cafe to support the ladies.

Attendances at the cafes & Groups:

Possil - 268

Women's Wings Group - 118

Men's Group - 30

Knightswood - 146

Highlights from month

Next Chapter

In February we were joined by Next Chapter Scotland.



Next Chapter Scotland offer honest, non-judgemental help to anyone who – or whose family member - is involved in the criminal justice system. They help people understand the personal, financial, emotional and social consequences for them or their loved ones and address they can face as a result. You can read more about them on their website - www.nextchapterscotland.org.uk

At our Knightswood cafe

Both Gamcare & The Second Chance Project held pop ups at the cafe with Turning point, The base, Rise, Blue triangle, City writes, NWADRS & With you all attending to support the participants & their own supported eople.

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. Please read further on the newsletter for an update on our men's group.

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



0141 328 4578

NOTIFICATIONS !!



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Important Notifications !

SMART Meeting

There is a new Glasgow face to face SMART meeting. The meeting is on every Tuesday from 12:30 to 2pm. The meeting will be held in The Base - 27 Glenavon Road, Glasgow, G20 OHW. Poster for this meeting is attached at the bottom of the newsletter.

SMART is; a science-based therapeutic programme of training where you can learn about self-empowering skills, all designed to support any type of recovery journey.

Drumchapel Group

After a short break in December, our Drumchapel group is back. Running from the Drumchapel Community Centre and in partnership with G15 Thriving Places, we will be providing recovery support every Wednesday from 2pm to 4pm (320 Kinfauns Dr, Glasgow G15 7HA). The poster for the group is at the end of the newsletter.

Creative Industries

The Creative Industries group started back after the Christmas break. Anybody who is interested in this group is welcome to come along at any time. Even if the group is established any participant is welcome to stay for the duration of the current group and then join again after the summer break. The group runs according to a normal college timetable and would be closed on any public & school holidays. For further information on the course, please contact info@nwrc-glasgow.co.uk. The course runs on Monday mornings from 10am till 1pm with lunch provided.

Men's Group

Our Wednesday night Men's Group has now finished. The Wednesday group ran in it's current format for a long time with many great outcomes for the participants, however the core group of men attending every week, along with the staff felt it was time to change it, try new things and encourage more men to come along and get supported. We are just waiting for the final details to be confirmed and then we will promote the new day, times and activities the new group will offer. The good news is that it will still be in the same venue (Knightswood Community Centre) ensuring we don't lose the amazing men that frequently attend the group !
Watch this space !!

Important Notifications !

NUTRITION TIPS from the ADRS* dietitians



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* ADRS stands for the Alcohol and Drug Recovery Service

It is common for people who use drugs or alcohol to have poor nutrition and become malnourished (even if not underweight). This is because alcohol, full sugar fizzy drinks and common snacks such as sweets and chocolate, are higher in calories but low in nutrition. This can result in the person looking like they are a healthy weight or even over weight and still not be getting enough nutrition.

Try and have 3 meals a day

This may not be at traditional meal times but encourage a regular eating habit. Some people set alarms on their phones or reminders of their 3 meals on their fridge or living room table.

Make every bite count

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.

Consider free / cheap food places.

Community fridges, food banks and other organisations that provide free / cheap food.

Further Tips & Resources

To be referred to a dietitian: Glasgow City ADRS people can be referred to an ADRS dietitian via their ADRS worker. Other people not under Glasgow City ADRS, can be referred to their local community dietitian via their GP.

NHSGGC Malnutrition web page: Contains recipes for high calorie drinks, over the counter nutritional supplements, snack lists. Use the QR Code on the right to access.

A meal only provides nutrition if it's eaten

Easy, quick meals are more likely to be eaten. Ideas for quick and nutritious meals could be -

- Cereal with full fat milk (choose those with added vitamins - check the label)
- Full fat ready meals – add tinned vegetables
- Tinned soup with bread and butter
- Toast and cheese / beans / eggs
- Crackers and cheese
- Tinned macaroni / spaghetti
- Baked potato with filling

Nutritious Drinks

When someone does not feel like eating, solid food can be a struggle.

- Milk is an excellent source of calories, protein and calcium. Add 4 tablespoons of milk powder to a pint of milk to increase the nutrition, without changing the taste Encourage 1-2 pints per day
- Make hot chocolate, milkshakes, smoothies or lattes with this milk to help someone manage more.
- Fruit juice is a good source of energy and helps absorption of other nutrition when taken with a meal.
- Over the counter "build up" drinks are high calorie and contain added vitamins and minerals. These are good in addition to food and are a useful back up for someone who may miss meals.

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



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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: 19th, 26th

February: 23rd

March: 2nd, 30th

May: 11th

June: 1st, 15th, 22nd

9:30 am - 12:30 pm

Glasgow University Union

G12 8LX

Scan to sign up



Contact for more info: humanisinghealthcare@gmail.com



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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

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.**



DRUMCHAPEL RECOVERY GROUP

☀️ **Everyone Welcome!** ☀️

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.

**EVERY
WEDNESDAY
FROM 2PM
TILL 4PM
DRUMCHAPEL
COMMUNITY
CENTRE**





UK SMART Recovery[®]

Self-Management and Recovery Training

SMART Recovery Programme

**Are compulsive or addictive behaviours
causing you problems?**

**Do you want to learn about effectively
managing your recovery?**

SMART Recovery is a Programme where we help ourselves and each other recover from any kind of addictive behaviour

Your nearest meeting is held at:

The Base
129 Glenavon Rd
Glasgow
G20 0HW
Tuesdays 12:30



Discover the Power of Choice!

www.smartrecovery.org.uk

0330 053 6022