

Newsletter



north west glasgow
recovery communities

North West Recovery Communities

January 2026



HELLO AND WELCOME

Did everybody else feel that January lasted 3 months or just us?

From now, the mornings will start to get lighter and the sun will set later. We know a lot of people struggle with the darkness of the winter months so hope that there is lots of joy to be had as the darkness starts to lift and we hope we can also share some positive news stories in our January Newsletter!

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A FLASHBACK TO ONE OF OUR SUMMER TRIPS IN 2024 - A REMINDER THAT THE BRIGHTER DAYS ARE COMING!



0141 328 4578



info@nwrc-glasgow.co.uk

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This month at North West Recovery Communities

Broomhill Medical Practice

For the second year, Brian was invited to the practise to deliver a session to the 1st year medical students from Glasgow University. The students are learning vocational skills including learning about the population served by Broomhill practice, the social determinants of health and to get to know the services available in the local community. The project is called Community diagnosis. They have to complete a written and verbal report of their findings. It was a great session with some topics covered and good conversations had. We wish the students well.

Medical Students @ Possil

In January we were joined by 6 medical students at on of our Friday cafes. All the students were encouraged to take part in the day as if they were a normal participant, attending the groups that were delivered, speaking to the people attending the cafe and the volunteers. The immediate feedback from the students on the day stated that they thought our cafe was a great resource for people in the community.

Humanising Healthcare

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

ROSC

RECOVERY ORIENTATED SYSTEM OF CARE

Scottish Recovery Consortium

In February Brian was part of a 6 session piece of work delivered by Tracey & Briege from the Scottish Recovery Consortium looking at the needs of women in Scotland. The 6 seasons covered Neurodiversity, Gambling, Domestic Violence, The Justice System, Menopause and Women impacted by the loss of children.

SRC put together a really interesting experience and we got to see the good practise being delivered, what works, the gaps and recommendations to join the dots and it was a privilege to hear the stories shared by those involved!

Our next ROSC meeting will be held on 3rd March. If you are on our mailing list, the invites will be coming out for this soon. If you would like to attend these meetings please let us know at info@nwrc-glasgow.co.uk and we can add you on.

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This month at North West Recovery Communities

Milton Foodbank

We spent a few mornings and afternoons with Milton Foodbank in 2025, delivering training and information sessions on how they can best help people who come in to their service.

At the start of the year we returned to deliver Naloxone training to 10 people. This was well received and the engagement session went well!

City Writes

City writes started back directly after the new year at our Thursday Knightswood cafe.

The group have just finished the anxiety in early recovery block of groups and will move back to the 8 week block of creative writing. The group remains well attended with a few new participants and is now being co-facilitated by one of our volunteers Faye along with Stephen.

The Croft @ Barlinnie

Our Volunteer Peter started the first sessions working alongside Angela at The Croft and Vina from the Scottish Prison Service. Peter will be supporting the peer group sharing the work of the recovery communities to allow the guys to build pathways to access on liberation

Scottish Drugs Forum

Our training Tuesday program started back in January with the SDF. The first two sessions covered Understanding Drugs, Alcohol & stigma. & Focus on specific substances – Cocaine, benzos, cannabis, Heroin & alcohol. This will continue in February.

Our Drumchapel Group

Our Drumchapel Group started back on the 28th of January and will be on every Wednesday for the foreseeable future. We are currently looking at bringing in other services to deliver different recovery groups. It is a resource that is much needed and asked for in the Drumchapel area. We are grateful to be doing this again with support & partnership from G15 Thriving Places and it would really help us for this group to be advertised. The poster for the group is further on in the newsletter.

Spotlight



A Place Called Here

As well as highlighting the work we do in our newsletter, wherever possible we will always shine a light on the other amazing organisations & services working to support the most vulnerable in our communities. This month we would like to put the spotlight on the amazing new charity A Place Called Here !



Many of you will already know about A Place Called here. This was a group set up by friend of North West Recovery Communities, Natalie & her husband Anton after Natalie devastatingly lost her Dad Mick by suicide in February 2024.

Despite the unmeasurable grief and loss they were suffering they wanted to create a place that they themselves needed, to share their grief, to speak about their loved one, to break down the stigma of suicide and to be able to bring hope, healing and joy back to people's lives where they didn't feel that they could ever find that again and so, A Place Called Here was born. They have weekly meetings that allows people to share or just feel supported until they are ready. They have recently celebrated their first year as a group. In September they were awarded Charity Status and at the end of 2025, Natalie & Anton, absolutely deservedly, won the Glasgow Community Champion of the Year Award held by the Glasgow Times.

The necessity of this support in the city has meant that from day 1 they were busy. This has also meant they have now outgrown their original space. The new location is featured on the poster on the next page.

We at North West are honoured to be able to shine a spotlight on this amazing charity and hope you will, with us, share our immense gratitude for the work they are doing in our communities.



A PLACE CALLED HERE
Connect Hope Heal

HAVE YOU LOST SOMEONE TO SUICIDE?

COME ALONG AND JOIN US AT OUR SUICIDE
BEREAVEMENT GROUP

EVERY WEDNESDAY 7:30 - 9:00PM

ST CATHERINE'S CHURCH HALL
90 LAMONT ROAD,
BALORNOCK, GLASGOW
G21 3PP



aplacecalledhere1@gmail.com



[aplacecalledhere1](https://www.instagram.com/aplacecalledhere1)

REGISTERED CHARITY NUMBER SC054556

Outreach



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All hands on Deck !

It was one in and one out in the outreach team at the end of January, but don't worry it's not a permanent departure. Jamie is on his happy holidays for a few weeks. This has meant though that it has been all hands on deck with Brian & Tam both stepping in to help Amanda and ensure the new referrals and the current caseload are always supported.

Amanda has hit the ground running since joining. The reality is that Amanda has been doing this job for years, supporting people within and outside of the North West Recovery Communities - she is just now getting paid for it and we are so glad to have Amanda in our team !

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- 2nd chance, waverley care, Street connect, Sisco, North East Prehab team, Aspire, Murray’s initiative, POP, North West ADRS & Turning Point Scotland

At our Wings Women’s Cafe - Elevate, Naazra, The health improvement team came to speak about women’s health and linking the women into the woman’s health network . River from cool amber massage, Tilly who provides holistic activities, Navigators, ADRS -shared care team.

Attendances at the cafes & Groups:

- Possil - 284
- Women’s Wings Group - 120
- Men’s Group - 26
- Knightswood - 140

Highlights from month

Gamcare

In January friend of North West, Lorraine from Gamcare held a pop up at our Possil cafe. Lorraine was on hand to provide advice and guidance on any gambling issues or concerns anybody at the cafe had for themselves or a loved on



GamCare is the leading provider of information, advice and support for anyone affected by gambling harms. They founded and operate the National Gambling Helpline, provide structured support for anyone who is harmed by gambling and create awareness about safer gambling and treatment.

At our Knightswood cafe - The Second chance Project, Turning point Scotland, RISE, The Base, Medical students from the ADRS & Blue Triangle attended.

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



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NUTRITION TIPS from the ADRS* dietitians



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* ADRS stands for the Alcohol and Drug Recovery Service

When people use drugs or alcohol, they can get symptoms that make them feel ill or uncomfortable. Using alcohol or drugs can make it difficult for our bodies to absorb the nutrients and energy from our food. It can affect our appetites so we go for long periods without eating or overeat. It can take the place of good nutrition so we end up consuming less quality food.

Common Symptoms and how food can help

Feeling low on energy

Have something every few hours. Good snacks include: Toast
Sandwich
Beans on toast
Cereal
Fruit
Yogurt

Having a poor appetite

Eat little and often. Try nourishing drinks such as milk and fruit juice - check out the GGC malnutrition page for over the counter "build up drinks" and nourishing drink recipes. Make every bite count by adding cheese, butter, spreads and sauces to foods. Try bland foods or ginger biscuits if feeling sick.

Extreme hunger & cravings

Protein and carbohydrates together are filling e.g. chicken and chips, cheese on toast, tuna pasta. Having foods high in fibre can also fill us up e.g. fruit, vegetables, wholegrain bread and high fibre breakfast cereals. Have snacks available when out and about and at home. Plan for 3 meals and 3 snacks per day. Add deserts such as yogurt.

Not recovering well from illness or infections

Focus on protein foods e.g. eggs, meat, dairy, nuts and beans. Aim for 5 fruit and vegetables a day - frozen, tinned and dried count too.

Poor sleep

Avoid caffeine (coffee, chocolate, tea, energy drinks) in the afternoon or evening. Try milk or other protein snack before bed. Exercise early evening can help too.

Dental Mouth Symptoms

For some people, softer foods can feel more comfortable to eat. Foods like mashed potatoes, cooked vegetables, soups, yogurt and pasta can be easier to chew than harder foods. Adding butter and milk can also help soften foods that are harder.

Lentil & Bacon Soup

Ingredients: 2 tbsps of sunflower oil
6 rashers of bacon, chopped into cubes
1 onion, peeled & chopped
2 carrots, peeled and grated
200g red lentils
1 ham stock cube dissolved in 1 and a half litres boiling water
2 tbsps of fresh parsley, chopped
Salt & Pepper

Method: 1. Heat the oil in a large saucepan. Add the bacon, onion and carrots and cook over a medium heat, stirring occasionally, for 7-10 minutes or until the bacon has started to turn golden and the vegetables have softened.
2. Add the lentils to the pan and stir well. Pour in the ham stock. Bring to the boil, cover and then simmer the soup gently for 45 minutes.
3. Before serving, add salt & pepper and sprinkle parsley on top
4. Serve with crusty bread

Top
Tip

For a vegetarian option, use vegetable stock cubes and substitute the bacon for extra lentils or some tinned beans, e.g. cannelloni beans.



Goodbye

For now ...



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To Karen

We are so sad to be saying a bye for now to our volunteer Karen. Karen has been a volunteer for just over 4 years. In this time she has thrown herself into everything the volunteering role has had to offer. Whether it be training, the cafes or helping in Santa's grotto at our Kids Christmas parties she has fitted a lot in all whilst being an amazing example of recovery in our community!

We wish Karen all the luck in the world on her next steps ! Below is Karen's Recovery story...



"Hi I'm Karen and have been a volunteer with North West Glasgow Recovery Communities for the last 4 and a quarter years, after spending 25 years struggling with addiction using substances and then alcohol in the end brought me to a state of despair. After getting into some trouble with the law, this event really prompted me to self-reflect and I could see how broken I was and felt really lost, but from this place my journey started with a referral being made to With You (was called addiction then) this was during COVID times so the support was offered on Zoom calls, and here I was introduced start sharing how I felt and what was going on for me. We had 2 zoom calls daily, from these calls I found myself starting to feel bit better and was given the opportunity once we started meeting in person to go along to NWRC for an opportunity to look at volunteering. I was really unsure, I think I mind saying at that first session, I'm not sure this is for me. How wrong was that thought? This was my first experience with the recovery cafes, it was great for me to find structure, get into a routine. I was given something to get out of bed for, responsibility. Being a volunteer supported my own recovery and kept me on track, meeting others and supporting the activities we delivered at the drop ins, helping others while building my confidence and self-worth. I really felt part of something, for the first time in a while.

Goodbye

For now ...



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I have had lots of training and personal development while volunteering with NWRC at training Tuesday our weekly training session and this gave me lots of learning on keeping myself safe while being a volunteer, and gave me lots of learning on how to help others, helping others find their path into recovery.

Through being a volunteer I got connected to other organisations like Light on the Path found myself successful in getting a trip abroad with the Erasmus plus project, I ended up in Italy, and this was an amazing experience. Also through Elevate (now part of Murray's Initiative) I had the opportunity to apply for COSCA Counselling, again got accepted and again was a great course, it really helped me personally. I also done some personal development courses with the South Recovery Network, so many opportunities I cant mention them all, but I have been a busy lassie.

I have overcome so much through the support of my peers and the team at NWRC, but the one that stands out for me was after the sad passing of my dad, when I think of the support I got it still blows me away, it was such a hard time and I want to share about it, as I never thought I would get through something like that without returning to my old ways, but I did, with the support of the team at NWRC, I stayed in recovery and it really showed me I can survive the hardest of times and come out the other side.

I was continually pushed out of my comfort zone through my volunteering role, and it made me see what I had to offer, with that in mind I applied for the unpaid SVQ with Murray's Initiative and find myself now doing my health and social care SVQ 3 with a placement at the Positive Outcomes Project, working with those in the justice system. Funny how it has come full circle as with my journey starting because of my brush with the justice system I now have placement supporting those in the justice system. The past five years have been amazing as I now move on from NWRC with a focus to gain my qualification and get into employment, who knows, I will finish up with just saying big thanks to all who have played a part in my journey, I am really grateful to you all, and I couldn't have got to where I am without you all. Thanks"

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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: 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.

**STARTING
BACK ON
WEDNESDAY
28th JANUARY**

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

