

# Newsletter



north west glasgow  
recovery communities

North West Recovery Communities

March 2026



## HELLO AND WELCOME

To our March newsletter. It is a late one as I finish the newsletter to try and get it out earlier than the last couple have been! Its a busy time of year for small charities as we come to year end and accounts have to be submitted, AGM's are in the pipeline and it's approaching event season where we get the chance to promote ourselves further. Whilst we are busy with all of that, we hope you enjoy what we have been up to this month ....

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**SOME OF THE TEAM GEARING UP FOR A BUSY POSSIL CAFE**



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info@nwrc-glasgow.co.uk

# Newsletter



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## This month at North West Recovery Communities

### 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.

### Street Soccer

Catey was the only member of the NWRC team to make it to the street soccer tournament this year, flying the flag solo style, well done Catey. We heard it was great day!!

### Elevate Network

It was another good session held by the Elevate Network at Murray's initiative, hearing the good work going on. It always interesting to hear what's happening in our local communities.

### Corra Foundation

Brian and Amanda went through to Edinburgh for what was truly a great event. All of the CORRA funded projects gathered including ourselves due to NWRC outreach workers being funded by Corra. There were lots of lived experience organisations in attendance and recovery was central to the chat. The drugs minister Maree Todd opened the event with Corra outlining some highlights of the work delivered using the funding. They also made an announcement regarding future funding. It was good to hear they will be moving forward with funding streams. The group were entertained with a performance from InChaootz which was a real amazing watch. We also heard how some organisations are putting the charter of rights into practice. Awards were given out to those delivering amazing support every day, it was great to see folk getting recognised for their efforts. We also had some workshops and Brian delivered a presentation alongside CGL and With You, talking about urban settings and recovery. All in all a Great day! Thanks to CORRA and all who went along.

### Women's International Day

March celebrates Women's International Day around the world. NWRC were involved in a number of different events to mark the day. Read on the next page how we celebrated ....

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## This month at North West Recovery Communities – Women's International Day

### The Liliac Centre

Brian, Natalie, Joleen, Nicola & Donna attended the Liliac centre to celebrate international Women's day. It was great event that included some great speakers and a sing song. Our amazing NWRC volunteers Joleen & Nicola completed the day sharing their stories. It was a proud and inspiring moment to hear where they were and how they are both doing now! Donna hosted a dance activity, getting the moves in and Natalie finished it all off with group reiki and drumming session. A really wonderful day! Thanks as always to all at the Liliac and well done to all involved!!

### Scottish Recovery Consortium

Brian was part of an online event to hear the presentation delivered as part of international women's day activities. We heard about the work so far from Tracey & Briega at SRC and Briega gave feedback on the women's work they have been doing around the themed sessions that were held last month. There is a lot of very interesting information coming through, some local and European learning and the call to actions. Please feel free to contact the Scottish Recovery Consortium for more details.

### WINGS

To round it off, WINGS held their annual International women's day. It was such an amazing turn out, we had well over 100 women take part and 10 organisations, sharing information and taking part in the activities offering everything from bracelet making to blood pressure tests. Freed up as always, supplied the tunes. River caringly was able to offer some massage therapy. Our volunteer Nicola opened with the welcome talk, with Janice and Kirsty then sharing some very powerful stories. Tilly hosted her group activity and Kirsteen put on some great food. There was a raffle and a dance to finish off. Those women love to dance, power to them!! Well done to the NWRC WINGS team for another memorable day, and big thanks to all who supported the event and attended, we could do it without you all! Look on to the next page to view some photos of the day!

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## Women's International Day



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**ROSC**

**RECOVERY ORIENTATED  
SYSTEM OF CARE**

## 6 Weekly Meeting

In March we held our next ROSC 6 weekly meeting. It was great to have such a big turnout as the previous meeting had not been since October.

We were joined by, Street Connect, Murray's Initiative, Wise Women and Citizen's Advice.

Highlights from the meeting were...

Street Connect, who are currently working with 22 partners working across 17 locations and how they have a 10 year plan to make it 100 partners.

Murray's Initiative's Lisa and Ashleigh were in attendance and spoke about the history of what was GCA and the name change to Murray's Initiative and what they are currently offering within their service.

Gillian from Wise Women gave an overview on the their team make a massive impact with the services they provide from personal safety to volunteering opportunities

To round off Kieran from Citizen's Advice gave advice on how CAB can support people in managing energy bills, grants to help pay for energy efficient measures in homes and helping people to claim any benefits they may be entitled to, to help them afford their energy bills.

A massive thank you to everybody who came along for the meeting!

Our next ROSC meeting will be held on 14th April. 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](mailto:info@nwrc-glasgow.co.uk) and we can add you on.

# NWRC Educates



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For the 3<sup>rd</sup> 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 have had the opportunity to experience so much in such a small space of time, this including attending the Humanising Healthcare convo cafe, going to the NWRC recovery cafes and was part of the NWRC WINGS groups International woman's day event, and taking part in a review with the NWRC outreach service just to name a few. The service has surpassed my expectations and gave me so many new learning opportunities, this included being training to administer naloxone, which can now aid me in preventing a fatal overdose and hopefully saving someone's life. I have gained so much new knowledge thanks to my shared learning from the peers and workers from the different services I came into contact with.



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 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 !

# Our Volunteers & Outreach



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This month our volunteers had a very full schedule with our weekly training Tuesdays.

The first two weeks of March, Stephen from City Writes came and delivered Assertiveness and Confidence building training. This is valuable training for our volunteers to use in their own lives and also to help the people they meet in our cafes.

Next up was our visiting Occupational Therapy Students who presented their work on the Ethos of occupational therapy and how this is very similar to recovery pathways. You can read more about our OT students in the April newsletter.

To finish off the month, Emma from SAMH delivered a training session on wellbeing and resilience. This is so important for our volunteer team to be vigilant with their self-care to ensure they are at their best in their own recovery and their volunteering role.

## Our Volunteers



## 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](mailto:info@nwrc-glasgow.co.uk)



# Our Cafes

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

At our Cafes this month

With You  
 SAMH  
 Next Chapter  
 Scottish Recovery Consortium  
 ADRS  
 Safe As Houses  
 Chest, Heart & Stroke  
 Murray's Initiative  
 Glasgow & Clyde Rape Crisis  
 Positive Outcomes Project (POP)  
 Children 1st  
 FREED UP  
 Elevate  
 SISCO  
 Blue Triangle  
 Hope Connections  
 Turning Point Scotland  
 Healing for the Heart  
 RISE  
 City Writes  
 & The Base

Attendances at the cafes & Groups:

Possil - 280  
 Women's Wings Group - 223  
 Knightswood - 179

## Highlights from month

### Murray's Initiative



In March we were joined by Murray's Initiative. Formally Glasgow Council on Alcohol, at the end of 2025 they updated their name, honouring their heritage and their continuing growth.

Murray's Initiative's free service offers Alcohol Counselling, community engagement, Elevate employability, LGBTQ+ health & Wellbeing service, men's service, U-turn peer education, women's service and Young person's recovery service. They also provide a number of paid services.

It is well worth visiting their website to learn about how you or somebody you are supporting can get involved with their wide and varied support

[www.murrays.scot](http://www.murrays.scot)

### IMPORTANT NOTICE !!

Our men's group relaunches on Monday 13<sup>th</sup> April. Held in the same location, Knightswood Community centre, 201 Alderman Road, Glasgow, G13 3DD between 2pm - 5pm. Please share this far and wide and lets make the Men's Group a great place for the men in our community !!

**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

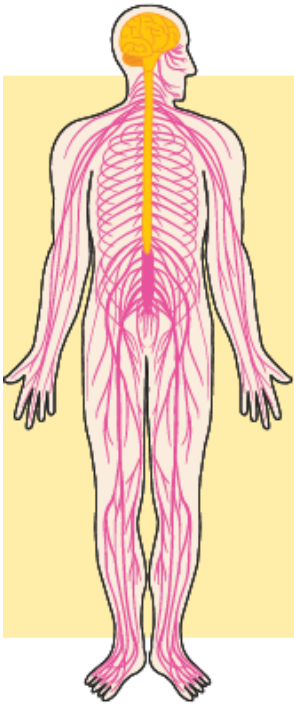


\* ADRS stands for the Alcohol and Drug Recovery Service

This month's focus from the ADRS dietitians is around Thiamine !

## What is Thiamine?

Thiamine is one of many vitamins that help keep your body healthy. There are two types of vitamins: fat soluble vitamins and water soluble vitamins. Fat soluble vitamins such as vitamins A, D, E & K are stored in your liver and body fat and therefore don't need to be consumed daily. Water soluble vitamins such as vitamins B & C need to be consumed more regularly as your body is unable to store enough for future use and any excess is passed out in your urine. Thiamine is one of your B vitamins (B1) and therefore needs to be consumed regularly.



## Why do I need Thiamine?

Thiamine is required for cell repair and keeps your nerves healthy. It also helps you release energy from your food. A deficiency in Thiamine can result in: loss of appetite, fatigue (tiredness) and nerve damage.

Thiamine deficiency can cause pins and needles or numbness in your hands and feet (peripheral neuropathy). It could also result in Alcohol Related Brain Damage (ARBD) causing memory problems (Wernickes Encephalopathy and Korsakoff Syndrome)

## Am I at Risk of Thiamine Deficiency?

Drinking Alcohol in excess can increase your risk of becoming thiamine deficient by:

- Reducing your dietary intake of thiamine
- Increasing your losses of dietary thiamine from vomiting
- Affecting how we absorb thiamine

## How can I increase my thiamine intake?

As your body is unable to make thiamine you need to get it from your diet or from supplements. You may be prescribed thiamine to take in several doses throughout the day. It is important that you take your thiamine as prescribed to help increase its absorption.

If you find it difficult to remember to take your thiamine you might find it helpful to use a dosette box, put a reminder note on the wall or fridge, set an alarm or ask someone to remind you.

## What are good dietary sources of Thiamine?

Thiamine is found in a variety of foods and therefore eating regularly will increase your intake of thiamine. Try to include thiamine rich food into your diet regularly.

- Nuts and seeds
- Pork Products (bacon, gammon, Ham)
- Malt based hot drinks
- Rye Crackers
- Baked Potato
- Yeast Extract (Bovril or Marmite)
- Fortified Breakfast Cereals
- Peas
- Bread
- Salmon
- Oatcakes
- Beans
- Lentils

ADRS nutrition leaflets, Contains all our 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  
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.**

