

# Newsletter



north west glasgow  
recovery communities

North West Recovery Communities

May 2026



## HELLO AND WELCOME

Well, what a month May was. There is no less than four pages in this month's newsletter just on the activities & events we were involved in and attended, educating ourselves and promoting our service to others.

Our volunteers were front and centre of most of these as they give up their time to be part of these initiatives and share their stories in the hope that it changes the lives of others on their own recovery journeys.

We had our next ROSC 6 weekly session followed by the charity's annual AGM.

Also, we have shared the date for our next annual family fun day at the Claypits Nature Reserve with plans underway for hopefully another amazing event!

Lots to read about, we hope you enjoy!



0141 328 4578



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## This month at North West Recovery Communities

### Pharmacy Presentations

Our volunteers, Thomas, Janice & Graham went and shared their personal experience of using pharmacies in their recovery journeys. They spoke to 4th year students who are ready to go into full time work. They all done fantastic in sharing their knowledge that recovery is possible within the community and at the end of each of the presentations there was a question and answer session.

### Humanising Healthcare

Hugo from Humanising healthcare was asked by Glasgow City Council's Drug and Alcohol Service to run Conversation Cafes for their team of medical prescribers on the 7th May 2026 at House for an Art Lover in the Southside of Glasgow.

Brian, and volunteers Janice, David, Jim, Nicola and Dawn all showed up to take part with the usual partner organisations with their lived experience for what was another great humanising healthcare event.

Saket the associate medical director of Glasgow alcohol and drug recovery services, set the scene and the session took place . It was a really good session and well received by all who attended. A quote from one of the participants " This helps to keep me motivated to see all these recovery volunteers, who have done so well and are so willing to help others."



### Connects Stall

Brian went along to Borran street, the base for the Glasgow City Council connects service, this is the main contact point for accessing social work and community health and social care services, thanks to Ross (connect worker) who hosted us on the day and the Connect team who came over for a chat. Brian was joined by many other services and we all shared our information with the staff team on what we offer in the community as well as supporting pathways for those coming to connect with the connects team. It was a really enjoyable session and we met many great services who had stalls too.

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## This month at North West Recovery Communities

### Freedom Church Event

Brian and volunteers, Sharon, Jim, and Natalie went along to the Friday of the recovery celebration put on by freedom city church in Cumbernauld. A big thanks to Jim from freedom city for inviting me over. The others already know how powerful and helpful the faith based recovery is and can be for people. It was a cracking evening, seeing so many people on their recovery journeys come together to celebrate and worship, really amazing! We wish them all well on their journeys. Keep an eye out for a group Jim and his team will be running in the east end of Glasgow and one to come on the south side. Contact freedom city church for more details – [enquires@freedomcity.co.uk](mailto:enquires@freedomcity.co.uk)

### Humanising Healthcare

Later on in the month, it was back to our normal session with the upcoming doctors as we had another session with the student doctors. The NWRC volunteers were joined by the Humanising Healthcare lived experience community and another great session took place. Every session is always so different and you can feel the buzz around the hall. The feedback is so good after each of them. There is only a few more to go for this term with 3 left at Glasgow. Well done all involved! If you would like more info or to get involved please contact Zack Geary [zack@humanisinghealthcare.net](mailto:zack@humanisinghealthcare.net)

### DWP Event

Thanks to Claire from the DWP for having us along at another of their partner wellbeing events. Brian was hosting our stall that was held in the Phoenix Centre. There are too many organisations to mention that were in attendance but it is always good to catch up with the staff from these organisations when they are hosting their own stalls! The room was full and it was great to have some meaningful chats with people who came along to get information to support their wellbeing.

### Mental Health Event

Outreach worker Jamie went along to the session hosted by the HSCP. The main discussion was around mental health and wellbeing with presentations from services to share what they do in this area. There was also lived experience input. Jamie found this an informative session, hearing about The Nook from SAMH, Lifeline, upstream youth counselling, Kooth.com and you matter we care and what they can offer for supports around mental wellbeing.

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## This month at North West Recovery Communities

### DRC

Brian joined Liam and the lads from the Delivering Real Change youth group to take a trip down to the Rhu narrows and tried a bit of fishing and had a BBQ. Bellies full, they then went a wonder around the grounds of Dunbarton castle. There were many good chats had and getting the lads out in nature and seeing another side of life appears to be really beneficial to the group. It was good hearing all the things they doing and want to do. Until the next outing lads.... Cheers Liam for arranging everything !

### FASS

Brian was invited by Elliot to attend the member meeting at FASS' Govan road hub, to promote and share NWRC activities and chat to the members about recovery supports and try best answer any questions the group had. I always get a dose of reality when engaging with families, their lived experience is essential for anyone working in this field of addiction recovery! If you need a reminder of why the work we do is important go speak to those who have lost their nearest and dearest or have them still caught up in the cycle of addiction. I left with respect for them all and the great work FASS and other family supports offer...

Brian was then invited to attend the FASS Bereavement and had this to say. "This was, well, I have little words. Very emotional and again, thanks to the group for the welcome and for sharing with me. We had a great chat over a cuppa about how the group helps them and I heard their stories. I shared some things from mine and I left with a deep respect for what these women are doing, their strength, compassion and commitment to move on together with their pain and loss of their loved ones won't leave me. Respect!" For more info on FASS groups, contact - [office@fassglasgow.org](mailto:office@fassglasgow.org)

### ADP Event

Tam went along with 3 volunteers John, David and Graham to promote NWRC at this event. It was a chance to network and build knowledge of other services within the Glasgow area that I didn't know about and catch up with those we do. The event was well attended and we gave out loads of information on NWRC activities, building the ROSC network further.

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## This month at North West Recovery Communities

### The Creative Change Collective

Brian and volunteers Graham, Nicola, Dawn and Janice went along to the Tron theatre for what was a really amazing evening. The Creative Change Collective hotseats recovery group put on a show - powerful, emotional, inspiring, authentic are just some words to try capture what we seen. It gave some insight into how drama can help people heal and express themselves. A long term director of the Tron was in the audience and he said it was of the one of the best thing he ever seen on the stage there. High praise and well deserved! Big well done to all involved, on you go Emma and co!!! Amazing to see it all coming together.... For more info on hotseats EMAIL [INFO@CCC.SCOT](mailto:INFO@CCC.SCOT)

### Scottish Recovery Consortium

Towards the end of the month. Brian attended an online event hosted by the Scottish Recovery Consortium (SRC). It was a Strategy Development Session for Lived Experience Recovery Organisations and was a very interesting session. Thanks to Tracey and co and again as all of these sessions help as we look grow the community here at NWRC. Great insight shared and helpful!

Just a few days later Brian was back with the SRC for their Women's event named Building Bridges - Substance use and women selling or exchanging sex held in the Radison Blu. The content of the day was delivered by the Women Support Project. During the session we explored the links between substance use, recovery and women who sell/exchange sex and how services can better reduce harm. The event was very interactive and informative and Brian reported that he gained some insights to the challenges women face but also took away that with the right support they too can recover.

### FREED UP

The last event of the month was at Fairfield in Govan for Freed up's Creative Recovery in action event. It was great seeing the work going on. During the event they had a screening of "Experience, Strength and broke", an amazing film. Following that, the video premier of "Insecure" a very powerful portrait of addiction and recovery. Then there was a panel discussion with Donna and guests Maddie, Darren and Alan some very interesting chats had. To round off the day the group were entertained by some live performances. Everyone of them great and it was magic to see how recovery is thriving in this area. Keep on keeping on troops you are doing some great things and I look forward to seeing what is next from the creators!

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## 6 Weekly Workforce Development



On the hottest day of the year we held our next ROSC 6 weekly session.

We were joined on the day by Karen from SAMH who shared details of the Way Ahead program that is open to people who reside in Glasgow, and have experience/be experiencing either addiction/in recovery, homelessness or have criminal convictions/experience with the criminal justice system. They can get access to 1:1 support from a mentor to help participants achieve their goals, support to access funding for training and lots of other specialist supports including support for their mental health.

Karen also spoke about First Aid for mental health training that SAMH now provide for organisations.

To discuss any of this further with Karen please contact [Karen.Prentice@samh.org.uk](mailto:Karen.Prentice@samh.org.uk) for the Way Ahead Program and [NETtraining@samh.org.uk](mailto:NETtraining@samh.org.uk) for the first aid mental health training.

It was then the turn of Stephen from City Writes who spoke to the group about the groups that he runs in the NWRC cafes, Music, Mindfulness & Creative Writing & Anxiety & Early Recovery in our Knightswood Cafe every Thursday from 1pm.

He also discussed the bespoke training he can deliver to organisations. Including the 2 groups that are delivered in the cafe above, Assertiveness and confidence building, Introduction to Neurodiversity, Introduction to Neurodiversity in the workplace, Social inclusion and breaking down barriers to inclusion, Dyslexia awareness, Equalities training, Hidden disabilities & Mental Health awareness workshops.

To speak about this and any costs associated with them please contact - [citywritesinfo@gmail.com](mailto:citywritesinfo@gmail.com) or 07825698427

Lastly we were joined by Susan from the Health & Social Care Partnership.  
To discuss Trauma Informed Practice.

Susan spoke to the group about what trauma-informed and responsive organisations systems and workforces look and feel like and discussed how lived experience can inform the learning. To discuss this please contact - [TIP-ImplementationAndTraining@glasgow.gov.uk](mailto:TIP-ImplementationAndTraining@glasgow.gov.uk)

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.

# Other News



## AGM

After the ROSC 6 weekly we held our 4<sup>th</sup> Annual General meeting at the Salvation Army building in Anderston just round the corner from our offices. It was great that so many people held back to join us in celebrating our achievements of the last year and what our plans and goals are for the next year. Our [Annual Report](#) is now ready to view and we will be publishing our 25/26 accounts in the coming weeks.



## Books

If you are looking for your next book to read this summer, it might be worth checking out some written by folk from the communities. Click the titles of the books to be taken to the relevant purchase sites !

Eddie Clark – [The Backdater](#)

Bill McKay – [Who turned the light on](#)

Alan Cope – [Through the letter box](#)

## Claypits Event

North West Recovery Communities and Hamiltonhill Claypits Local Nature Reserve are delighted to be hosting our annual Family Fun Day for the fourth year running.

The event focuses on promoting recovery, wellbeing, and the positive role nature can play in supporting individuals and families affected by addiction.

We would love for you to join us on Friday 3rd July 2026, from 11:00am to 3:00pm.



# Training



In May it was a mixed bag for our training Tuesday sessions.



**Waverley  
care**

The logo for Waverley Care is a rectangular box with a gradient from orange at the top to purple at the bottom. The text 'Waverley care' is written in white, bold, sans-serif font.

First up it was Waverly Care who came in to do a recap of information around Blood Borne Viruses. The volunteers engaged well with this and had the opportunity to learn about available treatments gain confidence in talking this through with café participants.

Next up it was SAMH who looked at mental health in the team and discussed signs that may be showing in people around us. The volunteers had the opportunity to discuss anxiety, stress, burn out and I thought this was a worth while training session as it allows volunteers to show compassion for one another when experiencing difficult times.



We then had Mhairi from the NHS to speak about the difficult subject of suicide. We discussed suicide contagion and about posting a positive message of hope to people affected by suicide.



After the suicide talk, we brought in Kate from in Cahootz directly after to lighten the mood. We took part in a few fun exercises and this was loved by all the volunteers. It was a really good way to end the training Tuesday making sure everyone went home refreshed and with a smile on there face.

# In Cahootz



# Our Cafes

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

At our Possil Cafe –

- Waverley care
- Turning Point
- With You
- Elevate
- Murray's Initiative
- NW ADRS
- SISCO
- Healing for the Heart
- POP
- Children 1<sup>st</sup>
- Move On
- Shared Care Team
- Blue Triangle

At our Wings Women's Cafe

- Healing for the heart
- With you
- Women's Health Project
- NW ADRS
- Children 1st
- Simon Community
- ADRS Students
- Elevate
- Murray's Initiative
- Turning Point
- Glasgow city council shared care
- Stars team

## Highlights from month

### Medics Against Violence



In May Medics Against Violence attended our Knightswood cafe.

Medics Against Violence is a Scottish charity founded in 2008 by three surgeons, consisting of over 250 healthcare professionals. Its mission is to change attitudes towards violence among young people in Scotland and reduce levels of violence and injury through public health approaches and educational programs. It is the colleagues from the Navigator program that visit our cafes supporting people in the community.

Attendances at the cafes & Groups:

- Possil - 370
- Women's Wings Group - 166
- Men's Group - 53
- Knightswood - 163

At our Knightswood cafe

- Rise
- Turning Point
- City Writes
- The Base
- Medics Against Violence
- FASS
- With You
- NW ADRS

Our Men's group

- The Base
- Children 1st
- FASS
- With You

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 Feeling Better With Food



This information is not a replacement for an individual seeing their doctor

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

Have something every few hours. Good snacks include:



Feeling low on energy

- Toast
- Sandwich
- Beans on toast
- Cereal
- Fruit
- Yoghurt

Extreme hunger and  
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.

Having a poor appetite

- Eat little and often
- Try nourishing drinks such as milk and fruit juice
- Make every bite count by adding cheese, butter, spreads and sauces to foods
- Try bland foods or ginger if feeling sick.

Not recovering well from  
illness, wounds, 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.

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  
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.**

