

Newsletter



north west glasgow
recovery communities

North West Recovery Communities

June 2026



Hello & Welcome!

Welcome to the June edition of the North West Recovery Communities newsletter! It's been another busy month filled with community events, recovery activities and inspiring moments. We're proud to share the amazing work, achievements and connections that continue to make our community stronger.

Thank you for being part of our journey. Together, we're building hope, supporting recovery and making a difference every day.

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This Month @ NWRC



June has been another busy month across North West Recovery Communities.

From community events and training opportunities to wellbeing sessions and celebrations, here's a look back at what we've been up to!

SCRN - RECOVERY SPORTS DAY & FOOTBALL TOURNAMENT 24TH JUNE 2026



We had a brilliant day at the SCRN Recovery Sports Day at Ibrox Community Complex! Catey, Janice, David, Paul and Brian proudly represented NWRC, getting stuck into the football tournament with Nicola & Laure cheering everyone on throughout the day.

There was a great atmosphere with music from the DJ, Dominos Pizza, face painting and plenty of activities for everyone to enjoy. We also had a stall where we met lots of new faces, shared information about NWRC and caught up with other organisations. It was a fantastic day full of fun, laughter and community spirit – it was great to see so many people coming together to celebrate recovery. WELL DONE ALL!

This Month @ NWRC



IN CAHOOTZ - ART EXHIBITION 25TH JUNE 2026

Tam, Brian and David had a great time visiting the Digging Down exhibition. It was brilliant to see all the creativity and hard work that had gone into the artwork, celebrating nature, recovery and community. They enjoyed having a look around the exhibition, catching up with familiar faces and supporting everyone involved. Well done to everyone who helped make the exhibition such a success!



HEALING FOR THE HEART - LAUNCH EVENT 26TH JUNE 2026



Laure and Brian had a cracking day at the Healing for the Heart Launch Event. A big thank you to WithYou for sharing their table with us.

We heard more about the amazing work Healing for the Heart does, enjoyed the sound bowl session, browsed the pop-up stalls and met lots of organisations doing inspiring work in our communities. It was a brilliant opportunity to make new connections and catch up with familiar faces. Thank you!

This Month

@ NWRC



OPEN MIC NIGHT 26TH JUNE 2026

Brian had a brilliant time at the Open Mic Night, catching up with familiar faces and enjoying a fantastic night of live music and performances.

There was so much talent on display and it was great to see people feeling confident enough to get up on stage and share their music in such a welcoming and supportive atmosphere.



TEAM BUILDING HOLLISTIC DAY 25TH JUNE 2026

We headed up to Loch Lomond for a Holistic Team Building Day, getting away from the usual routine and enjoying a day outdoors.

Tam, Amanda, Gerry, Jim, Brian, Laure, Natalie, James, Rhona, Nicola, Sharon, Dawn, David and Dianne all came along.

Brian took everyone on a mindful walk, James and Rhona ran some relaxing sound bowl and meditation sessions, Natalie offered Reiki and some gave cold water therapy a go (some braver than others!). It was a really good day with lots of laughs. We finished it off the best way possible – with a chippy before heading home!



This Month @ NWRC



DRC YOUTH CLUB - FLY FISHING TRIP **1ST JULY 2026**

Brian had a great day fishing with David and the DRC Youth Club boys at Carman Trout Fishery.

Thanks to Liam and the boys for having us, and to Brian from Carman Trout Fishery for hosting us. There were loads of good conversations throughout the day, plenty of laughs, and it was great to support the STRIVE Group. A brilliant day all round!



HUMANISING HEALTHCARE - GRATITUDE EVENT **3RD JULY 2026**

Brian and David headed along to the Humanising Healthcare Gratitude Event with Hugo and the team to celebrate everyone who took part in the Glasgow sessions.

Hugo shared the impact the project has had on medical students and our lived experience communities, which was brilliant to hear. We had some good scran, a good blether and finished the night with a ceilidh – definitely worked off the dinner!

It was a good night and we can't wait to keep working with the Humanising Healthcare gang.



This Month CLAYPITS EVENT!



NWRC & HAMILTONHILL CLAYPITS LOCAL NATURE RESERVE – FAMILY FUN DAY! 3RD JULY 2026

Our NWRC & Hamiltonhill Claypits Family Fun Day was a fantastic day, with families, local organisations and community members all coming together to enjoy everything the day had to offer.



The weather was on our side, there was a real buzz around the Claypits, and it was brilliant to see so many people getting involved.

There was something for everyone, including bouncy castles, games, music, face painting, massage, fitness, Reiki sessions, nature-based activities, tasty food and plenty of information stalls. It was lovely seeing people chatting, trying new things, finding out about local services and simply enjoying a day out together.



Events like this are all about bringing the community together, creating new connections and showing the wide range of support and opportunities available across Glasgow.

It was fantastic to see so many smiles throughout the day, and we hope everyone who came along had as much fun as we did!



Thankyou!!

Our Family Fun Day wouldn't have been possible without the incredible support of our partners, volunteers, organisations and local businesses.

A huge thank you to everyone who hosted a stall, delivered activities, volunteered their time or came along to support the event.

We'd especially like to thank the stalls who attended:

Children 1st
Conservation Volunteers
Courtyard Pantry
Crossreach
FASS
Frog Life
Glasgow Life
Home Energy Scotland
Men Matter
NA
Next Chapter Scotland
North West Citizens Advice
Phoenix Futures
RCA (gambling)
Venutre Scotland/Move On
Wise Group
With You

A huge thank you to everyone who provided activities and entertainment throughout the day.

Thank you to Bounce Around for the bouncy castle, Colin for running the chess activities, The Courtyard Pantry for providing the food, Giggglebees for the fantastic face painting, Freed Up for all the class DJs, Mark & Stephen, Mark & Johnny, Brian and gang, Tribble John for keeping us entertained with live music throughout the day.

Thank you also to Gabriela for leading the fitness session, River for offering relaxing massages, and Natalie for providing Reiki!

Thanks to the Boomboat for the teas and coffes!

A special thank you also goes to our supporters Allied Vehicles, Laser Quest Glasgow, Maryhill Housing, Partick Thistle Football Club, Rangers Football Club, Bayne's the Family Bakers. Your generosity and support helped make the day such a success.

Finally, thank you to everyone who came along. Your support, smiles and community spirit are what make events like this so special, and we can't wait to do it all again!

This Month

@ NWRC

RECOVERY CONNECTS

5TH JULY 2026

Brian and Amanda had a brilliant day at Recovery Connects in Queen's Park! Even though the rain made an appearance, it didn't stop anyone from enjoying the day, and the atmosphere was brilliant from start to finish.

There was an amazing line-up of live music, with Peter Doherty headlining alongside performances from Resurrection, Hazy Sundays, Balderdash and the Thing, and a DJ set from Joe Deacon.

It was fantastic to see so many people coming together to celebrate recovery, spreading the love through music and connecting with others in such a positive, lively atmosphere.



CLEANER & HEALTHIER DRUMCHAPEL

11TH JULY 2026

The NWRC team had a fantastic day at the Cleaner & Healthier Drumchapel event, organised by G15 Thriving Places. Brian, Laure, Joleen and Stephen were there representing NWRC and enjoyed meeting so many members of the local community.

Our stall was busy throughout the day, with children getting creative through badge making and colouring activities while families came together to enjoy everything the event had to offer. It was great to see so many smiling faces, have meaningful conversations with visitors, and connect with both new and familiar faces from the community.

A big thank you to Tracy at G15 TP and everyone who stopped by our stall – we loved being part of such a positive community event and look forward to seeing everyone again soon!



Our Cafes

north west glasgow recovery communities

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.



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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 - 1:30pm - 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



Our Cafes

WINGS (possil)



WOMEN IN NORTH GLASGOW SUPPORT

Possilpark Parish Church on Wednesdays between 10:30am & 2pm

125
Attendees
In June

Partner Organisations who joined us in June

With You
ADRS
SAMH
Queens X Wellbeing
In Cahootz
Street Soccer
Healing for the Heart
Murrays Initiative
Glasgow Uni
Spark
Star Team

A welcoming weekly drop-in for women looking for support, connection, and a safe space to chat. Every Wednesday, women come together to build positive relationships, share recovery experiences, and support one another in a relaxed, welcoming environment.

Throughout the year, we've welcomed visits from a range of organisations focusing on women's health, wellbeing, and community support. Alongside this, we offer activities such as relaxing crafts, Somatic Dance sessions, and Head & Shoulder massages on selected weeks, with lunch and refreshments provided.

Our staff and volunteers use the ROSC (Recovery Orientated System of Care) approach, helping women identify their recovery and wellbeing goals while connecting them with the right organisations and services to meet their individual needs.

In June, we welcomed visitors from The Spark, who delivered a team-building workshop and in Cahootz, who facilitated a workshop for team building and moral.

We were also joined by a range of partner organisations, all working together to raise awareness of the support available and strengthen recovery pathways across our community through the ROSC model.

Our Cafes

KNIGHTSWOOD



Knightswood Community Centre - Thursdays between 11am - 3pm

144
Attendees
In June

Partner Organisations who joined us in June

DWP
Turning Point
Blue Triangle
Rise
ADRS
Job Centre
Childrens 1st
Sisco
Waverly Care

Our Knightswood Café offers a variety of groups throughout the week in partnership with local organisations, giving participants the opportunity to access support, build confidence, and connect with others in recovery.

Our weekly programme includes:

11:00am – 11:30am: Morning Meditation
11:30am – 12:30pm: Recovery Group Work (With You)
12:30pm – 1:00pm: Lunch
1:00pm – 3:00pm: City Writes – Creative Writing, Anxiety & Early Recovery Group

Participants are welcome to attend whichever groups they choose and receive ongoing peer support from our volunteers and outreach workers throughout the day. A free hot lunch is provided, with tea, coffee, and biscuits available throughout each session.

During June, we welcomed Children 1st to the café to promote their new service. Catherine spoke with participants about the work taking place within the Early Learning Hub and the support available for children and families affected by challenges within the community.

We also welcomed Waverley Care, who delivered information and advice on Blood Borne Viruses (BBVs), while offering confidential BBV testing to participants. This visit built on the BBV awareness training previously delivered by Waverley Care, helping to reinforce knowledge and encourage people to access testing and support where needed.

Our Cafes

POSSIL



Possilpark Parish Church - Fridays between 11am - 3pm

Our Possil Café offers a range of groups in partnership with local organisations, creating opportunities for participants to access support, connect with others, and continue their recovery journey in a welcoming environment.

Our weekly programme includes:

11:15am – 12:30pm: MAP Group (With You)

12:30pm – 1:30pm: Lunch

1:30pm – 2:30pm: Afternoon Group (Healing for the Heart & Recovery Share – fortnightly)

2:30pm – 3:00pm: Bingo

273

Attendees
In June

Partner Organisations who joined us in June

With You

Sisco

ADRS

Turning Point

Move on

Next Chapter Scotland

Healing for the Heart

Hope Connections

Blue Triangle

As with all of our cafés, participants are provided with a nutritious hot meal and dessert, with tea, coffee, and biscuits available throughout the day. Alongside the organised groups, participants can enjoy activities such as table tennis and bingo, helping to encourage connection, social interaction, and wellbeing.

During June, we welcomed Next Chapter, who spoke to participants about the support available for individuals and families affected by the criminal justice system. They shared information on the services they provide and how they help people navigate challenging circumstances.

Throughout the month, a number of partner organisations continued to attend the café on a regular basis, either bringing people along or meeting them within the café setting. This collaborative approach helps participants build connections within their community, access a wide range of support services, and share both the challenges and successes of their recovery journey in a safe and supportive environment.

Our Cafes

KNIGHTSWOOD & DRUMCHAPEL



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MEN'S GROUP

Knightswood Community Centre - Mondays between 2pm - 5pm

Our Men's Group offers a relaxed and welcoming space for men to connect with others in the recovery community.

84

Attendees
In June

At the beginning of each month, With You delivers recovery-focused sessions, and since 22nd June, Stephen from City Writes has been facilitating a six-week course on early recovery and anxiety.

The group is shaped by the men who attend, with opportunities to suggest topics and activities. There is no pressure to speak, making it an ideal space for anyone who may feel nervous about attending larger cafés but still wants to be part of the recovery community.

There are no postcode restrictions, so please encourage anyone who may benefit to come along.

DRUMCHAPEL

Drumchapel Community Centre - Wednesdays between 2pm to 4pm

Throughout June, our Drumchapel group has continued to grow, with attendance increasing each week. Delivered in partnership with G15 Thriving Places, participants are provided with tea, coffee, sandwiches and biscuits at each session.

36

Attendees
In June

Our volunteer, Jim, facilitates a range of recovery-focused group activities, which have been well received and help create a welcoming, supportive environment. The smaller group setting is ideal for those who are new to recovery or building confidence before attending larger groups.

We have also welcomed participants from ADRS Drumchapel, who have engaged well with the group and are becoming regular attendees, helping to strengthen the local recovery community.

Training TUESDAYS



In June, our Training Tuesdays were delivered by The Spark as part of a five-week programme. Throughout the month, participants completed the following training modules:

- **Understanding Self and Others** – Explored self-awareness, recognising emotions, and understanding how our behaviours and experiences influence the way we interact with others.
- **Active Listening Skills** – Focused on developing effective listening techniques to improve communication, build trust, and strengthen relationships.
- **Effective Communication** – Covered practical communication skills, including expressing thoughts clearly, communicating with confidence, and managing difficult conversations.
- **Building on Strengths** – Encouraged participants to recognise their personal strengths, build confidence, and identify positive ways to support their recovery journey.
- **Keeping Yourself Safe** – Explored personal safety, healthy boundaries, recognising risks, and strategies to promote wellbeing and make informed decisions.

The training has been well received, with participants actively engaging in discussions and developing valuable skills to support both their recovery and everyday lives.



NUTRITION TIPS

FROM THE ADRS DIETITIANS



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Alcohol and drug use may affect your appetite and motivation to cook resulting in a poor intake of food. There are lots of foods and drinks that are quick and easy to prepare, having them regularly will help meet your nutritional requirements. See below for examples.

Our 'store cupboard items' nutrition leaflet also has examples of easy to prepare foods. You can access this via our resources website found at the end of this leaflet.

Meal Ideas

Porridge or cereal
made with milk



Tinned macaroni



Baked Potato with
beans / cheese / tuna



Hot roll
hotdog / sausages /
bacon / egg



Toast with egg / beans
/ cheese



Filled sandwiches or
Toasties
cold meat / egg / cheese
/ tuna



Soup with bread



Variety of ready meals



Snack Ideas

Cheese and crackers
/ oatcakes



Fruit and yoghurt



Nuts



Dried / tinned Fruit



Drink Ideas

Fresh fruit juice



Milk/
milkshakes



Hot
Chocolate



Over the counter "build up drinks"

For more information on over the counter nutritional products scan the QR code or visit www.nhsggc.scot/downloads/over-the-counter-nutritional-products/



NUTRITION TIPS

FROM THE ADRS DIETITIANS



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Once you have established a regular eating pattern you may wish to increase your level of cooking at home. Below you will find a variety of resources to help support your cooking journey. You will find the website address that you can type into your web browser to access each site or use the QR code function to take you straight there.

Cooking Made Easy In Bite Sized Chunks. The alcohol and drug recovery service along with its service users have developed a cook book that covers cooking basics and simple recipes to encourage healthier eating.
www.nhsggc.scot/downloads/cooking-made-easy-cook-book/



Love food hate waste have lots of tasty recipes for simple meal ideas and useful tips on how to use up leftovers. There is also lots of helpful information round shopping, planning and preparing meals.
www.lovefoodhatewaste.com



Parent club have recipes to cover each meal time. They also have a helpful meal planner taking into account your set budget.
www.parentclub.scot/recipes

Parent Club



Lets get cooking have produced a series of different recipes depending on your your preferences and can be found on the British Dietetic Association website.
www.bda.uk.com/food-health/lets-get-cooking/recipes



Nutrition Scotland have a library full of nutritious recipes for different meals and snacks.
www.nutritionscotland.org/recipes/



NHS Greater Glasgow and Clyde have helpful information on nutrition. Follow the link and click on 'cooking and shopping' and you will find a selection of easy recipes along with demonstration videos for each.
www.nhsggc.scot/your-health/public-health-nutrition/



Visit our website for more nutrition leaflets.

www.nhsggc.scot/your-health/right-care-right-place/addictions/adrs-nutrition-leaflets

Whats on?



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recovery communities

We've put together all the latest flyers for groups and services happening across our communities this summer.

We've pulled together a bunch of great opportunities, groups and services happening across Glasgow this summer.

There's something for everyone — whether you're looking to try something new, get support, or just get out and about.

Have a browse through the flyers and feel free to share anything that might be useful to someone you know!

Tap below to view all event flyers

VIEW WHATS ON: SUMMER



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



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recovery communities



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 workers -
07729574683 - Joanne
07918923649 - Jamie



**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.**

