

Newsletter



north west glasgow
recovery communities

North West Recovery Communities

July 2026



Hello & Welcome!

Welcome to the July edition of the North West Recovery Communities newsletter!

July has been another positive month at North West Recovery Communities, with people coming together to support one another, celebrate achievements and continue their recovery journeys.

Thank you to everyone who has been part of our community this month. We hope you enjoy looking back at some of July's highlights!

CONTENTS

THIS MONTH @ NWRC.....	2
QUOTE OF THE MONTH....	4
OUR CAFES.....	5
WINGS.....	6
KNIGHTSWOOD.....	7
POSSIL.....	8
MEN / DRUMCHAPEL.....	9
TRAINING TUESDAYS.....	10
NUTRITION TIPS.....	11
6 WEEKLY AGENDA.....	12
WHATS ON.....	13
SMART RECOVERY.....	14



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This Month @ NWRC



As we mentioned in our June newsletter, we had a busy start to July!
Here's a wee round-up of how everything went...

1ST JULY 2026

DRC Youth Club - Fly Fishing Trip

Brian had a brilliant day fly fishing with David and the DRC Youth Club boys at Carman Trout Fishery. A big thank you to Liam and the team for having us – it was a great day full of laughs, good conversations and supporting the STRIVE Group.



3RD JULY 2026

Humanising Healthcare - Gratitude Event

A great evening celebrating the amazing work of Humanising Healthcare, topped off with a ceilidh. There were plenty of laughs, questionable dance moves and a brilliant atmosphere all round!



3RD JULY 2026

Claypits Family Fun Day

The sun came out, the community showed up, and the Claypits was buzzing. Massive thanks to everyone who ran a stall, volunteered, or just came along!



This Month @ NWRC



5TH JULY 2026

Recovery Connects

Rain? What rain! An electric day of live music, connection and community spirit in Queen's Park. Stephen even managed to bag a photo with Pete Doherty!



11TH JULY 2026

Cleaner & Healthier Drumchapel

Brilliant to be part of this with G15 Thriving Places! Brian, Laure, Stephen & Joleen managed our stall, it was mobbed with the wee ones colouring in and making badges, we got to chat with loads of familiar and new faces.



27TH JULY 2026

Liliias Centre - Peer Support

Thanks to all at the Liliias Centre for another great peer session! We had Reiki and healing drums with Natalie our specialist vol, peer support from our vols Janice and Joleen. Kathleen from FASS also dif a presentation on family support.



Volunteer Quote of the Month



"North West Recovery
Communities is the
ANCHOR
of my recovery"

— NWRC Volunteer (Joleen)

Our Cafes

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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.



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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

98
Attendees
In July

Partner
Organisations
who joined
us in July:

Wise Women

With You

ADRS

FASS

Martha's Mammies

Move On

Penumbra

Healing for the Heart

WINGS was full of life throughout July, with plenty of laughter, cuppas and conversations.

Alongside our regular catch-ups, members enjoyed wellbeing activities, welcomed visiting organisations and continued to support one another, making every Wednesday a positive and uplifting space to be.

What's Been Happening at WINGS?

Meditation - Weekly sessions helping members relax and unwind.

Massage - Promoting wellbeing and self-care.

Bingo - Plenty of laughs, friendly competition and prizes.

We would like to thank Kara from the Wise Women for visiting and taking a 6 week course of on confidence and personal development.

We are now inviting them back soon to provide womens safety, keep an eye out!

Our Cafes

KNIGHTSWOOD



Knightswood Community Centre - Thursdays between 11am - 3pm

170
Attendees
In July

Partner
Organisations
who joined
us in July:

With You
Turning Point
City Writes
ADRS
Hope Connections
Rise
Safe as Houses
Blue Traingle
Waverly Care

Our weekly programme includes:

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

What's Been Happening at Knightswood?

Throughout July, the café continued to provide a welcoming space for people to come together, access support and take part in activities focused on recovery and wellbeing.

We were pleased to continue welcoming local organisations to the café, giving participants the chance to learn more about the services and support available within the community.

The café remains a friendly and supportive space where people can enjoy a cuppa, have a chat, meet others and access support at their own pace.

Our Cafes

POSSIL



Possilpark Parish Church - Fridays between 11am - 3pm

205
Attendees
In July

Our weekly programme includes:

11:15am – 12:30pm: MAP Group with 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

**Partner
Organisations
who joined
us in July:**

Shared Care

With You

Turning Point

Sisco

Way Ahead

Aberlour

LEAP

Healing for the Heart

Next Chapter

ADRS

What's Been Happening at Possil?

Throughout July, the café continued to be a welcoming space for people to connect, access support and enjoy time with others in recovery.

Our regular groups, activities and partner organisations continued throughout the month, helping participants build connections, share experiences and access support within their local community.

We'd also like to welcome the Shared Care staff to Possil, who will be joining the Cafés every Friday to offer support, advice and a friendly face to people who need it.



Our Cafes

KNIGHTSWOOD & DRUMCHAPEL



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MEN'S GROUP

Knightswood Community Centre - Mondays between 2pm - 5pm

50

Attendees
In July

The men's group has been going from strength to strength, with Stephen recently running a session focused on anxiety and early recovery. It was a great opportunity for the guys to come together, chat openly and support each other.

We're also looking forward to welcoming Hope Connections in August, who will be joining the group for a 5-week programme.

DRUMCHAPEL

Drumchapel Community Centre - Wednesdays between 2pm to 4pm

62

Attendees
In July

Our Drumchapel group continues to provide a relaxed and welcoming space, with weekly recovery-focused discussions led by Jim. ❤️ The group is a great stepping stone for people who may not feel comfortable in larger, busier groups, giving everyone the chance to take part at their own pace, chat openly and connect with others in a more relaxed environment.

We'd also like to say a big thank you to G15 Thriving Places for supporting the group and providing the room, tea, coffee, biscuits and cakes! ☕🍰

Training TUESDAYS



Our Training Tuesdays in July have continued to give staff and volunteers the opportunity to build their knowledge, develop new skills and learn more about the issues affecting the people we support.

Understanding Cocaine & Overdose

One session focused on cocaine, looking at how it affects the body and brain, including the role of dopamine and how cocaine can impact the brain's reward system. We also explored the effects of cocaine use, the signs of an overdose and how to respond in an emergency.

Boundaries, Safeguarding & Confidentiality

We spent time looking at professional boundaries, safeguarding and confidentiality, exploring why these are important and how they can help create safe, respectful and supportive relationships. We also discussed different situations and how to approach them in a way that protects everyone involved.

Nutrition & Alcohol

We welcomed a ADRS dietician for sessions looking at the relationship between alcohol and nutrition. We explored how alcohol can affect appetite, weight and nutritional health, including factors that can contribute to weight loss when drinking alcohol.

The following week, we continued the conversation by looking at healthy weight gain in the context of alcohol use, including practical advice around nutrition and supporting overall wellbeing.

These sessions have been a great opportunity to learn, ask questions and share experiences, helping us continue to build confidence and knowledge across the team.

NUTRITION TIPS

FROM THE ADRS DIETITIANS



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Recovery Bites

ALCOHOL AND DRUG RECOVERY SERVICE

Diet and Liver Disease

Drinking alcohol in excess increases your risk of developing alcohol related liver disease including liver cirrhosis. Liver cirrhosis results in scarring to the liver making it hard and unable to function properly.



Why is diet important when you have liver disease?

- When you have liver disease, your body does not store and use food properly and there is an increase in energy and protein requirements.
- If you have cirrhosis, you are unable to store enough energy in your liver to use between meals (energy from food only lasts around 2 hours). Your muscles are therefore at risk of being used as a source of energy resulting in muscle loss.
- Good nutrition can help prevent weight loss, maintain energy levels and muscle strength, along with supporting wound healing and recovery from illness.

How can I improve my dietary intake?



1 Aim for regular meals and snacks containing carbohydrates every 2-3 hours. This means that there is a regular supply of food for your body to use, so that you don't break down your own muscles for energy.

3 Have a larger bed time snack of 50g of carbohydrates to help fuel your body overnight (examples shown on the next page).

2 Include protein rich foods at each meal and aim to include protein with some snacks to help maintain and build muscle tissue and strength.

4 If you feel full easily, aim for a little and often approach. Focus on having small amounts of carbohydrate and protein regularly and don't fill yourself up with fruit and vegetables. Having fruit and vegetables last means that you can focus on the higher calorie and higher protein foods that will protect your muscles.

**Examples of protein
and carbohydrate foods
shown on the next page**

Protein Foods

Beans and pulses:

- Lentils
- Chickpeas
- Kidney beans
- Butter beans

Meat substitutes:

- Tofu
- Quorn
- Soya

Meats:

- Chicken
- Turkey
- Beef
- Pork
- Lamb

Fish

Nuts and Seeds

Eggs

Cheese

Yoghurts

Milk



Carbohydrate Foods

Starchy carbohydrates to include with meals:

- Bread
- Pasta
- Rice
- Cereal
- Potatoes

Carbohydrate foods and drinks to include with snacks:

- Hot Chocolate / Malt drinks
- Fruit juice
- Milk
- Fruit
- Yoghurts
- Biscuits
- Crackers
- Toast
- Crumpet
- Scone
- Pancake
- Muffin
- Crisps



Bowl of porridge made with milk and 150mls of fresh fruit juice



2 crumpets with hazelnut spread



2 slices of toast with jam and 200mls of milk



Hot chocolate made with milk and 3 rye crackers with spread



Examples of a 50g carbohydrate bed time snack

Granola with fruit and yoghurt



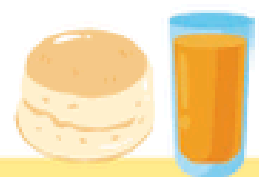
Cereal with milk and banana



Bagel and 200mls of milk



Scone and 150mls of fresh fruit juice



Visit our website for more nutrition leaflets.

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

ROSC 6 WEEKLY



Please see the agenda below for our upcoming 6-weekly meeting. Everyone is welcome to attend, so please feel free to come along and get involved.



North West Glasgow Recovery Communities

Tuesday 18th August – Salvation Army – 1 Houldsworth Street, G3 8ED

6 WEEKLY AGENDA

10:30 – Introduction & Updates from Brian

10:45 – Volunteers, Update on NWRC Recovery Cafes, Training & Operations

11:05 – Tom, Scottish Recovery Consortium

11:25 – Olivia, Glasgow Rape Crisis

11:40 – Heather, Common Wheel

11:55 – Andy, Hope Connections

12:10 – Steven, Switch A Roo (LEAP)

12:25 – Lunch & Networking

Whats on?



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We've put together all the latest flyers for groups and services happening across our communities August & onwards.

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

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: August



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



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 us
info@nwrc-glasgow.co.uk

OUR OUTREACH WORKERS



AMANDA
07729 574 683



JAMIE
07918 923 649

OSCR
Scottish Charity Regulator
www.oscr.org.uk

Registered
SCIO
SC051587



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.

