

SOUTH COMMUNITY RECOVERY NETWORK

April 2024

GROUPS & CAFES

*All our groups & cafes are drop-in
No referrals required*

Monday

Ibrox Recovery Cafe 6.30pm

Tuesday

Women's Group 10.30am

Alcohol Focus Group 2pm

Wednesday

Glasgow South Recovery Cafe
11am

Thursday

CREW 11am

Friday

RAFT 4pm

MAT 5pm

Saturday

Recovery Connects Toryglen
10.30am

**Everyone is welcome to
attend**

For more info email :
admin@scrn-recovery.co.uk
Tel: 0141 429 8181

For full details of our weekly
programme see the last page of
this newsletter



Recovery Connects Toryglen

After lots of meetings and discussions we have partnered up with **The Mungo Foundation** and **Sanctuary Housing** to provide our newest drop-in recovery cafe.

'Recovery Connects Toryglen'.

We feel that there is a lack of recovery based projects within the Toryglen area as well as a need for access to recovery support at the weekend as most services are closed.

We opened the doors to the community on Saturday 13th April. The first day went smoothly, thanks to everyone involved. We had some new faces in attendance which was amazing. We are certain the cafe will grow as the weeks go on.

Pop in every Saturday from 10.30am - 1.30pm.

**The Cornerstone Community Hall,
22 Glenmore Avenue, G42 0EH.**

ALL WELCOME

Please note we will be closed on Saturday 27th April & 25th May

If travelling on public transport the number 7, 7a and 90 bus all go to Toryglen.

We will be holding an official open day celebration in the forthcoming months.

Details will be uploaded to our social media pages.

You can find us on our social media pages.

***Facebook - South Community Recovery Network -
SCRN***

Instagram - SouthCommunityRecoveryNetwork

Website - <http://www.scrn-recovery.co.uk>

SOUTH COMMUNITY RECOVERY NETWORK

In January we welcomed Education & Social Services students Nimra & Aiden from Glasgow Clyde College. They spent four weeks placement with us here at the South learning about our organisation and the work we do.

They also spent time getting to know our volunteers. They chatted and listened to them as they spoke about their life struggles with addiction, hurdles they have faced in life and how they found recovery support within our community.

Aiden kindly shared a few words with us regarding his experience.

“Recently I had a placement at South Community Recovery Network (SCRN). I had a great learning experience during my time there. It was a very friendly environment. The staff and the volunteers made me feel at home right away, but I seen that everyone was treated that way when they came through the doors at SCRN on a day-to-day basis as they treated everyone with respect. All the staff and volunteers were very approachable and were always willing to talk to me about their past experiences, which I can’t thank them enough for, I understand that sometimes it can’t be easy talking about the past. The staff and volunteers have great relationships with the service users and would do anything they can to help them on their recovery journeys. I feel SCRN is a good well-run service that service users benefit from. It has helped people change their lives around, the staff and volunteers are proof of that. Personally, it was nice to see service users coming in with a real lack of confidence not wanting to talk to anyone and within a few weeks you could see a massive difference in people from just having a community of good people round them that is supportive. I loved my time at SCRN and couldn’t have had a better placement”.

Both Nimra and Aiden were a pleasure to have with us and we wish them well in their studies and future careers.

SOUTH COMMUNITY RECOVERY NETWORK

February

Sandesh Gulhane is a british doctor and politician who has been a member of the Scottish Parliament (MSP) for Glasgow since May 2021. He is the Scottish Conservative Shadow Cabinet Secretary for Health & Social Care.

MSP Dr Sandesh visited our office to meet with our Project Manager John. He was interested to learn about the recovery work that takes place within the recovery communities. He spoke about his vision for the NHS and how it is his belief that recovery support should be an intergral part of every drug and alcohol team.



Savio D'Souza, John McCann (Project Manager)
MSP Dr Sandesh Gulane pictured above

Lilias Centre Focus Group



The Lilias Centre is a Community Custodial Unit (CCU) for women located in the Maryhill area of Glasgow. The aim is to support the needs of women who would benefit from closer community contact and access to local services.

Anna (Outreach Worker) and Helen (Recovery Senior) visited the centre for a chat with the women currently in custody. They held a focus group and asked the ladies what kind of support they feel they would benefit from and what visions they have for the future. The ladies spoke openly with Anna & Helen and enjoyed chatting to them over a cuppa.

Helen returned to the centre for International Women's Day and came back with lots of feedback and ideas regarding the type of help and support the ladies feel would be beneficial for them in order to progress with their own personal development.

Discussions are still in the early stages however we hope to visit the centre more this year in order to provide peer recovery support and access to other recovery initiatives available within the community.

SOUTH COMMUNITY RECOVERY NETWORK

★ Training & Development 🎓

We would like to say a huge well done and congratulations to the volunteers and participants that recently completed the Child Development, Relationships & Parenting course. This SCQF level 4 module was delivered by the lovely Ashleigh from Kelvin College. Our 'students' met with Ashleigh every Thursday for 12 weeks of study and learning. Ashleigh taught the course with a person centred approach and in a way that each individual person understood the coursework and assessments that it entailed.

There were a lot of nerves when it came to sitting the assessments however we are pleased to announce everyone passed with top marks!

This is what our volunteer Marissa had to say about the course.

"It was very informative and educational, the facilitator was great to work with, she explained things in a way that I understood. It was even better that the course was delivered in-house as I wouldn't have done it if it was in a college setting".



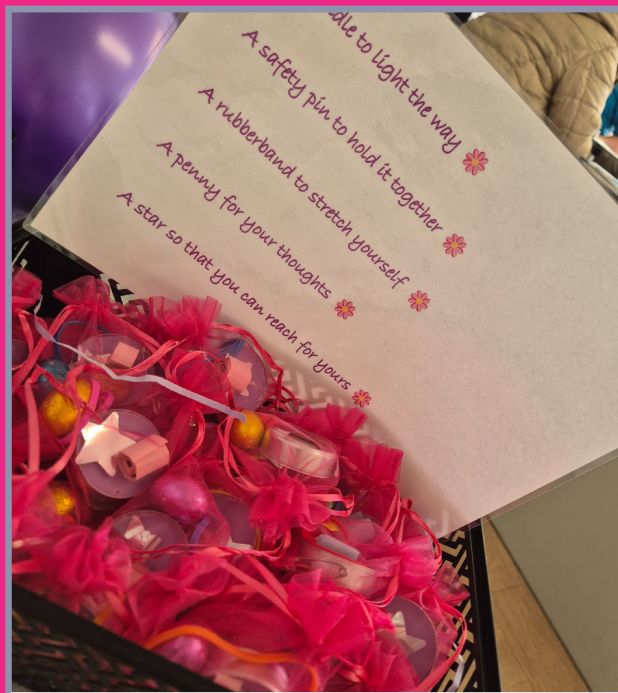
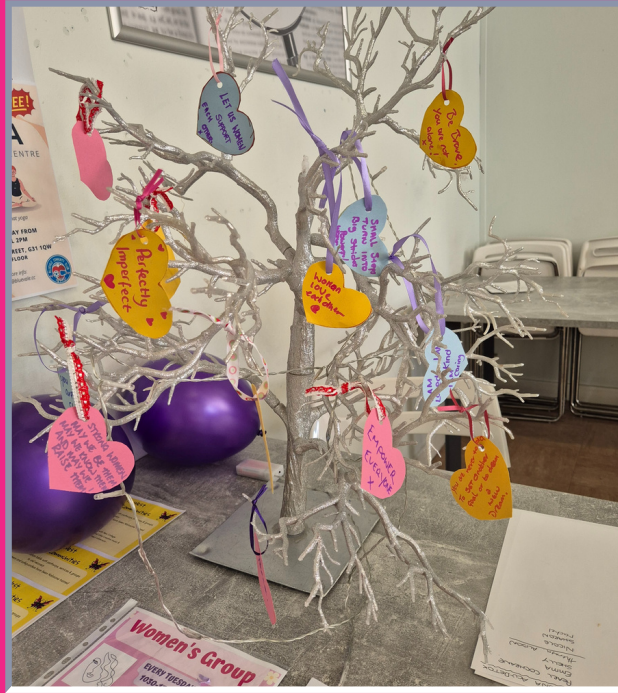
Thursday 7th March 2024 - Graduation Day

Naloxone Training

Our new volunteers received Naloxone training delivered by Stef from North East Recovery Community. Naloxone is a life saving medication. A dose of naloxone can save someone's life if it's used quickly after opiod overdose. We always encourage our volunteers and staff to carry naloxone with them at all times.

SOUTH COMMUNITY RECOVERY NETWORK

International Women's Day 2024



International Women's Day is a day to celebrate sisterhood. Females come together to support, inspire and empower each other. Our Women's Group celebrated this by holding a day of wellbeing and positivity. The group provided acudetox and meditation sessions, had a positivity tree which they filled with handwritten quotes, gave each other compliments, listened to feel good songs and heard an empowering recovery share from one of our participants.

"There is no limit to what we can accomplish as women".



The celebration of the women continued as some of our staff and volunteers took themselves along to WINGS ladies day hosted by North West Recovery Community. Singing, dancing and most importantly a sense of belonging. Our ladies had a fabulous day as always.



SOUTH COMMUNITY RECOVERY NETWORK

**OUR GLASGOW SOUTH
RECOVERY CAFE (GSRC)
RETURNS
TO
IBROX COMMUNITY
COMPLEX
ON
WED 17TH APRIL
AT 11AM**

We would like to welcome back our volunteer Alan who has returned after having some time off. Alan volunteers with us at the Alcohol Focus Group every Tuesday afternoon. It is great to have him back.

We also have a new female volunteer on board. Roseanne has joined our Women's Group, she fits in well with all the team and is a pleasure to work with.

We appreciate each and every one of our volunteers, without them we wouldn't be able to run the programme we currently offer.

A huge congratulations to our Volunteer Marissa who has moved into employment with another third sector organisation. Marissa took every training opportunity on offer and worked hard. It has been a pleasure to watch her progress and grow as a person. We wish her all the best in her new role!



Well done Neilette!

Neilette celebrated her first day of total abstinence by sharing her journey at our Alcohol Focus Group. Neilette has also secured part time work as well as being a volunteer.

Neilette continues to inspire everyone around her on a daily basis.

We think you are amazing Neilette, keep up the good work!





the **mungo**
foundation **Sanctuary**
Scotland

Recovery Connects Toryglen

Every Saturday

10.30am - 1.30pm

Are you in recovery from substance or alcohol misuse or supporting someone that is?

Our drop-in cafe is a safe space to meet up and connect with others going through similar experiences, have a bite to eat, a cuppa and a chat.

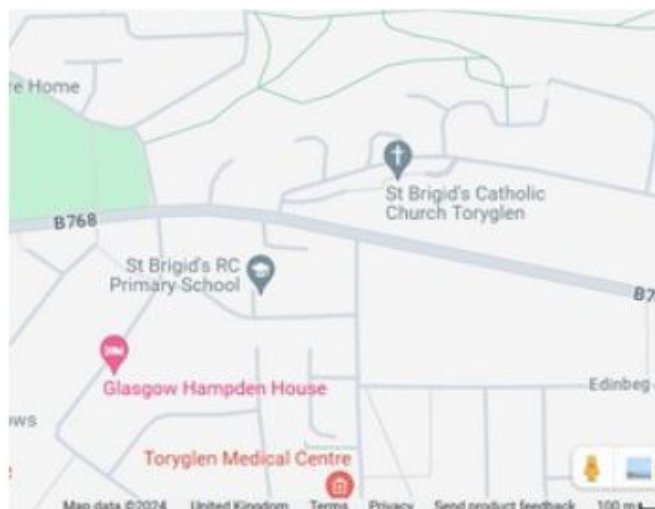
ALL WELCOME.

Join us at

The Cornerstone Community Hall

22 Glenmore Avenue,

G42 0EH



****Please Note****

We will be closed on the following dates

27th April

25th May



For further info contact admin@scrn-recovery.co.uk

**** This drop-in cafe is for ADULTS only ****

Weekly Programme



MONDAY

IBROX RECOVERY CAFÉ

RECOVERY MEETING, TABLE TENNIS, BINGO, CONNECTION

630PM – 830PM BROOMLOAN HOUSE STUDY CENTRE, 150 EDMISTON DRIVE, G51 2XD

TUESDAY

WOMEN'S GROUP

WELCOME, FEELINGS CHECK, ACUPUNCTURE, MONTHLY RECOVERY MEETING, PRIZE BINGO

1030AM – 130PM THE ADELPHI CENTRE, 12 COMMERCIAL RD, GORBALS G5 0PQ

ALCOHOL FOCUS GROUP

GROUP WORK (VARIOUS TOPICS), PRESENTATIONS, QUIZ, PRIZE BINGO

2PM – 4PM THE ADELPHI CENTRE, 12 COMMERCIAL ROAD, G5 0PQ

WEDNESDAY

GLASGOW SOUTH RECOVERY CAFÉ

CHECK IN, RECOVERY SHARES, PRESENTATIONS, BEAUTY TREATMENTS, TABLE TENNIS, PRIZE BINGO

11AM – 2PM IBROX COMMUNITY COMPLEX, 80 HINSHELWOOD DRIVE, G51 2XP

THURSDAY

CREW

RECOVERY MEETING, ACUPUNCTURE, TABLE TENNIS, BEAUTY TREATMENTS, PRIZE BINGO

1230PM – 330PM THE ADELPHI CENTRE, 12 COMMERCIAL ROAD, G5 0PQ

FRIDAY

RAFT

MAT MEETING, TABLE TENNIS TOURNAMENT, PRIZE BINGO

4PM – 8PM THE ADELPHI CENTRE, 12 COMMERCIAL ROAD, G5 0PQ

PLEASE NOTE CHILDREN 1ST WILL NO LONGER BE PROVIDING KIDS ACTIVITIES AT RAFT AS OF 1ST MAY 2024

SATURDAY

TORYGLEN CONNECTS RECOVERY

RECOVERY SHARE, PRIZE BINGO, CONNECTION

1030AM – 130PM THE CORNERSTONE COMMUNITY HALL, 22 GLENMORE AVENUE, G42 0EH

TEA, COFFEE, FOOD PROVIDED AT ALL CAFES

TELEPHONE: 0141 429 8181