

# SOUTH COMMUNITY RECOVERY NETWORK

April 2023

## CAFES

We currently have 3 recovery cafes and 4 groups operating every week here at the SCRN. These are all peer led and run by our volunteers.

Well over 200 people walk through our doors seeking support each week.

**On Wed 19th Apr our Men's Group is moving to Ibrox Community Complex. Time TBC. Check our FB for updates**

### Monday

Happy Monday's  
Ibrox Recovery Cafe

### Tuesday

Women's Group  
Alcohol Focus Group

### Wednesday

Men's Group

### Thursday

CREW

### Friday

RAFT  
MAT  
GAMCARE

**Everyone is welcome to attend**

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



## Welcome to our first newsletter of 2023!

We have hit the ground running this year with lots happening in our cafes and groups.

January started off with 29 medical students visiting us at our **CREW Recovery Cafe** in the Adelphi Centre.

They spent the day chatting with our volunteers and listened to some of them speak about their life in addiction and the different challenges and barriers they faced when seeking recovery. The students stayed for lunch and mixed with the participants that attended CREW.

The feedback we received afterwards was very positive, with one student saying *'it was good to speak to people with lived experience and to look at things from their perspective and to hear what worked for them in recovery'*.

**Police Scotland** kindly donated our **Men's Group** over £500, which we are very thankful for.

They decided to use this money to fund a **'boys day out'**. Our volunteer Alan says *'it was a great day of team building and connection and really had a positive affect on my mental health'*.



# SOUTH COMMUNITY RECOVERY NETWORK



We are seeing an increase in gambling related harm and people actively gambling to mitigate the Cost-of-Living Crisis. We have a successful focus on drugs and alcohol support in SCRN. To provide an equal service for gambling, we have increased the awareness, education and encouraging people to access local support.

We have trained our staff and volunteers on CPD accredited Gambling related harm programme.

We have successfully run a psychoeducational recovery group for 8 weeks, to establish a safe, shared space for people experiencing and at risk of gambling related harm in Glasgow. The course runs every week and focusses on a different topic each week. The aim is to provide an opportunity for people to explore their gambling behaviour in a safe way, to help develop their insight and understanding and to develop a range of coping skills to support sustained recovery with tools and skills to help manage life's difficulties.

There is currently a referral pathway already established for clients into treatment with GamCare from SCRN, which has been a success and we are building on this. We have taken a focus particularly on those now affected by the cost-of-living crisis and the impact of increased costs. The project has promoted education and awareness around gambling and has left a legacy of having staff and volunteers equipped with the tools for themselves and others in the South Community Recovery Network.

**For more information please contact:**

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# SOUTH COMMUNITY RECOVERY NETWORK

## MENTAL HEALTH & WELLBEING DAY



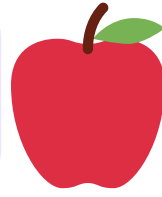
The three Recovery Communities in Glasgow (**South, North East & North West**) came together to hold a **Mental Health & Wellbeing Day**. This took place on 17th February and was held at our base in the Adelphi Centre. The aim of this day was to promote connection and better awareness around mental health & wellbeing. There were various holistic therapies on offer for people to take advantage of, we also had the HARM reduction mobile van from **Turning Point** on site offering WAND (Wound care, Assessment of injecting risk, Naloxone, Dry blood spot testing). There was also lots of family fun with facepaints, a bouncy castle and kids activities provided by **Children 1st**.



**Massive well done to our volunteers Donna & Cammy who successfully completed a 5 day NADA Acu-Detox training programme. They are now registered with NADA and have the privilege to practise as a 5 point Acudetox Practitioner. Both Donna & Cammy will be utilising their new qualification by delivering AcuDetox throughout groups within our weekly programme.**

# SOUTH COMMUNITY RECOVERY NETWORK

## The Learning Hub/Homework Club



The Learning Hub (formally known as the Homework Club) was established through partnership working with other organisations such as **HSCP, Voluntary Tutor Organisation, The Mungo Foundation, Children 1st and the South Community Recovery Network.**

The aim of this group is to deliver a whole family approach to recovery. It offers a safe, non-judgmental space, peer support and opportunities for both parents and young people.

The children that attend access 1-1 tutoring, this helps them to understand homework and enhance their learning. They also take part in various activities provided by Claire at Children 1st. Claire spends a lot of time and effort organising this. The children get to do arts & crafts, they play fun games and take part in developmental activities (eg. Managing emotions, emotional ball).

While the children engage with tutors and staff, parents have the opportunity to access recovery support through having recovery discussions, mindfulness, feelings check, recovery shares, therapeutic activities and group work on focused topics.

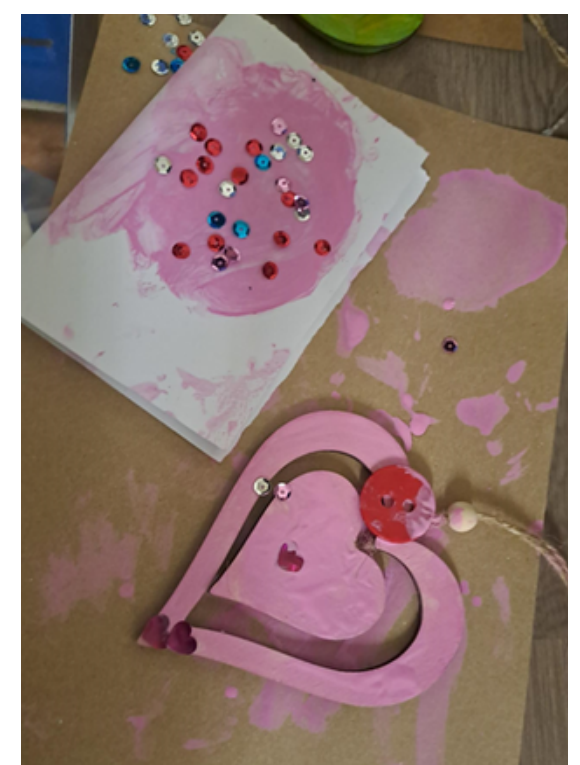
There is also family activity sessions to promote family interaction and fun. This includes games, yoga and arts & crafts. These sessions help to strengthen the bond between parents and children.

The session ends with a family mealtime. **Donna** who regularly attends with her son has said "*The homework club lets me enjoy time with other caregivers, we have a bit of free time to talk amongst ourselves, give each other advice or do group activities, these can be worksheets or even acudetox. I love doing an activity with my child, we bond and laugh so much. I see so much of the 'want to win' attitude in my child the exact same as me. The food we are provided with is second to none. The Homework club is the favourite part of my week. I am so thankful for it*"

At the moment The Learning Hub sessions take place at the South Community Recovery Network every Monday from 3.30pm – 6.30pm.

**Attendance is through referrals only.**

**For more information please contact :  
Helen.Barrie@sw.glasgow.gov.uk**



# SOUTH COMMUNITY RECOVERY NETWORK



**THE DREAM TEAM JOSH & ANNA**



Our two outreach workers Anna & Josh attended the Elevate Glasgow Graduation Ceremony which took place in the Glasgow City Chambers.

The day saw close to 100 people receive employability, training or personal development awards. Both Anna & Josh received their awards for COSCA Counselling Skills. They have been putting their skills to use and so far have done several presentations throughout Glasgow this year. They have visited The Crisis Centre, Rainbow House, Phoenix House, Eriskay House and The Kershaw Unit. They deliver the message to everyone that **RECOVERY IS POSSIBLE!**

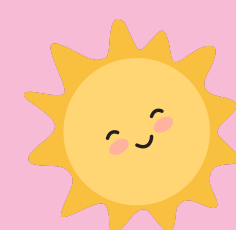
**Well Done Guys!!** 

Our Cafes have been busy as usual. Our volunteers are always working hard to deliver a safe, calm, welcoming and friendly environment for others to attend in order to access their recovery. Alongside volunteers and participants we have had various organisations attending on a regular basis. Some of these organisations include SAMH, Hope Connections, Safe as Houses, We Are With You and Navigators.

Waverly Care came along to our Men & Women's Group and gave a presentation on Blood Borne Viruses. They also did some dry blood spot testing whilst there. Billy (Men's Group Lead Volunteer) said *'It was knowledgeable and interesting to learn about symptoms, causes and different types and stages of blood borne viruses.'*

**Spring & Summer is just around the corner and we have lots of exciting plans coming up.**

**Follow us on Facebook for regular updates**



# SOUTH COMMUNITY RECOVERY NETWORK



## **HAPPY MONDAYS**

Recovery Meetings, Check-In, Massage, Table Tennis, Quiz, and more!  
Every Monday 10am – 2pm  
Adelphi Centre, 12 Commercial Road, G5 0PQ

## **CAFÉ IBROX RECOVERY**

Recovery Meeting, Tea/Coffee Food Served, Table Tennis, Connection  
Every Monday 630-830pm  
Ibrox Stadium, Broomloan House Study Centre, 170 Edmiston Drive, G51 2YS

## **WOMEN'S GROUP**

Introduction & Welcome, Recovery Meeting (Monthly), Acudetox, Quiz, Bingo, Women's Wellbeing workshops and more!  
Every Tuesday 1030-130pm  
Adelphi Centre, 12 Commercial Road, G5 0PQ

## **ALCOHOL FOCUS GROUP**

Group work (various topics), Tea/Coffee Food, Quiz & Prize Bingo  
Every Tuesday 2-4pm  
Adelphi Centre, 12 Commercial Road, G5 0PQ

## **MEN'S GROUP**

Check-In, Recovery Meeting, Second Chance Group, MAP Group, Topic Group (rotated)  
Massage, Table Tennis, Quiz, Prize Bingo  
Every Wednesday 1030-130pm  
Adelphi Centre, 12 Commercial Road, G5 0PQ

## **CREW RECOVERY CAFÉ**

Recovery Meeting, Acupuncture, Music, Table Tennis, Prize Bingo & more!  
Every Thursday 1-4pm  
Adelphi Centre, 12 Commercial Road, G5 0PQ

## **BEREAVEMENT GROUP**

Support for people grieving the loss of a loved one  
Every 2nd Thursday 12-2pm  
Adelphi Centre, 12 Commercial Road, G5 0PQ

## **RAFT RECOVERY CAFÉ**

Mat Meeting, Massage, Table Tennis, Prize Bingo & More!  
Childcare provided by Children's 1st  
Every Friday 4-8pm  
Adelphi Centre, 12 Commercial Road, G5 0PQ

**TEA, COFFEE & FOOD PROVIDED AT ALL CAFES!!**