

SOUTH COMMUNITY RECOVERY NETWORK

April 2025



Our Weekly Programme

We currently have 4 recovery cafes and 2 groups operating every week here at the SCRn.

These are all peer led and run by our volunteers.

We see over 300 people walk through our doors accessing support each week.

Monday

Ibrogx Recovery Cafe 5.30pm

Tuesday

Women's Group 10.30am

Alcohol Focus Group 2pm

Wednesday

Glasgow South Recovery

Cafe

11am

Thursday

CREW 12.30pm

Bereavement Group

12pm (Fortnightly)

Friday

RAFT 4pm

MAT 5pm

EVERYONE WELCOME

admin@scrn-recovery.co.uk

Tel: 0141 429 8181



WELL DONE!



At the start of the year some of our volunteers spent a week taking part in the Acudetox Training Workshop ran by Steve Pinnington and we can happily say they are now certified Practitioners.

Acudetox is a specialised form of acupuncture that can be used to help those struggling with addiction and substance misuse

Certified practitioners place needles at specific points around the ear, to balance the body's energy. After placing the needles, they allow the individual to settle into quiet relaxation. Our volunteers also trained in Qi Gong meditation which is used alongside the acudetox.

Qigong meditation is an ancient Chinese healing practice that combines controlled breathing, gentle movement, and meditation to promote overall good health.

We are now able to provide AcuDetox at all our cafes.

SOUTH COMMUNITY RECOVERY NETWORK

Mental Health & Wellbeing Event

On the 27th February we held a Mental Health & Wellbeing Event at our base in the Adelphi Centre.

Our aim was to provide a calm and tranquil day offering holistic therapies combined with movement, dance and exercise.

Kirsteen and her team at Recovery Rhythms facilitated the day providing all the therapies and activities available.

With over 100 attendees it highlights the importance of holistic therapies and wellness within the recovery community. Practices such as reiki, meditation, sound healing and movement offer emotional and physical support allowing individuals to feel more balance and connected.

A healthy lunch was provided. The day ended with some uplifting dance and music and the chance for participants to express themselves through movement. It was such a fun way to wrap up the day.

We value the support from everyone that engaged with us, from helping to organise and plan the event to taking part in the activities.

The day ran smoothly and it was positive to see everyone benefiting from the services that were on offer.

If you feel overwhelmed or worried about your mental health, there are organisations that can provide free advice and support.

Living life at NHS24 - 08003289655

SAMH - 0344 800 0550 www.samh.org.uk

Breathing Space - 0800 838 587 www.breathingspace.scot

Lifelink - www.lifelink.org.uk

Recovery Rhythms is a community based charity located in the north of Glasgow. They use a range of health & wellbeing tools to support people to reach their full potential. They hold various groups throughout the week that are FREE and open to anyone struggling. For more details follow them on social media.



Recovery Rhythms



recoveryrhythms



SOUTH COMMUNITY RECOVERY NETWORK

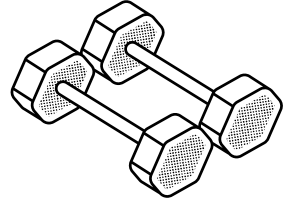
Mental Health & Wellbeing Event - Gallery



SOUTH COMMUNITY RECOVERY NETWORK



Get fit with us!



We have introduced some fitness sessions to our programme.

Every Wednesday we now have an exercise class within our GSRC. Staff from Rangers Charity Foundation hold the group fitness session which lasts 45 minutes. The session is made up of various strength and cardio exercises which can be adapted to suit individual abilities and needs. This helps everyone feel included in a safe and supportive environment. The class has been popular and it is great to see others investing in their health & wellbeing.



For the Ladies



Once a month our Women's Group will be holding a self defence class.

We have already had one session which the ladies loved and found extremely beneficial learning various self defence mechanisms.

The aim of the class is to build confidence, self esteem, resilience and discipline whilst learning skills that the ladies can use in various areas of life.

A good self-defence class should empower you. It should boost your confidence and make you feel stronger and more capable.

We will update our socials each month with the dates of the class.

All females aged 18+ are welcome to come along.



We are Moving!

Many of you may have heard that the Adelphi Centre is closing this year and all tenants are required to find a new base.

We have spent the past few months exploring other alternatives and discussing our options.

We are looking at the relocation as a positive and remain focused on finding premises that meet our requirements in order for us to continue to provide our weekly programme.

We will let you know more about the changes in the coming months.

SOUTH COMMUNITY RECOVERY NETWORK

SAVE THE DATE

**GSRC is holding a
ROSC Event at Ibrox
Community Complex
on
Weds 25th June
Invitations will be sent
out in due course**

**Two of our amazing
volunteers celebrated 1
year total abstinence.
Well done our Neilette
and Yvonne. We wish you
many more. happy years.
Keep up the good work
girls.**

**YOU
GOT
THIS!**

*Massive well done to William another of our
volunteers for sucessfully completing the COSCA
counselling course. You are a credit to the SCRn and
we are so excited to see what the future holds for
you.*

***In February we welcomed
Marc our new Outreach
Worker. Marc works
alongside Heather
engaging with
participants and
providing recovery
support.***

Weekly Programme



Monday

IBROX RECOVERY CAFE

5.30pm - 8pm
Football, TT, Bingo
Recovery Share

Ibrogx Community
Complex 80
Hinshelwood Drive
G51 2XP

Tuesday

WOMEN'S GROUP

10.30am - 1.30pm
Group work, Meditation,
Arts&Crafts, Zumba,
Self care sessions,
Quiz, Bingo

The Adelphi Centre, 12 Commercial Rd,
G5 0PQ

ALCOHOL FOCUS GROUP

2pm - 4pm
Alcohol focused
Groupwork &
Worksheets,
Presentations,
Recovery Share, Quiz,
Bingo, TT

Wednesday

GLASGOW SOUTH RECOVERY CAFE

11am - 2pm
Second Chance, Ask It
Basket, Presentations
Recovery Share, TT,
Acudetox, Quiz, Bingo

The Adelphi Centre
12 Commercial Rd
G5 0PQ

Thursday

CREW

12.30pm - 3.30pm
Acudetox, TT, Quiz,
Bingo, Massage,
Recovery Share

The Adelphi Centre
12 Commercial Rd
G5 0PQ

Friday

RAFT

4pm - 8pm
TT, Massage, Bingo,

MAT Meeting (Medical Assisted Treatment)

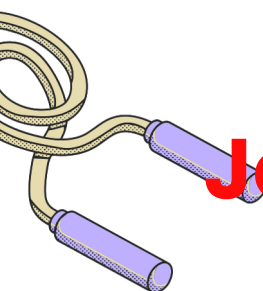
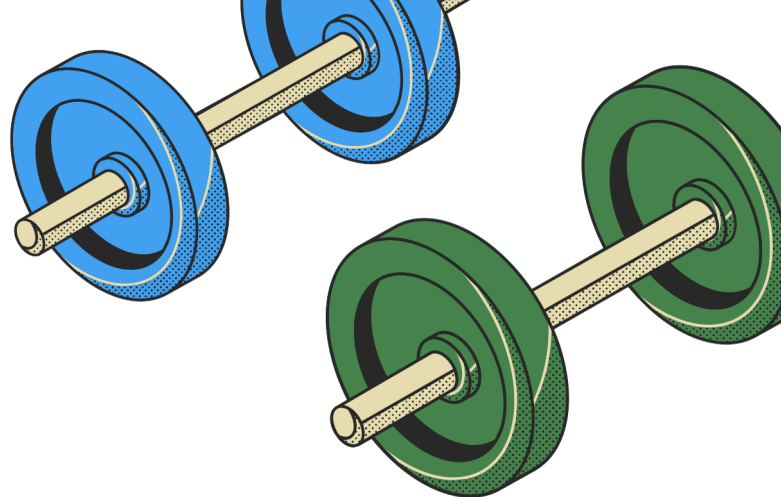
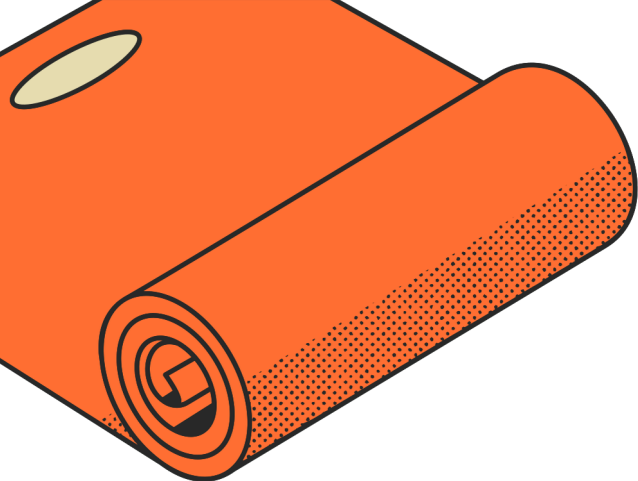
5pm

The Adelphi Centre
12 Commercial Rd
G5 0PQ

Food & Hot drink served at all cafes

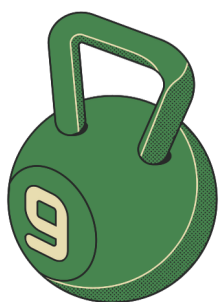
Activities may be subject to change

South Community Recovery Network
The Adelphi Centre, 12 Commercial Rd, G5 0PQ
Tel: 0141 429 8181 ✉ admin@scrn-recovery.co.uk



Fitness Session at GSRC
Join us every Wednesday at
11.30am
Wear comfortable clothing

**All exercises can be adapted to suit
individual needs and abilities**



**The Adelphi Centre,
12 Commercial Rd, G5 0PQ
For more info contact
0141 429 8181**



**RANGERS
CHARITY
FOUNDATION**



SELF DEFENCE CLASS

Our Women's Group will be holding a self defence class once a month

The class will be facilitated by a qualified Taekwondo instructor

Keep an eye on our socials for updates or ask a member of staff



The Adelphi Centre
12 Commercial Rd, G5 0PQ
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admin@scrn-recovery.co.uk

