

# SOUTH COMMUNITY RECOVERY NETWORK

**January 2025**

## **OUR GROUPS & CAFES**

We now 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

Ibrog Recovery Cafe 5.30pm

### Tuesday

Women's Group 1030am  
Alcohol Focus Group 2pm

### Wednesday

Glasgow South Recovery Cafe  
11am

### Thursday

CREW 1230pm  
Bereavement Group  
12pm (Fortnightly)

### Friday

RAFT 4pm  
MAT 5pm

**EVERYONE WELCOME**

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Tel: 0141 429 8181



**Happy New Year!**

Welcome to our first newsletter of 2025!  
We hope everyone is well and enjoyed a peaceful Christmas & New Year.

2024 was a great year here at the SCRN. We welcomed new staff members and volunteers and seen our cafe numbers grow with new participants attending each week. We strengthened our relationships with partners and hosted various events throughout the year.

We are looking forward to 2025 and all it has to offer.

We will continue to partnership work and collaborate with other organisations, support the local community and promote recovery and wellbeing.



# SOUTH COMMUNITY RECOVERY NETWORK

## Annual Volunteer Development Weekend

Every year our staff and volunteers head off for a weekend of team building, development and fun.

This annual trip is important for many reasons, it helps our team understand each others strengths and weaknesses in a fun interactive way while building confidence and morale within the group.

Our main aim this year was to provide a stress free weekend for our volunteers and for them to know that we appreciate each and every one of them.

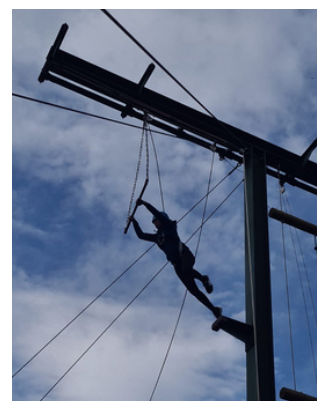
This year they chose to go to Lendrick Muir Outdoor Activity Centre in Kinross.

The weekend consisted of various outdoor activities throughout the day and lots of laughs and dancing at night.

Some of the group faced their fears by doing the 'Leap of Faith', others enjoyed archery and the inflatables.

Friday night was karaoke night while Saturday evening was 80's theme. Everyone took part and showed up in great costumes.

We are grateful to have such an amazing group of individuals volunteer with us. ✨



# SOUTH COMMUNITY RECOVERY NETWORK

## **October - Breast Cancer Awareness Month**

South Glasgow Alcohol & Drug Recovery Hub delivered an awareness session and invited us along to join them. The staff gave a presentation on breast cancer awareness and the importance of attending screening appointments. The session was educational and very informative. The SGADRH is run by The Mungo Foundation, they can be contacted by email [Southhub@themungofoundation.org.uk](mailto:Southhub@themungofoundation.org.uk) or telephone 0141 423 5872.



## **Smile 4 Life**



*Smile 4 Life is an oral health improvement programme ran by NHS Scotland. The aim is to promote better oral care to priority groups such as 'adults most in need'. We linked in with Tracey from Smile 4 Life after meeting her at a ROSC event held by North West Recovery Community. Tracey came along to our GSRC to promote the programme and advise the group on the help and support that is available. Smile 4 Life can help adults get registered with a dentist, support them to appointments and provide free toothpaste and toothbrushes.*

*Tracey will be attending the SCRN once a month for anyone requiring support, we will update our social media with the dates.*

# SOUTH COMMUNITY RECOVERY NETWORK

## Festive Bounce Bingo at RAFT

As part of our Christmas Celebrations this year we decided to have another Bounce Bingo Event at our RAFT Cafe.

We had a fantastic night with just over 100 people attending.

We would like to thank everyone for their kind donations which were used for bingo and raffle prizes, it is greatly appreciated.

It is always nice to receive support from other organisations within the recovery sector and outwith.

Huge thanks to our staff, volunteers and also our hostesses Kirsteen, Claire & Kerry for pulling it out the bag once again.



# SOUTH COMMUNITY RECOVERY NETWORK

## Festive Fun

As a thank you for everything they have done throughout the year, we took our volunteers out for the evening. We spent the night over at the Glasgow Quay. First they had food at Firepit & Kiln and then went onto Hollywood Bowl.

Our volunteers put in the work all year round to ensure our cafes and groups run efficiently, this was our way of saying thank you and to remind them that we appreciate their dedication and commitment to our network.

If you are interested in volunteering with us you can fill out the form on our website [scrn-recovery.co.uk](http://scrn-recovery.co.uk) or pop into our office and speak to a member of staff. We ask that you can commit 6 hours (min) per week to your volunteering role.



*“Volunteering has given me the confidence to have life in recovery.”*

*“When I relapsed the support I received from the network was second to none.” - CB*

*“Volunteering at the SCRn helped me regain my confidence back and take back my life from addiction. I learned new skills which helped me progress into my present position of running an alcohol support service. All staff and volunteers are very welcoming and supportive.” - SA*

# SOUTH COMMUNITY RECOVERY NETWORK

## Festive Fun

As it was the last CREW cafe of the year, on the 19th of December the committee decided to provide a Christmas meal for everyone. A delicious 3 course dinner was served to our participants which included prawn cocktail, turkey and beef with all the trimmings and a pudding. It was a great afternoon and everyone in attendance was in good spirits.

Our staff enjoyed a Christmas lunch courtesy of John the Project Manager. They spent the afternoon at Trevi, an Italian restaurant in Battlefield. It was a lovely way to wind down after all the hustle and bustle of events and festive events going on.

## **Thank You!**

*We would like to take this opportunity to thank the staff and customers at Co-Op Crown Street for all the support they have given us throughout the year. We were fortunate enough to be chosen as one of their local causes. This meant that we would get help with community funding.*

*We received two payments from Co-Op this year, one in February and one in November, as well as donations of tea and biscuits. We are extremely thankful for the continued support from our local store.*

## **Thank you! -**

*Another year another very generous donation from the Sarwar Foundation. The staff delivered toys which we gave to families in need this Christmas. Through the help of the foundation we were able to ease some of the pressure and challenges that families face each year. It is a reminder of the true spirit of Christmas - Generosity, Kindness & Connection.*

# SOUTH COMMUNITY RECOVERY NETWORK

**Well Done to our Volunteer Stephanie for completing Phase 2 of Second Chance Project. Dedication and hard work paying off!**



Our volunteers recently completed a Personal Development course with Kelvin College. Over the past year they have completed lots of courses and gained qualifications that they can use in the future if they choose to move onto employment.

## Elevate

A massive well done to Marissa & Alex. Both were invited along to the Elevate Awards Ceremony, which took place in the City Chambers.

We had the pleasure of witnessing our Lead Volunteers being presented with an award.

Marissa successfully completed the Cosca Counselling Skills course while Alex successfully took part in work experience over in Italy through Erasmus.

Both amazing achievements - the future is looking bright for you guys!



**Keep Shining!**



**Our Women's Group runs every Tuesday from 10.30am - 1.30pm at the Adelphi Centre.**

**The ladies come together each week to connect, have a chat and provide support for each other.**

**Hot food and drinks are provided as well as activities that are known to boost mood and mental wellbeing.**

**All females are welcome to come along - no referral required.**



# Weekly Programme



## Monday

### **IBROX RECOVERY CAFE**

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

Ibrox 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  
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