

# SOUTH COMMUNITY RECOVERY NETWORK

**Jan 2026**

## Weekly Programme

We currently have 3 recovery cafes and 2 groups operating every week here at the SCRN. These are all peer led and run by our volunteers. All our cafes/groups are drop in, no referrals required

### Monday

Ibrox Recovery Cafe  
5.30pm

### Tuesday

Women's Group 10.30am  
Alcohol Focus Group 2pm

### Thursday

Cessnock Recovery Cafe  
12.30pm

### Friday

RAFT 4pm  
MAT 5pm

**EVERYONE WELCOME**

[admin@scrn-recovery.co.uk](mailto:admin@scrn-recovery.co.uk)

Tel: 0141 429 8181



***2026 has arrived!***

***Happy New Year!***

**Welcome to our first newsletter of the year!**

**We hope everyone had a safe and peaceful Christmas & New Year.**

**We had a lovely time over the festive period with lots of days out, lunches and festive activities.**

**We are happy to be back at the office, back to a routine and focused on the year ahead.**

**We are busy planning events for throughout the year as well as overlooking our weekly programme and implementing some positive changes to our groups and cafes.**

**Follow us on our social media pages which we update regularly - Facebook, Instagram & TikTok.**

## 2025 Dance Battles

We are delighted to announce that our team  
'**The Sassy Soosiders**' won this years Dance Battles hosted by  
*Recovery Rhythms*.

Eeeekkkk!

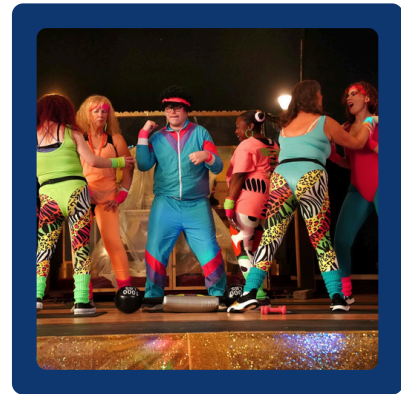
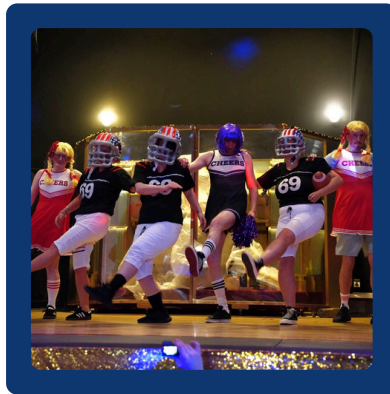
Our chosen theme was 'Lady Marmalade v Raining Men.'  
Our team was made up of staff, volunteers and participants,  
they all put 100% into practise and rehearsing and it definatley  
paid off.

On the day 10 teams took to the stage in Pollockshaws Burgh  
Hall to showcase their performances which were all fantastic.  
Each team brought their own special magic and energy and it  
was clear to see how much effort everyone had put in from  
rehearsals to final day performance.  
The day ended with a traditional Ceilidh, lead by a live band and  
a whole different type of dancing!  
There was a buzz in the air from start to finish and everyone  
has commented how much they enjoyed the day!  
Every year we look forward to this event as it brings joy and the  
fun factor into people's recovery journey and gives them the  
chance to embrace new experiences while building confidence,  
personal growth and friendships.

We must admit that the Dance Battles was by far one of our  
favourite highlights of 2025, we may even be discussing our  
'theme' for next year! ;)

# SOUTH COMMUNITY RECOVERY NETWORK

## 2025 Dance Battles Gallery

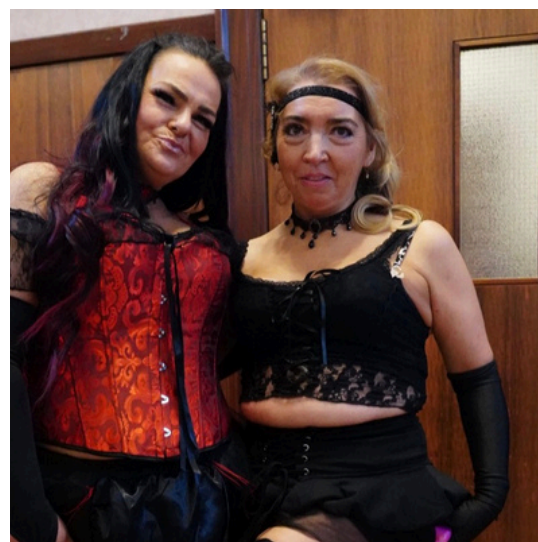


Thanks to Stephen McLean from Pixmania for the action shots



# 2025 Dance Battles Gallery

## The Sassy Soosiders 🏆





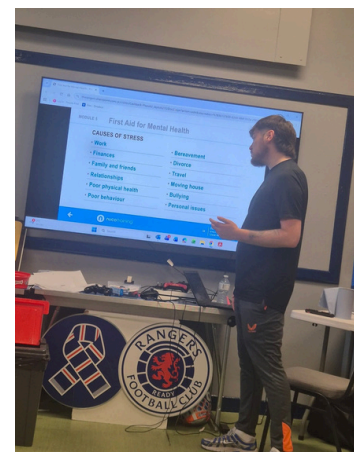
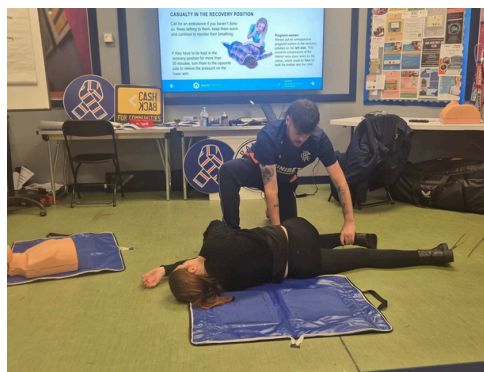
# SOUTH COMMUNITY RECOVERY NETWORK

## Training & Development



Rangers Charity Foundation provided training for our staff and volunteers.

First Aid and Mental Health First Aid training is essential within the recovery sector in order to respond safely, compassionately, and effectively in crisis situations. The courses were delivered using practical and role play scenarios. The trainer kept the sessions lively and interactive and everyone got involved.



## Outreach Presentations

Our Outreach Team Marc & Heather have been busy delivering presentations to community organisations and rehab centres.

If you would like to find out about the support we can offer within the local community please contact us to discuss.

# SOUTH COMMUNITY RECOVERY NETWORK

## Festive Fun

We enjoyed our annual Volunteer Christmas night out by heading to Hollywood Bowl and then onto Hot World Cuisine for food. Everyone was in good spirits and the night was filled with lots of laughter and competitive fun!



## Cessnock Recovery Cafe Christmas Lunch

This year we held our festive lunch at our Cessnock Recovery Cafe. It was a pleasure to have other services joining us - Second Chance, Murphys Initiative and The Mungo Foundation to name a few.

Around 80 people came along to spread some festive cheer. As usual the food was delicious and cooked to perfection. The day ended with bounce bingo and some good old raving around the christmas tree.





# SOUTH COMMUNITY RECOVERY NETWORK

## What a guy!

At the end of 2025 our volunteer Chris set himself a goal of running a 5k in January whilst raising funds for our network in the process.

Chris joined hundreds of runners in Glasgow Green

at the start of the year to take on this challenge. Despite never completing a 5k before and the extremely cold and icy weather conditions Chris smashed his run in just 38 minutes!

He also managed to raise over £400 for the SCRNI!

Well done Chris, we are so proud of you!

ps...London Marathon for you next!



Chris has also recently completed the Second Chance Project 12 month programme...is there anything this guy can't do ? ;)

Amazing achievement Chris!



The Second Chance Project is a structured day treatment programme for people with drug and/or alcohol problems by providing high quality, abstinence-based treatment options which integrate 12-Step Recovery Programmes, CBT and other appropriate therapies.

The project aims to provide people with purposeful recovery by securing and supporting their alcohol/drug free life and also in developing personally rewarding structured training, counselling and self-help, which will provide real benefit to them, their families and the community

For more information visit

[www.secondchanceproject.co.uk](http://www.secondchanceproject.co.uk)

# SOUTH COMMUNITY RECOVERY NETWORK



Employment  
Plus

Neilette and Yvonne registered for the online Digital Skills platform Learn My Way. They meet with Brian from The Salvation Army every fortnight and are being supported to complete bite-size modules on the following topics

- Using your device
- Starting to use the internet
- Using email
- Safety and security online
- Staying in touch
- Spending money online
- Online entertainment
- Working with office programs
- Employment and work
- Managing your health online
- Managing your money online
- Digital Media Literacy

Both are really enjoying the sessions and finding them very useful. They can now send/receive emails and use the internet without requiring any guidance. They are now working on building a CV which will help them gain employment when they are ready in the future.





# SOUTH COMMUNITY RECOVERY NETWORK

## Volunteer With Us!

Are you in recovery and looking to give back?  
Do you want to support others whilst strengthening your own journey?



We are looking for volunteers that can commit at least 6 hours per week

What we offer - A welcoming community of like minded others  
1-1 Support  
Learn new skills  
Training & Development  
The opportunity to gain accredited qualifications

If this sounds like something your interested in click on the QR code below or email us at [admin@scrn-recovery.co.uk](mailto:admin@scrn-recovery.co.uk)



# SOUTH COMMUNITY RECOVERY NETWORK

Here is a few words from two of our current volunteers -



*"I have volunteered with the SCRn since March 2025. Since I began I have met some amazing people along the way.*

*Volunteering has brought many opportunities for me and pushed me out my comfort zone, such as training courses, building relationships with peers and organising group activities.*

*It has gave me a purpose and helped me achieve what I thought*

*I couldn't. The support I recieve is phenomenal and anything I am struggling with I get help through the SCRn.*

*I think very highly of the SCRn and I would encourage anyone wanting to volunteer to absolutely do it, its very much rewarding." - Tasha*



*"Volunteering with the SCRn has brought structure and routine into my life, it gives me a reason to get out of bed in the morning. I now look forward to every day. I have met so many new people who I now have the pleasure of calling friends. I have done lots of training courses since I began and I hope to use the skills I have learned to gain employment in the future." - Yvonne*





# South Community Recovery Network

## Weekly Programme 2026



# North East Recovery Community Weekly Programme

### IBROX RECOVERY CAFE

Monday  
5.30pm - 8pm

Football, TT, Bingo,  
Recovery Share  
AcuDetox

Ibrox Community Complex  
80 Hinshelwood Drive,  
G51 2XP

### Women's Group

Tuesday  
10.30am - 1.30pm

Groupwork, Meditation,  
ArtsCrafts  
Self Care sessions, Quiz, Bingo

Playbarn Youth Centre  
37 Abbotsford Place, G5 9QS

### Arty Farty Group

Monday  
1pm - 3pm

*\*Please note this  
group is only for  
We are With You &  
NERC Volunteers*

28 Broad Street,  
G40 2QL  
PARC

Wednesday

12pm - 4pm

Recovery Meeting, ORT  
Group, AcuDetox, TT,  
Lunch

Parkhead Nazarene  
Church,  
12-14 Burgher Street,  
G31 4TB

### SPARC

Tuesday  
11pm - 3pm

Recovery Meeting,  
MAP Group, AcuDetox,  
Lunch

Springburn Parish  
Church  
108 Springburn Way,  
G21 1TU

### JARC

Thursday  
11am - 4pm

Recovery Meeting,  
Cold Water Therapy,  
Meditation, Bingo, Lunch  
Garthamlock & Craigend  
Parish Church,  
46 Porchester Street,  
G33 5DB

### Alcohol Focus Group

Tuesday  
2pm - 4pm

Alcohol Focused Groupwork,  
Presentations, Recovery Share,  
Quiz, Bingo

Playbarn Youth Centre  
37 Abbotsford Place, G5 9QS

### Cessnock Recovery Cafe

Thursday  
12.30pm - 3.30pm

Acudetox, TT, Quiz, Fitness class  
Massage, Recovery Share, Bingo

Ibrox Parish Church  
67 Clifford Street, G51 1QH

### Our main office will now be based at

51 Greendyke St, G1 5PX

admin@scrn-recovery.co.uk  
0141 429 8181

Food & Hot drinks served  
at all cafes

\*Activities may be subject  
to change\*

### RENE W

Friday

11am - 2pm

Women's Group  
Wellbeing Check-in,  
Bingo, Lunch, Massage

Calton Heritage Centre  
423 London Road, G40 1AG

### NERD

Saturday  
11am - 2pm

Breakfast,  
Wellbeing Check in,  
Bingo

28 Broad Street, G40  
2QL

Main Office

20 Broad Street, Bridgeton G40 2QL  
0141 554 5235



# North West Recovery Community - Weekly Programme

### WINGS Women's Group

Wednesday  
10.30am - 2pm

Recovery Share, Therapies,  
Arts&Crafts

Possilpark Parish Church  
124 Saracen Street, G22 5AP

### Men's Group

Wednesday  
5.15pm - 6.45pm

Mindfulness,  
Food & Refreshments

Knightswood Community Centre  
201 Alderman Rd, G12 3DD

### Knightswood Open to All

Thursday  
11am - 3pm

Meditation, Groupwork,  
Creative Writing, Lunch

Knightswood Community Centre  
201 Alderman Rd, G12 3DD

### Possil - Open to All

Friday  
11am - 3pm

MAP Group, Recovery Share,  
Healing for the Heart, Bingo

Possilpark Parish Church, 124 Saracen Street, G22 5AP



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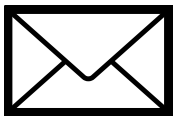
## Contact details

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**51 Greendyke Street,**

**Glasgow, G5 1PX**

**Tel : 0141 429 8181**



**admin@scrn-recovery.co.uk**  
**enquiries@scrn-recovery.co.uk**



**South Community Recovery Network - SCRn**



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**Follow us on social media for regular updates**