

SOUTH COMMUNITY RECOVERY NETWORK

July 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

Tel: 0141 429 8181



Men's Wellbeing Day



We decided to hold a Men's Wellbeing Day to promote positive wellbeing and social connection amongst men.

We held the day up at *The Soul Shack* premises with Kirsteen facilitating meditation and cold water therapy sessions. We also had Michelle from *The Hidden Zen Room* & Lorraine from *Holistic Healing* providing well needed relaxing massages.

Over 100 men came along on the day and took advantage of the wellbeing tools on offer. Some tried cold water therapy for the first time followed by a wee heat in the outdoor sauna. Following lunch we enjoyed some good tunes and dancing to bring the day to a close. There were plenty laughs, smiles and great energy! A perfect way to end such a fantastic day.

It was great to see so many men come together to invest in their health and wellbeing. Watching all the guys take the time to focus on themselves and engage with the activities made the day such a success and well worth all the prior planning and preparation.

SOUTH COMMUNITY RECOVERY NETWORK

Men's Wellbeing Day Gallery

April 2026



SOUTH COMMUNITY RECOVERY NETWORK

Recovery Football Tournament & Networking Event



On the 24th June we held a Recovery Football Tournament & Networking Event at Ibrox Community Complex.

As always we had an amazing turn out! Over 200 people came along to join in on the fun!

Eight teams took to the pitch to celebrate recovery through sport, teamwork and community spirit.

Hats off to everyone that took part, it was such a warm sunny day and the heat made it even more challenging but every team gave it their all!

Huge well done to Phoenix Futures who placed 2nd and New Heights placing 1st. Amazing work!

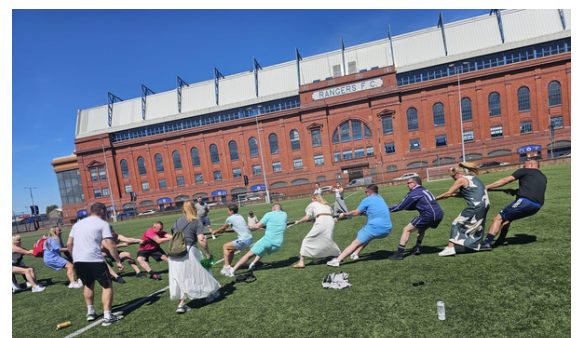
Over 20 organisations joined us to network, share ideas and strengthen local connections.

After lunch, we presented the tournament trophies and medals before participants took part in a range of fun sports challenges followed by some dancing (the sloss in particular) rounding off a fabulous event of movement, connection, and recovery.

Thank you to Rangers Charity Foundation for allowing us to use their facilities and also to Glasgow Festival Fund for the funding to help make this event possible.

SOUTH COMMUNITY RECOVERY NETWORK

Recovery Football Tournament & Networking Event Highlights



SOUTH COMMUNITY RECOVERY NETWORK

80's Daytime Disco

You know we love a good boogie here at the South so we were in full agreement when our volunteers suggested an 80's themed disco at our Women's Group.

Our Women's Group meet every Tuesday giving them the opportunity to connect and participate in therapeutic and recovery based activities such as meditation, acudetox, reiki, arts & crafts and listening to recovery shares.



On this particular Tuesday we decided to shake it up a bit, let our hair down and dance and sing the morning away to some good old classics.

The ladies stole the show in fabulous 80's dress up & make up bringing plenty of colour, fun, retro vibes and some serious dance moves!



New faces are always welcome to our groups & cafes.

You can find the ladies at The Playbarn Youth Centre, 37 Abbotsford Place, G5 9QS every Tuesday from 10.30am - 1.30pm

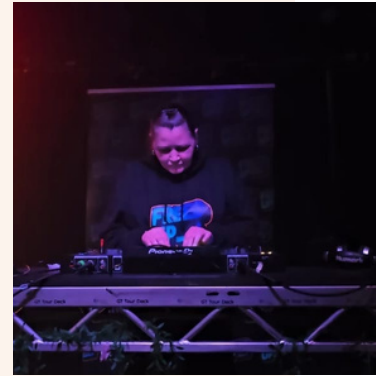
No need to book a space - just show up, the kettle is always on ❤️



SOUTH COMMUNITY RECOVERY NETWORK

Volunteer Achievements

We would like to take this opportunity to recognise and celebrate the fantastic achievements of some of our volunteers. Sharon who has been with us for many years and is the lead volunteer of our Cessnock Recovery Cafe recently completed the DJ Workshop with **Freed Up**. Sharon put 100% effort into this, attending practise sessions in the studio over evenings and weekends. All her hard work paid off when she was asked to DJ at Freed Up Sober Rave in Audio nightclub and has since dj'd at various other events including the Aberdeen Narcotic Anonymous Convention in June this year. Keep smashing it Sharon, see you on the dance floor soon!



It is a double celebration for our Tasha who has passed her driving test first time round and has also gained a place on the SDF Addiction Worker Training Programme. This is a 9 month accredited programme that requires Tasha to go on a placement as part of the course. She is currently in Turning Point Move On service and is loving every minute. We miss seeing you every week Tasha and are very proud of everything you have achieved and continue to do so!



SOUTH COMMUNITY RECOVERY NETWORK

Menopause Support Group

Recognising the importance of Menopause Awareness we invited Paula to join us at our networking event to give her the opportunity to share valuable information about all things menopause and the work that she does.

Paula started a voluntary Women's Menopause Support Group over two years ago. What began in Govan has since grown, with a second group now running in Cambuslang.

Paula was inspired to set up the group after undergoing a total hysterectomy. As her ovaries were also removed, she was suddenly thrown into surgical menopause. At the time, she didn't fully understand what was happening to her and found that there was very little information or support available. Determined that no other woman should have to face the same experience alone, Paula created the support group to provide a safe, welcoming space where women can share their experiences, access information, and support one another. Her aim is simple: she never wants another woman to feel as lost and unsupported as she did.

Details for Paulas Groups are below -



Our social media is updated daily - keep your eye out for future events being posted

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





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

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, Reiki, TableTennis,
Quiz, Recovery Share, Bingo

Ibrox Parish Church
67 Clifford Street, G51 1QH

RAFT

Friday
4pm-8pm

Table Tennis, Bingo,

St.FrancisCommunity Centre
405CumberlandStreet, G5 0SE

MAT Meeting

Friday

4.45PM - 5.45PM

**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***

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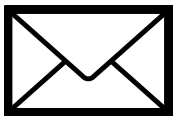
Contact details

Main Office -

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Follow us on social media for regular updates