

SOUTH COMMUNITY RECOVERY NETWORK

July 2023



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. Well over 300 people walk through our doors seeking support each week.

Monday

Ibrox Recovery Cafe 630pm

Tuesday

Women's Group 10am
Alcohol Focus Group 2pm

Wednesday

Glasgow South Recovery Cafe
11am

Thursday

CREW 1pm
Bereavement Group 12pm
(Fortnightly)

Friday

RAFT 4pm
MAT 5pm

Everyone is welcome to attend

For more info email :

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Tel: 0141 429 8181

Glasgow South Recovery Cafe



Where do we start? We have been all go here at the South Community Recovery Network. The past few months have passed by so quickly we are only now looking back and thinking WOW! What has been achieved in this time frame is amazing!

In April we opened our Glasgow South Recovery Cafe in Partnership with **Rangers Charity Foundation**. This is held at Ibrox Community Complex every Wednesday. The response has been overwhelming. Some weeks we see over 50 participants attending.

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We have had numerous organisations visiting our newest cafe. There have been some great presentations and talks.

Alex Rae former Rangers Midfielder and Rangers Charity Foundation Trustee visited us on 26th April. He spent time chatting with the group and spoke openly about his own experiences with addiction and how important Recovery Drop In Cafes are for people in recovery.



As part of Mental Health Awareness Week we had a visit from Savio D'Souza a wellbeing practitioner who delivers massages to our participants on a weekly basis.

Savio held an Anxiety workshop over at Ibrox. He spoke about anxiety and other mental health issues and gave advice on how to manage it by using the power of the breath. We learned some powerful breathing exercises and techniques that can be used when feeling stressed or worried.



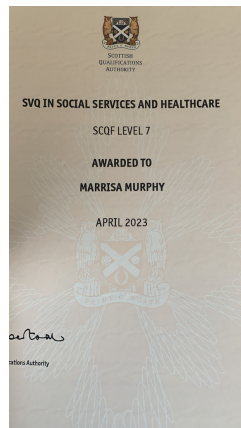
Our staff and volunteers have been attending various events.

We were invited to Barlinnie Prison as part of Volunteers Week. Helen and Cammy visited the prison alongside other voluntary organisations. They spoke directly to prisoners providing them with information of what is available citywide within the Glasgow Recovery Communities in the hope of breaking the cycle between addiction and offending.

We also attended the CORRA ROSC event in Glasgow City Chambers. This was a good day meeting up with partners and connecting with new organisations. It is always good to find out what else is going on in the city and the other services that are available.

SOUTH COMMUNITY RECOVERY NETWORK

We now have our pc's and desks set up so our volunteers can have their own 'training suite'. The Mungo Foundation have provided them with some Social Care TV training. Every day is a school day after all!



Some of our volunteers were given the opportunity to gain qualifications in Health & Social Care and also Counselling Skills which they have completed this year. We would like to take this opportunity to say very Well done ladies! Your hard work and dedication has paid off.

Stephanie and Marissa completed their SVQ 3 in Social Services and Healthcare while Christine and Patricia completed the COSCA counselling skills course with Elevate.

SOUTH COMMUNITY RECOVERY NETWORK

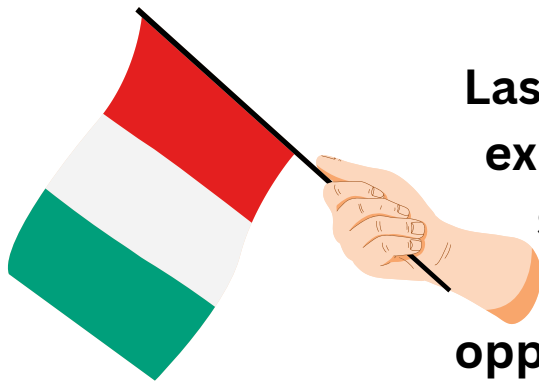


Sunny Govan Radio – Making Recovery Visible

Our Volunteer Cammy who is the current chair of GSRC met up with Donna from Making Recovery Visible to chat about his life journey, recovery and what goes on here at the SCRN. You can have a listen to his interview on soundcloud Making Recovery Visible 17th April 2023.

Our volunteer Sharmane who is the lead of our Alcohol Focus Group has also had a chat with Donna. Sharmane visited Sunny Govan Radio this month and spoke about her own personal journey with alcohol.

Sharmane also used her airtime to plug the new workbook she has created in partnership with GCA (Glasgow Council on Alcohol). You can have a listen to her interview on soundcloud Making Recovery Visible 3rd July 2023



Last month our volunteer Alex spent 17 days experiencing working life in Italy. Alex was successful in securing a place through Elevate Glasgow. This gave Alex the opportunity to travel abroad, learn new skills and experience Italian culture. Alex's placement was in an estate agent within the small town of Lanciano. He got to travel around the town visiting properties as well as working in the office brushing up on his computing skills. Alex said "**It was an amazing experience meeting new people, learning new skills and experiencing recovery in another country.**"



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**Alcohol
Awareness
Week**

3-9th July



As it is Alcohol Awareness Week we thought it would be the perfect time to showcase Sharmane's hard work and hold a launch for the Alcohol Workbook which she has co-created alongside Eve from the GCA.

Sharmane and Eve met at the SCRN every Thursday and together they discussed and shared ideas around the structure of the workbook. It was agreed that the workbook should be solely focused on alcohol as they identified that there is a gap for alcohol recovery within the communities. Once the workbook was completed Sharmane chose to run and facilitate a pilot group where she worked through the workbook with six participants. This has been a success so far.

The next step for Sharmane is to take her workbook into other services to open up the conversation around alcohol abuse. Sharmane hopes that by doing this it will highlight the importance of Alcohol Focus Groups within services.

FREED UP dj's were in attendance supporting the launch and reminding us that you can still dance and have fun without the need to be under the influence!

The biggest Well Done to Sharmane for all her hard work and dedication in helping create something that she is so passionate about! We are all so proud of you!

Thank you to everyone who helped organise and to everyone that attended - THANK YOU. It was a great turn out and everyone had a ball!



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Learning Hub City Wide Event

Parents and children from the Learning Hub were invited along to Glasgow Green for a Family Fun Day.

The sun was out as families took part in Zumba with **Recovery Rhythms**, there was a treasure hunt, arts & crafts and sports games. **Colin McGowan** from **Blameless Children's Charity** and **Hamilton Accies Football Club** came along and spoke to everyone in attendance, he gave the kids footballs and the adults Recovery books. Everyone enjoyed lunch in the park and the day was finished off with a recovery share from one of the parents. Thank you to everyone who helped make this day happen, it takes a lot of work and preparation to make days like these a success.



Thanks to Donna at Freed Up for the fabulous photos at events 

SOUTH COMMUNITY RECOVERY NETWORK

Ministerial Visit

Alison Thewliss MP and SNP Home Affairs Spokesperson visited the SCRN in June to see first hand the importance of our role supporting adults to maintain recovery from drug and alcohol abuse. Whilst here she met and spoke with staff, volunteers and participants. Alison listened as our volunteers spoke about the work they do here at the SCRN and how it supports them in recovery. She also enjoyed some food cooked by our volunteers at our RAFT cafe.

Following on from her visit Alison sent us a handwritten letter thanking us for the welcoming visit and praising the 'life changing' work that happens here at the Adelphi.



Since 1st April to 30th June we have seen 3000 people come through our doors looking for support and connection.

We will end the newsletter on that positive note. 😊

Follow us on facebook for regular updates on the South Community Recovery Network.



IBROX RECOVERY CAFE

Recovery Meeting, Table Tennis, Bingo, Connection
Every Monday 630 - 830pm
Broomloan House Study Centre, 150 Edmiston Drive, G51 2XD

WOMEN'S GROUP

Introduction & Welcome, Recovery Meeting (Monthly) Acupuncture, Quiz, Bingo (with prizes) & More!
Every Tuesday 1030am - 130pm
Adelphi Centre, 12 Commercial Road, Gorbals, G5 0PQ

ALCOHOL FOCUS GROUP

Group Work, (Various topics - triggers, relapse prevention etc) Quiz, Bingo (prize) & More!
Every Tuesday 2pm - 4pm
Adelphi Centre, 12 Commercial Road, Gorbals, G5 0PQ

GLASGOW SOUTH RECOVERY CAFE

(in place of Men's Group)

MALE & FEMALES WELCOME

Check In, Recovery Shares, Football,, Men/Women Topic groups,
Presentations from various organisations, Trauma counselling referrals, Table Tennis,Bingo(Prize)
& More!

Every Wednesday 11am - 2pm

Currently at the Adelphi Centre temporarily over the summer holidays

CREW RECOVERY CAFE

Recovery Meeting, Acupuncture, Music, Table Tennis, Nails, Bingo (prize) & More!
Every Thursday 1pm - 4pm
Adelphi Centre, 12 Commercial Road, Gorbals, G5 0PQ

BEREAVEMENT GROUP

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

RAFT RECOVERY CAFE

MAT Meeting, Table Tennis, Bingo (prize) & More! **Kids activities provided by Children 1st.**
Every Friday 4pm - 8pm
Adelphi Centre, 12 Commercial Road, Gorbals, G5 0PQ

TEA, COFFEE AND/OR FOOD PROVIDED AT ALL CAFES!

Please note that cafe activities may be subject to change

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