

SOUTH COMMUNITY RECOVERY NETWORK

October 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

Ibrogx Recovery Cafe 630pm

Tuesday

Women's Group 10am
Alcohol Focus Group 2pm

Wednesday

Glasgow South Recovery Cafe
11am

Thursday

CREW 1230pm
Bereavement Group 12pm
(Fortnightly)

Friday

RAFT 4pm
MAT 5pm

Everyone is welcome to attend

For more info email :

admin@scrn-recovery.co.uk

Tel: 0141 429 8181

Summer at the South has been jam packed with events.

Our staff and volunteers kicked off July by attending Recovery Connects which took place in Queens Park. This was a great family event with communities coming together to enjoy live music and connection. Hundreds of people danced together in the sunshine celebrating the gift of recovery.



SOUTH COMMUNITY RECOVERY NETWORK

Glasgow South Recovery Cafe

Open Day/ROSC Event

In partnership with **Rangers Charity Foundation** we held an official open day for our **Glasgow South Recovery Cafe**.

This was the perfect opportunity for us to invite partners and other organisations along to showcase the work that we do within the Ibrox Community Complex.

We started the day off by having a football tournament which saw recovery communities such as **Bluevale, Crossreach, The Salvation Army** and **Jericho** amongst others compete in some friendly matches. **Bluevale RIFE** were the overall winners and won themselves a tour of Ibrox Stadium.

Well Done to all the teams that took part!

Freed up and **Recovery Rhythms** provided the fun and entertainment with good music, movement and dance.

Services came together to network and make useful connections.

The day went exceptionally well with over 200 people attending!

Alison Thewliss MP also popped by to say hello 😊

We are incredibly grateful for the support and dedication from our volunteers and staff. THANK YOU to everyone that contributed and helped make this day as fabulous as it was. We couldn't have asked for a better turnout.



SOUTH COMMUNITY RECOVERY NETWORK

Glasgow South Recovery Cafe Open Day/ROSC Event



SOUTH COMMUNITY RECOVERY NETWORK

International Overdose Awareness Day 31st August 2023



We invited Marlene from *Gone Too Soon* along to our CREW Recovery Cafe to hold a space for our volunteers, staff and participants to remember loved ones lost. Hand written messages were placed on our remembrance tree as a tribute to those that have passed. Overdose affects everyone. Family members are left behind to deal with the pain and grief that overdose deaths cause.



Gone Too Soon is a bereavement group that meets in the Adelphi Centre every second Thursday. It is a small intimate group that welcomes anyone suffering the loss of a loved one. The group is run by Marlene who has lived experience of losing family members from overdose.

Gone too Soon Dates

12th Oct

26th Oct

9th Nov

23rd Nov

7th Dec

21st Dec

12 - 2pm

**For more information contact
Marlene on 07923 582 013
admin@scrn-recovery.co.uk**

SOUTH COMMUNITY RECOVERY NETWORK

Foetal Alcohol Spectrum Disorder

Awareness Day 9th Sept 2023

FASD is a lifelong disability that can affect the brain and body of those who are exposed to alcohol whilst still in the womb.

Our Volunteer Neilette kindly shared her story at our Alcohol Focus Group as part of *FASD Awareness Day*.

Neilette is 37 years old and was born with FASD. She grew up between London, Manchester and Glasgow living with her parents until they both sadly passed away.

After her dad died when she was 26, Neilette moved into supported accommodation and it was here that she met her ex partner. After meeting her partner, Neilette's life spiralled out of control as he introduced her to drink and drugs and she found herself caught up in a life of addiction. She spent her days on the streets of Glasgow begging to fund both her and her partners drug habit. She found herself being exploited by her partner physically and mentally and didn't think she could ever get away from the life she was living.

One day Neilette was approached by the Community Addiction Team in Glasgow City Centre and from there her life slowly started to get better. She chose to go into treatment and cut all contact with her ex. After treatment she found a place to stay within The Salvation Army. She is now off all illicit drugs. Neilette volunteers with us here at the SCRN and is an inspiration to everyone around her. She loves the life that she is living and is a shining example of how your life can change for the better by being committed to your recovery and surrounding yourself with the people that support and encourage you to grow.

September is
FASD
AWARENESS
MONTH

You are a true warrior Neilette!

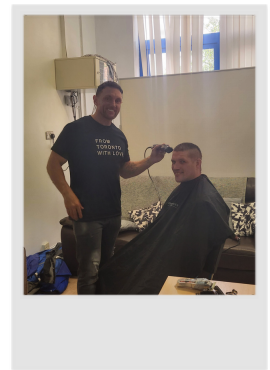


SOUTH COMMUNITY RECOVERY NETWORK

September is Recovery Month!

Recovery month is always a busy time with lots happening around the country. Individuals, groups, services and organisations join together with the aim of celebrating recovery from substance misuse.

We decided to host a Day of Celebration at our CREW cafe. The idea was to promote recovery, connection & wellbeing in a safe environment. We had music and dj's, meditation and drum healing sessions, free haircuts, food and refreshments and two powerful shares from our volunteers Sharmane & Billy. Both shares were unique but both carried the same message that **Change is Possible**.



Recovery Walk - This years Recovery Walk took place in Greenock. Thousands of people gathered in Battery Park for the Roses Ceremony, remembering those lives that have been lost to addiction. They then walked the streets of Inverclyde to raise awareness and understanding of substance misuse and celebrate those individuals in recovery, all they have achieved and the milestones they have reached.

Making Recovery Visible. Recovery Rhythms raised the energy by getting everyone warmed up to dance with their performance and Freed up closed the stage with the Dj's playing their sets to the thousands. Recovery gives the amazing gift of serenity therefore it was only right to end the day with the Serenity Prayer. The atmosphere was amazing with such a buzz in the air. Those that attended from the SCRNR all agreed it was a terrific day and left Greenock in high spirits.



SOUTH COMMUNITY RECOVERY NETWORK

Crew Recovery Cafe has changed times and now runs from 1230pm - 330pm. They are on the look out for new premises so keep your eye on our social media for updates!

Some of our volunteers have chose to enter the Freed Up/Recovery Rhythms Dance Battles which will take place in December (date tbc) so they will be spending the next few months cutting some shapes and getting the practice in!
We wish them the best of luck!!
Team South for the Win!



In July we welcomed our new Outreach Worker John, John has settled in well to his new post and we are very happy to have him as part of our team.

“I am enjoying my new role helping and supporting others. I am grateful to the SCRN for giving me this opportunity and I look forward to the future”.

Congratulations to our volunteer Billy who has just secured full time employment with a third sector organisation. We wish him the best of luck in his new job!



As always we have had high attendance at our groups and cafes with just under 3000 signing into the SCRN from July to September. We welcome anyone to attend that is looking for support and guidance.

CONNECTING PARENTS



A group created for families seeking support & recovery from drugs, alcohol, poor mental health and the general stresses of life.

Join us every Sunday 12pm - 130pm

**The Dream Machine
257 London Road
G40 1PE**

For more information contact:



07895 152952



marrisa.murphy2016@gmail.com



Monday - Ibrox Recovery Cafe

630-830pm

Broomloan House Study Centre, 150 Edmiston Drive,
G51 2XD

Tuesday - Women's Group

1030-130pm

Alcohol Focus Group

2-4pm

Both at Adelphi Centre, 12 Commercial Rd, G5 0PQ

Wednesday - Glasgow South Recovery Cafe

11-2pm

Ibrox Community Complex, 80 Hinshelwood Dr, G51
2XP

Thursday - CREW Recovery Cafe

1230-330pm

Adelphi Centre, 12 Commercial Rd, G5 0PQ

Friday - RAFT

4-8pm

Adelphi Centre, 12 Commercial Rd, G5 0PQ

Gone Too Soon Berevement Group

every second Thursday 12-2pm

Adelphi Centre, 12 Commercial Rd, G5 0PQ

Telephone: 0141 4298181

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