

SOUTH COMMUNITY RECOVERY NETWORK

February 2024



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 1030am
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

HAPPY NEW YEAR EVERYONE!

We hope everyone had a safe and enjoyable New Year.

The last few months of 2023 were extremely busy for us with lots of festive events and celebrations taking place.

We ended the year on a high after taking part in **Freed Up/Recovery Rhythms** Dance Battles and placing second.



January has been all about welcoming back our volunteers and participants. We are planning for the year ahead and we look forward to sharing with you all that 2024 has in store for us!

"And now we welcome the New Year, Full of things that have never been".

SOUTH COMMUNITY RECOVERY NETWORK

Our Volunteer Neilette was invited along to Sunny Govan Radio to chat with Donna at Making Recovery Visible. Neilette spoke about her struggles with Foetal Alcohol Spectrum Disorder and addiction.

Neilette is a true inspiration and continues to be committed to her recovery, we are very proud to be a part of her journey.

We recommend you have a listen to this podcast.

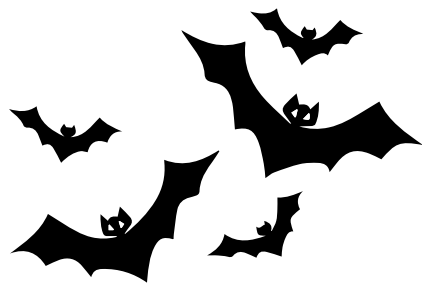
PS. remember the tissues, it does get a bit emotional!

You can find the podcast on -

Soundcloud Making Recovery Visible 9th October 2023.



Our Women's Group joined in on Halloween fun by attending the group in fancy dress. Rachel and Theresa won best dressed for showing up as Jack & Victor from Still Game.



SOUTH COMMUNITY RECOVERY NETWORK

MENOPAUSE AWARENESS MONTH



As October is **Menopause Awareness Month** we thought it would be a good idea to educate the ladies from our Women's Group on the topic which is often considered to be taboo.

On the 24th of October Sandra from the Salvation Army attended our Women's Group alongside her colleague April from Stirling University to give a presentation.

This was well received. Our staff, volunteers and participants joined in on discussions surrounding menopause facts and myths. They were given important information regarding signs, symptoms and treatments available. They were also given handouts containing lots of relevant information and practical tips on how to manage the hormone/life balance.

Both Sandra and April were very friendly and down the earth. They had a vast level of knowledge surrounding the subject. Our ladies left the group feeling confident and more prepared for when they face this stage of life.

"I found the talk very informative as someone currently experiencing menopausal symptoms, April & Sandra really gave a great presentation."

"I enjoyed learning more about what my body is going through. The most interesting part I found was different cultures and positive ways of looking at the menopause. I feel its a new beginning instead of the end. So thanks girls."



SOUTH COMMUNITY RECOVERY NETWORK

The Co-op Local Community Fund supports local communities and helps local projects raise money.

We would like to thank them for selecting us as a Local Community Cause. Over the past year Co-op members have been kindly choosing us as the project they wish to donate to. We were kindly invited over to our local store to collect a cheque for the money which has been raised.

We are very grateful for all the support Co-op continue to give us, alongside the money raised in store they also donate tea and biscuits regularly to our groups.

Kirsty our Volunteer Co-Ordinator attended the pay out celebration and collected our cheque which totalled well over £1000. 🌻

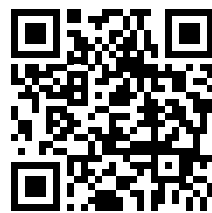




Choose us as your cause

We're part of the Local Community Fund

As a Co-op member, you can make a difference by raising funds for our project every time you shop at Co-op. Become a member and choose us as your local cause today. Scan the QR code, download the Co-op app or sign in at coop.co.uk/membership



SOUTH COMMUNITY RECOVERY NETWORK

Health & Wellbeing

We are always looking for different therapeutic activities which we can offer at our cafes.

We decided to introduce Yoga at our Women's Group and GSRC for a 6 week trial period.

Yoga has many benefits which include improving mobility and strength, improving balance and helps to manage stress.

Some of our participants tried yoga for the first time and really enjoyed it.

As we are currently running GSRC from the Adelphi Centre the sessions have been put on hold until we return to Ibrox Community Complex. We will update our social media when this is taking place.



Movement and Dance helps to boost self esteem, confidence and mood.

Adele from Bluevale RIFE has attended our GSRC to deliver Recovery Rhythms and Clubercise sessions.

The sessions have always been fun and filled with laughter. It has been great to see everyone getting involved and joining in.

Thank you to Adele for coming along and providing this in her free time.



SOUTH COMMUNITY RECOVERY NETWORK

THANK
YOU



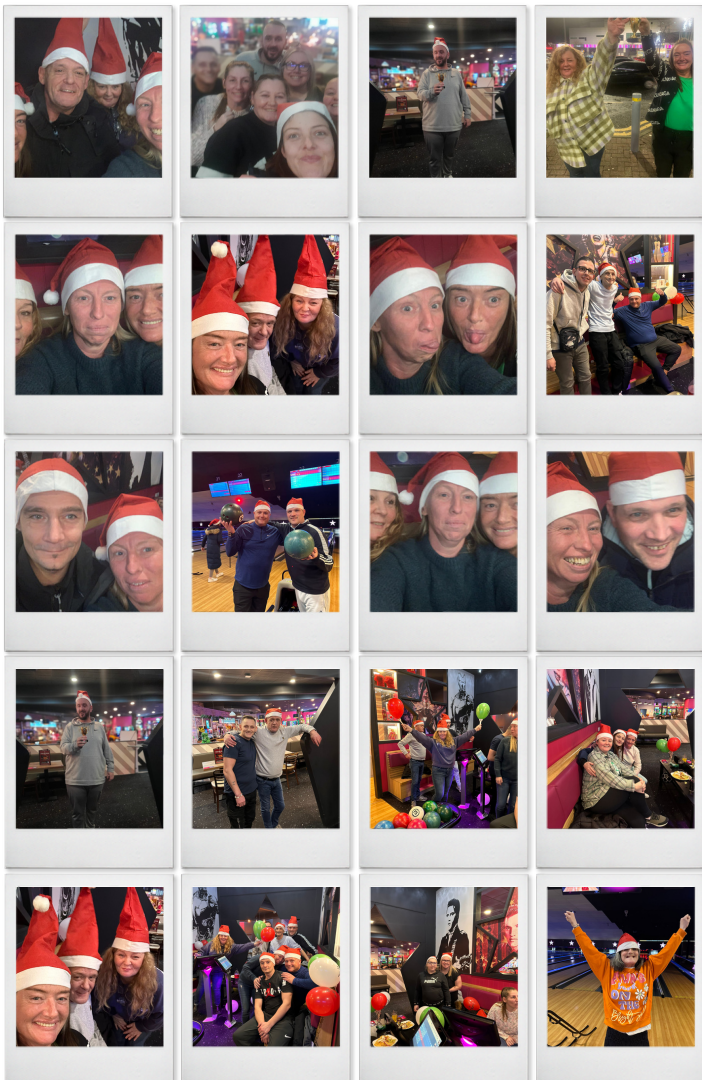
We have a team of dedicated volunteers that work hard all year round in order to deliver our 5 day a week programme, without them we would not be able to provide the service that we do.

They support the running of groups and activities and contribute to promoting recovery in a warm, safe environment.

Each volunteer has different skills and experience which helps make a positive impact within our service.

As a thank you for everything that they do, our volunteers enjoyed a night out at Hollywood Bowl.

It was a fun evening, everyone was in good spirits and some were a little competitive. 😊



Volunteering provides an opportunity to meet new people with the same interests, build social skills and improve confidence & self esteem. It can also lead to training opportunities and a chance to gain recognised qualifications.

Have a look at our website for more information.

<https://www.scrnrecovery.co.uk/volunteer>

SOUTH COMMUNITY RECOVERY NETWORK



Annual Volunteer Christmas Party

Our Volunteers and their families were invited along to the Adelphi Centre for a Christmas dinner, festive fun and a visit from the Big Man himself.

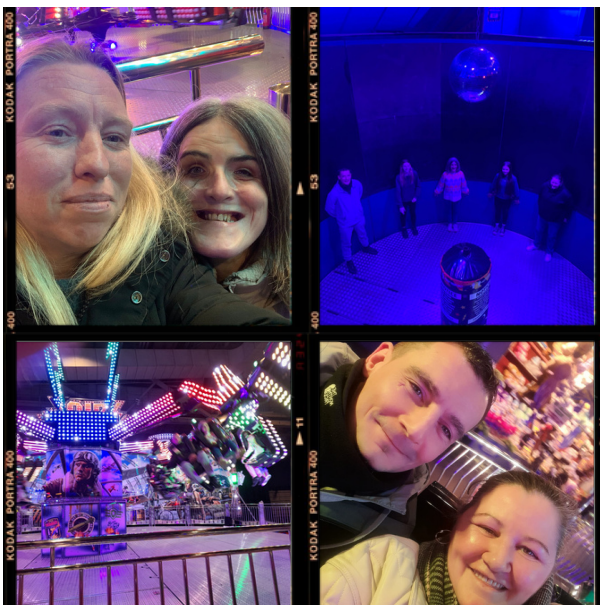
The kids were excited to visit Santa in his grotto, they came away with gifts which were kindly donated to us by the Sarwar Foundation. Freed Up Dj's kept us entertained with the tunes while staff served up the food so that the volunteers could relax and enjoy time with their family & friends. As always the evening was a success.



We were kindly given free tickets to this years In Bru Carnival at the SECC from the organisers QD Events.

As you can see some of our volunteers enjoyed a Friday night off RAFT and took to the waltzers instead!

Scream if you wanna go faster!



SOUTH COMMUNITY RECOVERY NETWORK

Freed Up x Recovery Rhythms Dance Battle 2023



Citywide Christmas Celebration

Battle of the Recovery Communities!

After weeks of practice six recovery based organisations took to the stage to compete against each other in the **Freed Up x Recovery Rhythms** annual dance battle. NWRC took the trophy last year with a fantastic 'Dirty Dancing' themed performance.

We agreed to take part in the challenge again this year. Each organisation chose a theme and were then taught a dance choreographed by Kirsteen (Recovery Rhythms).

Our chosen theme was Grease. Our 'dancers' met up several times for a practice before showcasing their performance at the big event.

Our talented team impressed the judges and came second place!

Well done the South!

Bluevale RIFE were the worthy winners with a fabulous performance

'Through the Decades'. Well done guys!!

Thank you to everyone involved in organising and taking part in this event.

It was an excellent day & night!



Bluevale Rife
'Through the Decades'



South Community Recovery Network
'Grease'



SOUTH COMMUNITY RECOVERY NETWORK

GSRC - Tour of Ibrox Stadium

On the 13th December our GSRC volunteers and participants were given the opportunity to go on a tour of the Ibrox Stadium.

This was lead by Rangers Charity Foundation Staff.

Our GSRC is run in partnership with Rangers Charity Foundation who kindly allow us to use their premises to hold the recovery cafe as well as the outdoor pitch for football and exercise.



Gone too Soon Bereavement Group

Gone too Soon is a group set up for anyone suffering from the loss of a loved one. The group meets up every second Thursday at the Adelphi Centre.

February dates : 8th, 22nd

March dates : 7th, 21st

April dates : 4th, 18th

This is a small intimate group that welcomes anyone dealing with grief and loss.

No referrals required.

SOUTH COMMUNITY RECOVERY NETWORK

PLEASE NOTE -

**Our GSRC will run from
the Adelphi Centre until
further notice.
Every Wednesday
11am - 2pm**



**We recently said goodbye to Kirsty our
Volunteer Co-ordinator (some tears were
shed)**

**who has moved on to a new role.
We thank Kirsty for all she has done
within her time with us and wish her all
the good luck in her new position.**

**WE HAVE LOTS GOING ON
THROUGHOUT THE YEAR
AND HOPE TO SEE YOU ALL
VERY SOON !**



**Biggest well done to our
Marrisa for completing the
Second Chance Project
programme.
Hard work and determination
pays off!
Keep smiling Marrisa!**

T.O.A.D.S
Trauma of Alcohol & Drugs Support
(We support Families affected by Drugs & Alcohol)

Do you have a loved one in your family who has an addiction to either drugs or alcohol?
Why not come along for a cuppa and a chat?

**EVERYONE WELCOME
WE ARE HERE TO SUPPORT YOU**

LOCATION
Priesthill Parish Church & Community Centre, 100 Priesthill Road, G53 6LN

WHEN
Every Wednesday Evening between 7pm and 9pm

For further information please contact:
Nancy White 07703 858078 or Isobel McManus 07988 024932

T.O.A.D.S (Family Support Group)
Priesthill Parish Church & Community Centre, 100 Priesthill Road, Glasgow G53 6LN
Email: toads.fs@scotlandmail.com

SOUTH COMMUNITY RECOVERY NETWORK

I hope your not mad,
but I cant explain what its like to be a dad,
My life has beat me down,
But I'm determined not to make a sound,
I worry my kids will be like me,
Regardless of what they see,
I dont want to think, how much I drink,
I then get pissed off angry & upset and pour the rest of that shit doon the sink,
I hate the bottle, I hate my friend,
However it keeps coming around & around & around constantly in my life,
But it doesn't realise how much it is causing in terms of strife,
I don't want my kids to see my antics whilst I am on the drink,
Because I overthink,
That is a generation thing,
I want to reach out but that fucking demon drink keeps saying look at me,
Thats when I have the doubt,
When on the drink i hate myself , its all about me,
Drink more & more & more & more to the extent yeah, were i've pissed the settee,
Yeah yeah thats how bad it is, now do you see?
I remember a man saying you breath into this world and you breath when you
leave,
But no one teaches you how to deal with the shit inbetween,
Do you know what I mean?
I hate getting upset, I dont know what to do,
I keep telling myself Jesus cried and so can you,
People say its not bad, however I could see it in there eyes,
I feel like shouting, you couldn't last a couple of minutes in my shoes & there's no
fucking way you could last a minute in my mind,
I will struggle with alcohol for the rest of my life this is true,
I dont like asking for help but if you knew I was struggling I would do it for you,
Please please I hope better times are coming,
I've got to stop for nothing,
This is a massive test,
But remember you can only do your best!

Written by an anonymous Alcohol Focus Group member



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

admin@scrn-recovery.co.uk

CONNECTING FAMILIES



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



connectingparentsglasgow@outlook.com