

SOUTH COMMUNITY RECOVERY NETWORK

July 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

Ibrogx Recovery Cafe 6pm

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 WELCOME

admin@scrn-recovery.co.uk

Tel: 0141 429 8181

Mental Health & Wellbeing

Looking after your mental health is such an important part of recovery. We want to highlight this by holding various Mental Health & Wellbeing events throughout this year.

Being connected to other people is so important and we hope that by holding these events alongside our weekly programme it will help bring people together that are going through similar experiences. As we know, peer support offers many benefits including the feeling of being accepted for who you are, increased confidence and the chance to make new friends.

We will be offering various therapeutic activities at our events that are known to boost mental health & wellbeing.

SOUTH COMMUNITY RECOVERY NETWORK

Mental Health & Wellbeing

On the 8th May we held our first Mental Health & Wellbeing Day at our Glasgow South Recovery Cafe.

Partnership organisations were invited along to network and promote the services they provide.

Recovery Rhythms brought the fun and kindly ran the wellbeing programme by providing dance, a silent disco, hammock meditation and reiki.

Kirsteen with her amazing energy made sure everyone took to the football pitches for some Recovery Rhythms dancing followed by a silent disco. She was joined by some of her newly qualified coaches who did a great job supporting her with the dances and encouraging everyone to let go and have a good time!

Freed Up done what they do best by providing the music and getting the outdoor party started!

Just under 200 people came along!

Thank you to everyone that attended, took part and helped make the day a success!



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Mental Health & Wellbeing



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Our second Wellbeing event took place at our Women's Group on 23rd July.



70 ladies came together for a morning of self care, self love and sisterhood.

The morning began with a journaling workshop ran by the lovely Michelle. Michelle spoke about the benefits of journaling and how it continues to help her navigate through life. The ladies were all given a pen & notepad and a small giftbag which included a healing stone. Kirsteen (Recovery Rhythms) then facilitated a henna tattoo workshop session. Our ladies used henna to create designs on themselves. The day ended with games, karaoke and meditation.

We received some lovely feedback.

‘The henna tattooing was so therapeutic’.

‘I love the idea of writing in the journal’.

‘That meditation was amazing, I feel great after that’.



SOUTH COMMUNITY RECOVERY NETWORK



Healing for the Heart

Vicky and Claire came along to our Women's Group to do a presentation informing the ladies of the emotional, mental health support and well-being services that Healing for the Heart can provide.

The ladies enjoyed a lovely morning of recovery support and connection.

Express Yourself

Following on from the presentation Vicky will be facilitating a 6 week creative course 'Express Yourself' at our Women's Group on a Tuesday beginning 6th August.

Each week there will be focus on different topics

Self Love
Positivity
Dreams
Achievement
Moving Forward
Healing



All ladies are invited to join us for the course which we are looking forward to.

If you have any queries or are interested in any of the services HFTH provide they can be contacted on

0141 406 1320

www.healingfortheheart.co.uk

SOUTH COMMUNITY RECOVERY NETWORK

Recovery Connects

On the 30th June we were happy to see that the sun was shining as we attended Recovery Connects yearly sober festival at Queens Park. We held a stall alongside the other recovery communities and chatted with so many people. It was great to see hundreds of like minded individuals come together to dance and enjoy the music free from drugs and alcohol.



Alcohol Awareness Week 1-7 July 2024

As part of Alcohol Awareness Week Michael & Bethany from **Glasgow Council on Alcohol (GCA)** came along to our Alcohol Focus Group to do a presentation.

Our Alcohol Focus Group has been growing in numbers every week. The group runs every Tuesday afternoon from 2pm - 4pm at the Adelphi Centre. Participants can expect to take part in groupwork, self development worksheets, listen to recovery shares and connect with others that are affected by alcohol.

Volunteering

Do you have some free time? Are you interested in promoting recovery? We are looking to expand out team of volunteers. If this is something that is of interest to you, why not pop in and have a chat with one of our staff team or alternatively you can visit our website or call us on 0141 429 8181.

SOUTH COMMUNITY RECOVERY NETWORK

Huge congratulations to Anna who has moved into a new position within the SCRN and is now the Volunteer Co-ordinator.

Anna came through the pathways starting her journey with us as a service user, she then became a volunteer before joining our staff team as an outreach worker. Anna has worked hard to get where she is today and is a shining example of what you can achieve when you put your focus and energy into your recovery.

Anna is great for this role and we look forward to the positive changes taking place within our service.



Our next Mental Health & Wellbeing event will take place at our Alcohol Focus Group on 17th September.

Details to follow



PLEASE NOTE -

IBROX Monday will be moving across the road to the Community Complex from Monday 26th August and will begin at 6pm - 8pm

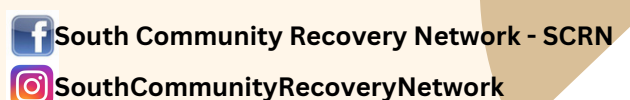
GSRC will remain at the Adelphi Centre every Wednesday going forward

Recovery Connects Toryglen

After running the pilot recovery cafe for 6 weeks we agreed with our partners that due to the low numbers of attendees each week, closing the cafe is the best course of action to take.

We are continuously reviewing our weekly programme and looking for opportunities to enhance and improve what we can offer the community.

You can follow us on social media for updates:



Our Weekly Programme

Monday

IBROX RECOVERY CAFE

6pm - 8pm
Ibrox Community
Complex 80
Hinshelwood Drive
G51 2XP

Tuesday

WOMEN'S GROUP 10.30am - 1.30pm

**ALCOHOL
FOCUS GROUP**
2pm - 4pm
The Adelphi Centre
12 Commercial Rd
G5 0PQ

Wednesday

GLASGOW SOUTH RECOVERY CAFE

11am - 2pm
The Adelphi
Centre
12 Commercial
Rd
G5 0PQ

Thursday

CREW

12.30pm - 3.30pm
The Adelphi Centre
12 Commercial Rd
G5 0PQ

Friday

RAFT


4pm - 8pm

MAT Meeting

5pm

The Adelphi Centre
12 Commercial Rd
G5 0PQ

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