

SOUTH COMMUNITY RECOVERY NETWORK

October 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

Ibroy 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

Tel: 0141 429 8181



Volunteer Development Weekend

Our staff & volunteers recently enjoyed a fantastic Development Weekend at Wiston Lodge, packed with outdoor adventures, team-building activities and plenty of belly laughs.

The weekend gave everyone the chance to step away from the usual routine, spend quality time together and get to know each other a little better.

There was something for everyone, with a range of exciting outdoor activities to get involved in.

Among the highlights was the canoeing, this particular activity pushed some of the group out of their comfortzone as they faced their fear of being in open water. Everyone was so encouraging and supportive of each other and it was a great way to build up confidence.

After a busy day outdoors our volunteers opted for a pyjama party on Saturday night.

Pyjamas, Karaoke and a DJ set the tone for the night creating plenty of laughs, memorable moments with some questionable singing and dance moves thrown in!

It was the perfect way to end such a fun filled day! Development Weekends are important to us as they provide our volunteers with the opportunity to switch off in nature, try new things, build friendships and simply have fun together.

Thanks to everyone that came along, took part in the activities and helped make lasting memories. It was certainly a weekend to remember!

We can't wait to see what the next adventure brings!

SOUTH COMMUNITY RECOVERY NETWORK



Our Alcohol Focus Group turns 4!

Our Alcohol Focus Group has grown from strength to strength since it first began 4 years ago.

To mark its 4 year anniversary we decided to hold a little celebration. Wullie our lead volunteer planned the entire day by himself and absolutely smashed it! The attention to detail and thought behind the plans were second to none. Christine was the recovery share for the day and described it as a full circle moment as she was the one to open the group at the very beginning. The day ended with some reflection, some happy tears and meaningful hugs.

Well done again to the AFG team!

Our AFG runs every Tuesday from 2pm - 4pm at The Playbarn, Gorbals. It is open to everyone - no need to book a space.

If you would like to know more information give us a call on 0141-429 8181 or email : sara.campbell@scrn-recovery.co.uk

SOUTH COMMUNITY RECOVERY NETWORK

NERC Women's Recovery Walk

Lots of women from across the city came together to walk the streets for the annual Women's Recovery Walk hosted by our friends at North East Recovery Community. It was uplifting and powerful to see so many ladies come together to show that recovery is possible and available to everyone. Despite the rain, nothing could dampen the spirit of the day! On return from the walk the ladies enjoyed some hot food, listened to an inspirational recovery share and finished the day with the Freed Up Djs doing what they do best!

North East Women's Group known as RENEW meet every Friday at 11am - 2pm at the Calton Heritage Centre - All the Ladies are Welcome to attend!



Welcome Aboard the mad house!

In August we welcomed three new volunteers to our workforce, Rena, Justin & Linda. You can now find them helping in the groups and cafes and supporting participants. Be sure to give them a wee hello when you next see them!



Volunteer Achievements



Huge well done to Paul, Linda, Gerry and Justin who all completed the week long NADA AcuDetox Training Programme and are now registered AcuDetox Practitioners. Acudetox is a therapeutic technique that uses acupuncture to treat various conditions including substance misuse to help promote relaxation, reduce cravings and support overall well-being.

When we asked Justin about his views on the course he told us *"I loved it, it was fun, informative and I can't wait to put what I have learned into practise."*

AcuDetox is offered at our Ibrox Cafe, Women's Group and Cessnock Recovery Cafe.



SOUTH COMMUNITY RECOVERY NETWORK

Overdose Awareness Day

To mark Overdose Awareness Day we held a Rose Ceremony to honour those we have lost to addiction. We walked from our Alcohol Focus Group in the Gorbals over to the bridge at the Glasgow Clyde where we took a moment to reflect and remember our loved ones.



It was a beautiful and meaningful afternoon bringing people together to share memories and show support to those affected by addiction and loss. Of course, not everything went quite to plan! (does it ever?) In a moment none of us expected, our music speaker which was playing a lovely song was accidentally knocked into the River Clyde. The music was replaced with laughter! Despite the unexpected splash everyone seen the funny side, it was truly a special day of remembrance, connection and compassion.

Thank you to everyone who came along, and helped us remember those who will never be forgotten. 🌹



Do you or someone you know need support with substance misuse and recovery?

Feel isolated with nowhere to turn?

Looking for help to access community-based treatment and care?

WE CAN HELP!

Our lived experience workers provide support and guidance as an equal.

They can help you to engage in services, provide support and guidance and build genuine connections.

**Scan the QR code to be taken to our 'Contact Us' Form.
Once completed our Outreach Staff will be in touch.**



SOUTH COMMUNITY RECOVERY NETWORK

September - National Recovery Month

September marked National Recovery Month with communities across Glasgow coming together to celebrate recovery and raise awareness through various events and activities.

To kick off September we attended the ADP People Make Recovery day in Glasgow Green. We held a stall alongside many other third sector organisations and met with hundreds of people on the day. There was lots going on and something for all the family to enjoy- inflatables for the kids, singers and Freed Up Djs, recovery meetings and a variety of activities at the stalls.

Two of our volunteers Linda & Paul kindly shared their experience with others on the day, helping them understand the realities of addiction and recovery.

As with last year, the day went brilliantly and was a wonderful reminder of what can be achieved when communities come together.

SCRN Celebration of Recovery

On Tuesday 22nd September we had the amazing May Riddell Wellbeing Coach join us to facilitate workshops to over 70 people. '*Best Version of You*' '*Manifest Goals*' & '*Mixed Unity Circle*' were the topics of the day. May's relaxed and down to earth approach made it easy for everyone to engage, feel at ease and be themselves. Small journals were handed out so participants could take notes throughout the sessions which they could then take home to read over at their leisure.

Everyone went home with future goals written down and the knowledge & tools required to work towards them. Second Chance and Phoenix Futures were among the organisations to join us on the day.

We had some music and dancing to finish the day ensuring everyone left feeling uplifted and positive.



More information on May Riddell Therapies and the services she offers can be found on <https://linktr.ee/mayriddelltherapies>

SOUTH COMMUNITY RECOVERY NETWORK

Coming up....

**We have new volunteers doing
induction training
next month**

***We have a staff & volunteer
development day booked for
November***

**We are also looking forward to
the festivities
and planning our days out &
events**



Keep an eye on our socials for regular updates



**SOUTH COMMUNITY
RECOVERY NETWORK**

SOUTH COMMUNITY RECOVERY NETWORK

Contact details

Main Office -

**51 Greendyke Street,
Glasgow, G5 1PX**



Tel : 0141 429 8181



**sara.campbell@scrn-recovery.co.uk
enquiries@scrn-recovery.co.uk**



South Community Recovery Network - SCRN



SouthCommunityRecoveryNetwork



southcommunityrecovery

**Follow us on social media
for regular updates**



SOUTH COMMUNITY RECOVERY NETWORK

Support
Recovery
Build Stronger
Communities

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



MAT Meeting

Friday
4.45PM - 5.45PM



Table Tennis, Bingo,



St.FrancisCommunity Centre
405Cumberland Street, G5 0SE



Our main office is 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

— Recovery is Possible —

SCRN