

SOUTH COMMUNITY RECOVERY NETWORK

April 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

Ibrox 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

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Happy Easter!

Spring has sprung!

(well minus the snow on Easter Sunday) 🙄

Winter is finally over and we are looking forward to brighter skies and warmer, longer days!

We spent January getting back into a routine after the Christmas madness. We discussed our plans for the months ahead and can't wait to share with you the exciting things we have coming up!

Our volunteers began the year with some training, brushing up on skills and gaining new knowledge and learning.

Firstly they took part in Naloxone Training for Trainers, learning how to train others on using Naloxone to treat a person that has overdosed and help save a life!

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Next up our volunteers had MAP Training (Mutual Aid Partnership) led by James and Rhona at With You.

By taking part in this training it enables our volunteers to facilitate MAP meetings within our programme.

MAP stands for Mutual Aid Partnership and the meetings are peer led where individuals come together and share support, advice and experience of drug & alcohol use. MAP uses a cognitive behavioural approach framework in the form of 'tools' which are discussed during the meeting. These tools are used to address any themes which come up at the start of the meeting with the aim of giving individuals coping strategies they can use in the community.

MAP meetings are structured and comprise of a check in, agenda setting, discussion and check out.

It is for anyone that is currently experiencing or has in the past experienced problems relating to substances : or for family members who wish to gain support & understanding on how to cope.



Welcome

We are thrilled to have welcomed 5 new volunteers to our already dedicated and supportive group!

They have recently completed the induction programme and are settling in well, quickly becoming valued members of the team.

It's fantastic to have new volunteers on board, bringing fresh ideas and perspectives to the work that we do.

We do seem to be a little outnumbered by the guys at the moment – so we'd especially love to welcome more females to help balance things out!

If any of you lovely ladies would like to find out more about volunteering with us - get in touch!

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Ibrox Recovery Cafe Every Monday 5.30pm - 8pm

We were delighted to welcome Rangers legend Nacho Novo to our Ibrox Recovery café. Nacho used his time there to do a Q&A with our volunteers and participants.

He was open and honest about his time playing for Rangers, sharing personal insights, experiences, and the challenges he faced along the way. His honesty and willingness to open up made a real impact on everyone in the room.

It was such an inspiring visit, and we're so grateful to [Rangers Charity Foundation](#) and [Nacho](#) for taking the time to connect with our community and support the work we do.





We celebrated International Women's Day at our Tuesday Women's Group.

We had an inspirational share, held acudetox and reiki sessions and ended the day with some karaoke.

Kirsteen from *The Soul Shack* was our chosen inspirational speaker. She spoke openly and honestly about her journey - from her traumatic childhood experiences to where she is today, leading a successful Health & Wellbeing Charity based in the North of Glasgow.

If you have the pleasure of knowing Kirsteen, you'll know that she brings warmth, humour and a side of unfiltered sass to everything she does, and her talk was no exception!

Her talk resonated deeply with women in the room, some of whom shared similar experiences and felt safe enough to open up and share this once Kirsteen had finished speaking.

The feedback received was overwhelmingly positive, many of the ladies described Kirsteen's story as relatable, empowering and filled with hope.

If you are looking to invest in your own health & wellbeing journey then *The Soul Shack* provides the tools for you to do this. You can find them on Facebook, Instagram & TikTok.

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International WOMENS Day 2026



GIRLS
SUPPORT
GIRLS



A room filled with strong powerful inspirational ladies!



She could so she did

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Good News Story

Rena



I first heard about the South Community Recovery Network through attending fellowship meetings. In October 2025 I began going to the Women's Group in the Gorbals and from there I became a regular participant at all the cafes and groups that the SCRN have.

I had only been in recovery 2 months prior to this after 45 years of using drugs and 35 years on prescription drugs. I had tried to stop using several times in the past through attending rehabs and detox centres however I didn't understand anything about connection which is vital when trying to recover once you leave these services.

The staff, volunteers and other participants at the SCRN gave me support and showed belief in me when I didn't believe in myself. Thanks to them and fellowship meetings I haven't used any drugs and have managed to come off methadone after 35 years!

I will celebrate my first day clean on 21st March. Yayyy!!

Attending the South Community Recovery Network is now part of my daily routine. I have met lots of good people and made new friends and connections.

I enjoy doing different activities at the cafes such as arts & crafts, groupwork sessions, bingo and the quizzes.

I tell everyone about the SCRN and encourage everyone I meet to go along and get involved.

I now also volunteer at Turning Point Scotland after completing a 12 week course with them. I go into the Crisis Centre & Stabilisation Unit no longer as a service user but as a volunteer helping to facilitate groups. I also accompany service users from Move On to fellowship meeting and recovery cafes.

I am buzzing to say I am going my first ever holiday drug free with people I have met through recovery, that I now get to call my friends.

SOUTH COMMUNITY RECOVERY NETWORK

Good News Story

Marrisa



I first engaged with the South Community Recovery Network in 2020 through engaging with their then Outreach worker Anna Campbell.

I had recently just come into recovery after using substances for the best part of 30 year both illegal and prescribed drugs. At the time we were in a lock down so face to face meetings and recovery cafes had all went onto the zoom platform in which Anna was able to source an iPad for me to get connected onto zoom every day, which was major in maintaining my recovery at the time. I engaged with them daily and started to build connections. When the SCRN opened their drop in cafes after lockdown I started to go out and participate alongside going to fellowship meetings. I got involved with everything the SCRN had to offer and started to volunteer and go through the pathways from local, south to lead volunteering and onto becoming Chair to one of their recovery cafes.

During my 3 ½ years volunteering with them I was encouraged to also join a day program and to apply for a Cosca Counselling course, given loads of training opportunities that I got involved in and was given the opportunity to do a SVQ3 in Social Services and Health Care and have been supported from both staff and volunteers.

They also supported me in the building of better healthier relationships with my 3 children, my mum and my 3 brothers.

Through taking on all the opportunities and the work I have done on myself I managed to secure full time employment in a job that I love, helping others at the start of their recovery journey.

I have great relationships with my 3 children and my mum and have recently become a gran for the first time to my we grandson.

I continue to use the support from the staff and volunteers who have now became my closest friends and network.

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We are so happy for our volunteer Stephanie who recently passed her car theory test!

We know how much you wanted this Stephanie and how hard you studied. Well done!! Not long til you'll be on the road!
Beep Beep!



The smile says it all!

Congratulations and a massive well done to our Volunteer David for completing & graduating from Second Chance Project! David has shown committment and has worked so hard on his personal recovery making lots of positive changes along the way. Keep up the good work David, we wish you only the best on the rest of your journey!



2

2 years of total abstinence!
Massive well done to our Yvonne on her 2 years clean from all illicit. Yvonne is a great example in our network and she brightens up everyday. She may be free from illicit but shes still as daft as a brush! (in a good way of course!)



RECOVERY

SPORTS DAY & FOOTBALL

TOURNAMENT



Weds 24th June

11am - 3pm

Ibrox Community Complex,
80 Hinshelwood Drive,
G51 2XP

*Everyone welcome! Come along
& get involved!*



For more information contact
0141-429 8181
admin@scrn-recovery.co.uk

SOUTH COMMUNITY RECOVERY NETWORK

Volunteer With Us!

Are you in recovery and looking to give back?
Do you want to support others whilst strengthening your own
journey?



We are looking for volunteers that can commit at least 6 hours
per week

What we offer - A welcoming community of like minded others

1-1 Support

Learn new skills

Training & Development

The opportunity to gain accredited qualifications

If this sounds like something your interested in click on the QR
code below or email us at admin@scrn-recovery.co.uk

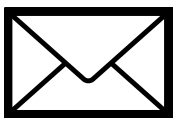


SOUTH COMMUNITY RECOVERY NETWORK

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