

NERC



WELCOME TO OUR FIRST NERC NEWSLETTER

Welcome to our first ever NERC Newsletter!
We want to share all that has been happening at
NERC, from volunteers, to training, to events.

The last year was nonstop at NERC, we had
numerous events such as International
Women's Day, Women's Recovery Walk,
International Overdose Awareness Day, and
the Citywide Recovery on the Green. 2026 is
shaping up to be pretty much the same with
lots of events in the planning as well as lots of
training for our volunteers.



CAFE UPDATES



SPARC



SPARC has been going well since we reopened after lockdown in February 2022. Each week we see around 50 participants attend. At SPARC we have a MAP meeting followed by lunch and then a recovery meeting. SPARC has grown each year and last year we seen over 2000 people attend the cafe.

SPARC is open every Tuesday from 11am-3pm at Springburn Parish Church.

PARC

PARC has always been the busiest recovery cafe in the city with over 100 people attending every week. PARC has an ORT (Opioid Replacement Therapy) meeting, followed by a recovery meeting and then Acu-Detox. Last year PARC had nearly 5000 attend the cafe.

PARC is open every Wednesday from 12-4 at The Nazarene Church in Burgher Street, Parkhead.



CAFE UPDATES



JARC



JARC is our most recent cafe having opened in December 2021. JARC was formally known as Charlie Canning before lockdown, but sadly one of our volunteers Jim McArthur passed away so Charlie Canning was renamed JARC (Jim's Addiction Recovery Cafe) in his honour. JARC offers cold water therapy, meditation, and hand massage. We also have a recovery meeting.

JARC is open every Thursday from 11am-4pm at Garthamlock and Craigend Parish Church.

RENEW



RENEW (Recovery Empowers North East Women) was the first all female recovery cafe in the city when it opened back in 2014. Since then RENEW has grown and now has over 60 women attend every week. Last year saw nearly 3000 women attend the cafe. RENEW is a safe and confidential space for women in recovery to meet and get support without stigma. We have lunch, massage and bingo.

RENEW is open every Friday from 11am-2pm at The Calton Heritage & Learning Centre.



CAFE UPDATES

NERD



NERD has been running for a while now every Saturday and is a great wee cafe to start your weekend. We provide a tasty full breakfast, followed by a wee check-in and a game of bingo. NERD is right next door to our office in the With You Hub.

NERD is open every Saturday from 11am-2pm at With You North East Hub at 24-28 Broad Street.

MEDITATION



We started the online meditation on Zoom during lockdown and it proved so popular we have kept it running. Meditation is run by our wonderful trainer and former NERC volunteer Ann-Marie. Anyone is welcome to join for an hour of relaxation.

Meditation is on Zoom every Tuesday and Thursday from 7pm.

Take some time to
relax

Meditation

Tonight at 7pm on Zoom
723 738 5521
445988

OTHER GROUPS



NARCOTICS ANONYMOUS MEETING

There is an narcotics anonymous meeting held in our office every Monday. NA rent a room, off us for a meeting, we are not affiliated with narcotics anonymous.

The NA meeting is open to anyone looking for support. It is on every Monday from 7-8 pm, doors open at 6pm.

ART & CRAFTS

With You and NERC have an Arts & Crafts group on every Monday from 1pm-3pm hosted by the lovely Karen. Anyone who is linked in with, With You or NERC can join this group.

If you're interested in joining the arts and crafts group email: nercglasgow@gmail.com



WELLHOUSE MENS RECOVERY GROUP

Wellhouse men's recovery group meet every Friday from 12-3pm, and is open to anyone facing addiction or mental health issues. The group is run by two men in recovery themselves, John and our Malky. The group regularly do outdoor activities such as walking trips away.

If you're interested in joining the mens group just pop into the Hub and speak to John or Malky in person.

The Hub, 49 Wellhouse Crescent, G33 4LA

TRAINING

ACUDETOX



We had Acu- Detox training at the end of January all week in the NERC office. The wonderful Steve Pinnington from NADA Acudetox was back again to teach three of our volunteers and eight others the practice of Acu-Detox. It was a full week of training and every single person on the course passed successfully. A massive well done to our three volunteers who completed the training and now have their certificates: Theresa Campbell, Peter Murray and Richard Halcrow, we can't wait to see you all in action at the cafes!

BBV TRAINING

We also had Blood Borne Virus (BBV) training in the office in January. We had 16 of our volunteers attend this training session on Monday the 12th January. The training, which was provided by Waverly Care, was a great success with everyone saying how much they enjoyed it. We hope to hold another training session on BBV soon.



TRAINING

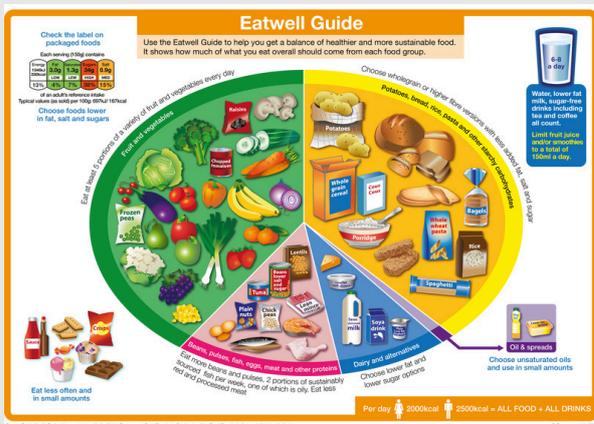
NALOXONE TRAINING FOR TRAINERS

In January eight of our volunteers and our two outreach workers attended Scottish Drugs Forum's Naloxone Training for Trainers in our office. The training was delivered by Wez from SDF who has been delivering this training for a long time now and knows his stuff. All of the team managed to successfully pass the course and have been putting their training into practice by delivering Naloxone training in our recovery cafes.



NUTRITION TRAINING

On Monday the 9th March we had our second session of Nutrition training, in which 12 of our volunteers attended. The course is delivered by NHS Dieticians and runs over three days, we had one in February one in March and will have the last one in April. The volunteers all spoke of how interesting the training was, they have learned tips to lose weight safely as well as how to put on weight safely. There were discussions on why people often gain weight in recovery and what causes us to gain and lose weight.



FOOD HYGIENE

We had ten of our volunteers attend food hygiene training in March in our office, which was again delivered by Glasgow Kelvin College. The full day training consisted of learning about working with food and how to keep yourself and others safe while working in the kitchen. There was a small test at the end of the training, in which all of the volunteers successfully passed.



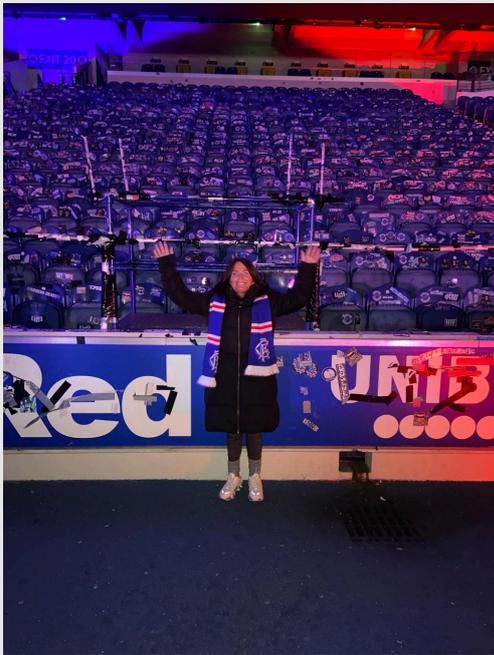
INTERNATIONAL WOMEN'S DAY 2026

NERC celebrated International Women's Day 2026 at our women's only recovery café RENEW on Friday 6th March. We were lucky to have students from Glasgow Kelvin College come along and give the women a variety of treatments such as massage, nails, eyebrows and make-up. We also had the brilliant Leslie from FreedUp providing the banging tunes that got all the ladies up dancing! There was a Chinese and Indian buffet, a raffle with fantastic prizes and a goodie bag for each woman. The day was a huge success with 160 women attending and enjoying a day of pampering, connection and laughter.



THANK YOU!

One of our former volunteers Tracy Hemphill recently took part in the Rangers Charity Foundation Ibrox Midnight Walk in aid of the foundation and NERC. Tracy braved the freezing cold to walk 10K round Ibrox's famous pitch. Tracy successfully completed the walk in 50 minutes and managed to raise a staggering £1335 for The Rangers Charity Foundation and NERC. Everyone at NERC would like to say a massive well done and thank you to Tracy!



VOLUNTEER UPDATES



DAVID ROWAT

David has been a NERC volunteer for over three years now having first attended PARC as a participant. Since then David's recovery journey has grown from strength to strength. David was voted Vice Chair and then Secretary of the NERC Committee board, of which he is now currently Chair of. David also interviewed for the SVQ placement at NERC and was successful and started his placement in December 2025.

MALCOLM CARLIN

Malcolm or rather Malky as he is known at NERC has been volunteering with us since January 2024 and has been a great asset to the team. Last year Malky joined Freed Up's DJ course to learn how to become a dance music master! Since completing the course Malky has played at The Citywide Recovery on the Green, and has got the chance to DJ at the famous sober Freed Up nights.



OUTREACH



SHARON CAVEN

Sharon is one of our outreach workers who takes referrals for recovery support. Sharon started with NERC as a volunteer back in 2020. Sharon went on to become the lead volunteer at our women's recovery cafe RENEW before being voted as chair of the NERC Committee. Sharon then secured an SVQ3 with NERC, which she successfully completed and then went on to secure a job as a Recovery Outreach Worker with NERC in September 2024.

Sharon Caven: 07803 851 643

Email: sharoncaven@nerc-recovery.co.uk

ALLISON KNOX

Allison is our other outreach worker having started with NERC as a volunteer in April 2020 on Zoom! Allison's path with NERC is similar to Sharon's, she became a lead volunteer at RENEW before being voted onto the NERC Committee as Vice Chair. Allison then secured her SVQ3 placement with NERC before getting the role as a Recovery Outreach Worker in February 2025.

Allison Knox: 07803 851 625

Email: allisonknox@nerc-recovery.co.uk



Referrals for outreach support can be made direct by contacting Sharon/Allison or you can pop into the office, email or phone



GET INVOLVED

If you're looking to get involved at North East Recovery Community then why not join us as a volunteer. To become a volunteer at NERC we ask that people attend our recovery cafes at least once a week for six weeks to get to know everyone and to get a feel for what we do.

if in recovery from substance misuse; all registered volunteers and committee members must have a period of 90 days free from illicit drug use and problematic alcohol use

After that one of our lead volunteers will conduct a short interview to get to know you and tell you about NERC and understand what you want to gain from volunteering. All volunteers are required to join the PVG Scheme (Protection of Vulnerable Groups), NERC will cover the costs of the PVG.

Once a volunteer you will be required to undergo two days of volunteer training at the NERC office to gain a better understanding of what being a volunteer at NERC involves.

To find out more about volunteering please contact us at: nercglasgow@gmail.com, or pop into any of our recovery cafes or down to our office at 20 Broad Street.



OUR PARTNERS

withyou



CONTACTS US

**OFFICE ADDRESS:
20 BROAD STREET
BRIDGETON
GLASGOW
G40 2QL**

Monday - Friday 9am-5pm

PHONE: 0141-554-5235

**EMAIL:
nercglasgow@gmail.com**

WEBSITE: www.northeastrecovererecoverycommunity-glasgow.co.uk

**FACEBOOK:
<https://www.facebook.com/NorthEastRecoveryGlasgow>**