NORTH EAST RECOVERY COMMUNITY NEWSLETTER

ISSUE 2: OCTOBER 2026

NERC

RECOVERY IN THE NORTH EAST

Welcome to the second edition of NERC's newsletter! In this edition, we'll be sharing updates from all of our Recovery Cafés, highlighting the training we've been delivering to our volunteers, and looking back at some of the fantastic events we've held and attended.



NERC at People Make Recovery in Glasgow Green

As always, it's been a busy year for NERC, with lots happening across our recovery community. From Wiston Lodge in June to Recovery on the Green and Recovery Connects in July, we've had plenty of opportunities to connect with others, share experiences and celebrate recovery. August was just as busy, with International Overdose Awareness Day and the Women's Recovery Walk bringing people together to raise awareness, show support and recognise the importance of recovery.

We're excited to share more about what we've been up to and celebrate the amazing work happening across NERC!



CAFE UPDATES

SPARC:

Sparc has being going well for a long time now with over 50 people attending each week. The volunteers are seeing a lot of newcomers attending every week and then coming back again. SPARC has a MAP Group on at 11.30 that is always well attended as well as a recovery meeting and lunch. SPARC recently started bingo in the afternoon, which is proving very popular. SPARC is on every Tuesday from 11am-3.30pm at Springburn Parish Church.

PARC

Parc continues to be our busiest café with over 100 people attending every week. In August we held International Overdose Awareness Day in the café, where we had Naloxone training & supply, Hep C and HIV testing as well as our usual recovery meeting and ORT meeting. The day was a success with 143 people in attendance. PARC is on every Wednesday from 12 - 4pm at The Nazarene Church, Burgher Street, Parkhead.

JARC

Jarc has been slowly growing in numbers now that we have cold water therapy on offer every Thursday. We regularly see 20+ people attending and joining in in the recovery meeting and having a wee game of bingo to end the day. Everyone is welcome to come along on a Thursday from 10am-3pm at Gartharmlock and Craigend Parish Church.

RENEW

Our women's only café is running great and we are seeing new women attending every week. In August we held our annual women's recovery walk there, hosting over 250 women and celebrating all things recovery. Renew is on every Friday from 11am-2pm at The Calton Heritage & Learning Centre, 423 London Road. RENEW and is open to all women across the city. Our outreach workers Allison and Sharon both attend the café each week and can offer outreach support.

NERD

Nerd may be our quietest café but every week our dedicated volunteers set up and cook hot rolls and breakfasts for anyone who wants to attend. Nerd is on every Saturday at the With You North East Hub right next door to the NERC office from 11am-2pm. Get yourself down this Saturday and start your weekend with a lovely breakfast, and a chat with our friendly volunteers all who have been through their own recovery journey and can offer peer-led support.

TRAINING

ACUDETOX

We had the pleasure of Mr Steve Pinnington from NADA Acudetox twice in the last few months to deliver Acudetox Training in our office. We had a group of ten people in in April to do their training, including two of our volunteers Mandy and Sandra who successfully passed and our now in the cafes delivering Acudetox to participants. We then had Steve back in September for another Acudetox training sessions with eleven more people, including our volunteers Tracy and William who also successfully passed and can now start putting their newly learned skills into practice at the recovery cafes.



Mandy and Sandra with Steve



September's training group

INDUCTION TRAINING

We had Induction Training in June which was delivered by our trainer and former NERC volunteer Ann-Marie in our office boardroom. The induction training is a necessary requirement for anyone wanting to volunteer with NERC. The training covers everything you need to start your volunteering as well as giving people the chance to tell us what they want to gain from volunteering. We had eight new volunteers attend this training and we will be delivering another session soon as the number of new volunteers is continuing to increase.

WISTON LODGE 2026

All NERC volunteers and staff came together for their annual development weekend at Wiston Lodge from 19th–21st June. A total of 35 people attended, enjoying a fantastic weekend filled with sunshine, fun and team spirit.

Friday evening kicked off with a Scottish-themed fancy-dress party, with everyone making a fantastic effort with their costumes. We then gathered together to cheer on Scotland as they took on Morocco in the World Cup.

Saturday began with a hearty cooked breakfast before moving on to our development sessions. We held four separate sessions, giving everyone the opportunity to discuss ideas and plans for the future of NERC. In the afternoon, everyone enjoyed a range of activities, including archery, canoeing and team building.
The evening brought our NERC Awards, followed by a fantastic sharing session around the campfire, providing a lovely opportunity to reflect and connect.

Everyone spoke so positively about the weekend and how much they had enjoyed it. The feedback was so encouraging that we have already booked our return to Wiston Lodge for next June!



Fancy dress party



Some of our ladies in their Scottish attire



Rab C, Braveheart & pals







WOMEN'S RECOVERY WALK

On Friday 7th August, NERC held its 4th Annual Women's Recovery Walk at The Calton Heritage & Learning Centre, where we also run our RENEW women's recovery café every Friday. Thanks to the incredible efforts of our volunteers, we were able to make the day truly special for the 250+ women and children who attended.

The walk began at 1pm outside the Calton Heritage Centre, with the fantastic Drum+Drones, who led us on a walk around Glasgow Green, filling the route with the sound of bagpipes and drums. Once everyone returned to the centre, the celebrations continued with live music courtesy of FreedUp, an inspiring recovery share, a delicious buffet of Chinese and Indian cuisine, a candy cart, gift bags and relaxing massages.
The event was another huge success, bringing women and children together to celebrate recovery, connection and community.

A special thank you goes to GCVS for providing funding through the Glasgow Wellbeing Fund, which helped make this important event possible. Most importantly, we would like to thank all our wonderful volunteers, whose hard work, dedication and enthusiasm made the day such a success. We simply could not have done it without them!



All of the women at the Doulton Fountain in Glasgow Green





Our lovely outreach workers and Lorraine


Drum+Drones


Volunteer Margaret with Ann & Senga


With You's staff new band


NERC's new Mascot Faith

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, or scan the QR Code above.









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