

SOUTH COMMUNITY RECOVERY NETWORK

“SCRN recognise that a person’s lived experience is their best asset and we welcome anybody who has an interest in recovery”

The South Community Recovery Network is a partnership of peer led, person centred recovery initiatives, drop-ins and support groups throughout the south sector of Glasgow.

The initiatives have been created and developed by volunteers with lived experience in overcoming many barriers throughout their lives to access routes to recovery from alcohol and drug misuse. They now work towards helping others achieve the same freedom.

To maintain the network a steering committee, with representatives from all initiatives, meet weekly and feed directly into a Board which is made up of SCRN volunteers and advisors from Glasgow HSCP and local businesses supporting people in recovery.



CREW
Community
Recovery
Everyone Welcome



IRC
Ibrox
Recovery
Community



RAFT
Recovery
Aftercare
Friday Therapies

ICR

Ibrox Community Recovery is a drop-in run by peers and provides a safe place for individuals to access and sustain recovery.

Recovery meetings, massage, table tennis, acupuncture, Xbox consoles, bingo, free use of computers and internet, free tea, coffee and filled rolls.

CREW

Community Recovery Everyone Welcome is a drop-in café run by lived experience recovery volunteers. It provides a safe, therapeutic environment for individuals to access wider routes to recovery.

Recovery meetings, women’s art group, table tennis, massage, acupuncture, bingo, games, nail bar, food, free tea and coffee.

RAFT

Recovery Aftercare Friday Therapies is a recovery drop-in based in the Gorbals. A drop-in café facilitated and delivered by lived experience recovery volunteers.

Massage, ORT and Me mutual aid meetings, bingo, table tennis, children’s activities, free tea, coffee and food served from 4pm. Child friendly.

ORT & Me Mutual Aid

ORT and Me Mutual Aid meetings support individuals aspiring to detox from opiate replacement therapy in the community. Facilitated by peers who have similar experience in detoxing and provides a safe therapeutic environment for individuals who wish to do the same.
Tea, coffee served.

Men’s Well-being

The men’s well-being group meet on a Wednesday at the Adelphi Centre, Gorbals.

Acupuncture, massage, recovery meetings, food, health and fitness opportunities, fishing trips, food, tea and coffee.

Women’s Drop-in

Weekly women’s drop-in is based at the Adelphi Centre, Gorbals. It is an opportunity for women to come together in a safe and supportive environment to access recovery aftercare.

Beauty therapies, nails, eyebrows, massages, acupuncture, mindfulness, baking, art, mutual support, bingo, food, tea and coffee. Children welcome.

Children activities provided by Children 1st.

Parent & Children’s Group

Run by Children 1st, it provides a safe space for parents to support each other, socialise and develop effective parenting skills.

Activities include soft toy area, creative activities and outdoor activities

Information Technology

We have a fully equipped IT suite where people can drop-in. We also provide IT training to help people learn about social media, internet, safety on-line and Microsoft office.

All our initiatives are facilitated by committed and responsible peers with lived experience, who are supportive of others on their recovery journeys.

MONDAY

ICR Drop-in
6:30 pm – 8:30 pm

Ibrox Recovery Community

Massage, table tennis, group meetings
acupuncture, bingo IT classes,
food & refreshments

Broomloan Study Centre
Ibrox G51 2XD

TUESDAY

Women's Wellbeing drop-in
11:00 am – 2:00 pm

South Community Recovery Network

Massage, nails, eyebrows, mindfulness,
recovery meetings lunch & refreshments,
parenting group by Children 1st

Adelphi Centre, Gorbals G5 0PQ

WEDNESDAY

SCRN Men's Wellbeing
5:30 pm – 6:30 pm

Health & fitness, fishing,
massage, acupuncture, food & refreshments

Adelphi Centre, Gorbals G5 0PQ

THURSDAY

CREW
12 noon – 4:00 pm

Community Recovery Everyone Welcome

Massage, acupuncture, bingo, table tennis, art,
food & refreshments.
Introduction to recovery, Second Chance

Queen's Park Govanhill Parish Church
170 Queen's Drive G42 8QZ

FRIDAY

RAFT
4:00 pm – 8:00 pm

Recovery Aftercare Friday Therapies

Massage, acupuncture, bingo,
table tennis, art, food & refreshments

Adelphi Centre, Gorbals G5 0PQ

IT Classes

Monday 2:00 pm Adelphi Centre

Healthy Cooking Classes

Wednesday 1:30 pm Adelphi Centre

ORT Meetings

Wednesday	6:00 pm	Adelphi Centre
Thursday	6:00 pm	Drug Crisis Centre
Saturday	12:00 pm	Salvation Army

SUPPORT NETWORK
COMMUNITY PARTICIPATION
RECOVERY PATHWAYS
NEEDS LED



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