

25th April 2017

Briefing Note: Welcome In, Recovery Cafe

This briefing relates to activities which fall under SOA Outcome 5: People live active, healthier and independent lives

The activities are on - going

Summary

The Welcome In is a peer led recovery café, which has been open for six months now. Our mission is to help people back into society and to cross which ever bridge they need to, to live healthier and active lives free from stigma and isolation. Our patrons come from a broad spectrum of backgrounds, including recovery from alcohol and drugs, mental health, bereavement and loneliness.

We offer on a weekly basis, a safe and welcoming environment, socialisation, arts and crafts, ladies and gent's haircuts, share meetings, reiki and massage, board games and food. We are soon to be adding to our list, introduction to Taekwondo, walking club, table tennis and gardening (we are growing our own potatoes) to name but a few activities.

We actively encourage our patrons to become volunteers (which has been very successful) within the group to help with the weekly tasks required to run the café, and continually consult our patrons as to what they want for their café.

In addition to our social environment, food and activities, we also have drop in services. We have a specific drop in service over 4 weeks of the month. Week 1, Argyll and Bute Housing, week 2 Welfare Rights, Week 3 Waverly House and the last week of the month is the Citizens Advice Bureau. These drop in clinics are hugely popular.

Another of our aims is to link in with as many agencies and groups, as networking is the key to helping our patrons with whichever professional assistance they may require. We have had quite a few success stories. One being a young man who came to us as he was homeless and jobless, through our links with the Royal Navy/Royal Marines Welfare, the young man has found a job and has now been offered a home by ACHA. Anne Burns team manager of the RRRMW stated

“I am of the firm belief that the networking opportunities provided by the Welcome In served to support this man in getting back into employment and improving his overall quality of living.”

Over our 26 weeks of operation, not including our launch day, we have had 537 visits, which averages at 20 a week. Of which we have many regulars and some who come as and when they require and we are continually welcoming new visitors

Key Points for Consideration

- We are the only Recovery Café in Helensburgh.
- We offer a wide range of activities.
- We offer professional help from professional bodies in the form of drop in clinics.
- We have reached 537 people so far, we need to reach more.

Recommendations

- We would encourage all CPG partners to support the Welcome In by working with us and to encourage services to engage with us.
- We would encourage all CPG partners to promote the Welcome In and discuss with us any new avenues, ideas or opportunities

Key Points for Discussion

What advice and guidance could the CPG offer the Welcome In?

Could the CPG help in bringing down barriers in the wider community?

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