

SCRN WEEKLY PROGRAMME

MONDAY

ICR Drop-in

6:30 pm – 8:30 pm

Massage, table tennis, group meetings
acupuncture, food & refreshments

**Ibrox Recovery Community
Broomloan Study Centre
Ibrox G51 2XD**

TUESDAY

Women's Wellbeing Drop-in

11:00 am – 2:00 pm

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

Adelphi Centre, Gorbals G5 0PQ

WEDNESDAY

SCRN Men's Wellbeing

10.30am – 1pm

Recovery Meetings, ORT
Massage, acupuncture,
Mindfulness,
food & refreshments

The Adelphi Centre, Gorbals G5 0PQ

THURSDAY

CREW

12 noon – 4:00 pm

Massage, acupuncture, bingo,
table tennis, arts, & crafts,
food & refreshments,
Introduction to recovery: Second Chance

Queen's Park Govanhill Parish Church, G42 8QZ

FRIDAY

RAFT

4:00 pm – 8:00 pm

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

The Adelphi Centre, Gorbals G5 0PQ

WOMEN'S GROUP

6:00 pm – 8:00 pm

Massage, bingo, art & crafts
food & refreshments

The Adelphi Centre, Gorbals G5 0PQ

5-A-Side drop-in

Contact Willie 07470 161 041

IT Classes

Healthy Cooking Classes

The Adelphi Centre, Gorbals G5 0PQ

ORT Meetings

Wednesday	5:30 pm	Adelphi Centre
Thursday	6:00 pm	Drug Crisis Centre
Saturday	12:00 pm	Salvation Army