

# Newsletter



Issue no.1 - June 2011

## WHAT WE ARE ABOUT?

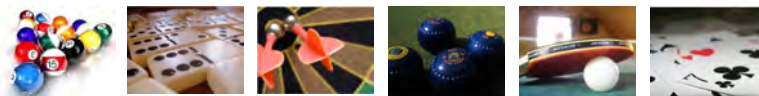
The Charlie Canning Centre is a "Drop-in Centre" established and run by people in the community who have had an alcohol problem at some time in their lives.

The centre offers a safe, comfortable relaxed and non- judgemental place where people can socialise, join in with the many activities available within an alcohol free environment.

Often people feel that they will miss out on socialising with friends or drinking buddies and miss the atmosphere of the pub if they were to give up alcohol. Sometimes alcohol use is a way in which to relieve day-to-day pressures. These feelings can sometimes be so strong that some people, who would like to give up alcohol, just can't imagine life without it. This can be in some cases, the difference between success and failure.



## ACTIVITIES



Some of the activities you may wish to take part in include:

**Pool, Bowls, Darts, Table tennis, Cards, Dominoes, Board games and much more!**

Wednesday is **QUIZ** night and we have prize **BINGO** on a Saturday afternoon.

## WHO SHOULD DROP IN?

Anyone who has a drink problem or is recovering from one and would like somewhere to go and socialise in an alcohol free environment is more than welcome. Family and friends are also welcome to help you with any first time nerves you may experience.

As you would expect: **No-one under the influence of drinks or drugs will be allowed entry into the centre.**

## GETTING HERE

We are approximately a two minute walk from **The Forge Shopping Centre**.

We are approximately a 10 minute drive from/ to the **M8 motorway** and a 15 minute bus journey from the **city centre**.

Regular bus services stop nearby on **Duke Street** (a two minute walk from us) or **Tollcross Rd/ Westmuir Street** (4-5 minutes walk from us).

[www.charliecanningcentre.org.uk](http://www.charliecanningcentre.org.uk)

# DROPPING IN TIMES

Monday	12 noon - 4pm
Tuesday	12 noon - 4pm
Wednesday	6.30pm - 9.30pm
Thursday	CLOSED
Friday	12 noon - 4pm
Saturday	12 noon - 4pm
Sunday	CLOSED

CONTACT US DURING OFFICE HOURS ON

Tel: 0141 556 6296

MOBILE: 07535 849 350

## TOMMY C

*Be not afraid to close your eyes  
And dream the dream of kings  
You'll open them and see  
The Lord's most wondrous of things*

*For ours is not to reason why,  
Or question why we live  
When time is done for us on earth  
The answers he will give*

*Think now of only happy time's  
Sweet memories you have made  
Of family you have given life,  
Foundations you have laid*

*He teaches us compassion  
And on sadness not to dwell  
An angel he has made of you,  
You've learned your lessons well*

*It's only angels he will call  
To join him up above  
To take them to the Promised Land  
And shower them with love*

*We know that you're an angel  
You give strength to all you know  
And even though you're heaven bound  
Our love for you will grow*

**To our dear friend Tommy C, who sadly passed away on June 1st 2011. You may be gone but you will never be forgotten.**

## SPECIAL THANKS GO TO

**Pastor Kelly** and all at **The New Life Church** for our premises and their continued support.

**Catherine Brough** and all at **ECAF** for their support

**Debbie** for her therapeutic contributions

**Tommy** for his computer training.

A massive thanks goes to **John Ithell** of **Healthy Organisations** who has been advising and supporting the committee and helping them towards a better understanding of committee procedures and also for his assistance at our AGM held on June 4th, which turned out to be a very enjoyable day.

## 5K RUN

We would also like to thank our member **Michael** who raised money for the centre by doing a 5k run.

## TOURNAMENTS

Tournaments are held on a regular basis in the centre. Below are the current cup holders. Why not come along and see if you can become our new cup winner.

ACTIVITY	TITLE HOLDER
1st Bowling	Bobby
Table-Tennis	Jim
Pool	Bobby
10 Pin Bowling	Brian
2nd Bowling	Jim

# STEPHEN'S STORY

Hi my name is Stephen. I grew up in Glasgow in the 60's and it wasn't long before I was introduced to alcohol at the ripe old age of 10. It didn't take long for me to acquire a taste for it and by the age of 13 I was hooked. It totally invaded my life and I had a serious problem by the time I reached the grand old age of 16 and it steadily worsened.

My Mother died when I was 24 and alcohol just took over my life. I was unable to see life through sober eyes I lived my life in a drunken haze. I don't remember much about getting to Hunter House where I stayed for 17 months but I got from there to Castle Craig where it took me 10 months to begin to see life through sober eyes again.

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*"The centre and the people in it have become an important part of my life now"*

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Where had the years gone? Before I knew it I was 39 and January 2004 saw me moving to my present address and under the care of my Key Worker whose suggestion it was that I should visit a place he had heard about called "The Charlie Canning Centre." So I did just that and I will never forget the warm welcome I got walking through the door. The first person to speak to me there was Charlie Canning himself. He assured me that the Centre was intended for people just like me. I heard all about the centre's aims and ambitions and I'm please to say that from that moment on I was hooked but for the first time in my life I was hooked on the right thing. The centre and the people in it have become an important part of my life now as I have made genuine friends and now feel a real sense of belonging. My confidence grows daily and I am actually socialising in sobriety and it's all thanks to the Charlie Canning Centre. I would whole heartedly recommend it to anyone wishing to embark on a new and sober life.

Stephen

## COMPUTER LESSONS

Our (computer) **Tommy** will gladly help you to:

Gain basic computer skills, improve your typing or just enhance your understanding of the English language, in a relaxed and informal way every:

**TUESDAY 12-4pm and FRIDAY 12-4pm**



## OUR FUNDERS

**GRAND, CELTIC PARK ,THE BIG LOTTERY FUND, AIF** (Glasgow Alcohol and Drug Partnership), **GLASGOW CITY COUNCIL** (Area Community), **SCOTTISH COMMUNITY FOUNDATION, LLOYDS TSB** (Henry Duncan award), **FOYLE FOUNDATION, EAST CHCP** (Addictions)

We would like to take this opportunity to thank all our funders and donations from our members without whom The Charlie Canning Centre would not be able to continue the work it does helping those who wish to stay sober maintain an active social life in a relaxed alcohol free environment.

This newsletter has been funded via an award from the Alcohol Initiatives Fund, administered by the Communities Sub-group of Glasgow City Alcohol and Drugs Partnership.

# USEFUL CONTACT DETAILS

## **Alcoholics Anonymous**

Baltic Chambers, 50 Wellington Street, Glasgow G2 6HJ  
Tel: 0141 226 2214

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## **AA Rooms**

12 St Andrews Street, Glasgow, G1  
Tel: 0141 552 2222  
Informal drop in 10pm – 2pm  
Most meetings held:  
Every day 2pm – 4pm  
Every evening 8pm – 10pm

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## **Alcohol Information Service (AIS)**

39-43 Conisborough Rd, Easterhouse, Glasgow G34 9QN  
Tel: 0141 773 2500  
[ian@alcohol-info.co.uk](mailto:ian@alcohol-info.co.uk)

### **OUTLINE OF SERVICE**

An alcohol focussed drop-in providing a range of activities to assist those affected by alcohol issues. A confidential telephone help line for anyone to discuss alcohol related concerns. Currently sourcing additional funding to enhance existing services through the development of various community initiatives.

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## **Addiction Service Users Recovery East (ASURE)**

C/o Catherine Brough  
871 Springfield Rd, Parkhead, Glasgow, G31 4HZ  
Tel: 0141 565 0200  
[www.asureonline.org.uk](http://www.asureonline.org.uk)

### **OUTLINE OF SERVICE**

Offering support to those who have reached a certain stage in their recovery. To encourage involvement in projects and training which are connected with the influences of drugs, alcohol and addiction issues within the wider community. To allow participants the opportunity to develop their confidence and skills by taking part in these activities.

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## **New Horizons**

26 Penston Rd, Queenslie, Glasgow, G33 4AG  
Tel: 0141 276 1870  
[henry.curran@sw.glasgow.gov.uk](mailto:henry.curran@sw.glasgow.gov.uk)

### **OUTLINE OF SERVICE**

A community based drug and alcohol rehabilitation service offering a range of activities to promote recovery from addiction. Providing opportunities into training, education and employment. Health improvement through access to gym facilities and a running club. Group work and one to one support from a designated keyworker.

## **North East Community Addiction Team**

Social Work Services, West wood House, Westerhouse Rd, Easterhouse, Glasgow, G34 9EA  
Tel: 0141 276 3420  
[william.mcallister@sw.glasgow.gov.uk](mailto:william.mcallister@sw.glasgow.gov.uk)

### **OUTLINE OF SERVICE**

Providing substitute prescribing, family support services, young people's services, services to offenders, needle exchange, harm reduction, advice, community support, rehabilitation services, hospital services (including outpatient, special in-patient and day services) alcohol detox, community development and service users involvement groups, 24/7 drug crisis centre, carer services and family support.

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## **East Community Addictions Team**

Social Work Services, the Newlands Centre, 871 Springfield Rd, Parkhead, Glasgow, G31 4HZ  
Tel: 0141 565 0200  
[catherine.brough@sw.glasgow.gov.uk](mailto:catherine.brough@sw.glasgow.gov.uk)  
SERVICE SAME AS NORTH EAST.

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## **Family Addiction Support Services (FASS)**

123 West Street, Glasgow, G5 8BA  
Tel: 0141 420 2050  
Monday to Friday 9am- 4pm  
[www.fassglasgow.org](http://www.fassglasgow.org)

### **OUTLINE OF SERVICE**

FASS is a confidential support service for parents and family members affected by or concerned about someone's alcohol/drug use. We provide a counselling service; free of charge to support family members on an individual basis helping them cope with the impact of addiction is having on their family. Counselling is by appointment and usually takes place at FASS premises. Home visits are provided but usually at the discretion of the counsellor.

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## **East Community Addiction Forum (ECAAF)**

C/o Newlands Centre  
871 Springfield Rd, Parkhead, Glasgow, G31 4HZ  
Tel: 0141 565 0200  
[www.eedf.org.uk](http://www.eedf.org.uk)    [info@eedf.org.uk](mailto:info@eedf.org.uk)

### **OUTLINE OF SERVICE**

Playing a central role as an information gatherer and provider in addiction related issues within East Glasgow. Making this information accessible to users, ex-users, and services within the community. Deals with the issues of addiction by promoting intervention, prevention and education. Assisting families of drug/alcohol users to access information, advice, support and education.