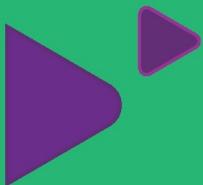


# GRACE

PEOPLE • SUPPORTING • PEOPLE

## Annual Report 2024 - 2025





## Thank you

At GRACE, our mission is to create a safe, supportive space where adults recovering from life's challenges can focus on their personal goals and develop the skills they need to build brighter futures, for themselves, their families, friends, peers, and communities.

The progress we've made would not be possible without the unwavering commitment of our volunteers, funders, and partners. Their generosity over the past year has ensured that GRACE can continue to deliver vital services to those who need them most.

We are especially thankful to our wonderful funders and to the Scottish Recovery Consortium (SRC), Community Enterprise, Kirkintilloch Rotary, Business Gateway, and With You for their continued trust and support. Their contributions, both financial and practical, play a crucial role in sustaining our work and enabling us to grow.

Together, with the dedication of our volunteers, the strength of our community, and the generosity of our partners, we are not only making recovery possible but also building hope for a brighter tomorrow.

An average weekly footfall of 197 members through our doors in 2024/2025



126 referrals and self referrals to GRACE during 2024/2025



5406 volunteer hours contributed during 2024/2025, equivalent to a value of £66,007 (calculated using the National Living Wage)



Thank you for your  
invaluable funding  
support during  
2024/2025



East Dunbartonshire  
Council



AWARDS  
FOR ALL  
SCOTLAND





## Why choose GRACE?

We asked our members why they choose to come to GRACE and this is what they said...

**PEER SUPPORT  
FRIENDSHIP  
LEARNING NEW SKILLS  
FUN!!  
CONFIDENCE BUILDING  
ONE BIG HAPPY FAMILY**

**BUILDS RESILIENCE AND  
STRENGTH  
PROVIDES PREVENTION  
STOPS LIFE GOING  
DOWN THE TOILET!**

**GOOD FOR ALL ROUND  
MENTAL HEALTH  
TOGETHER EVERYONE IS  
LIKE AN EXTENDED  
FAMILY  
ACCEPTANCE**

**PURPOSE TO GET OUT OF  
BED  
BUILDING CONFIDENCE  
A SAFE PLACE TO BE  
YOURSELF**

**OPENNESS AND  
STOPPING 'STUCKNESS'  
ACCEPTANCE OF  
PEOPLE'S DIFFERENCES**

**NON-JUDGMENTAL  
ABILITY TO BE  
YOURSELF  
BRINGS YOU OUT OF  
YOURSELF AND BUILDS  
SELF-CONFIDENCE**



## GRACE Sharing Time



GRACE Sharing Time is a network for organisations in the East Dunbartonshire recovery community who meet to share information and resources. The network has been running since 2017 with up to 30 organisations attending each month. We asked some of the organisations why they attend GRACE Sharing Time and this is what they said...

“Social Security Scotland are delighted to attend GRACE Sharing Time events. We have made excellent connections with fellow attendees. GRACE has been a very positive partner in getting our name out locally and also being extremely positive when discussing our organisation” *Social Security Scotland*

“Over my years of working in East Dunbartonshire GRACE Sharing Time has been a key part of networking with other services. Some of With You’s greatest partnership working has stemmed from either hearing from someone sponsoring or chatting around the table and swapping details” *With You*

“I would like to reiterate how lovely all the staff are and what an amazing job you do! We really enjoy attending and we can’t thank you enough! It really does make a difference seeing people that work in the local area, it does work!!” *The Lennox Partnership*





## Events

At GRACE, we truly value the power of coming together. Whether we're joining in with community celebrations, supporting local initiatives, or staging our own special gatherings, we believe events are a wonderful way to connect, share, and grow.



- Glasgow Kiltwalk
- Remembering Together
- Kirkintilloch Gala
- Canal Festival
- Volunteer Awards
- Recovery Week/Local Recovery Walk
- Scottish Recovery Walk
- Equinox Yoga Retreat
- Halloween Parties
- Wrap Up for Winter
- Community Santa Saunter
- Christmas Parties
- Community Clean Up
- "Oor Hoos O'er There" Live Performance



## Why GRACE Matters

GRACE has been busy supporting our members and the wider community during 2024/2025





## Art and Creative Thinking



Over the past year, our art workshops have continued to flourish as a vibrant hub of creativity, offering a wide variety of artistic activities and creative thinking processes. These sessions have been open to both existing members and those who are new to GRACE, ensuring that everyone has the chance to take part, connect, and grow.

Through regular feedback and consultation with our members and staff, we have gradually moved towards a more peer-support-focused model, while still ensuring that individuals can pursue their own personal learning journeys. This blend allows participants to benefit from both shared group experiences and individual development.

Our workshops are delivered in 10-week blocks, with each block designed to provide a unique set of learning opportunities, outcomes, and creative explorations. Over the last year, we successfully delivered four of these blocks, each one enriching the lives of our members through the power of artistic expression and collective creativity.

**9 members supported weekly in Auchinairn**



**10 members supported weekly in Hillhead**



**88 members supported over 2024/2025**



## East Dunbartonshire Community TV



Following on from last year's pilot project, this initiative supported individuals facing mental health and wellbeing challenges, offering a supportive space to build resilience through peer learning, encourage creativity, and strengthen community connections. Participants began with icebreakers and collaborative sessions, where they shared ideas and shaped the direction of their project. They carried out research and designed tailored interview questions to deepen their understanding.

The group then took part in hands-on workshops covering camera equipment and production techniques. They filmed interviews on location, setting up thoughtful, professional-style environments. Through these experiences, participants built confidence, expressed their unique perspectives, and found new ways to engage with their community.

The project, known as EDCTV, evolved into a creative platform for exploring and sharing stories on health and wellbeing, community education and wider aspects of community life. It drew to a close with three impactful broadcasts, bringing together a mix of returning participants and first-time contributors who had embraced the challenge of stepping outside their comfort zones and trying something completely new.



## Digital Café

The Digital Café is a core GRACE initiative and has played a vital role for many years in addressing both digital literacy and social isolation within our community.

As more services move online, many people can find this shift overwhelming. The Digital Café helps bridge that gap by building confidence in using digital platforms, including social media, online forums, and community networks. Through encouragement and guidance, participants are supported to explore digital tools independently while developing essential skills such as information management, communication, online transactions, problem solving, creativity, and understanding how to stay safe and act responsibly online.

“First time over the doorstep in a long time. I'm a bit socially awkward but I felt really comfortable being here today. I've had a great time and I've learnt a fair bit too”

“It gives me a lot more confidence on the laptop as I was a bit freaked out by computers before joining GRACE”

“The Digital Café is a good thing for the Community as it teaches new computer skills to people. I've definitely benefited from it, when I first started going I wasn't good with techy stuff but over time I've had the chance to develop my knowledge”

“I fixed my washing machine having Googled how to”

**6 members  
learning All  
Things Laptop  
weekly in  
Auchinairn**



**9 members  
learning All  
Things Laptop  
weekly in  
Hillhead**



**10 members  
learning All  
Things iPad  
weekly in  
Hillhead**



## The Help Yourself Hub



Our **Help Yourself Hub** has been a vital lifeline for the community, offering food, clothing, and toiletries during the ongoing cost of living crisis that continues to affect us all.

Alongside the organisations listed below, we would like to extend our heartfelt thanks to the members of **Kirkintilloch Rotary** and the dedicated volunteers of **Milton of Campsie Parish Church** for their regular and much appreciated commitments.



**KFC**

**ASDA**

**TESCO**





# GRACE Community Yoga

Our classes foster a sense of community and support, and enhance and promote a healthy lifestyle, as yoga can empower individuals to connect with body and mind leading to greater resilience and self awareness.

Classes were planned to address the health issues and concerns of those attending our classes.

Examples of theme based classes

- Yoga for Back Care
- Yoga for Physical Balance and Fall Prevention
- Yoga for Emotional Balance
- Yoga for Supporting the Immune System

We also had an **Autumn Equinox Yoga Day** in September for 22 participants who shared their thoughts on the event.

**“The atmosphere was really warm and friendly, lunch was great, I think I fell asleep at relaxation”**

**“Came away from the day very happy and chilled”**

**“Brilliant Fantastic Day, really a great day, wonderful with all the instructors”**

**“Excellent Day! Felt so good afterwards”**

**“Enjoyed the day, it was varied in our yoga programme, well done to the organisers and instructors in class. Look forward to another social get together”**



**20 members supported weekly in Auchinairn**



**35 members supported weekly in Hillhead**



**20 members supported weekly in Hillhead beginners class**



## Men Time



Men Time provides a safe and supportive space for men 18 years and older to connect, share, and navigate life's challenges. Men Time is a peer-to-peer recovery support model. Men are encouraged to actively engage in conversations and lend an ear to each other, utilising their own lived experiences as a valuable tool for empathy and understanding.

The group aims to promote mental health by facilitating open dialogue, reducing stigma, encouraging physical and mental health through promoting healthy lifestyle choices. It also combats social isolation by creating a sense of community and offering opportunities for men to take charge of their lives by setting new goals, pursuing meaningful pursuits, and fostering healthy living.

Men Time also serves as a valuable source of information on issues directly related to men's health and wellbeing, and encourages men to break out of the cycle of isolation, relapse and self doubt.



# Recovery Week



Recovery Week is an important part of the national Recovery Month of September, celebrated within the recovery community, on the lead up to the Scottish Recovery Walk which is held in a different town every year.

GRACE held a local community walk this year to help raise awareness about recovery in our area, supported by the community police to organise a successful event and providing support on the day joining in with the community. This event has helped to strengthen the ties that GRACE has with other organisations in East Dunbartonshire.

The walk was part of the full week of activities including Table Olympics (inspired by our own CEO's love of board games), including an awards ceremony with medals and trophies for each event.

**GRACE** **RECOVERY WEEK**

**Hillhead Community Centre**  
169 Meiklehill Road, Kirkintilloch, Glasgow, G66 2JT  
**September 2nd - 6th 10-2pm**

**Auchanairn Community Centre**  
Beech Road, Bishopbriggs, Glasgow, G64 1NE  
**RESCHEDULED DATE SATURDAY 12th OCTOBER 2024 GLASGOW GREEN 11AM - 4PM**

**RECOVERY WALK SCOTLAND**

**GRACE are running lots of different activities throughout the week**

- Crafting
- Table Olympics
- Design your own T-Shirt
- Quiz
- See Hear Choir
- Local Recovery Walk/TBC
- Yoga
- Coffee & Chat

**TABLE OLYMPICS 2024**

GRACE Group Recovery Month Community Enterprise is a Scottish Charitable Organisation SC043551

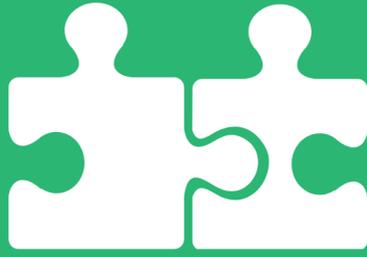


## Our Wonderful Volunteers



GRACE would not be the organisation it is today without the dedication and passion of our incredible volunteers. They are at the heart of everything we do, and their commitment helps us to create a supportive and welcoming community. Most of our volunteers come through the GRACE pathway and bring with them a diverse wealth of lived experience that our members can benefit from. We want to take this opportunity to express our heartfelt thanks to all of our volunteers. Your time, energy, and dedication make an incredible difference—not only to GRACE as an organisation, but to every individual who walks through our doors. We are proud to provide them with as many opportunities as possible to learn, grow, and develop new skills that bring both personal empowerment and confidence.

Over the past year, our volunteers have taken part in specialist training delivered by our partnership organisations. We would like to extend our sincere thanks to all of our training providers for their ongoing support. By investing in our volunteers, they not only strengthen the work of GRACE but also empower individuals to give back to the community in the same way they themselves have been supported on their own journeys.



# GRACE

PEOPLE • SUPPORTING • PEOPLE

**Inspiring the Community  
for over 13 Years**

[contact@graceaftercare.org](mailto:contact@graceaftercare.org)

[www.graceaftercare.org](http://www.graceaftercare.org)

**GRACE HQ  
22 Union Street  
Kirkintilloch G66 1DH**

**Hillhead Community Centre  
169 Meiklehill Road  
Kirkintilloch G66 2JT**

**Auchinairn Community Centre  
Beech Road  
Auchinairn G64 1NE**

GRACE is a registered Scottish Charitable Incorporated Organisation (SCIO)  
Scottish Charity Number SCO43551