



# Coldside Parish Church, Dundee

If substance misuse is isolating then recovery can be about connection.

Those that attend will tell you how important it is to feel wanted and loved and without any judgement.

The volunteers will also tell you of the opportunities to discover something new and also how to develop new skills.

They say working in the café makes them feel good. An opportunity to give back to the community and perhaps even gain some qualifications at the same time



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Every Friday the Revive and Restore Café (or R & R for short) is a volunteer led café for those who want to engage or stay engaged in recovery from dependency problems.

CrossReach supports the volunteers who work in the café, and our staff also help in the cafe. Volunteers in recovery provide peer to peer support in a warm, safe environment. Members of the public wander in and mingle as well.

As you look around the room you are aware of lots of discussion and laughter too. Other activities take place in all four corners – organisations to help with benefits and money problems, Healthy Living Initiative staff and Substance Misuse workers all ready to give help and support, Arts and crafts, a nail bar and plenty more.