



**NORTH AYRSHIRE
ALCOHOL & DRUG
PARTNERSHIP**

Autumn Newsletter 2026

Welcome to the Autumn edition of the North Ayrshire Alcohol & Drug Partnership's newsletter. The ADP Support Team will release 4 newsletters per year highlighting positive recovery stories, what is going on in the community, and sharing information about local services. If you would like to get involved in helping to produce the newsletter or have a positive story we can highlight, get in touch by e-mailing:

adp@north-ayrshire.gov.uk



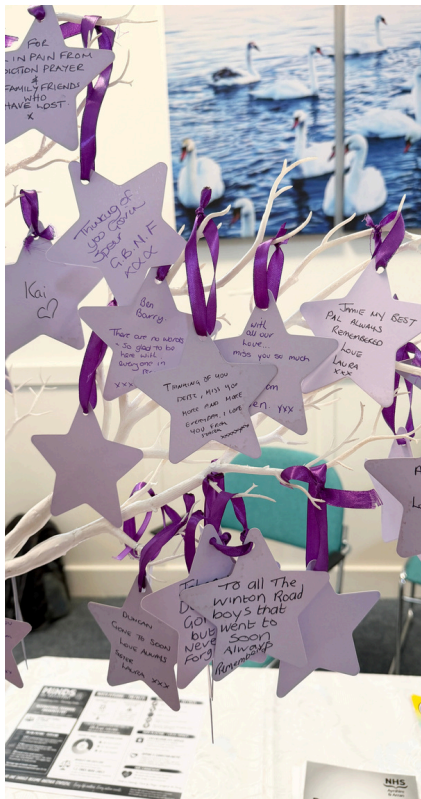
International Overdose Awareness Day

On 31st of August, an event was hosted at Fullarton Connexions to bring together the local community in recognition of International Overdose Awareness Day. The day began with a memorial walk to the Low Green, where attendees took part in a flower ceremony and were invited to place flowers in the river in memory of loved ones who have passed away.

Following the ceremony, participants returned to the venue to engage with a range of recovery organisations and support services. Attendees also had the opportunity to access acu-detox sessions delivered by TPS PEAR and receive health checks from KA Leisure. Food and refreshments were provided by Café Solace Irvine, while emergency food parcels were made available through the Foodbank.

In the lead-up to the event, representatives from NADARS, Children First, and Barnardo's hosted an engagement stall within Rivergate Shopping Centre. The stall provided an opportunity to speak with members of the public, raise awareness of International Overdose Awareness Day and promote the support services available within the community.

A heartfelt thank you goes to all partner organisations, volunteers and attendees who contributed to making the day such a meaningful and supportive event. Through partnership working, we continue to raise awareness, reduce stigma and remember those who have lost their lives, while promoting hope, recovery and connection within our communities.





Ayrshire Mental Health Services Carers Forum

Are you supporting, or have you previously supported, someone accessing mental health services? The Ayrshire Mental Health Services Carers Forum provides a welcoming and supportive space for carers to connect, learn, and share experiences.

The forum meets monthly on the last Wednesday of each month, with venues alternating between Woodland View Hospital and the Riverside Lodge Hotel, Irvine. Sessions include discussions on mental health-related topics, information on carers' rights, guest speakers, and opportunities to meet others in similar situations.

The forum is facilitated by the Engagement Team, Carers Team, and Advocacy Services. For upcoming meeting dates and further information, scan the QR code.

Alternatively, contact the team on:

Mentalhealthengagement@north-ayrshire.gov.uk or 07392 12892

Harper House Care Inspection

Harper House in Saltcoats, operated by Phoenix Futures Scotland, has received an 'excellent' rating from the Care Inspectorate following an unannounced inspection. Opened in 2022, the residential rehabilitation service was the first family-centred recovery service of its kind in Scotland.

Inspectors highlighted the service's positive impact on health, wellbeing, recovery and family relationships, with many people reporting improved mental health, greater confidence and stronger relationships with their children. Staff were praised for their trauma-informed, person-centred approach, while the service's aftercare support, available for up to 18 months after discharge, was recognised for helping people sustain their recovery and successfully reconnect with their communities.



TPS PEAR Wellbeing Activities

Looking for a way to support your wellbeing and recovery? Turning Point Scotland offers two weekly groups designed to help you relax, connect and take time for yourself.

Yoga Group, Thursdays, 2.00pm - 3.00pm
Acudetox Group, Wednesdays, 2.15pm - 4.00pm

To book your space, call 01294 447 407



Celebrating Harbour Heroes

Congratulations to three Harbour Ayrshire volunteers from North Ayrshire who were recognised at the recent Annual Harbour Hero Awards.

Claire, from the Women's Wellbeing Group in Irvine, received the Rising Star Award for her dedication and positive contribution.

Lyndsey, from the New Beginnings North Family Group in Irvine, received the Team Player Award in recognition of her commitment to supporting others and working as part of a team.

Brian, from the Out of Hours Drug and Alcohol Helpline Team, received the Long Service and Dedication Award for his ongoing commitment and contribution over many years.

The awards recognise the important role volunteers play in supporting individuals, families and communities across Ayrshire. Congratulations to Claire, Lyndsey and Brian on their achievements.



Freedom Fighter's Community Café

Freedom Fighters are excited to share that they are preparing to open their new Thrive Recovery Café in Ardrossan town centre within the next few months. Thrive will be a welcoming community café with recovery at its heart; creating a safe, positive and inclusive space where people can connect, build relationships and find encouragement and support.

The café will also create opportunities for people in recovery to volunteer, develop confidence, learn new skills and take meaningful steps forward in their lives. Alongside the café itself, they hope to host recovery and support groups and work with local partners to make Thrive a place where the wider community and recovery community come together. Our vision is for Thrive to become a visible expression of hope in the heart of Ardrossan; showing that recovery is possible and people can thrive, not simply survive.

The Junction - Where Different Journeys Meet

MINDS of Recovery provides support to people across North Ayrshire through a range of community activities focused on connection, wellbeing and recovery.

The organisation's weekly drop-in, The Junction, provides a welcoming space for anyone affected by substance use, the justice system or other life challenges, including family members and loved ones. Held every Thursday in Irvine, the drop-in offers confidential one-to-one support, advocacy, signposting, wellbeing activities and peer support, as well as help for people leaving prison and reconnecting with their communities.

Alongside its regular support services, MINDS of Recovery recently worked with Fit Ayrshire Dads and Release Ayrshire to host a free Family Fun Day at Eglinton Country Park. More than 2,000 people attended the event, which included over 40 stalls, games, inflatables, children's activities and entertainment. The event provided an opportunity for families, local organisations and the recovery community to come together, while raising awareness of the support available locally and helping to reduce stigma.

The Junction takes place every Thursday from 10am to 3pm at Old Parish Church Hall, 47 Kirkgate, Irvine, KA12 0DG.

Anyone is welcome to drop in and find out more about the support available.



Good Luck, Rhys!

It is bittersweet to announce that our colleague, Rhys Hewitson, will soon be moving on to a new opportunity.

Rhys has been a valued member of the Alcohol and Drug Partnership team, and we would like to thank him for his hard work, dedication, and the positive contribution he has made during his time with us. His support, professionalism, and commitment have been greatly appreciated by colleagues and partners alike.

We wish Rhys every success in this next chapter of his career. He will be missed by the team, and we thank him for everything he has contributed to the ADP.

Good luck, Rhys, and all the very best for the future!



Do you or someone you know need support?

If you are concerned about your own or someone else's alcohol or drug use, support is available
Monday to Friday 9am-5pm

North Ayrshire Alcohol & Drug Recovery Service (NADARS): **01294 476 000**
Turning Point Scotland PEAR Service: **01294 447 407**

Outside of these times please contact NHS24 on **111** for advice

Harbour Ayrshire provide Out of Hours Support
Mon-Fri: 5pm-10pm & Sat-Sun: 10am-10pm
Please contact **01292 623 016** if you require this service

There is additional information on the NHS Ayrshire & Arran app - QR codes below:

