

# South Ayrshire Weekly Recovery Drop-in Activities



## MON

### HAPI Women's Recovery Group

**11.30am – 1pm**  
2<sup>nd</sup> Floor  
Boswell House,  
Boswell Park, Ayr,  
KA7 1QJ

### Walk & Talk (Girvan)

**11.30pm – 1pm**  
Milestone Church,  
Girvan, KA26 9HH

### JustFootball

**2pm – 3pm**  
Citadel, Ayr

### We Are With You Family Support Group

**6pm – 7.30pm**  
Lochside Church,  
9 Murray Street, Ayr,  
KA8 9PG

## TUE

### LADDER Recovery Group

**1pm – 3pm**  
Walker Hall,  
Troon,  
KA10 6EF

## WED

### We Are With You Family Support Group

**11am – 1pm**  
Lochside Church,  
9 Murray Street, Ayr,  
KA8 9PG

### Walk & Talk (Ayr)

**11am – 1pm**  
Meet at Burns Statue  
Square, Ayr

### Girvan Recovery Drop In

**11.30am – 1.30pm**  
Milestone Church,  
Girvan, KA26 9HH

### Cocaine Anonymous (not affiliated with any organisation)

**7.30pm – 9pm**  
Lochside Church,  
9 Murray Street, Ayr,  
KA8 9PG

## THU

### YOGA and Mindfulness Group

**12pm – 1pm**  
2<sup>nd</sup> Floor,  
Boswell House,  
Boswell Park, Ayr  
KA7 1QJ

### Medication, Recovery & Me

**11am – 12.30pm**  
2<sup>nd</sup> Floor,  
Boswell House,  
Boswell Park, Ayr  
KA7 1QJ

### P.I.N.G.

**2pm – 4pm**  
2<sup>nd</sup> Floor,  
Boswell House,  
Boswell Park  
Ayr, KA7 1QJ

### Café Hope

**5pm-7pm**  
Salvation Army,  
59 John St, Ayr,  
KA8 OBS

### SMART Recovery Meeting

**6pm-7pm**  
Salvation Army  
59 John St, Ayr,  
KA8 OBS

## FRI

### Cocaine Anonymous

*(Not affiliated with  
any organisation)*

**7.30pm – 9pm**  
Riverside Church,  
24 John St, Ayr  
KA8 OBS



## SAT

### Men's Recovery Group

*1<sup>st</sup> Sat of every month.*

**5pm – 7pm.**  
Riverside Church, 24  
John St, Ayr  
KA8 OBS

### ADP / RecoveryAyr / PING Groups

All our recovery groups and activities are led by individuals with personal or family experience of recovery from alcohol or drug use.

## About our weekly drop-in groups and activities

### Woman's Recovery Group – H.A.P.I. (every Monday)

11.30am – 1pm

2<sup>nd</sup> Floor Boswell House,  
Boswell Park, Ayr, KA7 1QJ

This is a support group that is exclusively run for women affected by alcohol or drugs. The group allows women in recovery to share their lived experience from addiction and the ongoing process of recovery. The group is a positive non-judgemental space offering a social space, and a cuppa, for women to come together.

Contact **Morag** for further information on 07871 677591.



### JustFootball (Every Monday)

2pm – 3pm

Citadel, Ayr

Join us for a friendly and social football group. No experience or equipment necessary.

Contact **Ritchie** for further information on 07923 400384.

### LADDER (every Tuesday)

1pm – 3pm

Walker Hall, Troon, KA10 6EF

Our weekly recovery groups brings together individuals who share their experience of recovery and share self-management tools, and facilitate group discussions to help support your recovery.

Contact **David** for further information on 01292 612339.

### Girvan Drop-In Group (every Wednesday)

11.30am – 1.30pm

Milestone Church, Girvan, KA26 9HH

Our weekly drop-in group provides opportunities for individuals to come together to support each other with their recovery. There is a weekly recovery meeting and opportunities for training & education, confidence building.

Contact **Davie** for further information on 01292 616410.

### Yoga and Mindfulness Group (every Thursday)

12pm – 1pm

2<sup>nd</sup> Floor, Boswell House  
Boswell Park,  
Ayr, KA7 1QJ

This weekly group includes physical movement (Asana), breath work, mindfulness meditation and guided relaxation, all of which can provide tools to support your recovery.

Contact **Romona** for further information on 07513 724188.

### Medication, Recovery and Me (every Friday)

11am – 12.30pm

2<sup>nd</sup> Floor, Boswell House,  
Boswell Park, Ayr, KA7 1QJ

Medication Recovery and Me is a peer led support group that is open to anyone currently receiving substitute medication to support their recovery from problematic alcohol or drug use, who want to learn more about addiction and the support available to them.

Contact **David** for further information on 01292 612339.



### Walk & Talk Groups

(Girvan – every Monday)

11.30pm – 1pm

Milestone Church, Girvan, KA26 9HH

(Ayr – every Wednesday)

11am – 1pm

Meet at Burns Statue Square, Ayr

Join us for a relaxed and social walk, talk and a cuppa.

Contact **Romona** (Ayr 07513 724188) or **Davie** (Girvan 01292 616410) for more information.

### ADP / RecoveryAyr / PING Groups

All our recovery groups and activities are led by individuals with personal or family experience of recovery from alcohol or drug use.

## P.I.N.G. (every Friday)

2pm – 4pm

2<sup>nd</sup> Floor, Boswell House, Boswell Park,  
Ayr, KA7 1QJ

The Peoples Involvement Networking Group (P.I.N.G.) is a peer led group for anyone with current or past involvement with the justice services. P.I.N.G. aims to support people by addressing issues with offending behaviour and addiction and provide opportunities to progress onto training and further education.

Contact **Ritchie** for further information on  
07923 400384.

## Café Hope (every Friday)

5pm-7pm

Salvation Army, 59 John St, Ayr, KA8 0BS

Our volunteer led recovery café offers a safe alcohol and drug free community space for individuals, families and the local community to come together, providing a range of activities and offering a great affordable menu of freshly cooked food.

Contact **Jim** for further information on  
07561 665729.

## Men's Recovery Group (monthly)

5pm – 7pm

Riverside Church, 24 John St, Ayr, KA8 0BS

On the *first Saturday of every month* men in recovery come together to support each other

with a program of social activities and bite to eat.

Contact **Stephen** for further information on 01292 612115.



## VIEW (Volunteering Involvement Experience Work)

A volunteering programme for people in recovery, family members or supporters of recovery. The programme offers structure, personal development, purposeful activity, training, supportive environment, new friendships, award scheme and access to new opportunities. And tea, coffee & biscuits! We have a variety of opportunities and levels of commitment.

Contact **Chris** for further information on  
07871 666849.

For more information on the recovery groups and the local recovery community please contact **01292 612339** or **david.macleod@south-ayrshire.gov.uk**



@southayradp

/recoveryayr

@recoveryayr



/ping

@PING\_Ayr

## Other Local Recovery and Family Support Groups

### We Are With You Family Support Group

The family group is for family and friends who are being affected by someone's substance use can come together in a safe environment for advice and support. The groups provide a safe space with no judgement as everyone is in a similar situation. There is also 1-1 support available for anyone who wishes.

Contact **Margaret-Anne** at **WAWU** on  
01292 430 529.

### SMART Recovery Meeting

A peer led recovery group which can help if you are looking to change your harmful addictive behaviour and lead a balanced and fulfilling life.

Contact **Emma** at **Blue Triangle** for further information on 01292 284821.

### Cocaine Anonymous

Help for addicts of cocaine and all other mind-altering substances (not affiliated with any outside organisation)

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

