



**Ayrshire**

**Community Justice**

**Service Directory**



This directory contains a list of services and organisations across Ayrshire (East, North and South Ayrshire) who are working to support people impacted by the justice system.

Information in the directory is split into different sectors, e.g., Alcohol and Drug Treatment and Recovery Services, Family Support, Housing and Justice Services, etc.

Information in the directory is maintained by the Community Justice Ayrshire Partnership Team and will be reviewed on an annual basis.

17.05.2024

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## Advocacy Support

### **Circles Advocacy**

Helping people aged 16 or over who live in South Ayrshire. Supporting people to safeguard those who are in situations where they may be vulnerable. We speak up for and stand alongside people who may not be heard - supporting them to express their views and make their own decisions. We enable people to make informed choices about, and remain in control of, their own social and health care needs.

2 New Bridge Street, Ayr, KA7 1JX | Telephone: 01292 264396

Email: [info.southayrshire@circlesnetwork.org.uk](mailto:info.southayrshire@circlesnetwork.org.uk)

Web: [www.circlesnetwork.org.uk](http://www.circlesnetwork.org.uk)

### **East Ayrshire Advocacy Services**

Providing a free, independent advocacy service, enabling local people with a range of support needs to be heard. Individual, issue-based advocacy is provided by advocates who support people to represent their own interests or represent the views of an individual, if the person is unable to do this themselves. We provide support on specific issues and provide information (but not advice), and this support can be short- or long-term. Our advocacy services can help you to understand your rights and choices and speak up about what is important to you. An Advocate will if you wish:

- Act for you only when and how you choose
- Find out what you think about things
- Help you to find information
- Accompany you to meetings, medical appointments and reviews
- Stand by you when you have to make choices or decisions about things which affect your life e.g. where you live or how you are cared for
- Do things with you not for you

To make a referral, go to [www.eaas.org.uk](http://www.eaas.org.uk) and click on 'Make a Referral' then follow the instructions. If you do not have internet access you can make a referral by phone on 01563 574442.

20 Lindsay Street, Kilmarnock KA1 2BB | Telephone: 01563 574442

Email: [info@eaas.org.uk](mailto:info@eaas.org.uk)

Web: [www.eaas.org.uk](http://www.eaas.org.uk)

## Alcohol and Drug Treatment and Recovery Services

### **ADP Recovery Community / RecoveryAyr**

Working with individuals across South Ayrshire offering recovery focussed support for individuals affected by alcohol or drugs and / or involved with justice services aged 16+.

Our local recovery community is led by individuals with lived experience of recovery from alcohol or drugs, and offer peer led support to individuals, families and carers. Support includes a range of weekly drop-in recovery groups, a weekly recovery café, structured group work, fitness and social activities and events, a range of volunteering, training and development opportunities and Peer2Peer Naloxone supply.

Telephone: 01292 612339

Email: [RecoveryAyr@gmail.com](mailto:RecoveryAyr@gmail.com) or [adp@south-ayrshire.gov.uk](mailto:adp@south-ayrshire.gov.uk)

Facebook: [www.facebook.com/RecoveryAyr/](http://www.facebook.com/RecoveryAyr/)

Web: <https://south-ayrshire-adp.scot/whats-on/>

### **Ayrshire Council on Alcohol (ACA)**

Working with individuals and their families aged 16 years and over who live in East or South Ayrshire. Counsellors, trained to professional standards offer free 1-2-1 confidential advice, information, and support to those concerned about their own drinking or a loved one's drinking whether they wish to cut down or stop completely. Daytime & evening appointments are available in venues throughout East & South Ayrshire.

24 Fullarton Street, Ayr, KA7 1UB

Telephone: 01292 281238

Email: [info@acaayr.org](mailto:info@acaayr.org)

Web: [www.acaayr.org](http://www.acaayr.org)

### **Café Hope**

Abstinence based weekly cafe for anyone in recovery, and their family and friends. The cafe is run by volunteers in recovery and offers two course meal deal specials and a range of social activities including the art table, alternative therapies, and quiz nights.

<p>Salvation Army, John Street, Ayr, KA8 0BS</p> <p>** Cafe Hope will be moving around mid-June to RecoveryAyr's new recovery HUB.**</p> <p>Venue: @48 Address: 48 Newmarket Street, Ayr.</p>	<p>Every Friday 5.00pm – 7.00pm.</p>
<p>Web: <a href="https://en-gb.facebook.com/RecoveryAyr/">https://en-gb.facebook.com/RecoveryAyr/</a></p>	

### Café Solace

<p>Run by volunteers in recovery, offering an ideal chance to find out important information about services and supports, about what's going on in North Ayrshire and how you might get involved.</p>	
<p>Fullerton Connexions, Church Street, Irvine, KA12 8PE</p>	<p>Each Tuesday 5.00pm-7.00pm</p>
<p>Bridgend Community Centre, 17 Bridgend, Kilbirnie, KA25 7DJ</p>	<p>Each Friday 5.00pm – 7.30pm</p>

### Connect4Change

<p>A multidisciplinary team in South Ayrshire who provides support for vulnerable individuals at high risk due to their alcohol or drug use. Referral only through START, Ayrshire Council on Alcohol, We Are With You, RecoverAyr, Emergency Services, Homeless and Justice Services.</p>	
	<p>Telephone: 01292 430529</p>
<p>Email: <a href="mailto:connect4change@wearewithyou.org.uk">connect4change@wearewithyou.org.uk</a></p>	

### East Ayrshire Addiction Services

<p>Providing support for individuals returning to East Ayrshire. Offering:</p> <ul style="list-style-type: none"> <li>• Mental Health related support</li> <li>• Physical and sexual health interventions</li> </ul>
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- Medication Assisted Treatment (MAT) – medication prescribing and psychological and social support
- Injecting equipment provision (including Naloxone training and supply)
- Detoxification from opiates
- Detoxification from alcohol
- Support to create a recovery journey that meets your needs
- Occupational Therapy interventions

Telephone: **01563 574237 Monday to Friday 9.00am to 5.00pm.** Outside these hours: Please contact NHS 24 on 111

### **East Ayrshire Recovery Network**

Established in February 2020 with the purpose of bringing the voice of lived experience and recovery focused groups across East Ayrshire together to promote information sharing / joined up working across statutory, voluntary and community agencies. This website provides an accessible central point for anyone looking for information on how to begin their journey to recovery.

Our aims are to:

- Share training, resources, knowledge and best practices
- Facilitate and encourage work between groups and services
- Increase visibility of recovery activities in the area
- Improve opportunities to promote recovery in the area
- Strengthen the voice of recovery
- Provide a platform to present ideas relating to delivery of recovery activity and strategy to decision making bodies

Web: [www.earecoverynetwork.co.uk](http://www.earecoverynetwork.co.uk)

### **Foundations Hub**

Based within Kilmarnock town centre, The Foundations Hub provides inclusive support to the public covering issues including housing, benefits, health, addictions, food hampers and family support to name but a few.

Our staff and volunteers provide a warm, welcoming, informal environment to anyone attending. We have developed strong working relationships

with our partner organisations, allowing us to access support and opportunities for our customers.

4 St Marnock Place, Kilmarnock, KA1 1DU	Telephone: 078 833 30695 / 078 833 27712
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Email: [Margaretrecoveryenterprises@gmail.com](mailto:Margaretrecoveryenterprises@gmail.com)

### **Harbour (Ayrshire)**

Delivering a range of solution-focussed options, while creating opportunities for some of the most vulnerable people in our communities, allowing them to live free of the stigma and suffering of addiction.

Harbour (Ayrshire) offer a series of voluntary-led peer support groups for both men and women to create a safe space and help in the formation of positive relationships within the groups and subsequently, the wider community. The groups provide support in areas out with addiction, including mental health, homelessness, and bereavement.

An out of hours helpline is also available and is manned by volunteers with lived experience.

Harbour Ayrshire also run a Residential Rehab Support Service (RRSS) supporting people to rehab (PREHAB) and Aftercare when the treatment is over, and the person returns to their community.

Telephone: 01292 623016
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Email: [info@harbourayrshire.co.uk](mailto:info@harbourayrshire.co.uk)

Web: [www.harbourayrshire.co.uk](http://www.harbourayrshire.co.uk)

### **North Ayrshire Drug and Alcohol Recovery Service (NADARS)**

Providing support for individuals returning to North Ayrshire. Offering:

- Group work programmes to help improve self-confidence and self-esteem
- Support to stop taking drugs and alcohol
- Occupational therapy support
- Social work assessment and support
- Support can include home visits and / or appointments in your locality
- Mental health related support



- Physical and sexual health interventions
- Injecting equipment provision (needle exchange)
- Medication Assisted Treatment (MAT) – medication prescribing and psychological and social support
- Additional parenting support

Telephone: 01294 476000 **Monday to Friday 9.00am to 5.00pm.** Outside these hours: Please contact NHS 24 on 111

### **North Ayrshire Prevention, Early Intervention and Recovery (P.E.A.R) Service**

We promote a culture of recovery across North Ayrshire and offer support to any individual that is concerned about their alcohol and or other drug use. Our base in Stevenston is a welcoming place for anyone to come along and have a chat about their alcohol and or other drug use. Our friendly team will have a coffee and chat with you.

We offer 1:1 support, recovery groups, drop ins and family support within North Ayrshire. For more information, including self-referrals and enquiries, give us a call and we can help and support you along in your recovery.

Turning Point Scotland, The Grange Business Centre, Unit 8, 2D Glebe Street, Stevenston, KA20 3EJ

Telephone: 01294 447407

Email: [NorthAyrshireInfo@turningpointscotland.com](mailto:NorthAyrshireInfo@turningpointscotland.com)

### **Patchwork Recovery Community**

Providing a safe space for people in recovery from problematic substance use where they can access a range of opportunities including, peer support, training, and volunteering. The group consists of volunteers who were all once in active addiction and who now want to help others by providing peer support and help to navigate the many challenges recovery from any addiction will present while helping them feel less isolated. Patchwork organises opportunities to socialise which have proven to be an important factor in kick-starting/maintaining an individual in their recovery journey.

Opportunities to socialise include:

Games nights, pool, darts and dance competitions, quizzes, fun days, Paddle Boarding Coastal Rowing and Equine Assisted Therapy Karaoke evening/days, supper evenings and movie nights.

This social setting creates a culture where Patchwork are able to engage with individuals who would otherwise be completely disengaged from services and society. The group work with individuals who would normally never be involved in consultation, “Unheard Voices” and encourage and support them to have their say in both locally and nationally.

15 Wellington Street, Kilmarnock, KA3 1DW	Telephone: 01563 624528
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Email: [abrown@patchworkrc.org.uk](mailto:abrown@patchworkrc.org.uk)

### **Quit Your Way**

A smoking prevention and cessation service covering all of Ayrshire and Arran. We provide a wide range of support systems to help people who want to stop smoking or help them make the right decision about not starting. These include:

- Individual support;
- Group support;
- Telephone support;
- Near Me service
- Information and advice; and
- Access to treatments including Nicotine Replacement Therapy (NRT).

This support is provided by a team of specialist smoking cessation advisors, community pharmacy advisors and support services officers.

Telephone: 0800 783 9132
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Email: [QYWAyrshire@aapct.scot.nhs.uk](mailto:QYWAyrshire@aapct.scot.nhs.uk)

Facebook: [Quit Your Way, NHS Ayrshire and Arran \(facebook.com\)](https://www.facebook.com/QuitYourWayNHS)

### **Rapid Access to Drug and Alcohol Recovery (RADAR)**

Providing rapid access to support and or treatment for anyone affected by drugs or alcohol in the East Ayrshire area. We aim to offer a same day or

next day appointment to help you identify the recovery support best suited to your needs.

Telephone: 01563 578778 **Monday to Friday 9.00am to 5.00pm.** Outside these hours: Please contact NHS 24 on 111

### **Riverside Community Trust**

Working in partnership with local services in South Ayrshire to provide support to people facing repeat homelessness and offering options to people with substance misuse. Providing outreach and a drop-in service.

Telephone: 01292 262686

Email: [help@riversidecommunitytrust.org.uk](mailto:help@riversidecommunitytrust.org.uk)

Web: [www.riversidecommunitytrust.org.uk](http://www.riversidecommunitytrust.org.uk)

### **ROADS Team**

A multi-agency and multi-disciplinary team who will support individuals to consider if long term residential rehabilitation (RR) is the right option for them and support them throughout their journey.

Telephone: 01292 430529

Email: [roadsservice@wearewithyou.org.uk](mailto:roadsservice@wearewithyou.org.uk)

### **Scottish Families Affected by Alcohol & Drugs (SFAD)**

Scottish Families Affected by Alcohol and Drugs is a national charity that supports **anyone** affected by someone else's alcohol or drug use in Scotland. We give listening support and information to many people and help them with confidence, communication, general wellbeing, and we link them into local support.

Telephone: 08080 10 10 11

### **South Ayrshire Treatment and Recovery Team (START)**

Providing support for individuals returning to South Ayrshire. Offering:

- Mental Health related support
- Physical and sexual health interventions
- Medication Assisted Treatment (MAT) – medication prescribing and psychological and social support

- Injecting equipment provision (including Naloxone training and supply)
- Detoxification from opiates
- Detoxification from alcohol
- Support to create a recovery journey that meets your needs
- Occupational Therapy interventions

Telephone: 01292 559800 **Monday to Friday 9.00am to 5.00pm.** Outside these hours: Please contact NHS 24 on 111

### **We Are With You (South and East Ayrshire)**

Providing 1-2-1 support and group interventions aimed at supporting people to reduce / cease their drug / alcohol use. Supporting individuals to create a plan to make changes in their life and promote recovery. We also provide support for the families of people who use drugs or alcohol. We provide an intervention called CRaFt, supporting families to set boundaries and promote self care.

Kilmarnock Station Basement, The Underpass Hill Street, Kilmarnock, KA1 2AF

Telephone: 01563 558777

3 Killoch Place, Ayr, KA7 2EA

Telephone: 01292 430529

Web: [www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)

### **Working For Wallacetown**

The Working For Wallacetown team are committed to making Wallacetown a place where people are safe, healthy & want to live. Service providers working in partnership with the community, for the community. Residents linking in with Working For Wallacetown can benefit from a wide range of services and groups including: Housing, Employment, Volunteering, Wellbeing, Social Activities / Groups, Fire Safety, Cost of Living Support, Further Education, Youth Clubs / Childrens Activities, Physical Health, Events, Community Safety, Benefits / Money Advice, Training Courses, Family & Adult Learning, Mental Health, Arts & Crafts, Addiction Services

Telephone: 0300 123 0900 and ask for Gavin Kennedy (Co-ordinator, Wallacetown)

Email: [WorkingForWallacetown@south-ayrshire.gov.uk](mailto:WorkingForWallacetown@south-ayrshire.gov.uk)

## **Benefits and Welfare Advice**

### **Christians Against Poverty**

CAP offers free face to face personal debt advice across Ayrshire. We also provide free Money Coaching for groups of about 4 to 10 people. This is training around budgeting, spending, and saving wisely. Two things that make us different are:

1. We are independent from the Council
2. We bring befrienders to our meetings - this means we provide emotional support, a listening ear and support after the debt advice if required

Telephone: 0800 328 0006

### **Citizens Advice Service**

Giving people the knowledge and the confidence, they need to find their way forward. Offering advice and support on: Benefits, Work, Debt and Money, Consumer, Family, Housing, Law and Courts, Immigration and Health.

44 King Street, Kilmarnock, KA1 1NP Telephone: 01563 543379

77A Townhead Street, Cumnock KA18 1LF Telephone: 01563 543379

Email: [advice@eastayrshirecab.org.uk](mailto:advice@eastayrshirecab.org.uk)

### **EA Money**

Providing residents in East Ayrshire with information, advice and support relating to welfare rights, benefits, energy, affordable money services, debts and more.

Telephone: 0800 389 7750

Email: [FinancialInclusionTeam@east-ayrshire.gov.uk](mailto:FinancialInclusionTeam@east-ayrshire.gov.uk)

Web: [EA Money | Advice & Information on Benefit and Money Issues.](#)

### Information and Advice Hub

A free, confidential, and impartial information and advice service on welfare rights and issues related to money and debt advice for people living in South Ayrshire.

Telephone: 0300 123 0900

Web: <https://www.south-ayrshire.gov.uk/information-and-advice-hub/>

Email: [informationandadvicehub@south-ayrshire.gov.uk](mailto:informationandadvicehub@south-ayrshire.gov.uk)

### Money Matters

Money Matters provides advice to any resident of North Ayrshire on Welfare Rights, assistance, or representation in relation to benefits.

Telephone: 01294 310456

Email: [moneymatters@north-ayrshire.gov.uk](mailto:moneymatters@north-ayrshire.gov.uk)

Web: [www.nahscp.org/money-matters/](http://www.nahscp.org/money-matters/)

### Social Security Scotland

Social Security Scotland is an Executive Agency of the Scottish Government, a new public service who has responsibility for delivering a number of benefits.

Telephone: 0800 182 2222

Web: [www.socialsecurity.gov.scot/benefits](http://www.socialsecurity.gov.scot/benefits)

### South Ayrshire Benefit Services

Benefit support

Telephone: 0300 123 0900

Web: [www.south-ayrshire.gov.uk/benefits](http://www.south-ayrshire.gov.uk/benefits)

Email: [benefit.services@south-ayrshire.gov.uk](mailto:benefit.services@south-ayrshire.gov.uk)

### Working For Wallacetown

The Working For Wallacetown team are committed to making Wallacetown a place where people are safe, healthy & want to live. Service providers working in partnership with the community, for the community. Residents linking in with Working For Wallacetown can benefit from a wide range of services and groups including: Housing, Employment, Volunteering,

Wellbeing, Social Activities / Groups, Fire Safety, Cost of Living Support, Further Education, Youth Clubs / Childrens Activities, Physical Health, Events, Community Safety, Benefits / Money Advice, Training Courses, Family & Adult Learning, Mental Health, Arts & Crafts, Addiction Services

Telephone: 0300 123 0900 and ask for Gavin Kennedy (Co-ordinator, Wallacetown)

Email: [WorkingForWallacetown@south-ayrshire.gov.uk](mailto:WorkingForWallacetown@south-ayrshire.gov.uk)

## **Children and Families Social Work**

### **East Ayrshire - Cumnock**

Rothesay House, 1 Greenholm Road, Cumnock, KA18 1LH	Telephone: 01290 427720
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### **East Ayrshire - Kilmarnock**

The Johnnie Walker Bond, 15 Strand Street, Kilmarnock, KA1 1HU	Telephone: 01563 554200
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### **North Ayrshire - Arran**

Shore Road, Lamlash, Arran, KA27 8JY	Telephone: 01770 600742
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### **North Ayrshire - Garnock Valley**

Craigton Road, Kilbirnie KA25 6LJ	Telephone: 01505 684551
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### **North Ayrshire - Irvine and Kilwinning**

Bridgegate House, Irvine, KA12 8BD	Telephone: 01294 310300
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### **North Ayrshire - Largs**

Brooksby Medical and Resource Centre, 31 Brisbane Road, Largs, KA30 8LH	Telephone: 01475 687592
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### **North Ayrshire - Three Towns**

The Town Hall, Countess Street, Saltcoats, KA21 5HW	Telephone: 01294 310005
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### **South Ayrshire - Girvan, South Carrick and Maybole**

17 Knockcushan Street, Girvan, KA26 9AG	Telephone: 01465 716123 / 712299
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### **South Ayrshire - Ayr, Prestwick and Troon**

181 Whitletts Road, Ayr, KA8 0JZ	Telephone: 01292 267675
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**South Ayrshire – Young Peoples Support and Transition Team**

McAdam House (Rear of Building), 34 Charlotte Street (Cromwell Road Entrance), Ayr, KA7 1EA	Telephone: 01292 612092
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## Education, Training and Employment Support

### **Auchinleck Community Development Initiative (ACDI)**

Working with any resident of Auchinleck and surrounding villages (or those about to move into the area) who are 16+. Offering support with employability, benefits and finance and maximising income.

Boswell Centre, 18 Well Road, Auchinleck, KA18 2LA Telephone: 01290 428477

Email: [paulacdi.step@hotmail.com](mailto:paulacdi.step@hotmail.com)

### **Ayrshire College**

Ayrshire College is a Further Education institution in Scotland. The College has three large campuses in Ayr, Kilmarnock and Kilwinning. All campuses offer modern facilities with exciting learning and social spaces. Ayrshire College offers a wide range of courses.

Telephone: 0300 303 0303

Email: [info@ayrshire.ac.uk](mailto:info@ayrshire.ac.uk)

Web: <http://www1.ayrshire.ac.uk/>

### **CEIS Ayrshire**

Are you unemployed, looking for help to find a job, enter further education or training? Through our current services, CEIS Ayrshire will be there to guide and support you on your journey.

CEIS Ayrshire have offices in Irvine and Stevenston. We currently run stages 1 to 5 of North Ayrshire Council's employability pipeline for North Ayrshire residents aged 16+. In conjunction with SDS and DWP, we have opened up a Youth Hub in Stevenston Library where 16-24 year olds can access direct employability support.

Telephone: 01294 322707

Email: [enquiries@ceisayrshire.co.uk](mailto:enquiries@ceisayrshire.co.uk)

Web: [www.ceisayrshire.co.uk](http://www.ceisayrshire.co.uk)

Facebook: <https://www.facebook.com/CEISGroup>

### North Ayrshire Employability Mentor Programme

Helping individuals within the justice system to improve their knowledge, skills, and education to enhance their prospects of gaining employment. Advice can be offered on the following:

- CV & Employability Skills
- Vocational Training
- Further Education
- Voluntary Work
- Support to access local Employability Hubs
- Links to wider partner organisations

Telephone: 01294 608900

Email: [emprogramme@north-ayrshire.gov.uk](mailto:emprogramme@north-ayrshire.gov.uk)

### Parental Employability Hub

We Work for Families help with CVs, online applications, training, workshops, etc to parents living in North Ayrshire.

We Work for Families, Parent Hub,  
82-84 Glasgow Street, Ardrossan,  
KA22 8EH

Telephone: 01294 608952 (Opt 2)

Email: [wwff@thelennoxpartnership.org](mailto:wwff@thelennoxpartnership.org)

Website: <http://www.thelennoxpartnership.org/>

### Positive Steps with Partners

A project for residents in North Ayrshire who are unemployed and face barriers to employment. Offering personal development courses, coaching, mindfulness sessions, volunteer work placements and group challenges. The project helps long term unemployed people gain new skills and experiences that will help them progress toward employment.

The Ayrshire Community Trust, 27  
Vernon Street, Saltcoats KA21 5HE

Telephone: 01294 443044

Email: [cheryl@tact.scot](mailto:cheryl@tact.scot)

## Skills Development Scotland

Skills Development Scotland - Offer career information, advice, and guidance to people of all ages. SDS Careers Advisers support customers into education, employment and training and offer advice and guidance to customers at all stages of their career.

SDS services are delivered in our Ayrshire offices listed below and via our online web service [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)

North Ayrshire  
Employability Hub  
82-84 Glasgow Street Ardrossan,  
Ayrshire, KA22 8EH  
Open Tuesday and Thursday 9.00-  
5.00pm

Telephone: 01294 272421

East Ayrshire  
Skills Development Scotland  
Centre Stage  
15 Elmbank Street, Kilmarnock, KA1  
3AE  
Open Monday – Thursday 9.00am –  
5.00pm

Telephone: 01563 527165

South Ayrshire  
Ayr SDS Careers Centre  
37 Carrick Street, Ayr, KA7 1NS  
Open Tuesday – Friday 9.00am –  
5.00pm (Closed 12.00 – 1.00pm for  
lunch)

Telephone 01292 281421

Web: <https://www.skillsdevelopmentscotland.co.uk/>

## South Ayrshire LEADS

The South Ayrshire LEADS training team, within South Ayrshire Council, are passionate about developing a trauma informed and responsive South Ayrshire for staff, partners, and communities. We offer training to raise awareness of trauma, types, and it's impacts; self-care and organisational care; behaviour regulation and trauma responses; and how to offer safety

and stability by ensuring the 5 principles of trauma informed practice are at the heart of everything we do.

Telephone: 0300 123 0900 and ask for Angi Pinkerton

Email: [angela.pinkerton@south-ayrshire.gov.uk](mailto:angela.pinkerton@south-ayrshire.gov.uk)

### Street League

Street League engages individuals through a structured programme of education, football, and fitness. Our aim is to challenge attitudes, increase confidence, set goals, and explore options for progressions, offering one to one support and guidance. we ensure that individuals are physically active every day, improving their motivation, contribution and preparing them for appropriate progression in line with their needs and choices.

Powerleague, Queens Drive,  
Kilmarnock, KA1 3XF

Web: [www.streetleague.co.uk](http://www.streetleague.co.uk)

### The Ayrshire Community Trust (TACT)

A small charity based in Saltcoats offering services to individuals and the community and voluntary sector across North Ayrshire. TACT aim to deliver programmes and projects that make a difference to people's lives by encouraging, supporting and promoting community action.

TACT carries out a range of additional functions which we believe work towards making North Ayrshire a great place to stay. These include:

- **Volunteering** - support to discuss volunteering and identify suitable volunteering opportunities within your local area.
- **Employability Support** – we offer training to help people progress into work.
- **Training** – we offer training to local individuals and local groups and organisations.
- **Youth Work** – we work with others who work with young people to promote volunteering, in particular encouraging young people to gain a Saltire Award for their efforts.

27 Vernon Street, Saltcoats, KA21 5HE	Telephone: 01294 443044
Email: <a href="mailto:info@tact.scot">info@tact.scot</a>	
Web: <a href="http://www.tact.scot">www.tact.scot</a>	

### **Thriving Communities - Employability**

<p>Providing a range of flexible services to support young people and adults into employment across South Ayrshire. Support includes:</p> <ul style="list-style-type: none"> <li>• Work placements</li> <li>• Group work</li> <li>• One-to-one support</li> <li>• Confidence building</li> <li>• Develop your work readiness skills</li> <li>• Personal development</li> <li>• Money advice / budgeting</li> <li>• Literacy support</li> <li>• Vocational tasters</li> </ul>	
Grain Exchange, High Street, Ayr, KA7 1LU	Telephone: 01292 612301
Email: <a href="mailto:thrivingcommunitiesadmin@south-ayrshire.gov.uk">thrivingcommunitiesadmin@south-ayrshire.gov.uk</a>	
Web: <a href="https://www.south-ayrshire.gov.uk/thriving-communities-employability">https://www.south-ayrshire.gov.uk/thriving-communities-employability</a>	

### **Thriving Communities - Health & Wellbeing**

<p>Offering a wide range of volunteering opportunities for anyone in South Ayrshire looking to upskill themselves and give back to communities. Access to a range of coach education opportunities is available including National Governing Body sports specific courses, first aid and safeguarding and protecting children.</p>	
	Telephone: 01292 612868
Email: <a href="mailto:CoachingAndVolunteering@south-ayrshire.gov.uk">CoachingAndVolunteering@south-ayrshire.gov.uk</a>	
Web: <a href="http://www.activesouthayrshire.co.uk/cv/volunteering/">www.activesouthayrshire.co.uk/cv/volunteering/</a>	

### **Voluntary Action South Ayrshire**

Help link people into volunteering opportunities in South Ayrshire.
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1st Floor Boswell House, 10-12 Arthur Street, Ayr	Telephone: 01292 432661
Email: <a href="mailto:enquiries@vasa.scot">enquiries@vasa.scot</a>	
Web: <a href="http://www.southayrshirelifeline.org/">www.southayrshirelifeline.org/</a>	

### **WG13**

Supporting people in East Ayrshire to gain experience and qualifications to help them move into employment in the hospitality and leisure sector.	
13-15 West George Street, Kilmarnock, KA1 1DH	Telephone: 01563 594600
Web: <a href="https://wg13.co.uk/">https://wg13.co.uk/</a>	

### **Working For Wallacetown**

The Working For Wallacetown team are committed to making Wallacetown a place where people are safe, healthy & want to live. Service providers working in partnership with the community, for the community. Residents linking in with Working For Wallacetown can benefit from a wide range of services and groups including: Housing, Employment, Volunteering, Wellbeing, Social Activities / Groups, Fire Safety, Cost of Living Support, Further Education, Youth Clubs / Childrens Activities, Physical Health, Events, Community Safety, Benefits / Money Advice, Training Courses, Family & Adult Learning, Mental Health, Arts & Crafts, Addiction Services	
	Telephone: 0300 123 0900 and ask for Gavin Kennedy (Co-ordinator, Wallacetown)
Email: <a href="mailto:WorkingForWallacetown@south-ayrshire.gov.uk">WorkingForWallacetown@south-ayrshire.gov.uk</a>	

## Emotional Support and Counselling

### **Action Against Stalking**

Our primary purpose is to support victims of stalking. Stalking is a devastating crime for victims. Its effects can be hugely traumatic. At Action Against Stalking, we understand the psychological, physical, emotional, and financial impact a stalker can have. We provide professional care and support for victims as they seek to regain control of their lives. We are based in Scotland but provide online support for victims regardless of geographical location.

Telephone: 0800 820 2427

Email: [enquiries@actionagainststalking.org](mailto:enquiries@actionagainststalking.org)

Web: <https://www.actionagainststalking.org>

### **Break the Silence**

Break the Silence provides Counselling for people who live in East and North Ayrshire who have been. Affected by sexual trauma. Options for support include one to one professional counselling using qualified Psychotherapists, outreach counselling, couple support, complementary therapies, advocacy, group activities, and volunteering opportunities.

Telephone: 01563 559558

Email: [info@breakthesilence.org.uk](mailto:info@breakthesilence.org.uk)

Web: [www.breakthesilence.org.uk/](http://www.breakthesilence.org.uk/)

### **Moving on Ayrshire**

Moving On Ayrshire (MOA) offers survivors of rape and sexual abuse (aged 13 years and over), free one-to-one open ended person centred counselling to residents of South Ayrshire. MOA provides counselling in Ayr and in Girvan and provides support to family and friends. All Therapists are professionally trained and are members of British Association for Counselling & Psychotherapy) BACP.

Telephone: 01292 290546

Email: [enquires@movingonayrshire.com](mailto:enquires@movingonayrshire.com)

Web: [www.movingonayrshire.com](http://www.movingonayrshire.com)



### Scotland's Domestic Abuse and Forced Marriage Helpline

The helpline offers support to anyone with experience of domestic abuse or forced marriage, as well as their family members, friends, colleagues and professionals who support them. Providing a confidential, sensitive service to anyone who calls.	
	Telephone: 0800 027 1234 – 24 hrs helpline
Email: <a href="mailto:helpline@sdaafh.org.uk">helpline@sdaafh.org.uk</a>	
Web: <a href="http://www.sdaafh.org.uk">www.sdaafh.org.uk</a>	

### Scottish Refugee Council

Advice, information and assistance to asylum seekers and refugees	
	Telephone: 0800 196 7274
Web: <a href="http://www.scottishrefugeecouncil.org.uk">http://www.scottishrefugeecouncil.org.uk</a>	

### The STAR Centre

Offering free and confidential support to anyone across Ayrshire, of any ethnicity, aged 13+ who has experienced sexual violence (women, girls, men, boys and those who identify as transgender or non-binary).	
	Telephone: 01563 544686
Email: <a href="mailto:admin@starcentreyrshire.org">admin@starcentreyrshire.org</a>	
Web: <a href="https://starcentreyrshire.org/">https://starcentreyrshire.org/</a>	

### Touched By Suicide

Support anyone bereaved by suicide of a family member or friend throughout Scotland.	
	Telephone: 01294 274273 / 01294 229087
Email: <a href="mailto:touchedbysuicidescotland@hotmail.co.uk">touchedbysuicidescotland@hotmail.co.uk</a>	
Web: <a href="http://www.touchedbysuicidescotland.wordpress.com/">www.touchedbysuicidescotland.wordpress.com/</a>	

### Trafficking Awareness Raising Alliance (TARA)

Helping women in situations of sexual exploitation and assist them access other support services including access to safe accommodation. TARA is a named First Responder for The National Referrer Mechanism and can provide advice, guidance and additional information for partner agencies.	
	Telephone: 0141 276 7724
Web: <a href="http://www.tarascotland.org.uk">www.tarascotland.org.uk</a>	

### Victim Support Scotland

Empowering people affected by crime. We offer free and confidential community and court support. Our support workers and volunteers are available to victims of crime and witnesses in person, over the phone and in the courts throughout Scotland. We support you no matter who you are, and no matter what the crime.	
You can access our services regardless of whether you have reported the crime or not to the police. Our services are free, independent and confidential. For new referrals or support, please call our free helpline or visit our website.	
	Helpline: 0800 160 1985 <b>Open 8.00am – 8.00pm Monday to Friday.</b>
Website: <a href="https://victimsupport.scot/">https://victimsupport.scot/</a>	

### Women's Aid

Offering advice, support and refuge accommodation to women and children who have experienced domestic abuse.	
South Ayrshire	Telephone: 01292 266482; Crisis Line 01292 266482
North Ayrshire	Telephone: 01294 602 424
East Ayrshire	Telephone: 01563 536001 (Kilmarnock) or 01290 423434 (Cumnock)
Web: <a href="http://southayrshirewomensaid.org.uk/">http://southayrshirewomensaid.org.uk/</a>	
Web: <a href="http://nawomensaid.co.uk/">http://nawomensaid.co.uk/</a>	
Web: <a href="https://eastayrshirewomensaid.org.uk/">https://eastayrshirewomensaid.org.uk/</a>	

## Family Support

### **Barnardo's**

Barnardo's offers relevant services across Ayrshire (with offices in East, North and South Ayrshire) and some National (Scotland) ones which are available Locally too. Service offer and funding changes regularly and a post code search is available online.

Telephone: 01294 556208

Email [SouthWestScotland@barnardos.org.uk](mailto:SouthWestScotland@barnardos.org.uk)

Web: [www.barnardos.org.uk](http://www.barnardos.org.uk)

### **Barnardo's Attainment Challenge**

Barnardo's know that family comes first, so that's where they start from. They will take the time to get to know you and give you a chance to build a relationship. Visiting families at home and support areas such as relationships, financial issues, routines / boundaries, and parenting. Part of the support can take place on a one-to-one basis to support areas such as confidence, self-esteem, emotional well-being and social skills. This work can support children and parents in school or at home.

Telephone: 01294 556208

Email: [SouthWestScotlandServices@barnardos.org.uk](mailto:SouthWestScotlandServices@barnardos.org.uk)

### **Barnardo's Children & Family Service**

**Alcohol & Substance Misuse:** To support children, young people aged 11-17 from across East Ayrshire, to reduce their alcohol/drug use to safe levels and improve their personal outcomes.

**Domestic Violence:** To support children, young people, and their families across East Ayrshire who are affected by domestic abuse where alcohol is a factor.

**Seasons for Growth:** An 8-week loss and grief peer group education program to support young people aged 6-18 years across East Ayrshire who are affected by change, loss, and grief.

Telephone: 01563 530646

Email: [SouthwestScotla@barnardos.org.uk](mailto:SouthwestScotla@barnardos.org.uk)

### Barnardo's Family Resource Service

Supporting families with children aged 0-12 years within Ayr, Prestwick and Troon localities and the outlying villages. Support is provided through building relationships with individuals and families to ensure there is a level of trust and meaningful engagement to enable partnership work to be undertaken.

Telephone: 01294 556208

Email: [SouthwestScotla@barnardos.org.uk](mailto:SouthwestScotla@barnardos.org.uk)

### Barnardo's Intandem Service

An Ayrshire wide project that supports children aged 8-14 years that are Looked after and living at home. The mentor will meet up with the young person usually once a week for around 1-2 hours. The mentor will provide activities and outings to suit the young person's needs/choice. The service aims for the mentor to build a positive, trusting, supportive and secure relationship with the young person.

Telephone: 01294 556208

Email: [SouthwestScotla@barnardos.org.uk](mailto:SouthwestScotla@barnardos.org.uk)

### Barnardo's Stronger Connections

Supporting children pre-birth to 12 years and their families affected by parental substance misuse across South Ayrshire. Support is provided through building relationships with individuals and families to ensure there is a level of trust and meaningful engagement to enable partnership work to be undertaken.

**Intensive support** for families delivered through weekly home visits, this can help with implementing household routines, practical & emotional support for families and assistance with income maximisation.

**Therapeutic services** group work sessions available to parents and children.

**Parenting Groups & Support groups** for parents / carers to build self-confidence and further develop skills.

Telephone: 01294 556208

Email: [SouthwestScotla@barnardos.org.uk](mailto:SouthwestScotla@barnardos.org.uk)

### **Barnardo's Stronger Futures**

Supporting young people 12-25 years across South Ayrshire with emerging substance use. Support is provided through building relationships with individuals and families to ensure there is a level of trust and meaningful engagement to enable partnership work to be undertaken.

**Family support:** supporting young people and their families via home visits and community links with partner agencies.

**1:1 support** can be carried out in school, at home or in the community weekly. This support helps to educate young people around alcohol and drugs and the impact it has on their daily lives, enabling them to make positive choices for their future.

Telephone: 01294 556208

Email: [SouthwestScotla@barnardos.org.uk](mailto:SouthwestScotla@barnardos.org.uk)

### **Carers Centre (East, North and South Ayrshire)**

A carer is someone who provides support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. At the Carers Centre they can provide -

- 1:1 Support, advice on different benefits and help filling in forms, completion of Carers Support Plans, respite opportunities
- Weekly support groups, social and leisure opportunities throughout the year
- Fuel and energy advice

Kilmarnock Carers Centre, 20 The Forgate, Kilmarnock, KA1 1LU

Telephone: 01563 571533

Carers Cottage, Howard Park, Kilmarnock, KA1 1SA

Telephone: 01563 559251

Cumnock Carers Centre, 39 Barrhill Road, Cumnock, KA18 1PG

Telephone: 01290 426404

Dalmellington Carers Centre, 1 Townhead, Dalmellington, KA6 7QZ	Telephone: 01292 550696
Email: <a href="mailto:admin@eastayrshirecarers.org.uk">admin@eastayrshirecarers.org.uk</a>	
Web: <a href="https://www.eastayrshirecarers.org.uk/">https://www.eastayrshirecarers.org.uk/</a>	
43 Sandgate, Ayr, KA7 1DA	Telephone: 01292 263000
174 High Street, Irvine, KA12 8AN	Telephone: 01294 311333

### East Ayrshire Early Intervention and Prevention Service – Play and Bonding

Working with children, families, and whole communities to ensure improved quality of life using unique, asset-based approaches.

The Play in Prison element of this, which supports people in custody and their families by encouraging positive play, bonding, and attachment. The project provides positive play experiences and the development of relationships for people in custody, their children, and families in the most natural environment possible. The sessions delivered have also proven to be an excellent incentive for good behaviour within the prison and assist imprisoned parents and carers in maintaining meaningful contact with their children, thereby improving outcomes for parent and child.

Telephone: 07875746998

Email: [Tammy.devlin@east-ayrshire.gov.uk](mailto:Tammy.devlin@east-ayrshire.gov.uk)

### Families Outside

Offering support to people who have a family member in prison or facing imprisonment. Providing 1-2-1 support, face to face or over the phone, and in-person support groups. Support is available throughout Scotland. Providing emotional support and help with practical issues and can link you into local specialist services or attend meetings.

**Helpline** – acts as first point of call to provide information, signposting or a listening ear to then offer the options of:

**1-1 support** – Adults and children can get practical and emotional support to overcome challenges and improve their health and wellbeing.

**Peer support groups** – Family members including adults and children are, supported to come together to share their experiences and help one another.

**Befriending** – Trained volunteers, including those with lived experience, are matched with a family member to help build confidence and achieve personal goals.

If you would like support, or a professional who would like to refer someone, please get in touch.

Freephone: 0800 254 0088

Email: [support@familiesoutside.org.uk](mailto:support@familiesoutside.org.uk)

### **Foundations Hub**

Based within Kilmarnock town centre, The Foundations Hub provides inclusive support to the public covering issues including housing, benefits, health, addictions, food hampers and family support to name but a few.

Our staff and volunteers provide a warm, welcoming, informal environment to anyone attending. We have developed strong working relationships with our partner organisations, allowing us to access support and opportunities for our customers.

4 St Marnock Place, Kilmarnock, KA1 1DU Telephone: 078 833 30695 / 078 833 27712

Email: [Margaretrecoveryenterprises@gmail.com](mailto:Margaretrecoveryenterprises@gmail.com)

### **HMP Kilmarnock Visitors' Centre / Prison Based Support**

Providing a warm, welcoming environment to the families and visitors coming to the prison. Visiting a prison can be a truly daunting experience for many people and the team aims to make this as easy as possible. The team provide a tailored support package to anyone who requires this, and regular contact is maintained wherever required.

Support is the same as our community-based hub (see Foundations Hub), addressing housing, addictions, benefits, and health while being able to assist with any issues their loved one may be having while in custody.

With a regular weekly presence within HMP Kilmarnock, we support anyone who has recently entered into custody as well as those due for release, providing pre and post release support plans, ensuring that all needs are met, and appropriate support is in place.

HMP Kilmarnock, Mauchline Road, Kilmarnock, KA1 5AA	Telephone: 078 833 30695 / 078 833 27712
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Email: [jaynerrecoveryenterprises@gmail.com](mailto:jaynerrecoveryenterprises@gmail.com)

### Parental Employability Hub

We Work for Families help with CVs, online applications, training, workshops, etc to parents living in North Ayrshire.

We Work for Families, Parent Hub, 82-84 Glasgow Street, Ardrossan, KA22 8EH	Telephone: 01294 608952 (Opt 2)
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Email: [wwff@thelennoxpartnership.org](mailto:wwff@thelennoxpartnership.org)

Website: <http://www.thelennoxpartnership.org/>

### Working For Wallacetown

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Telephone: 0300 123 0900 and ask for Gavin Kennedy (Co- ordinator, Wallacetown)
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Email: [WorkingForWallacetown@south-ayrshire.gov.uk](mailto:WorkingForWallacetown@south-ayrshire.gov.uk)



## Fairer Food Network (North Ayrshire)

### North Ayrshire Fairer Food Community Food Places - Google My Maps

The Village Larder, Community Centre, Corse Street, West Kilbride, KA23 9AX	<a href="mailto:thevillagelarderwk@gmail.com">thevillagelarderwk@gmail.com</a>
The Wee School Pantry, Bridgend Community Centre, Bridgend, Kilbirnie, KA25 7DJ	<a href="mailto:mhairi71@sky.com">mhairi71@sky.com</a>
Dalry Community Larder, Street Margaret Avenue, Dalry, KA24 4BA	<a href="mailto:Campbelllynette2@aol.com">Campbelllynette2@aol.com</a>
Beith Community Larder, Community Centre, Kings Road, Beith, KA15 2BQ	<a href="mailto:morag.strachan@beithcommunityassociation.org.uk">morag.strachan@beithcommunityassociation.org.uk</a>
Cranberry's Community Larder, Cambusdoon Place, Kilwinning, KA13 6SL	<a href="mailto:linzicranberrymoss82@gmail.com">linzicranberrymoss82@gmail.com</a>
Woodwinds' Wee Shoap, 50 David Gage Street, Kilwinning, KA13 7EF	<a href="mailto:colin95@sky.com">colin95@sky.com</a>
Tap End Larder, Hayocks Hall, Hyslop Road, Stevenston, KA20 4HP	<a href="mailto:hayocksapm@gmail.com">hayocksapm@gmail.com</a>
Ardeer Food Larder, Ardeer, Community Centre, Shore Road Stevenston, KA20 3LA	<a href="mailto:christina.Smith@jamesfrew.co.uk">christina.Smith@jamesfrew.co.uk</a>
Argyle Community Shop, Campbell Avenue, Saltcoats KA21 5AG	<a href="mailto:yvonneattwood42@gmail.com">yvonneattwood42@gmail.com</a>
The Quaint Larder, Carrick Place, Ardrossan, KA22 7DT	<a href="mailto:whitleescentre@gmail.com">whitleescentre@gmail.com</a>
South Ardrossan Larder, 150 Glasgow Street, Ardrossan, KA22 8EU	<a href="mailto:info@northayrshire.foodbank.org.uk">info@northayrshire.foodbank.org.uk</a>
The Farm Basket, Towerlands Community Centre, Bourtreehill, Irvine, KA11 1PY	<a href="mailto:towerlandscass@yahoo.com">towerlandscass@yahoo.com</a>
Choices Community Matters, Fullarton Street, Irvine, KA12 8DQ	<a href="mailto:donnafitzpatrick1@msn.com">donnafitzpatrick1@msn.com</a>

Springside Community Larder, Overtoun Road, Springside, Irvine, KA11 3BG	<a href="mailto:elainebarr1969@gmail.com">elainebarr1969@gmail.com</a>
Ecosavvy, Arran	<a href="mailto:jess@arranecosavvy.org.uk">jess@arranecosavvy.org.uk</a>

### **Foodbanks**

East Ayrshire Foodbank, Belford Mill, 16 Brewery Road, Kilmarnock, KA1 3HZ	Telephone: 01563 574000
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North Ayrshire Foodbank, 150A Glasgow Street, Ardrossan, KA22 8EU	Telephone: 01294 601312 (Mon – Fri 10.00am – 2.00pm)
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<b>Independent Foodbank</b> - Girdle Toll Parish Church, 2 Littlestane Rise, Girdle Toll, Lawthorn, Irvine KA11 2BJ	Telephone: 07936975577 Friday 4.00pm – 6.00pm No red referral voucher required as not affiliated to the North Ayrshire Foodbank.
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<b>Independent Foodbank</b> - Clark Memorial Church, Bath St, Largs KA30 8BL	Telephone: 07482 508875 Thursday Noon - 4.30pm. No red referral voucher required as not affiliated to the North Ayrshire Foodbank.
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South Ayrshire Foodbank, New Life Church, 62 Monkton Road, Prestwick, KA9 2PA	Telephone: 07599071114 / 07938906636
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## Health

### **Active Communities**

Access a range of sport and physical activity opportunities across South Ayrshire to support your physical and mental wellbeing. Sessions include sport, fitness and walking and are fun, sociable and a great way to keep active, meet new people and improve your health.

Web: [www.activesouthayrshire.co.uk/activecommunities/](http://www.activesouthayrshire.co.uk/activecommunities/)

### **Active North Ayrshire**

A local physical activity on referral programme in North Ayrshire. You can be referred to the programme by your GP or health professional and we will support you to become more active with activities and physical activity that are fun and enjoyable. Whether you are recovering from a heart attack or stroke, have a lifelong condition, poor mental health or simply need additional support to lose weight we have activities and classes suitable for everyone delivered by our highly experienced and qualified team.

Telephone: 01294 270796

Email: [activelifestyles@kaleisure.com](mailto:activelifestyles@kaleisure.com)

Web: <https://kaleisure.com/>

### **Ayr Action Against Mental Health**

Support at Strathyre House in Ayr and outreach services available with meals at cost price

Strathayre House, 42 Prestwick Road,  
Ayr, KA8 8LB

Telephone: 01292 619600

Email: [enquire@aamh.org.uk](mailto:enquire@aamh.org.uk)

Web: <http://www.aamh.org.uk/home-2/>

### **Better Health Hub**

NHS Ayrshire & Arran's Better Health Hub aims to support people to live healthier lives. Staff will listen, help, and support you to take positive steps to improve your health. The Better Health Hub provides support and information on a wide range of matters that can impact health and

wellbeing and signpost or refer to services within the community that can offer further support.

Telephone: 01563 826511

Email: [aa-uhb.betterhealthhub@aapct.scot.nhs.uk](mailto:aa-uhb.betterhealthhub@aapct.scot.nhs.uk)

NHS Near Me: <https://nhsattend.vc/ayrshire/bhhub>

### **Community Health Activity Team (CHAT)**

East Ayrshire's Activity on Prescription (AoP) scheme is a programme supporting adults to adopt a healthier lifestyle. You can be referred by your health professional to receive 1-1 support and advice on how you can take steps to improve your health. Our highly qualified team can support individuals with a history of heart disease, neurological issues, at risk of falls, have MSK or pain management concerns or have received a recent cancer diagnosis to name just a few.

In addition to general lifestyle advice, adults are supported and encouraged to increase their physical activity levels by attending a suitable exercise class or walking group.

CHAT also work in partnership with NHS Ayrshire and Arran to deliver specialist weight management programmes to adults, supporting individuals who have an increased BMI and/or multi-morbidities. The programmes contain an education element along with a physical activity component.

The team also support adults in recovery from substance use, are homeless or recently in a new tenancy.

For adults with mild/moderate mental health problems we can offer support through a specific programme which encourages identifying triggers, sharing a range of methods to cope when things escalate and encourage additional adoption of positive lifestyle changes.

Look out for community health checks offered across East Ayrshire to check your blood pressure, height and weight or just to have a chat to one of the team about how you can improve your current lifestyle.

	Telephone: 01563 576354
Email: <a href="mailto:CHAT@east-ayrshire.gov.uk">CHAT@east-ayrshire.gov.uk</a>	
Facebook: <a href="http://www.facebook.com/eavibrantcommunities">www.facebook.com/eavibrantcommunities</a>	
Twitter: <a href="http://www.twitter.com/VbrantEAC">www.twitter.com/VbrantEAC</a>	

### **NHS Sexual Health Services Ayrshire**

Providing information on all sexual health related matters including, testing, treatment, contraception. For further information or to book a clinic appointment (across Ayrshire) phone, clinic times can be found on the website below.	
	Telephone: 01294 323226
Web: <a href="http://shayr.com/">http://shayr.com/</a>	

### **South Ayrshire Community Mental Health Service**

Mental Health Treatment available from GP or health and social care partnership referral	
Ailsa Hospital, Dalmellington Road, Ayr	Telephone: 01292 559777

### **Vibrant Communities**

Vibrant Communities provide a number of opportunities for communities in East Ayrshire to access services to improve their overall wellbeing, including sport specific and physical activity programmes for children and young people, dedicated health and wellbeing services such as walking and exercise classes for adults and support to local community organisations.	
Web: <a href="http://www.vibrantcommunities.co.uk">Vibrant Communities · East Ayrshire Council (east-ayrshire.gov.uk)</a>	

### **Weigh to Go**

A weight management programme, created by NHS Ayrshire & Arran, delivered in local communities. Weigh to go is a 12-week programme, each class consists of 45 minutes of nutritional advice followed by 45 minutes of exercise. Delivered across South Ayrshire.
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If you are aged 16 or over and have a body mass index (BMI) of more than 25 then you may be eligible for this programme. For more information contact the Health Development Team.

Telephone: 01292 269793

Email: [activityforhealth@south-ayrshire.gov.uk](mailto:activityforhealth@south-ayrshire.gov.uk)

### **Weigh to Go**

Weigh To Go in North Ayrshire can provide you with support to help you lose or maintain your weight. The programme delivers a combination of both dietary and physical activity education and the opportunity to participate in supported physical activity sessions. Support for your weight loss journey can be provided either 1:1 or within a group setting.

Telephone: 01294 270796

Email: [activelifestyles@kaleisure.com](mailto:activelifestyles@kaleisure.com)

Web: <https://kaleisure.com/>

### **Working For Wallacetown**

The Working For Wallacetown team are committed to making Wallacetown a place where people are safe, healthy & want to live. Service providers working in partnership with the community, for the community. Residents linking in with Working For Wallacetown can benefit from a wide range of services and groups including: Housing, Employment, Volunteering, Wellbeing, Social Activities / Groups, Fire Safety, Cost of Living Support, Further Education, Youth Clubs / Childrens Activities, Physical Health, Events, Community Safety, Benefits / Money Advice, Training Courses, Family & Adult Learning, Mental Health, Arts & Crafts, Addiction Services

Telephone: 0300 123 0900 and ask for Gavin Kennedy (Co-ordinator, Wallacetown)

Email: [WorkingForWallacetown@south-ayrshire.gov.uk](mailto:WorkingForWallacetown@south-ayrshire.gov.uk)

## Housing Support

### **Ayr Housing Aid Centre SCIO**

Established in 1986 to provide South Ayrshire residents with free, specialist, accredited housing advice, information, advocacy, representation and Engagement Services.

We provide independent advice and support across all housing areas of law to prevent homelessness, alleviate poverty and give advice on rights and responsibilities including challenging negative Housing and Homeless decisions where there are legal grounds. Assistance is available for assistance in challenging Housing Benefit, UC Housing Element and at Housing Tribunal help at the Property Chamber.

Our Prison Housing Advice Service covers East and South Ayrshire areas.

7 York Street, Ayr, KA8 8AN

Telephone: 01292 288111

Text / Whatsapp : 07549 603895

Email: [info@ayrhousingaidcentre.com](mailto:info@ayrhousingaidcentre.com)

### **Ayrshire Housing Association**

119 Main Street, Ayr, KA8 8BX

Telephone: 01292 880120

Email: [info@ayrshirehousing.org.uk](mailto:info@ayrshirehousing.org.uk)

### **East Ayrshire Housing Options**

Opera House, 8 John Finnie Street,  
Kilmarnock, KA1 1DD

Telephone: 01563 554400 Option 5  
then option 2

**Out of Hours: 03457240000**

Email address: [homelessness@east-ayrshire.gov.uk](mailto:homelessness@east-ayrshire.gov.uk)

### **East Ayrshire Council Neighbourhood Teams**

Kilmarnock Irvine Valley &  
Kilmarnock South, Opera House, 8  
John Finnie Street, Kilmarnock,  
KA1 1DD

Telephone: 01563 554400, Option  
5

Email address: [housing@east-ayrshire.gov.uk](mailto:housing@east-ayrshire.gov.uk)

Kilmarnock North And Central, Opera House, 8 John Finnie Street, Kilmarnock, KA1 1DD	Telephone: 01563 554400, Option 5
Email address: <a href="mailto:housingadmincentral@east-ayrshire.gov.uk">housingadmincentral@east-ayrshire.gov.uk</a>	

Cumnock & Doon Valley, Rothesay House, 1 Greenholm Road, Cumnock, KA18 1LH	Telephone: 01563 554400 option 5
Email address: <a href="mailto:HousingAdminCumnock@east-ayrshire.gov.uk">HousingAdminCumnock@east-ayrshire.gov.uk</a>	

### **East Ayrshire Vibrant Communities Housing Support**

Offering Housing Support to tenants who have experienced Homelessness or are in danger of becoming homeless. Support includes setting up home, managing finances around the home, sustaining a tenancy and finding support in the community. <b>This is available to all East Ayrshire Local Authority tenants.</b>
Email address: <a href="mailto:housingsupportreferrals@east-ayrshire.gov.uk">housingsupportreferrals@east-ayrshire.gov.uk</a>

### **North Ayrshire Housing Advice Team**

Galt House, 31 Bank Street, Irvine, KA12 0LL	Telephone: 01294 314600 <b>Homeless out of hours - 0800 019 6500</b>
Email: <a href="mailto:housing-info-advice@north-ayrshire.gov.uk">housing-info-advice@north-ayrshire.gov.uk</a>	

### **North Ayrshire – Dalry / Beith Area Office**

2 Sharon Street, Dalry KA24 5DR	Telephone: 01294 836710
Email: <a href="mailto:dalryhousing@north-ayrshire.gov.uk">dalryhousing@north-ayrshire.gov.uk</a>	

### **North Ayrshire - Kilbirnie Area Office**

Garnock Valley Area Centre, Craigton Road, Kilbirnie KA25 6LJ	Telephone: 01505 685177
Email: <a href="mailto:kilbirniehousing@north-ayrshire.gov.uk">kilbirniehousing@north-ayrshire.gov.uk</a>	

### **North Ayrshire - Largs Area Office**

Brooksby Medical & Resource Centre, 31 Brisbane Road, Largs, KA30 8LH	Telephone: 01475 687590
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Email: <a href="mailto:largshousing@north-ayrshire.gov.uk">largshousing@north-ayrshire.gov.uk</a>
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### **North Ayrshire - Irvine Area Office**

Bridgegate House, Bridgegate, Irvine, KA12 8BD	Telephone: 01294 310150
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Email: <a href="mailto:irvinehousing@north-ayrshire.gov.uk">irvinehousing@north-ayrshire.gov.uk</a>
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### **North Ayrshire - Kilwinning Area Office**

35 Main Street, Kilwinning, KA13 6AN	Telephone: 01294 552261
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Email: <a href="mailto:kilwinninghousing@north-ayrshire.gov.uk">kilwinninghousing@north-ayrshire.gov.uk</a>
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### **North Ayrshire - Three Towns Office (Stevenston / Saltcoats / Ardrossan)**

The Town Hall, Countess Street, Saltcoats, KA21 5HW	Telephone: 01294 310005
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Email: <a href="mailto:3TownsHousing@north-ayrshire.gov.uk">3TownsHousing@north-ayrshire.gov.uk</a>
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### **Riverside Community Trust**

Working in partnership with local services to provide support to people facing repeat homelessness and offering options to people with substance misuse. Providing outreach and a drop-in service.
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Telephone: 01292 262686
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Email: <a href="mailto:help@riversidecommunitytrust.org.uk">help@riversidecommunitytrust.org.uk</a>
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Web: <a href="http://www.riversidecommunitytrust.org.uk">www.riversidecommunitytrust.org.uk</a>
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### **SeAscape**

SeAscape is a specialist homeless service that provides support for individuals who are returning to or presenting homeless in South and East Ayrshire. SeAscape Support Workers link in with the Housing Options departments in South and East Ayrshire and can support people to manage Universal Credit and other benefit claims and entitlements. SeAscape also supports people to settle into their accommodation provided by South and East Ayrshire until they are settled into a secure tenancy.
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Unit 1A, Mosshill Industrial Estate, Ayr, KA6 6BE	Telephone: 01292 285424
Email: <a href="mailto:enquiries@seascapeayr.co.uk">enquiries@seascapeayr.co.uk</a>	

**South Ayrshire Homelessness Standby Service**

Out of hours service	Telephone: 0808 100 3151
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**South Ayrshire Housing Options Team**

80-88 Kyle Street, Ayr, KA7 1RZ	Telephone: 0300 123 0900
Email: <a href="mailto:HousingOptionsTeam@south-ayrshire.gov.uk">HousingOptionsTeam@south-ayrshire.gov.uk</a>	

**Working For Wallacetown**

<p>The Working For Wallacetown team are committed to making Wallacetown a place where people are safe, healthy &amp; want to live. Service providers working in partnership with the community, for the community. Residents linking in with Working For Wallacetown can benefit from a wide range of services and groups including: Housing, Employment, Volunteering, Wellbeing, Social Activities / Groups, Fire Safety, Cost of Living Support, Further Education, Youth Clubs / Childrens Activities, Physical Health, Events, Community Safety, Benefits / Money Advice, Training Courses, Family &amp; Adult Learning, Mental Health, Arts &amp; Crafts, Addiction Services</p>	
	Telephone: 0300 123 0900 and ask for Gavin Kennedy (Co-ordinator, Wallacetown)
Email: <a href="mailto:WorkingForWallacetown@south-ayrshire.gov.uk">WorkingForWallacetown@south-ayrshire.gov.uk</a>	

## Justice Services

### **Ayrshire Justice Services Partnership Delivery Team**

Unit 83, 17 Third Avenue, Irvine, KA12 8HN	Telephone: 01294 322640
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### **East Ayrshire Justice Social Work**

The Johnnie Walker Bond, 15 Strand Street, Kilmarnock, KA1 1HU	Telephone: 01563 539888 (Opt 4)
Rothesay House, 1 Greenholm Road, Cumnock	Telephone: 01290 428372

### **HMP Kilmarnock Visitors' Centre / Prison Based Support**

Providing a warm, welcoming environment to the families and visitors coming to the prison. Visiting a prison can be a truly daunting experience for many people and the team aims to make this as easy as possible. The team provide a tailored support package to anyone who requires this, and regular contact is maintained wherever required.

Support is the same as our community-based hub (see Foundations Hub), addressing housing, addictions, benefits, and health while being able to assist with any issues their loved one may be having while in custody.

With a regular weekly presence within HMP Kilmarnock, we support anyone who has recently entered into custody as well as those due for release, providing pre and post release support plans, ensuring that all needs are met, and appropriate support is in place.

HMP Kilmarnock, Mauchline Road, Kilmarnock, KA1 5AA	Telephone: 078 833 30695 / 078 833 27712
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Email: <a href="mailto:jaynerrecoveryenterprises@gmail.com">jaynerrecoveryenterprises@gmail.com</a>
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### **Making a Difference (MAD) Peer Support Group**

Peer support group in North Ayrshire aimed at people who are or have been involved in the justice system.

157 New Street, Stevenston, KA20 3HL	Telephone: 01294 463924
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### **New Routes Throughcare and Mentoring Service**

As the national Throughcare service, New Routes offers customers a dedicated mentor to provide tailored support around identified needs as customers transition from prison, back into community life. Working with individual 6 months prior to liberation through to 6 months post release, New Routes also includes a gate liberation collection service to support with vital access to essential services on day of liberation.

To access the support customers must be serving a short-term sentence and complete sign up to the service prior to liberation.

Telephone: 0141 303 3131  
Option: 4 Community Justice

Email: [justice@thewisegroup.co.uk](mailto:justice@thewisegroup.co.uk)

### **North Ayrshire Justice Social Work**

157 New Street Stevenston, KA20 3HL

Telephone: 01294 463924

### **North Ayrshire Justice Social Work Community Payback Team**

Block 4, Unit 2, Moorpark Industrial Estate, Stevenston, KA20 3JT

Telephone: 01294 608900

### **Peer Involvement Networking Group (P.I.N.G) Peer Support Group**

Peer support group in South Ayrshire aimed at people who are or have been involved in the justice system. Offering free:

- IT skills, training/Education opportunities,
- Confidence building and anxiety management
- Fitness/sports
- Recovery meeting for substance misuse
- Information from other services

Telephone: 01292 289749

**\*\*Pop into your local Justice Services Office for further information.\*\***

### **Sacro Justice Support – North Ayrshire**

Sacro support those individuals who are working with Justice Social Work. We can support with all areas of the Justice Star which include:

- Accommodation, living skills and self care

- Mental Health and Wellbeing
- Friends and Community
- Relationships and Family
- Parenting and Caring
- Drugs and Alcohol
- Positive Use of Time
- Managing Strong Feelings
- A crime free life

Telephone: 01294 463924 or 0141 248 1763

Email: [info@sacro.org.uk](mailto:info@sacro.org.uk)

### **Saltcoats Custody Navigators (Arrest Referral Service)**

This service is only available at Saltcoats Custody Suite.

The Saltcoats Custody Navigators service is provided by Sacro and works within police custody suites. We are not part of the police. We work with adults in custody who are ready for change. The sole purpose of a custody navigator is to help and support you to make decisions to help you choose a life away from criminal activity. This is not an alternative to the justice system and the proceedings for which you have been arrested will continue.

We will arrange to meet you once released from custody and – with your help – design a plan to address any issues you have. This is intended to give you the opportunity to do something different and hopefully to stop you from being arrested again. Further meetings will be arranged to discuss next steps and support you to access interventions and support services. Your custody navigator will stay in contact with you and can arrange transport to interventions and support services if you need it.

Telephone: 01592 593100

Email: [infofife@sacro.org.uk](mailto:infofife@sacro.org.uk)

Web: [sacro.org.uk](http://sacro.org.uk)

### Shine Women's Mentoring Service

Mentoring is a way of helping and supporting women with many of the issues they might be facing both practically and emotionally helping build self-esteem and confidence. Service is available to all adult females who are:

- Currently serving a custodial sentence in Scotland of less than four years and not subject to a statutory order or;
- On remand or;
- Subject to a Community Payback Order.

39-41a Main Street, Kilwinning, KA13 6AN

Telephone: 01294 556208

Web: <https://www.shinementoring.org/>

### South Ayrshire Justice Social Work

McAdam House, 34 Charlotte Street, Ayr, KA7 1EA

Telephone: 01292 289749

### Venture Trust

We primarily work with people who are currently involved in criminal justice throughout Ayrshire.

#### **Community Outreach:**

Our outreach team meet individuals in and around their community in spaces and places where they feel comfortable, relaxed, and able to build a trusting relationship. Over time, participants begin to open up about their life, their experiences, and their future goals – possibly for the first time. Being outdoors gives people a sense of freedom, ownership, and the opportunity to reflect. Our team are highly skilled in carrying out therapeutic conversations which support our participants to identify areas of their life they would like to change, which can include education, employment, relationships, housing, lifestyle choices, and health and wellbeing. Each participant is encouraged to create a map of their life with personal destinations and are supported to reach them.

#### **Wilderness Journeys:**

Our journeys take participants out into the stunningly beautiful Scottish wilderness, where they typically travel for anything up to ten days, often wild camping, walking, canoeing, abseiling, climbing, and overcoming challenging terrain. Away from technology, their local environments, networks of family and friends, and the pressures associated, our participants are given the freedom to truly find themselves, leading to an improved sense of worth, confidence, and wellbeing. Our Wilderness Journey leaders are highly trained to help participants safely navigate the physical journey but also attuned to support their individual mental and emotional needs. We use the experiences and challenges of 'living wild' in the great outdoors to enable participants to reflect on day-to-day concerns, behaviours, and choices, helping them to forge a different path when they return home to their communities.

Unit 6 Block 1  
Manor Farm Business Park  
Stirling FK9 5QD

Telephone: 01786 447 637

Email: [Gilbert@venturetrust.org.uk](mailto:Gilbert@venturetrust.org.uk)

## Literacy Support

### **North Ayrshire Council Community Learning and Development (CLD)**

North Ayrshire Council Community Learning and Development (CLD) provide a number of opportunities for communities in North Ayrshire to access services to improve their overall wellbeing, including health and mental health programmes for children and young people, community based adult learning opportunities, walking groups for adults, groups for over 50s and support to local community organisations.

**Web:**

<https://www.north-ayrshire.gov.uk/education-and-learning/adult-learning.aspx>

<https://www.north-ayrshire.gov.uk/leisure-parks-and-events/youth-groups.aspx>

**Email:**

[irvinelocalityteam@north-ayrshire.gov.uk](mailto:irvinelocalityteam@north-ayrshire.gov.uk)

[kilwnclocality@north-ayrshire.gov.uk](mailto:kilwnclocality@north-ayrshire.gov.uk)

[3townslocality@north-ayrshire.gov.uk](mailto:3townslocality@north-ayrshire.gov.uk)

[garnockvalleylocality@north-ayrshire.gov.uk](mailto:garnockvalleylocality@north-ayrshire.gov.uk)

[adultlearning@north-ayrshire.gov.uk](mailto:adultlearning@north-ayrshire.gov.uk)

[youthwork@north-ayrshire.gov.uk](mailto:youthwork@north-ayrshire.gov.uk)

### **Thriving Communities – CLD Adult Literacies and ESOL**

Adult Learning offers free support to adults living in South Ayrshire who wish to improve their reading, writing, spelling or number skills. We also offer basic computing courses and support for people for whom English is not their first language.

Students can learn in a small group or on a one-to-one basis with their own tutor. Our service is run by professional staff and supported by trained volunteer tutors. The service delivers and supports a range of learning opportunities across the authority that include:

Individual and groups sessions for ESOL. Programmes offered in localities both during the day and in the evening. Group sessions are in person, online and blended and are available Monday to Friday.



	Telephone: 07907847870
Email: <a href="mailto:thrivingcommunitiesadmin@south-ayrshire.gov.uk">thrivingcommunitiesadmin@south-ayrshire.gov.uk</a>	
Web: <a href="http://www.south-ayrshire.gov.uk/article/37966/Adult-Learning">www.south-ayrshire.gov.uk/article/37966/Adult-Learning</a>	

### **Vibrant Communities – Lifeskills and Inclusion**

Aged 16 and over and living in East Ayrshire, we offer a free and confidential service for adult learners who may need help and support with reading, writing and number skills. We can provide first step courses to numeracy learning and accredited formal learning opportunities specific to money management and life skills. The Lifeskills and Inclusion team can help you:

- Build your confidence with words and numbers
- Understand forms and letters
- To support your child’s learning
- build your confidence in handling money and budgeting money.
- support your numeracy learning so you are better equipped to support your child’s numeracy learning
- progress onto formal numeracy qualifications (Money MOT Customised Award)

Lifeskills and Inclusion Multiply team provides numeracy lifeskill supports to adults 16+ living in East Ayrshire. Offering numeracy first step courses, providing first steps to engagement and learning around numeracy with an objective to build confidence in everyday numeracy skills.

Lifeskills and Inclusion Multiply also provide accredited learning opportunities with our SQA Money MOT customised award at SCQF Level 3, 4 and 5. Money MOT covers topics around: banking, saving, best value, shopping, borrowing, paying bills and budgeting.

Vibrant Communities Western Rd, Kilmarnock	175-177	Telephone: 01563 578127
Email: <a href="mailto:vibrantcommunities@east-ayrshire.gov.uk">vibrantcommunities@east-ayrshire.gov.uk</a>		

### **Working For Wallacetown**

The Working For Wallacetown team are committed to making Wallacetown a place where people are safe, healthy & want to live. Service providers working in partnership with the community, for the community. Residents

linking in with Working For Wallacetown can benefit from a wide range of services and groups including: Housing, Employment, Volunteering, Wellbeing, Social Activities / Groups, Fire Safety, Cost of Living Support, Further Education, Youth Clubs / Childrens Activities, Physical Health, Events, Community Safety, Benefits / Money Advice, Training Courses, Family & Adult Learning, Mental Health, Arts & Crafts, Addiction Services

Telephone: 0300 123 0900 and ask for Gavin Kennedy (Co-ordinator, Wallacetown)

Email: [WorkingForWallacetown@south-ayrshire.gov.uk](mailto:WorkingForWallacetown@south-ayrshire.gov.uk)

## Veterans Support

### **Poppy Scotland**

If you or an immediate family member has served in the armed forces then drop into our Welfare Centre on King Street, Kilmarnock for the opportunity to meet other veterans as well as the chance to take part in specially run courses and activities. Please pop in and see us, or pick up the phone, and find out how we can help.

44 King Street, Kilmarnock, KA1  
1NP

Telephone: 01563 598000

### **Sacro's Veterans Mentoring Service**

Across Ayrshire, offering a range of support to any Veteran who has served with the UK Military (Royal Navy, Army, and Royal Air Force) for any length of time. Sacro can help support you:

- Address Alcohol and Drug issues
- Address Physical and Mental Health issues
- Access support services in your local area
- Keep appointments
- Enhance life and social skills, e.g. financial budgeting, housekeeping, cooking
- Complete paperwork and make phone calls
- Reintegrate into the community
- Access education or training
- Find employment opportunities

Telephone: 0131 624 7270 or 0141  
248 1763

Web: [veterans@sacro.org.uk](mailto:veterans@sacro.org.uk)



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