



Welcome to the Autumn edition of the North Ayrshire Alcohol & Drug Partnership's newsletter.

The ADP Support Team will 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

MINDS of Recovery and Cafe Solace hosted a deeply moving event to mark International Overdose Awareness Day. Recovery organisations, community members, and those affected by substance use came together to reflect, remember, and honour the lives lost.

The day was filled with compassion and connection, with support from organisations including Children First, KA Leisure, Turning Point Scotland PEAR, Police Scotland, Broken Chains, Cocaine Anonymous, and Harbour Ayrshire. Guests were warmly welcomed with catering and refreshments provided by Cafe Solace Irvine.

The event also consisted of a beautiful flower ceremony which was held at the Low Green in Irvine, offering a peaceful and symbolic moment of remembrance for those no longer with us.

Thank you to everyone who attended and helped create a space for reflection, support, and hope. Together, we continue to build a stronger, more compassionate recovery community in North Ayrshire.



Back to School Haircuts with Cafe Solace

The evening before schools returned, Cafe Solace Irvine welcomed two volunteer barbers/hairdressers who generously offered free haircuts to children and young people.

The initiative also extended to individuals impacted by substance use, ensuring they too could benefit from the service.

Around 15 people received fresh new looks and left feeling uplifted and delighted with their stylish transformations!



Cafe Solace Sponsored Walk

Members of the ADP Support Team joined a team from the PHOENIX Study and volunteers of Café Solace Irvine for a sponsored walk on 27th of September to raise funds for the charity's 'Pay It Forward' campaign, which provides meals for the most vulnerable in our community.

Starting at Ardrossan South Beach, the team walked 10 miles to Irvine Harbour, getting absolutely soaked along the way! Despite the heavy rainfall, spirits remained high as the group powered on with smiles and determination.

An impressive £1,060 was raised and will contribute towards the cost of some extra festive cheer, with Café Solace opening its doors to provide a warm and welcoming Christmas dinner at a time when limited support is available.

Those accessing statutory support at Caley Court in Stevenston can also use the scheme to enjoy a roll and a cuppa from the Caley Court café.

Volunteering Opportunity with IYLC

IYLC are looking for volunteers to help support the Saturday Breakfast Club at Vineburgh Community Centre.

The organisation caters for some of the most vulnerable individuals and families within our communities and runs from 10am - 12pm on a fortnightly basis.

If you are interested or would like to find out more information, please get in touch using the email below:

irvineyouthtrustees@outlook.com



MINDS of Recovery Conversation Cafe

MINDS of Recovery has recently established a new Conversation Cafe in Kilwinning!

This will run every **Thursday at Vaults Lane Hall from 10am - 12pm.**

If you or someone you know has been affected by substance use, come along for a chat.

Food and refreshments will also be available!



Kitbag

Education HQ recently extended Kitbag training to ADP staff, enabling participation in multi-agency sessions and delivery within recovery settings - encouraging meaningful conversations and strengthening relationships.

“The cards helped me think more about my feelings and think more about who I am and my behaviours.” (Male, 58)

“The cards help me interpret my emotions differently as they help me wrap my head around things. I think that they’re really good conversation starters.” (Male, 26)

Changes Networking Event

Recovery Development Workers at NADARS are hosting a Christmas Networking Event on 9th December, from 2–4pm at Fullarton Connexions. This is open to staff and service users across North Ayrshire.

The event will feature:

- Info stalls from support services
- BBV nurses offering health checks
- Food and refreshments

For details or to get involved, please contact:

ADP@north-ayrshire.gov.uk

Recovery Story



Kim's Story

Hi everyone, my name is Kim. I've been sober for two and a half years, but it wasn't easy. I struggled with addiction for over ten years, relapsed more times than I can count, and lost all hope. I genuinely believed this illness would kill me, and if I'm honest, death sounded more appealing than the hell I was existing in.

I'm the oldest of six siblings and when I was two, my mum gave me away to my gran. I had a great childhood with loads of happy memories, but I held deep resentments toward my mum, and that became my biggest trigger for drinking. I had no issues at school, but I never applied myself enough and left without the qualifications I should have. I started my first job as a trainee hairdresser and loved it. I began going out with the girls I worked with and loved that too. I was always the drunkest, the loudest, and never remembered getting home, but that was normal, right?

At 18, I got into a relationship that lasted three years and wasn't good for my mental health. I fell pregnant, told him, but he showed no interest. I ended the relationship and it was the best decision I ever made. I became a single mum at 22 to my handsome boy and thrived. I worked full-time and did everything I could to be the best mum. When my son was two, I met someone I thought was my knight in shining armour only to be let down again. He was in my life for the next 11 years. We had a beautiful daughter and after a year, that relationship ended and I felt lost again. I put on a mask every day, trying to do my best, be the best mum, work hard for my family, and I ran myself into the ground.

In 2011, I lost my gran, and I lost a part of myself with her and this had a huge impact on my mental health. I began to self-medicate to cope. It didn't seem like an issue at first because I was still working full-time and functioning day-to-day. I didn't drink every day, but when I did, I was reckless. My mental health deteriorated further and I was searching for someone to fix me, dating the wrong people, and eventually had a nervous breakdown. I tried to take my own life. The guilt of that nearly killed me. My drinking got progressively worse and I needed help.

I reached out to Turning Point Scotland PEAR Service, where I received person-centred support for over a year. My worker was amazing and had so much patience with me. I also got support from Caley Court, but I still couldn't stay sober. No matter how much I tried, I couldn't do it—not even for my kids, and I would die for them. Eventually, I tried fellowship and went to AA. I struggled for two years, kept relapsing, sank deeper into depression, and just didn't want to be here.

I was introduced to the Recovery College, but I wasn't quite ready. After my uncle passed away, I had my final relapse. I got down on my knees and prayed, either for God to take me or to help me, because I couldn't live like that anymore. On the 27th of March 2023, my journey truly began. I joined the Recovery College, started doing the courses, and found out who I was. Yes, I was a mum, but I was so much more. I became a peer and loved facilitating the classes that saved my life. I got to do a song writing course and wrote a song called I'm Free. I was finally free to be just me. I recorded the song, and it's now available to download on Spotify!

That year, I performed my song at the SMHAF launch night. The way my kids used to look at me compared to how they looked at me that night - money can't buy that. I had the privilege of working at the college as a Peer Champion for six months, and I loved every minute of it. We worked with a team in Malta via Zoom, helping them implement our CHIME model into their services. It worked so well they invited us over for their celebration of learning last September. Through the college, I found Drum4urLife and discovered a new passion for drumming. I trained as a drum circle facilitator and last year travelled to Madrid to deliver CHIME TO DRUM, a pilot project we created. While there, we were spotted and invited to South Carolina to present it at an international conference in January this year. Wow, no bad for a wee lassie from Ardrossan.

The Recovery College saw my passion for working in addiction and breaking down the stigma and judgement around people suffering from addiction and mental health, because for me, they go hand in hand. I had the privilege of co-facilitating CHIME TO DRUM with the Changes group in Irvine at Fullarton Connexions. I absolutely loved those four weeks, seeing the change in the group and empowering them to have a voice without speaking. Through the power of drumming, I made a short video that I shared in America.

Sadly, due to funding, my contract wasn't extended. But one door closes and another opens! A full-time position came up at Turning Point Scotland, where my journey began, and I got it! I've been working there for seven weeks now, and I can't wait to see what the future holds. I want to give someone the chance that was freely given to me, to help them get that sparkle back in their eyes.

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



Festive Season 2025

NADARS

Closed 25th, 26th December and 1st, 2nd January

Changes Group

Closed 23rd, 30th December and reopens 6th January

Turning Point Scotland PEAR

Tea and toast drop-in on 24th and 31st December

Service will close 3pm on 24th December and reopens 29th December

Closes 3pm on 31st December and reopen 5th of January

Cafe Solace Irvine

Closed 23rd and 30th December and reopens 6th of January

Christmas dinner available 25th of December at Fullarton Connexions

1pm - 3pm. **Scan the QR code below to book your space!**

Cafe Solace Kilbirnie

Closes 12th December and reopens 9th of January

MINDS of Recovery

Support available by contacting 'MINDS of Recovery' on Facebook

Recovery Hub (Irvine)

Closes 19th of December and reopens 7th of January

Recovery Hub (Kilbirnie)

Closes 16th December and reopens 6th January

Harbour Ayrshire

MOT Irvine: Closes 19th December & reopens 9th January

MOT Kilbirnie: Closes 17th December & reopens 7th January

Women's Group: Closes 15th December & reopens 5th January

Family Group: Closes 17th December & reopens 7th January

Out of hours number available 25th December - 9th January

from 5pm - 9pm: **01292 623016**

Redburn Lunch Club

Closes 18th December and reopens 15th January

