

# North Ayrshire

## Recovery & Wellbeing Activities

A variety of activities ranging from:

- Warm meals
- Outdoor activities
- Men / Women only groups
- Mental health support groups
- SMART recovery
- Family groups
- Fellowship

If any information in this leaflet is out of date please contact:

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

Last updated May 2024



# IRVINE

## Community Matters Recovery Group

*Fullarton Community Hub*

Enjoy a range of activities and meet others at the Fullarton Hub on **Mondays** from 11am-1pm. We also provide 1-1 counselling at no cost and no waiting times (appointments can be made on Mondays and Tuesdays). For more information, or to sign up, please contact us on **01294 278207**.

## Harbour Ayrshire Women Only Group

*Fullarton Community Hub*

Chat and support for women, offering programs on a range of issues from addiction, mental health, bereavement, homelessness and other social issues. Every **Monday** from 1.30pm to 3.30pm.

## NADARS Changes Group

*Fullarton Connexions Church*

A safe space for individuals to come along for a well-being check in and to find out about recovery activities in North Ayrshire - every **Tuesday** from 2pm to 4pm.

## Women's Only Community Matters Wellbeing Group

*Fullarton Community Hub*

Come along every **Tuesday** for a chat from 1pm - 3pm.

## Community Cafe

*Fullarton Community Hub*

Every **Monday, Tuesday, Wednesday, Thursday**, and **Friday** from 9am-12pm. Come along for a chat and some breakfast for a small fee - Contact **01294 278207** for more information.

## Cafe Solace

*Fullarton Connexions Church*

Enjoy a low-cost meal and café atmosphere on **Tuesdays** from 5pm to 6.30pm.

Contact **cafesolaceteam@gmail.com** or call **07880 108 956** if you would like to volunteer with us, please get in touch. **Turning Point Scotland PEAR** will also be here every week and can provide support to individuals and families affected by substance use.

## The Trinity Walking Groups

*The Trinity Active Travel Hub, Rivergate*

Various walking routes around Irvine which take place every **Wednesday** at 11am. A different route is on every week so pop along to the Trinity Church at Bridgegate to collect a copy of our timetable.

## Wellness Warriors

*Vineburgh Community Centre*

Come along to our wellness group for a chat, cuppa, bite to eat and a variety of activities every **Wednesday** from 11am to 1.30pm.

## Harbour New Beginnings Group

*Fullarton Connexions Church*

Support group for families and friends affected by substance use. Every **Wednesday** from 6.30pm - 8.30pm.



## MINDS of Football

*Irvine Royal Academy*

Come along to tackle mental health on and off the pitch and to show addiction the red card - every **Wednesday** from 6.30pm to 8pm. See or contact us on our Facebook page 'Minds of Football' for more details.

## MINDS Conversation Cafe

Come along to Fullarton Hub every **Wednesday** from 1pm to 3pm to build connections with others. This is also an opportunity for you to raise any issues you might experience and these can be fed back to the Lived Experience Panel. For more information on Lived Experience Panels please see the back of this booklet.



## Fullarton Connexions Grub n Gospel

*Fullarton Connexions Church*

Join Grub n Gospel for a meal and contemplation every **Friday** from 6.30pm to 8.30pm.

## Turning Point SMART group

*Fullarton Community Hub*

SMART recovery helps people recover from addictive behaviour and lead a meaningful and satisfying life. Come along to our group on **Thursdays** from 2.30pm to 4pm. We also go a walk from the Fullarton Hub from 1.15pm to 2.15pm.

## Harbour MOT Group

*Fullarton Community Hub*

Men only group every **Friday** from 12.30pm to 2pm. Pop along for support with addiction and inter-related problems, mental health, homelessness, bereavement, and other social issues.

## Recovery Hub

*Youth Legacy Hub, Bridgegate*

Drop-in hub for 1-1 support, signposting, and to make connections with others - every **Friday** from 10am to 2.30pm.



## Breakfast Club

*Redburn Community Centre*

All welcome to come along and enjoy a great start to the day every **Monday** from 12.30pm to 2.30pm and every second **Saturday** from 10am to 12pm - call Janice on **077 6504 5201** for more information.

## Injecting Equipment Provision Service Providers

*Boots, Boutrehill*

Mon-Fri from 9am to 5.30pm & Sat 9am to 1pm

*Boots, East Road*

Mon-Fri 10am to 5pm & Sat 10am to 4pm

*Boots, Rivergate Mall*

Mon-Fri 9am to 5.30pm, Sat 9am to 5.30pm,  
Sunday 11am to 5.30pm

*Boots, Frew Terrace*

Mon-Fri 8.30am to 5.30pm &  
Sat 9am to 12pm

*Boots, High Street*

Mon-Fri 9am to 6pm & Sat 9am to 1pm

*Care Pharmacy, Springside*

Mon-Fri 9am to 5.30pm & Sat 9am to 1pm

*Ballot Road Clinic (**nurse present**)*

Every **Wednesday** from 4pm to 6pm

## AA and CA meetings

*Fullarton Connexions (CA)*

Every **Monday** from 7.30pm to 9pm

*Woodland View, Ayrshire Central Hospital (AA)*

Every **Monday** from 8pm to 9.15pm

*Irvine Mure Church (AA)*

Every **Tuesday** from 12pm to 1.30pm

*Woodlands Community Centre (AA)*

Every **Tuesday** from 8pm

*Townend Community Centre, Dreghorn (AA)*

Every **Wednesday** from 8pm to 10pm

*Springside Community Centre (CA)*

Every **Sunday** from 7.30pm to 9pm

*Woodlands Community Centre (AA)*

Every **Thursday** from 8pm to 10pm

*Woodlands Community Centre (AA)*

Every **Friday** from 8pm to 10pm

*Old Parish Church (AA)*

Every **Saturday** from 11am to 12.30pm

*Woodlands Community Centre (AA)*

Every **Saturday** from 8pm to 9.30pm

*Muir Church (CA)*

Every **Saturday** from 7.30pm to 9pm

*Towerlands Community Centre (AA)*

Every **Sunday** from 8pm to 9.30pm

*Fullarton Community Hub (CA)*

Every **Sunday** from 1.30pm to 3pm

# Garnock Valley - Dalry, Kilbirnie, Glengarroch, Beith

## Care and Share

*St Margarets Church, Dalry*

Come along for a meal on a **Monday** from 12pm - 1.30pm.



## MINDS of Recovery Conversation Cafe

*Bridgend Community Centre, Kilbirnie*

Come along to share your opinions on how to build stronger recovery communities. We also provide and receive support from others with lived experience of substances.

Every **Tuesday** from 12pm to 2.30pm.



## Harbour Ayrshire MOT

*Bridgend Community Centre, Kilbirnie*

Support with addiction and inter-related problems, mental health, homelessness, bereavement and other social issues. Every **Wednesday** from 6.30pm to 8pm.



## Cafe Solace

*Bridgend Community Centre, Kilbirnie*

Enjoy company and a freshly prepared meal every **Friday** from 12pm to 1.30pm for lunch, and 5pm-7pm for dinner.

## Beith Community Trust

*Various Events*

Befriending service, food parcels for a small fee, and support from volunteers to retrieve your shopping, and much more - visit <https://beithtrust.org>



## Alcoholics Anonymous Meetings

*Bridgend Community Centre, Kilbirnie*

Every **Tuesday** from 8pm - 9.30pm

*St Palladius Church Hall, Dalry*

Every **Wednesday** from 8pm to 9.30pm



## Injecting Equipment Service Providers

*Penmans Pharmacy, Beith*

Mon-Fri 9am to 5.30pm & Sat 9am to 1pm

*Boots, Dalry Road, Kilbirnie*

Mon-Fri 10am to 5pm

*Boots, Main St, Kilbirnie*

Mon-Fri 9am to 5.30pm & Sat 9am to 1pm

*Kilbirnie Health Centre - **nurse present***

Every **Wednesday** from 2pm to 4pm

# KILWINNING

## Fitba4u project

*Kilwinning Community Sports Club*

Promoting mental and physical well-being through football on **Tuesdays** from 10am to 1pm.

Contact [onsideayrshire@hotmail.com](mailto:onsideayrshire@hotmail.com) or **01294 556444**.



## Recovery Allotment

*Eglinton Growers, Irvine Road, Kilwinning*

Gardening and growing space for those in recovery on **Wednesdays** from 10am to 12pm.

## Eglinton Gardens/PEAR partnership

*Eglinton Gardens, Kilwinning*

Every **Wednesday** from 9.30am to 12.30pm and **Saturday** from 1.30pm to 5pm. If you enjoy being outdoors this group is for you! Call **01294 447407** for more information.

## Sliding Doors Suicide Prevention Peer Support Group

*Kilwinning Sports Club*

Every **Thursday** from 10am - 1pm.

## Cocaine Anonymous

*Erskine Hall*

Every **Saturday** from 11am to 12.15pm

## Alcoholics Anonymous

*Erskine Hall*

Every **Monday** at 8pm

## Injecting Equipment Service Providers

*Boots, Almswall Road*

Mon-Fri from 8.30am to 5.30pm & Sat 9am to 1pm

*Townhead Pharmacy, Pennyburn Rd*

Monday to Friday from 9am-1pm, 2pm-4pm & Sat 9am to 4pm



# THE THREE TOWNS (Stevenston, Saltcoats, and Ardrossan)

## PEAR SMART Group

*Argyle Community Centre, Saltcoats*

SMART recovery helps people recover from addictive behaviour and lead a meaningful and satisfying life - every **Monday** from 10am to 11.30am. Call **01294 447407** for more information.

## Café Solace

*Church of the Nazarene, Ardrossan*

Enjoy a low-cost meal and café atmosphere on **Wednesdays** from 5pm to 6.30pm. (**not currently running**)

## Recovery Activity Group

*Argyle Community Centre*

Come along and participate in fun activities every **Thursday** from 12pm to 3pm.



## Well-Being and Recovery College

*71 Princes St, Ardrossan*

We offer a variety of courses which promote self-growth and recovery, these range from well-being, mental health, photography, art, journaling, and much more. Call us on **01294 447355** for more information.

## Care and Share

*Kirkgate Church, Saltcoats*

Come along for a cuppa and bite to eat at no cost, every **Friday** from 12.30pm - 2pm.

## Turning Point PEAR Tea and Toast

*Turning Point Scotland PEAR office, Stevenston*

Come along for a cuppa, some toast, and a chat – All welcome! Every **Wednesday** from 10am to 12pm and **Saturday** from 10am to 1.30pm. Call **01294 447407** for more information.

## Alcoholics Anonymous

*Park Church, Ardrossan*

Come along for support every **Tuesday** at 8pm to 10pm

## Cocaine Anonymous

*Ardeer Community Centre*

Every **Tuesday** from 12pm to 1.30pm

## Alcoholics Anonymous

*Whitlees Community Centre, Ardrossan*

Every **Sunday** from 11am - 12.30pm

## Alcoholics Anonymous

*Civic Centre, Ardrossan*

Every **Sunday** from 8pm - 10pm

## Alcoholics Anonymous

*St Marys Church, Saltcoats*

Come along for support every  
**Friday** from 2pm - 4pm.

## Injecting Equipment Service Providers

*Lloyds Pharmacy, New St, Stevenston*

Mon-Fri 9am-6pm & Sat 9am-5pm

*Boots, Dockhead St, Saltcoats*

Mon-Fri 9am to 5.30pm & Sat 9am to 5.30pm

*Ardrossan Health Centre (nurse present)*

Every Monday from 2pm to 4pm

*Saltcoats Health Centre (nurse present)*

Every Friday from 2pm to 4pm



# THE NORTH COAST (SEAMILL, WEST KILBRIDE, FAIRLIE, LARGS)

## Alcoholics Anonymous

*Clark Memorial Church, Largs*

Come along for support every **Monday** from 11am - 12.30pm.

## Alcoholics Anonymous

*Fairlie Parish Church*

Come along for support every **Tuesday** from 11am - 12.30pm.



## PEAR SMART and Walking Group

*Clark Memorial Church, Largs*

SMART recovery helps people recover from addictive behaviour and lead a meaningful and satisfying life. Come along to our group on **Fridays** from 10am to 11.30am, our walk runs afterwards from 11.45am - 12.45pm from the Church - if you enjoy the seaside, this one is for you.

## Alcoholics Anonymous

*Clark Memorial Church, Largs*

Come along for support every **Saturday** from 8pm - 9.30pm.



# Injecting Equipment Provision Providers

*Morrison's Pharmacy, Largs*

Mon-Fri 7am to 10pm, Sat 7am to 10pm, Sun 8am to 7pm

*Brooksby Health Centre (upstairs), Largs* (**nurse present**)

Every Thursday from 2pm to 4pm

# Arran

## Arran Youth Foundation

*Youth cabins behind Arran High School, Lamlash, KA27 8NG*

A range of activities throughout the week, as well as school holiday clubs:

**Monday to Friday:** Lunchtime drop-in, 1.25pm to 2.10pm

**Monday:** Cooking club: 3.45pm to 6.45pm

**Monday/Tuesday:** Guitar tuition, 3.45pm onwards

**Tuesday:** Seniors club, 3.45pm to 6.45pm

**Wednesday:** Art psychotherapy, 3.45pm to 6.45pm

**Thursday:** P7 club, 3pm - 6.45pm and Girls football from 3.45pm - 4.45pm

**Friday:** Youth club, 3.45pm to 9pm

**School holiday clubs:** Contact [graeme@arranyouthfoundations.org](mailto:graeme@arranyouthfoundations.org)



# Alcoholics Anonymous Meetings

*Church Hall, Brodick*

Every **Tuesday** from 2pm - 3.30pm

*Whiting Bay (Zoom Meeting)*

Every **Friday** at 7pm to 8pm. Meeting ID: 865 1210 2369, Passcode: 730647

*Church Hall, Brodick*

Every **Sunday** from 5pm - 6.30pm



# Other local resources

**Local Alcoholics Anonymous Intergroup:** <https://www.alcoholics-anonymous.org.uk/>

**CA helpline :** [0141 959 6363](tel:01419596363)

**Freedom Fighters:** <https://freedomfighters.life/>

**NADARS:** We offer 1-1 support, detox, medication support, rehabilitation, family support, mental health support for anyone 16 and over affected by addiction. To self-refer please contact [01294 476000](tel:01294476000)

**Penumbra:** We offer mental health support, contact us on [01294 471934](tel:01294471934) for more information.

**TACT:** We offer a variety of opportunities including cooking classes, anxiety management, confidence coaching, volunteering and more. To find out more give us a call on [01294 443044](tel:01294443044)

**Children 1st :** We work with children and their families by offering practical, emotional, and financial support to prevent and protect them from harm and recover from trauma. Please contact [01294 214884](tel:01294214884) for more information. We also have a facebook page '[Children 1st - North Ayrshire](#)'

**Cruse Scotland:** Cruse provides bereavement support to anyone who is struggling with the loss of someone. The phone number is free to call : **0808 802 6161**

**Gamblers Anonymous Scotland:** A fellowship of men and women who share their experience, strength, and hope with each other to solve their common issue and help others recover from a gambling problem. Meeting every **Monday** at Ardrossan Civic Centre from 7.30pm-9.30pm. National helpline is **0370 050 8881** and is free to call (24 hour service).

**KA Leisure:** We provide walking and various exercise groups which can be found by typing <https://kaleisure.com/exercise-referral> into your browser. If you would like to become more active and adopt a healthier lifestyle, use the link to find out what is happening in your community.

**Green Health Partnership:** If you enjoy walking, cycling, outdoor learning and play, gardening, food growing, and practical conversation type this link into your browser to access our Events Calendar to find out what is happening near you. <https://www.nagreenhealth.org.uk/>

**CHAP:** CHAP can offer advice surrounding benefits, money, welfare, and housing. To get in touch please call them on **030 0002 0002**

## **Lived Experience Panel**

The Lived Experience Panel provides an opportunity for individuals with lived and living experience of substance use to come along and share their stories and experiences to help shape and inform support and services within North Ayrshire.

Engaging with people with lived and living experience is vitally important for the ADP. The Lived Experience Panel can help to build positive relationships across communities, identify challenges, and share ideas to help bring about positive change and support for people. This is a platform for people with lived or living experience to influence the direction of their ADP in helping to provide support for people affected by substance use in North Ayrshire.

### **2024 sessions:**

Wednesday 24th April, 12-2pm, Bridgend Community Centre, Kilbirnie

Thursday 30th May, 2-4pm, Kilwinning Library, Kilwinning

Tuesday 25th June, 1-3pm, Ardrossan Civic Centre, Ardrossan

Wednesday 31st July, 1.30-3.30pm, Fullarton Connexions, Irvine

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