



Welcome to the spring edition of the North Ayrshire Alcohol & Drug Partnership's newsletter. The ADP Support Team will produce 4 newsletters per year highlighting positive recovery stories, what is going on in our communities, 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

Recovery Hub

The Recovery Hub has now moved from Bridgegate to new premises within the Rivergate Shopping Centre.

You can find us here every Friday from 10am to 2.30pm in the old Skills Development Scotland unit (next to Freckletons).

We can offer support to contact & signpost to relevant services including:

- Assistance to address Food Poverty
- Housing Issues
- Benefits Maximisation
- Digital Inclusion
- Physical & Mental Health Services
- KA Leisure Passes
- Substance Use/Mental Health and Wellbeing Guidance
- Isolation
- Domestic Violence Resources
- Family Support for Substance Use
- Naloxone Awareness Training
- Naloxone Provision
- Testing kits for Nitazenes & Xylazines (synthetic opiates)



Harper House

Harper House is a Specialist Family Service offering safe, structured support for the whole family to address parents' drug and/or alcohol use, improve their mental health and quality of life.

The service provides a unique, family-focused intervention programme that benefits each family member and the family unit as a whole. Families of all makes (pregnant women, mums, dads, couples) stay together at the service, meaning that parents remain the carers of their children at the same time as taking part in the programme. Alongside this, specialist childcare staff provide support to children and parents.

Harper House opened its doors in November 2022 – since then we have supported over 60 families (75 Adults/100 children) and 5 births!

The programme brings together three main elements, each responsive to the individual needs of each family.

Therapeutic Interventions:

- A Therapeutic Community Model promoting self-worth, life skills, and abstinence
- Optional detox based on clinical assessment
- Tailored 12-to-26-week programmes with keyworker support
- 24/7 care staff, in-house mental health nurse, and GP access
- 12–18 months of Aftercare with ongoing emotional and practical support, and 2 weekly online groups

Childcare:

- Onsite registered nursery and Health Visitor access
- Antenatal and school pathways for children across all local authorities
- Named keyworker for every child

Parenting Support:

- Delivery of the Parents Under Pressure (PuP) programme
- Focus on attachment, recovery, and relationship-building
- Support delivered via 1-to-1 and group sessions



Street Soccer Scotland

Street Soccer Scotland is now running a free weekly drop-in football session at Winton Park, Ardrossan - open to anyone dealing with mental health, addiction, or homelessness. No football experience is needed just turn up and get involved. These sessions are a great way to boost your fitness, build confidence, and connect with others in a safe, welcoming environment.

When: Every Wednesday 10.30am-12.30pm

Where: Winton Park, Ardrossan, KA22 8JG

For more information, contact Andrew on 07983 539218 or email a.wallace@streetsoccerscotland.org



Overdose Alert

Drug related harms, including near fatal overdoses and death, have increased across Ayrshire and Arran. This may be due to the presence of nitazenes and xylazines (synthetic opiates) within substances in circulation.

If you would like a kit to test your substances, please get in touch with one of the following:

- NADARS key worker
- Recovery Hub (open Fridays from 10am until 2.30pm)
- TPS PEAR (01294 447407)

Harm reduction messages:

- Don't use alone
- Use with people you trust and take turns to dose
- Keep your dose low - take the smallest amount you can and leave a long gap in between doses
- In the event of an overdose, administer naloxone and dial 999

To find out where you can access naloxone please scan the QR code below.



Recovery Story



David's Story

Hi there, I'm David and I'm 43 years old. I have suffered from schizophrenia from the age of 22 and I have spent a decade in hospital where I overcame my illness using various approaches. But for now, let me tell you about my story from the beginning.

By the age of 15, I was smoking and drinking, then at 16 I started to smoke cannabis. Despite this, I was still able to hold down my job making fireplaces. At 17, I passed my driving test, and it was at this time I started to dabble with speed. It started off as a once-a-week thing, but I ended up taking it daily.

Eventually, I lost my job and drifted in and out of employment with the speed habit still a problem that I had not solved. So, at the age of 21, my brother suggested that I do what he did and join the army. I enlisted and was successful! To begin with, things went well and during basic training I performed to a good standard. After I got to battalion, my entire experience changed as I started to hear voices and could not sleep at night. I spoke with the doctor and after spending a year within the army, I was deemed not fit for duty and medically discharged.

My mental state continued to deteriorate, and I stopped taking my medication. As time went on, I started to drink alcohol as a coping strategy. I was in and out of hospital for treatment for short stays that never really worked. Also, I had started to use speed again which was a bad idea, and I started to find myself in physical altercations with other people and after a particular incident, I found myself in prison. It was during this time a doctor tried me on multiple medications, and we found one that worked for me.

I began to feel a difference in myself, so I started to understand my illness and I started going to various psychological therapy groups which helped me gain insight into myself. I had transferred to Woodland View and then I moved to an open rehabilitation ward in 2019. I was very excited at this point, as this was the last stop before moving back into the community and a fresh start to having a life again. During my stay here I was participating in various activities in and out of the hospital and one that I particularly loved was my involvement with Café Solace. Being a chef is something I didn't see myself doing, but it's something that I love doing now. For me, volunteering is a great thing as I get to help the community. It's also a great opportunity to show that we can achieve things. It can be done; you just have to give it a go and be willing to learn.

During my time in the various hospitals, I have learned how to beat my addiction to drugs and alcohol. I have participated in low intensity groups and in these I have been able to understand how destructive drugs and alcohol are to my mind and me. I have learned that I do not need drugs in my life to have fun, to fit in, feel good, be happy or to use as a way of coping when unwell. The most important thing that I understand now is that I can become unwell when I use drugs and alcohol which could lead to reoffending, and that is something I don't want to happen.

Over the last 10 years I have gained the wisdom that drugs and alcohol will stop you from being all you can be. They will use up all your money and leave you struggling to get by. They can cause all sorts of mental illness and could end up taking your life from you. But they are a habit that can be beat! You just have to want to get better and be that person who loves themselves and wants to enjoy their life to the maximum. Every morning when I wake up, I am so grateful that I have been able to beat my addiction.

On reflection, when I look back on my journey through the different hospitals, I see a lot of achievement physically and mentally. I also learned how to enjoy lots of different things. I've kicked all my bad habits, and I've matured as a person. Now, I'm someone who is independent, responsible, thoughtful, and a lot wiser than 10 years ago. But most importantly, I have defeated my illness and have become all that I can be.



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

Mon-Fri, 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:
01292 623 016