



Welcome to the Spring 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](mailto:adp@north-ayrshire.gov.uk)



## **International Women's Day Event**

The ADP Support Team and partners held a special event at Fullarton Connexions from 1pm-4pm on the 12 of March 2026 to mark International Women's Day.

Around 80 people attended the event, including families and children. Attendees had the opportunity to engage with 23 organisations to gain information and engage in a range of interactive activities, including acudetox, mindfulness sessions, sample treats from the Chinese community, gift and giving trees, cake and biscuit decorating, children's activities, and naloxone training and provision.

The 23 participating services and third-sector organisations represented a wide range of support, including drug and alcohol services, women's support, wellbeing groups, youth and children's services, housing, NHS oral & sexual health, along with many other groups offering volunteering opportunities and health related support.

A total of 42 attendees completed engagement questions gaining more information on services to enter the raffle prize draw, with one lucky person winning the hamper.

Everyone who attended received a goody bag, which included a Primark voucher, treats & positive quotes. These were generously donated by the Violence Against Women Partnership, who also funded the prize hamper.

## Quotes from Attendees

*"It was amazing seeing all the different services working together for the community"*

*"A very friendly and welcoming response from everyone. I only found out about this this morning - so glad I came!"*

*"Got to speak to amazing people and services"*

*"It was great to celebrate women!"*

*"Great event & was very empowering for the community"*

*"Lots of information and very friendly chats"*

*"Very interesting and informative"*



## Education Update

The ADP Support Team, alongside Education colleagues, recently hosted a well-attended staff information session at Arran High School, involving over 40 education staff and community partners. The session focused on current drug and alcohol trends among young people and highlighted aspects of the roadshow events programme.

*“I found all of the information on current trends useful and it will help in conversations with young people around their risk-taking behaviour.”*

Dates have now been confirmed for May and June 2026 to deliver the roadshow to all year groups at Arran High School. Planning is also underway for the 2026/27 school year, with dates beginning to be agreed for mainland secondary schools, marking the programme’s third consecutive year.



In addition, a recent consultation was held in partnership with Irvine Youth Legacy Centre and Scottish Sports Futures. This involved engagement with a number of young people and included a community mapping exercise, ensuring that young people’s views were captured on potential improvements to alcohol and drug support services for children and families.



## World Book Day at Harper House

Our nursery celebrated world book day, both children and staff joined in the fun. We all dressed up as our favourite storybook characters, helping to bring stories to life and spark the children's imagination.

Throughout the day we shared lots of stories, role play and creative experiences, making this an enjoyable day for all involved.

## Cafe Solace Christmas Festivities

Cafe Solace Irvine marked Christmas 2025 by opening its doors to the local community, providing individuals and families with a free three-course Christmas meal. The event welcomed approximately 50 people, including volunteers, and every attendee received a gift kindly donated by Cumbrae Lodge and Curves.

In the lead-up to Christmas Day, the volunteer team also prepared and served Christmas dinner at the Cafe based in Caley Court for both staff and individuals accessing the service. In addition, the team supported festive celebrations at BABCA, catering for around 80 individuals.

To acknowledge and thank volunteers for their commitment and contributions throughout the year, they were treated to a thank-you dinner at the Ambassador.



Hi, my name is Sabrina. I'm originally from Aberdeen, and I moved to North Ayrshire when I was 18. Very quickly, I found myself staying in the hostel, and over time I was in and out of there six times. During those stays, I met people who weren't good for me, and I ended up settling into a relationship that brought a lot of chaos into my life. During that time, I had two children, but sadly I lost their care, and that became the turning point that made me leave the relationship.

Unfortunately, I then entered another difficult and dangerous relationship where I completely lost myself – and almost my life. Eventually, I left and went to stay with friends in Paisley, hoping the change would help me sort things out. Instead, I was exposed to even more drugs, and my life spiralled into chaos again. After nine months, I decided to return to North Ayrshire because it felt safer and familiar.

Back home, I made the decision to stay single, but I was still using cocaine recreationally at weekends. It felt manageable to me at the time because I wasn't using in my hometown, and the people around me believed I was doing well. Then one weekend I found out I was pregnant. In May 2025 I gave birth to a beautiful baby boy who arrived a month early.

After the birth, social work became involved. Even though I hadn't used substances during the pregnancy, people around me were still using, and I knew I needed to make a change. My social worker phoned me while I was in labour to ask if I wanted to be referred to Harper House. I told her, "Call me tomorrow – I'm giving birth!" I had my son on the Tuesday, and by Thursday, a staff member from Harper House contacted me with an appointment for the following Tuesday. I stayed in hospital until then and went straight to Harper House with my baby boy.

At first, I didn't think I needed to be there. I wasn't using, and I didn't feel rehab applied to me. I kept thinking about leaving, but something inside me made me stay. What helped the most was the staff – their lived experience made such a difference. They helped me understand that even though I wasn't using now, the real work was looking at why I had used in the past.

During my stay, I moved through the different stages of the programme. I had to tell my life story and be fully honest with myself for the first time in years. In Part 2, the work became more intensive, focusing on boundaries and rebuilding a healthy structure in my life. Eventually, I became a senior. I stayed for four and a half months and started attending community support groups like CA. I was supported to plan out my week – shopping, taking my son out, recovery groups, and online meetings – all part of learning to manage life again.

While I was in Harper House, I cut ties with everyone who might pull me back into old habits. My son remained on the Child Protection Register for six months after I left because of my long history with substances over the last 20 years. After leaving, I went to stay with my son's dad, who has been incredibly supportive. Last week marked five months since I completed the programme, and I've stayed committed to my recovery through groups, activities, and continuing support from my aftercare worker, who will be with me for another 12 months.

I still go back to Harper House every week for commitment meetings. Being able to support new families means so much to me. I can share the fear I felt when I first arrived and the fear of going back into the community – and I can help reassure others that they can get through it too.

I'm extremely grateful that I can still stay connected to Harper House, especially as my support from social work will soon come to an end. I cannot thank Harper House enough. They helped me stay off substances, rebuild my life, and understand myself in ways I never had before. The lived experience within the staff team is invaluable – they truly get it. I would encourage any family, even if they're unsure or think it isn't for them, to give it a chance. You can gain so much from it.

### *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

There is additional information on the NHS Ayrshire & Arran app. Please use the QR codes below to download it.

