



Welcome to the summer 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:

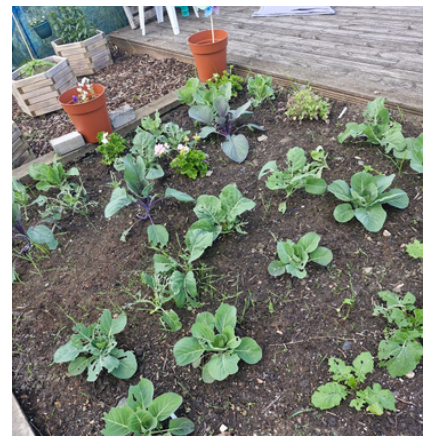
adp@north-ayrshire.gov.uk

Café Solace Irvine Sponsored Walk

Café Solace volunteer, Louisa, arranged a sponsored walk to raise funds for Café Solace Irvine.

The walk was attended by over 60 individuals who raised over two thousand pounds for the Café!

The group was welcomed at the beach to a lovely lunch before walking along the beach from Irvine to Barassie and back again.



Café Solace Volunteering Opportunities

Café Solace Irvine and Kilbirnie have volunteering opportunities for anybody who would like to get involved. If you have a passion for cooking or supporting your community this is for you!

If you would like to get involved with Café Solace Kilbirnie please contact:

cafesolaceann@gmail.com

or

cafesolaceiain@gmail.com

For Café Solace Irvine, please contact:
cafesolaceteam@gmail.com

In addition to volunteering at Café Solace, Café Solace Irvine offer additional volunteering opportunities at the Recovery Hub in Bridgegate and the Recovery Allotments at Eglington, Kilwinning.



Prevention & Education Arran Event

After engaging with young people on the Mainland in February, NAADP and partners such as the Prevention Service Support Team, KA Leisure, Quit Your Way, Scottish Ambulance Service, Turning Point Scotland PEAR, and Recovery Development Workers hosted two alcohol and drug education days at Arran High School in June. Around 250 school pupils attended over the two days, including Primary 7 pupils during their transition week to secondary.

Workshops included the voice of lived experience, stigma and language, vaping, emergency first aid, alcohol and drug information, and KA Leisure Champions for Change programme. In addition, teachers also participated in sessions with PSST team, focusing on current drug trends.

“This should happen more often 👍😊”

“Hearing someone’s story made it more engaging and interesting”

“I found it interesting to learn the different effects of main drugs”

“(Emergency First Aid) made me learn alot, probably the most beneficial”

Medication Assisted Treatment (MAT) Standards

In our previous newsletters we have highlighted information surrounding the MAT Standards. This edition will cover MAT Standards 7 and 8.

MAT 7: Involving GP’s and Primary Care

Not everyone needs specialist services throughout their recovery, and people should be able to choose to receive their medication and other support through primary care providers.

MAT 8: Advocacy Support

To support the whole person and not just their drug use. People have the right to ask for support to improve their living circumstances, such as housing and access to their welfare entitlements. Dedicated independent advocacy workers will support people to make sure they get what suits them and they are treated fairly.

If you have any questions in relation to MAT, please contact NADARS: **01294 476000**.



Recovery to Discovery Group

The Recovery to Discovery group provides hope and transformation for individuals navigating the pathway to recovery from addiction, as well as those affected by family members addiction issues. It serves as a testament to the profound impact that alternative avenues of expression and engagement can have on the journey to recovery.

By linking the therapeutic power of arts and crafts with immersive experiences such as trips, cycling and bowling, this initiative doesn't merely offer a diversion from the struggles of addiction; it brightens a path towards a stronger, more fulfilling existence. In April, the group arranged a day trip to Millport where 18 individuals attended and cycled around the island! For most, this was a new experience that was thoroughly enjoyed.

If this is something that you fancy, this group runs every Thursday in the Argyle Community Centre, Saltcoats, from 12pm to 3pm.



Champions for Change Programme

Champions for Change is an NAADP funded project that is split into two programmes; the school programme and the referral programme. The school programme delivers a four-week sports programme to kids in Primary 5-7 to deliver messages on alcohol, smoking/vaping, drugs, and the subsequent impacts on health.

The referral programme consists of a three-month leisure pass to all KA Leisure facilities in North Ayrshire for anyone recovering from substance use. This pass provides access to the gym, swimming pool, or fitness classes to support them in their recovery.

If this is something that you are interested in, you can ask services you may be engaging with including the GP, NADARS, Turning Point Scotland PEAR, MINDS of Recovery, Harbour Ayrshire, North Ayrshire Council, Phoenix Futures, Children 1st, and Phoenix Futures.



Recovery Story



Ashleigh's Story

I want to start my story by saying how amazing my mum was when I was a little girl. I never wanted for anything, and she showered me with so much love. I was such a mummy's girl growing up and I was always stuck to her hip.

Unfortunately, my mum tended to use alcohol as a coping mechanism and eventually her cycle of addiction ripped the family apart. When I was in my early teens, I never really seen my mum's alcohol use as an issue until I started going round to friend's houses and seen how different their lifestyles were. Until this point, I thought using alcohol to that extent was normal, but after being around other families I started to feel that people were judging me, and there was a lot of feelings of guilt and shame attached to my mum's drinking. At this point in my life, I felt alone as I didn't feel like anyone else understood what I was going through, as none of my friends were experiencing something similar.

This cycle continued until I was 18, as I had to move out after my mum stole off me to fund her dependency. After this, I moved out the family home and got my own place. I became a total party animal and was drinking a lot more than I should have. My relationship with my mum began to deteriorate throughout my early 20's, and I almost felt as though we had switched roles, as I was adopting a parental role, whereas she began to adopt the child role. As I reached my mid 20's, my mum's physical health deteriorated rapidly and she kept experiencing incidents because of her drinking, such as having serious falls.

Shortly after, in 2019, I had my first baby and naturally, I wanted her to have her gran and equally, for my mum to have the experience of being a grandparent. I was apprehensive for my mum to be around my daughter, as I didn't want my daughter to be exposed to what I had been in the past, and it took me around 18 months to begin to trust my mum with my little girl. I asked my mum to reduce her alcohol intake as this helped me build trust in her again, and looking back now, and knowing what I know now, this must have been extremely hard for her as she was alcohol dependent, however, she done it. My mum would watch my daughter for me and wouldn't have any alcohol until after I'd collected her, and despite how hard that would've been, it allowed them to bond, and they had such a beautiful relationship.

As time progressed, my mum's health continued to decline, and I became her carer and supported her with cooking, cleaning, personal care, and medication. Prior to this, I had no experience in caring for others. My mum was always apologetic that I had to support her in this way, however, I always reassured her that I would rather do it and ensure she was getting the care she deserved, as opposed to workers coming in who didn't know her.

Not long after, my mum became bedridden as the alcohol had destroyed so much of her body. I remember phoning doctors, the ambulance service, and anywhere else that could possibly help her, however, she did not want the support and because she did not lack capacity, there was nothing they could do. My mum sadly passed shortly after this whilst I was asleep in the other room, and although this experience devastated me, I was so glad that I was there to comfort her on her last day here.

I was totally broken after losing my mum, however, I had no choice but to remain strong for my daughter, as she is everything to me and deserved a mum who was present, despite everything I was going through. Everything I experienced also highlighted how much I wanted to help others, as I didn't want anybody else to have a similar to experience to my own. I was advised by someone about Café Solace, and I attended the Recovery Hub in Irvine to get more information about potential options. From there, I was supported to undertake some training to gain a better understanding of addiction including a number of PSST & SDF courses, a bereavement course, mental health first aid & then on to successfully gaining a place for a Social Care college course. At the same time, I had also seen a job advertisement for a post working within a family rehab and I applied, thinking I wouldn't hear anything back as I had only ever worked in admin. However, I was successful in getting to the interview stage and when I went for the interview, I honestly did not think I would hear back. The manager called me shortly afterwards and offered me a different position than the one I had interviewed for, and I accepted!

Today, I am working in a job that I am deeply passionate about, and I have the opportunity to provide aftercare support to individuals who have just left family rehab. My own experience allows me to build meaningful relationships with those I am supporting. In addition to this, I am also working in an environment where I finally feel understood and by helping others, it is helping to heal my wounds. I have also just gained the HNC Social Care qualification with an A pass!

I am so grateful to have called her my mum and I am very thankful for the last three years we had together, as we had totally rebuilt our relationship and I got to watch her be a fantastic Gran to my little one. I wish I could turn back the clock to let her know how much I appreciated her and loved her, as I'm unsure if she ever truly knew how much. It was my mother and me from the beginning, and it was us until the end; I love you forever mum.

I hope this story is as powerful as it was living it and that someone gains a sense of hope from reading this, and that anything is possible.

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