



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

The ADP Support Team release 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



TACT Volunteer Awards & Football Tournament

TACT held a fantastic evening celebrating the incredible volunteers who make such a difference across our communities.

This year, they received over 80 nominations for their annual Volunteer Awards. Every nomination represented someone giving their time, energy and compassion to support others, making the task of selecting winners a very difficult one.

Café Solace Irvine was awarded with the Cost-of-Living Award for their contribution in making a meaningful difference in helping people cope with financial pressures and rising costs.

The same week, TACT hosted a mini World Cup, and all matches were played in a supportive and inclusive manner that allowed everyone to enjoy the event. A massive thank you to all the teams who came along to make it a fantastic day!

Recovery Connects Festival

On 5th July, individuals from across North Ayrshire came together at Queen's Park Arena, Glasgow, for the vibrant Recovery Connects Festival, a celebration of recovery, community, and connection. Despite the typical Scottish weather bringing a few showers throughout the day, spirits remained high as attendees enjoyed a fantastic programme of entertainment, activities, and opportunities to connect with recovery communities and support services from across the country.

A huge thank you goes to TPS PEAR, who provided transport to help ensure people could attend the event, and to Café Solace Irvine, who kindly provided lunches for attendees. The festival featured a range of attractions, including live music performances from headline acts Pete Doherty and DJ Joe Deacon, as well as face painting, information stalls, and activities for all ages. Most importantly, the event provided a welcoming space where people could come together, share experiences, celebrate recovery journeys, and enjoy plenty of laughter and positive conversation. The strong turnout and sense of community on display highlighted the importance of events such as Recovery Connects in reducing stigma and demonstrating that recovery is not only possible but something worth celebrating.



Support for Family Members & Carers

TPS PEAR are hosting a weekly drop-in session for family members and carers at their office every Monday from 10am to 11.30am. The drop-in offers an opportunity for individuals to speak with staff, access advice and guidance, and meet others who understand the impact that substance use can have on families and relationships. If you have any queries in relation to this, please contact the service on **01294 447 407**.

Cafe Solace Irvine are hosting a drop-in for family members and carers every Wednesday from 10am to 11am at the Recovery Hub in Irvine.

Harbour Ayrshire have a family support group that runs weekly at Fullarton Connexions, Irvine, every Wednesday from 6.30pm - 8.30pm. Additionally, they have a family support worker who can be contacted on **07557 553 791** or meggan@harbourayrshire.co.uk



Emma received the Shining Stars Award at the recent Ayrshire Achieves 2026 Awards. The Shining Stars Award recognises individuals who go the extra mile and are making an exceptional impact through their work.

In just over a year, Emma has transformed a completely new role, supporting people facing severe disadvantage, including homelessness, substance dependence and justice involvement.

As an assertive outreach pharmacist, Emma meets people where they are, providing urgent care, prescribing treatment, helping them access services, and connecting them to wider support.

Her work has not only changed lives locally but has also contributed to national research through the PHOENix Trial. Congratulations

Upcoming Overdose Awareness Day

Join us on 31 August at Fullarton Connexions, Irvine, from 11am to 3pm as we come together to mark Overdose Awareness Day, remember loved ones lost, and raise awareness of the support available within our community.

The event will feature a memorial walk (starting 11am), a flower ceremony, information on local support services, health checks, and food and refreshments. Everyone is welcome to attend and take part in this meaningful day of remembrance, reflection, and connection.

I was raised by my great grandmother, after my father was murdered and my mother left. She was a proud member of the travelling community, and I called her my “3 in 1” as she became my mother, my father and my best friend. She was also the only person to show me love. When she passed it hit me hard and I was overcome with grief trying to survive each day. I met a man, fell in love and had my first daughter. We followed in my grandmother’s footsteps and took to the road travelling, but the birth of my daughter and the experience of traveling was overshadowed by domestic abuse.

During the isolation of COVID-19 while fleeing from the abuse, I had to enter homeless accommodation. My 10-month-old baby girl was taken from me, and I can still remember hearing her screams. I was broken and now pregnant with my second child as I was moved to Irvine. I felt alone and destroyed. My second daughter arrived at just 24 weeks, born inside her sack, fighting for every breath with a heart murmur and an oxygen tank.

I became overwhelmed by the weight of everything– the murder of my father, the absence of my mother and the loss of my children, pushing me into a self-destructive spiral. I turned to drugs to numb the pain and even tried to end my life to stop the hurting.

I had still not reached rock bottom though. This came after a horrific accident when I fell from a three-story balcony. I spent two and a half months in a hospital bed with a broken back, fractured pelvis and a dislocated jaw. They called it “poly-trauma”. I was a broken person in a broken body. I was isolated and alone and suffering from severe PTSD.

Through the support of various services, I am still standing. I joined the D.I.S.K Award group – a joint project with Justice Services and Community Learning and Development - and found a reason to get out of the house. I learned to cook, tried creative writing and went on trips. I built my confidence and made new friends. I found a passion in arts and crafts and have now secured funding to buy equipment and start a business with my newfound interests. I am now working towards gaining my driving licence and live with my two cats. I am still recovering and awaiting surgery, but I am no longer “daft and naive”.

I feel like I am now heading into the next chapter of my life. I have goals and dreams and for the first time I am looking forward to the future, not just for me but also for my girls.

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

