



Welcome to the first 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

2023 Recovery Walk

The Scottish Recovery Consortium's annual Recovery Walk was held in Greenock for 2023. A poignant Roses Ceremony opened the event as a heartfelt tribute to those lost to substance use and suicide. As we walked the streets of Inverclyde, every step echoed with stories of triumph and renewal.

Various speakers at the event helped to inspire people by sharing their powerful and thought-provoking stories of recovery, resilience, and the power of community support. Their words resonated, inspiring everyone to embrace the journey towards a brighter and healthier future.

The National Recovery Walk isn't just an event; it's a movement that unites people from across Scotland. Let's continue to walk together, inspire change, and celebrate the resilience that defines us all!



SLIC Award

North Ayrshire Libraries recently won the SLIC Project Excellence Award for their work in supporting individuals recovering from problematic substance use. The project was co-designed with North Ayrshire Drug & Alcohol Recovery Service (NADARS) and brought new purpose to library space.

North Ayrshire libraries took on a complex challenge but have succeeded in delivering a thoughtful and person-centred service.

Libraries are providing a safe, supportive, and non-clinical environment for individuals and families affected by substance use.





Recovery Hub

A nurturing space where acceptance and support thrive. We believe in reducing isolation and fostering meaningful connections among individuals and families affected by substance use.

Join us every Friday from 10am to 2:30pm at the Youth Legacy Hub, 2 Bridgegate, Irvine.

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

"The Recovery Hub has given me direction as it made me feel welcome and allowed me to be around understanding & positive people. I have never felt judged since walking through the door and that was a big step for me. I feel like I've got a purpose & I'm on the right path, being in the hub has let me find new groups & opportunities and I feel like I have hope for the future now'." (Laura, 46)

"Walking through the doors of the hub has been life changing. I've received advice and information that led me to specialist support. I no longer feel alone in dealing with my problems." (Mary, 61)

Football Tournament

"Tackling mental health on and off the pitch and showing addiction the red card."

Minds of Recovery and KA Leisure worked in partnership to try something new after engagement with recovery communities indicated that there was a lack of opportunities for people at the weekend.

A football tournament was held in The Circuit in Irvine one Sunday in September and was attended by over 100 people, including 6 football teams from across Ayrshire, their families and friends, and volunteers from the community.

The winners of the tournament were Harbour Ayrshire with Killie Community being the runners up. Another tournament is being held on the 29th of December in South Ayrshire in the Riverside Arena from 11.30am to 3.30pm.



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 LEP can help to build positive relationships across communities, identify challenges, and share ideas to help bring about positive change and support for people. The LEP 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.

The next Lived Experience Panel will be held on the 28th of February 2024 from 1pm to 3pm at Fullarton Hub in Irvine (1 School Lane, KA12 8DF).



Cafe Solace Halloween Night

Café Solace held their spooktacular annual Halloween party. The volunteers cooked and served up a three-course meal which was enjoyed by all. We are down at Fullarton Connexions in Irvine every Tuesday from 5pm – 6.30pm. Come and join us!

Medication Assisted Treatment (MAT) Standards

In our newsletters we will try to include some information about services and what is happening nationally. Over the course of the upcoming editions, we will be highlighting the MAT Standards.

The MAT standards refer to the use of medication alongside psychological and social support in the treatment of people who are experiencing issues with their drug use.



Standard 1 – Same Day Access

All people accessing services have the option to start MAT on the same day they present at the service.

Standard 2 – Choice

All people are supported to make an informed choice on what medication to use for MAT, and well as the appropriate dose.

Standard 3 – Assertive Outreach

All people at high risk of drug-related harm are proactively identified and offered support to commence or continue MAT.

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



“Thirteen years ago, I was stuck as a heroin addict, and I had been using for the past thirteen years. At this time of my life, I never knew where to turn as there was not as much help then as there is today. I decided one night that I was ready to say goodbye to life. I remember standing in my living-room trying to pluck up the courage, but I couldn’t do it. I needed drink to go through with it. On the way to my local shop to buy some I bumped into a stranger who ushered me into a building out the freezing cold. I remember sitting amongst a group of older ladies who were kind and offered me a hot drink.

They asked me to join them in a service and when I followed them into the other room, I realised I was in a church. I sat up the back and listened to all the speakers. There was one individual whom I clicked with. This person connected me with the Teen Challenge Rehab Ministry in Largs and from there I went into rehab on December 1st, 2010, exactly 13 years ago that I am sitting telling this story, with nothing but the clothes on my back.

I entered rehab a broken man, with no education. I had nothing. However, I successfully completed a 12-month programme in the Scottish borders because I knew I had to, not only for me, but for the other people in my life too. After completing this programme, I was offered full-time employment within the rehab as a support worker. I was put through my SVQ3 in Social Care which was a massive accomplishment for me. I continued to work in this service for four years and in this time, I found that my mess had turned into a message of hope for others.

Since then, I have gained experience working in a night shelter in Glasgow, and I returned home to live in Ayrshire. I worked on the streets of Glasgow providing support to individuals affected by addiction, rough sleeping, and poor mental health. More recently I started in a new role with North Ayrshire HSCP supporting families who are impacted by substance use. I am really enjoying my new role. I get to use my lived experience and my experiences from my previous roles to help people within my local area!

Today I absolutely love life and I love to live again. I am in a position where I get to help people and introduce them to new activities. I suppose this story, like many others, shows the importance of being kind to strangers as we have no idea what silent battles someone may be going through. Kindness from a stranger on the street saved me that night and it is something I think we should all strive to do”.

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