

# North Ayrshire

## Recovery Information and Supports

A variety of support ranging from:

- Warm meals
- Outdoor activities
- Men / Women only groups
- Mental wellbeing groups
- SMART recovery
- Family groups
- Fellowship
- Information on support services
- Support for prison liberations

If any information in this leaflet is out of date please contact:

[adp@north-ayrshire.gov.uk](mailto:adp@north-ayrshire.gov.uk)



**NORTH AYRSHIRE**  
**ALCOHOL & DRUG**  
**PARTNERSHIP**

 solace



Last updated August 2025

# Have you recently been liberated from prison and are living within North Ayrshire?

## **North Ayrshire Drug and Alcohol Recovery Service (NADARS)**

They offer substitute prescribing/co-existing mental health issues & addiction/needle mental health issues & addiction/needle exchange/HIV/Hepatitis Testing & Support/Advice.

Please call **01294 476000** to access support.

## **North Ayrshire Prevention, Early intervention and Recovery (PEAR) Service**

The Turning Point Scotland North Ayrshire Prevention, Early intervention and Recovery (PEAR) Service is an alcohol and other drug support service based in North Ayrshire.

Please contact **01294 447 407** or **[northayrshireinfo@turningpointscotland.com](mailto:northayrshireinfo@turningpointscotland.com)** to access support.

## **Homelessness Assessment Prevention and Advice Team**

Help and support to those facing/experiencing homelessness in North Ayrshire.

Galt House, 31 Bank Street, Irvine, KA12 0LL, **01294 314600** and **0800 019 6500** (Out of Hours)

## **Recovery Hub (located with Bridgegate Shopping Centre, next to Freckleton's Cafe)**

Resources available with additional links to Housing, DWP, Community Justice services, health services and supports in the community; Every **Wednesday** from 10am - 3pm; call MINDS of Recovery on **07902 793014** for more information.

# North Ayrshire Local Housing Offices

## *Kilbirnie Area Office*

Garnock Valley Area Centre, Craigton Road  
Kilbirnie KA25 6LJ

**01505 685177**

## *Dalry/Beith Area Office*

Townend House, 2 Townend Street, DALRY, KA24 4AA

**01294 835355**

## *Irvine Area Office*

Second Floor Bridgegate House, 101 - 105 Bridgegate, IRVINE, KA12  
8BD

**01294 310150**

## *Kilwinning Area Office*

32-34 Howgate, KILWINNING, KA13 6EJ

**01294 552261**

## *Saltcoats Area Office*

Town Hall,  
Countess St,  
SALTCOATS, KA21  
5HE

**01294 310005**

*Please see  
**‘other local resources’**  
at the back of this booklet for  
further information and  
supports available*

# Medicated Assisted Treatment (MAT) Clinics



If you are concerned about your opiate use and would like to speak to someone,  
NADARS can be contacted on **01294 476 000**

Appointments can be offered in Caley Court, Stevenston,  
Monday to Friday from 9am to 12pm

Out with, there are various satellite MAT clinics in different localities throughout  
North Ayrshire. For more information on the locations and times please contact the  
service on **01294 476 000**

# Irvine

## Community Matters Recovery Group

*Fullarton Community Hub*

Enjoy a range of activities and meet others at the Fullarton Hub on **Mondays** from 11am-1pm

## Harbour Ayrshire Women Only Group

*Fullarton Connexions*

Chat and support for women, offering programs on a range of issues from addiction, mental health, bereavement, homelessness and other social issues. Every **Monday** from 1pm to 2.30pm

## NADARS Changes Group

*Fullarton Connexions Church*

A safe space for individuals to come along for a well-being check in and to find out about recovery activities in North Ayrshire - every **Tuesday** from 2pm to 4pm

## Women's Only Community Matters Wellbeing Group

*Fullarton Community Hub*

Come along every **Tuesday** for a chat from 1pm - 3pm

The logo for solace cafe, featuring the word "solace" in a bold, black, sans-serif font, with "cafe" in a smaller, multi-colored font above the "ce".The logo for North Ayrshire Health and Social Care Partnership, featuring two stylized hands (one orange, one blue) holding a green figure, with the text "NORTH AYRSHIRE Health and Social Care Partnership" below.

## Cafe Solacé Irvine

*Fullarton Connexions Church*

Enjoy a low-cost meal and café atmosphere on **Tuesdays** from 5pm to 6.30pm.

Contact [cafesolaceteam@gmail.com](mailto:cafesolaceteam@gmail.com) or call **07880 108 956** if you would like to volunteer with us!

## Harbour New Beginnings Group

*Fullarton Connexions Church*

Support group for families and friends affected by substance use. Every **Wednesday** from 6.30pm to 8.30pm

## MINDS of Football

*Fullarton MUGA*

Come along to tackle mental health on and off the pitch and to show addiction the red card - every **Wednesday** from 6.30pm to 8pm. See or contact us on our Facebook page '**Minds of Football**' for more details

## NODA Bereavement Group

*49 Bank Street, Irvine*

Every second **Thursday** from 10.30am to 12.30pm. We can also offer 1-1 support, for more information please contact **07858 151969** or you can reach us at '**NODA Ayrshire**' on Facebook

# Harbour MOT Group

*Fullarton Community Hub*

Men only support group every **Friday** from 12.30pm to 2pm

# Recovery Hub

*Skills Development Scotland, Rivergate mall (beside Freckleton's)*

Drop-in hub for 1-1 support, signposting, and to make connections with others - every **Friday** from 10am to 2.30pm

# Breakfast Club

*Redburn Community Centre*

Free breakfast on **Saturday's** from 10am to 12pm. Running on the following dates:

April 12th, 19th

May 3rd, 17th, 31st

June 14th, 28th

July 5th, 12th, 19th, 26th

August 2nd, 9th, 16th, 30th

September 6th, 20th, 27th

October 4th, 11th, 18th

November 1st, 15th, 29th

December 6th, 20th

# Injecting Equipment Provision Service Providers

*Boots, Boutrehill*

Mon-Fri from 9am to 5.30pm & Sat 9am to 1pm

*Boots, East Road*

Mon-Fri 10am to 5pm & Sat 10am to 4pm

*Boots, Rivergate Mall*

Mon-Fri 9am to 5.30pm, Sat 9am to 5.30pm,  
Sunday 11am to 5.30pm

*Boots, Frew Terrace*

Mon-Fri 8.30am to 5.30pm &  
Sat 9am to 12pm

*Boots, High Street*

Mon-Fri 9am to 6pm & Sat 9am to 1pm

*Care Pharmacy, Springside*

Mon-Fri 9am to 5.30pm & Sat 9am to 1pm

*Ballot Road Clinic (**staff present**)*

Every **Wednesday** from 2pm to 4pm

# AA and CA meetings (Irvine)

## CA meetings

*Fullarton Connexions*  
Every **Monday** from 7.30pm to 9pm

*Fullarton Community Hub*  
Every **Tuesday** from 8pm to 9.30pm

*Springside Community Centre*  
Every **Thursday** from 7.30pm to 9pm

*Muir Church*  
Every **Saturday** from 7.30pm to 9pm

*Fullarton Community Hub*  
Every **Sunday** from 1.30pm to 3pm

*Springside Community Centre (CA)*  
Every **Sunday** from 7.30pm to 9pm

## AA meetings

*Woodland View, Ayrshire Central Hospital*  
Every **Monday** from 8pm to 9.30pm

*Irvine Mure Church*  
Every **Tuesday** from 12pm to 1.30pm

*Woodlands Community Centre*  
Every **Tuesday** from 8pm

*Old Parish Church, Kirkgate*  
Every **Wednesday** from 8pm to 9.20pm

*Drybridge Community Hall*  
Every **Wednesday** from 8pm to 9pm

*Woodlands Community Centre*  
Every **Thursday** from 8pm to 10pm

## AA meetings

*Woodlands Community Centre*  
Every **Friday** from 8pm to 10pm

*Old Parish Church, Kirkgate*  
Every **Saturday** from 11am to 1pm

*Woodlands Community Centre*  
Every **Saturday** from 8pm to 9.30pm

*Towerlands Community Centre*  
Every **Sunday** from 7pm to 8.30pm



# Garnock Valley - Dalry, Kilbirnie, Glengarock, Beith

## Care and Share

*St Margarets Church, Dalry*

Come along for a meal on a **Monday** from 12pm - 1.30pm



## Recovery Hub

*Bridgend Community Centre, Kilbirnie*

Drop-in hub for 1-1 support, signposting, and to make connections with others; TPS PEAR will also be present to deliver acudetox during these times. Every **Tuesday** from 12pm to 2.30pm

## Harbour Ayrshire MOT

*Bridgend Community Centre, Kilbirnie*

Men only support group for addiction and inter-related problems including mental health, homelessness, bereavement and other social issues - Every **Wednesday** from 6.30pm to 8pm

## Recovery Group

*Bridgend Community Centre*

Every **Thursday** from 7pm to 8.30pm

## Café Solace Kilbirnie

*Bridgend Community Centre, Kilbirnie*

Enjoy company and a freshly prepared meal every **Friday** from 12pm to 1.30pm for lunch, and 5pm-7pm for dinner.

## Beith Community Trust

*Various Events*

Befriending service, food parcels for a small fee, and support from volunteers to retrieve your shopping, and much more - visit <https://beithtrust.org>



## Alcoholics Anonymous Meetings

*Bridgend Community Centre, Kilbirnie*  
Every **Tuesday** from 8pm - 9.30pm

*Beith Community Centre, Beith*  
Every **Wednesday** from 11am to 12pm

*St Palladius Church Hall, Dalry*  
Every **Wednesday** from 8pm to 9.30pm



## Injecting Equipment Service Providers

*Penmans Pharmacy, Beith*  
Mon-Fri 9am to 5.30pm & Sat 9am to 1pm

*Boots, Dalry Road, Kilbirnie*  
Mon-Fri 10am to 5pm

*Boots, Main St, Kilbirnie*  
Mon-Fri 9am to 5.30pm  
Sat 9am to 1pm

*Kilbirnie Health Centre - **staff present***  
Every **Wednesday** from 2pm to 4pm

# KILWINNING

## Fitba4u project

*Kilwinning Community Sports Club*

Promoting mental and physical well-being through football on **Tuesdays** from 1.30pm

Contact [onsideayrshire@hotmail.com](mailto:onsideayrshire@hotmail.com) or **01294 556 444** for more information



## Sliding Doors Suicide Prevention Peer Support Group

*Kilwinning Sports Club*

Every **Thursday** from 10am - 1pm



## MINDS of Recovery Conversation Cafe

Please contact '[MINDS of Recovery](#)' on Facebook or **07902 793014** for more information

## Cocaine Anonymous

*Kilwinning Abbey Church*

Every **Saturday** from 11am to 12.15pm



## Alcoholics Anonymous

*Erskine Hall*

Every **Monday** at 7pm to 8.30pm



## Injecting Equipment Service Providers

*Boots, Almswall Road*

Monday to Friday from 8.30am to 5.30pm

Saturday 9am to 12.30pm



*Townhead Pharmacy, Pennyburn Rd*

Monday to Friday from 9am to 6pm

Saturday 9am to 4pm

# THE THREE TOWNS - Stevenston, Saltcoats, and Ardrossan

## Turning Point Scotland Prevention, Early Intervention & Recovery

*Glebe Street, Stevenston*

We have a variety of groups on offer across North Ayrshire, including SMART Recovery, gardening activities, and tea & toast. To find out more information on group times and locations, please contact us on **01294 447407** or **[northayrshireinfo@turningpointscotland.com](mailto:northayrshireinfo@turningpointscotland.com)**



## Well-Being and Recovery College

*71 Princes St, Ardrossan*

We offer a variety of courses which promote self-growth and recovery, these range from well-being, mental health, photography, art, journaling, and much more. Call us on **01294 447 355** for more information

## Street Soccer Scotland

*Ardrossan Winton Rover's FC, Anderson Terrace, Ardrossan, KA22 8JP*

Weekly drop-in sessions for anyone 16 or over every **Wednesday** from 10.30am to 12.30pm.  
All fitness and ability levels welcome! Call **07983 539218** for further details

## Recovery to Discovery Group

*Argyle Community Centre*

Come along and participate in an activity-based afternoon every **Thursday** from 12pm to 3pm

## Care and Share

*Kirkgate Church, Saltcoats*

Come along for a cuppa and bite to eat at no cost, every **Friday** from 12.30pm to 2pm

**Alcoholics Anonymous**

*Park Church, Ardrossan*

Every **Tuesday** at 8pm to 10pm

**Cocaine Anonymous**

*Ardeer Community Centre*

Every **Tuesday** from 12pm to 1.30pm

**Cocaine Anonymous**

*Argyle Community Centre, Saltcoats*

Every **Wednesday** from 7.30pm to 9pm

**Alcoholics Anonymous**

*St Marys Church, Saltcoats*

Every **Friday** from 2pm to 4pm

**Alcoholics Anonymous**

*Civic Centre, Ardrossan*

Every **Sunday** from 11am to 12.30pm

**Alcoholics Anonymous**

*Civic Centre, Ardrossan*

Every **Sunday** from 8pm to 10pm

**Injecting Equipment Service Providers**

*Lloyds Pharmacy, New St, Stevenston*

Mon-Fri 9am-6pm & Sat 9am-5pm

*Boots, Dockhead St, Saltcoats*

Mon-Fri 9am to 5.30pm & Sat 9am to 5.30pm

*Ardrossan Health Centre (staff present)*

Every Monday from 2pm to 4pm

*Saltcoats Health Centre (staff present)*

Every Friday from 2pm to 4pm



# THE NORTH COAST (SEAMILL, WEST KILBRIDE, FAIRLIE, LARGS)

## Alcoholics Anonymous

*Clark Memorial Church, Largs*

Every **Monday** from 11am to 12.30pm

## Alcoholics Anonymous

*Fairlie Parish Church*

Every **Tuesday** from 11am to 12.30pm

## Alcoholics Anonymous

*Clark Memorial Church, Largs*

Every **Wednesday** from 11am to 12.30pm

## Alcoholics Anonymous

*Clark Memorial Church, Largs*

Every **Saturday** from 8pm to 9.30pm

## Injecting Equipment Provision Providers

Morrisons Pharmacy, Largs

Monday to Friday - 7am to 10pm

Saturday - 7am to 10pm

Sunday - 8am to 7pm

Brooksby Health Centre (upstairs), Largs (**staff present**)

Every **Thursday** from 2pm to 4pm



# Arran

## Arran Youth Foundation

*Youth cabins behind Arran High School, Lamlash, KA27 8NG*

A range of activities throughout the week, as well as school holiday clubs:

**Monday to Friday:** Lunchtime drop-in, 1.25pm to 2.10pm

**Monday:** Fundraising group from 3.45pm to 6.45pm and Girls football 3.45 to 6.45pm

**Monday/Tuesday:** Guitar tuition, 3.45pm onwards

**Tuesday:** Multi-sports club, 3.45pm to 6.45pm

**Wednesday:** Activities group, 3.45pm to 6.45pm

**Thursday:** P7 club, 3pm to 6.45pm and Girls football from 3.45pm to 4.45pm

**Friday:** Youth club, 3.45pm to 9pm

For more information, please contact: **[graeme@arranyouthfoundations.org.uk](mailto:graeme@arranyouthfoundations.org.uk)**



## Alcoholics Anonymous Meetings

*Church Hall, Brodick*

Every **Tuesday** from 2pm - 3.30pm

*Church Hall, Brodick*

Every **Sunday** from 5pm - 6.30pm



## Other Resources Available (Subject to change, please contact Arran CVS for updated times):

- **Arran Eco Savvy** - we have cafe's running across the island and only ask for a small donation. To find out where we will be please search for us on Facebook at '**Arran Eco Savvy**', we hope to see you there!
- **Whiting Bay St. Donan's Church Warm Room** - pop along for a cuppa and a chat every **Monday** from 11am to 2pm
- **Corrie Garden** - If you enjoy the outdoors please come and give us a visit at one of our open days that run every **second Wednesday** from 11am to 1pm.

# Other local resources

**AA Helpline:** [0131 225 2727](tel:01312252727)

**CA helpline :** [0141 959 6363](tel:01419596363)

**NADARS:** We offer 1-1 support, detox, medication support, rehabilitation, family support, mental health support for anyone 16 and over affected by addiction. To self-refer please contact [01294 476 000](tel:01294476000)

**Voiceability:** We are an advocacy service that can help you with a range of issues. To make a referral please do so by visiting our website [Voiceability: North Ayrshire and Arran](#)

**North Ayrshire Energy Crisis Payment Team:** Providing funds directly to low-income households to help with energy bills: [01294 310000](tel:01294310000)

**Penumbra:** We offer mental health support, contact us on [01294 471 934](tel:01294471934) for more information.

**Children First:** We work with children and their families by offering practical, emotional, and financial support to prevent and protect them from harm and recover from trauma. Please contact [01294 214 884](tel:01294214884) for more information. We also have a facebook page '[Children 1st - North Ayrshire](#)'

**TACT:** We offer a variety of opportunities including cooking classes, anxiety management, confidence coaching, volunteering and more. To find out more give us a call on **01294 443 044**

**MINDS of Recovery:** 1-1 support is available, please get in touch on Facebook at **‘MINDS of Recovery’**

**Cruse Scotland:** Cruse provides bereavement support to anyone who is struggling with the loss of someone. The phone number is free to call : **0808 802 6161**

**Gamblers Anonymous Scotland Helpline:** **0370 050 8881** (24 hour service)

**KA Leisure:** We can offer people accessing support 3-month gym passes. Please speak to the service you’re accessing support from for more information.

**Harbour Ayrshire:** We have an out of hours telephone line that can be contacted from 5pm to 10pm during weekdays and 10am to 10pm on weekends, please get in touch by calling: **01292 623 016**

**CHAP:** CHAP can offer advice surrounding benefits, money, welfare, and housing. To get in touch please call them on: **030 0002 0002**

**Scottish Welfare Fund:** Provide support & guidance in applying for a Crisis Grant’s and Community Care Grants  
**01294 310001**

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