

North Ayrshire

Drop-in Recovery Activities



A variety of activities ranging from:

- Warm meals
- Outdoor activities
- Men / Women only groups
- Mental health support groups
- SMART recovery
- Family groups



Garnock Valley - Dalry, Kilbirnie, Glengarroch, Beith

Care and Share

St Margarets Church, Dalry

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

Turning Point Scotland Walk & Recovery Group

Bridgend Community Centre, Kilbirnie

Every **Wednesday** from 10am-11am (walk) & 11.15am - 12.45pm (group)

Our Community Space

Rosearden Hall, Beith Community Centre, Bridgend Community Centre

Alternating **Thursdays** - For information on times, locations, or any other inquiries please contact

g-tait@north-ayrshire.gov.uk or Turning Point PEAR on **01294 447407**

Cafe Solace

Bridgend Community Centre, Kilbirnie

Enjoy company and a freshly prepared meal every **Friday** from 12pm-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>



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. We also provide 1-1 counselling at no cost and no waiting times (appointments can be made on Mondays and Tuesdays). For more information, or to sign up, please contact us on **01294 278207**

Women Only Group

Fullarton Community Hub

Chat and support for women, offering programs on a range of issues from addiction, mental health, bereavement, homelessness and other social issues. **Mondays** from 1.30pm to 3.30pm. Call **01294 278207** for more information.

Community Cafe

Fullarton Community Hub

Every **Monday, Tuesday, Wednesday, Thursday, and Friday** from 9am-12pm.

Come along for a chat and some breakfast for a small fee. Contact **01294 278207**



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

Cafe Solace

Fullarton Connexions Church

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

Contact cafesolaceteam@gmail.com or call **07880 108 956**. If you would like to volunteer with us, please get in touch.

The Trinity Walking Groups

The Trinity Active Travel Hub, Rivergate

Various walking routes around Irvine which take place every **Wednesday** at 11am. A different route is on every week so pop along to the Trinity Church at Bridgegate to collect a copy of our timetable.

Harbour New Beginnings Group

Fullarton Connexions Church

Support group for families and friends of individuals in addiction. Every **Wednesday** from 6.30pm - 8.30pm

Wellness Warriors

Vineburgh Community Centre

Come along to our wellness group for a chat, cuppa, bite to eat and a variety of activities every **Wednesday** from 11am to 1.30pm.

MINDS of Football

Fullarton MUGA, next to Fullarton Community Hub

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.



Turning Point SMART group

Fullarton Community Hub

SMART recovery helps people recover from addictive behaviour and lead a meaningful and satisfying life. Come along to our group on Thursdays from 2.30pm to 4pm.

Harbour MOT Group

Fullarton Community Hub

Men only group focussed on recovery-based activities; food provided as well as phone SIM cards. Every Friday from 12.30pm - 2.30pm.

Recovery Hub

Youth Legacy Hub, Bridgegate

Drop-in hub for 1-1 support, signposting, and to make connections with others - every **Friday** from 10.30am-2.30pm

Fullarton Connexions Grub n Gospel

Fullarton Connexions Church

Join Grub n Gospel for a meal and contemplation on **Fridays** from 6.30pm to 8.30pm

Breakfast Club

Redburn Community Centre

All welcome to come along and enjoy a great start to the day every second **Saturday** from 10am to 12pm - call **01294 318438** for information.

MINDS Conversation Cafe

Fullarton Connexions

Recovery group for individuals to come along to support one another on **Mondays** from 1pm-3pm.



KILWINNING

Fitba4u project

Kilwinning Community Sports Club

Promoting mental and physical well-being through football on Tuesdays from 10am to 1pm.

Contact onsideayrshire@hotmail.com or **01294 556444**

Turning Point Walk and Recovery Group

McGavin Park / Bridge Church

Meet us every **Thursday** at the park for a walk at 4pm, our recovery group runs afterwards at Bridge Church from 5.15pm-6.45pm

Recovery Allotment

Eglinton Growers, Irvine Road, Kilwinning

Gardening and growing space for those in recovery on **Wednesdays** from 10am to 12pm

Eglinton Gardens/PEAR partnership

Eglinton Gardens, Kilwinning

Drop-in support on **Wednesdays** from 9.30am to 12.30pm and **Saturdays** from 2.45pm to 5pm



THE THREE TOWNS (Stevenston, Saltcoats, and Ardrossan)

PEAR SMART Group

Argyle Community Centre, Saltcoats

SMART recovery helps people recover from addictive behaviour and lead a meaningful and satisfying life - every **Monday** from 10am to 11.30am. Call **01294 447407** for more information.

Well-being Activity Drop-in

Argyle Community Centre, Saltcoats

Drop in for 1-1 support, arts and crafts, mindfulness on **Thursdays** from 12pm to 3pm

Café Solace

Church of the Nazarene, Ardrossan

Enjoy a low-cost meal and café atmosphere on **Wednesdays** from 5pm to 6.30pm. (not currently running)

Care and Share Lunch

Kirkgate Church, Saltcoats

Come for a cuppa and bite to eat on **Fridays** from 12.30pm to 2pm



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 447355** for more information.

PEAR Tea and Toast

Turning Point Scotland PEAR office, Stevenston

Come along for a cuppa, some toast, and a chat – All welcome! Every **Saturday** from 9.30am to 1.30pm. Call **01294 447407** for more information.

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

PEAR SMART and Walking Group

Clark Memorial Church, Largs

SMART recovery helps people recover from addictive behaviour and lead a meaningful and satisfying life. Come along to our group on **Fridays** from 10am to 11.30am, our walk runs afterwards from 11.45am - 12.45pm.

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: Cooking club: 3.45pm to 6.45pm

Monday/Tuesday: Guitar tuition, 3.45pm onwards

Tuesday: Seniors club, 3.45pm to 6.45pm

Wednesday: Art psychotherapy, 3.45pm to 6.45pm

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

Friday: Youth club, 3.45pm to 9pm

School holiday clubs: Contact graeme@arrayouthfoundations.org



Other local resources

Local Alcoholics Anonymous Intergroup: <https://www.alcoholics-anonymous.org.uk/>

Freedom Fighters: <https://freedomfighters.life/>

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 476000**

Penumbra: We offer mental health support, contact us on **01294 471934** for more information.

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 443044**

Children 1st : 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 214884** for more information. We also have a facebook page '**Children 1st - North Ayrshire**'

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**). Cruse also offers a peer support group in Kilwinning library from 12.30pm - 2.30pm every **Friday**, as well as another group in Trindlemoss Day Opportunities (Irvine) on **Thursdays** from 4pm – 6pm. Contact Melanie.Mclean@cruse.org.uk for more information.

Gamblers Anonymous Scotland: A fellowship of men and women who share their experience, strength, and hope with each other to solve their common issue and help others recover from a gambling problem. Meeting every **Monday** at Ardrossan Civic Centre from 7.30am-9.30pm. National helpline is **0370 050 8881** and is free to call (24 hour service).

KA Leisure: We provide walking and various exercise groups which can be found by typing [<https://kaleisure.com/exercise-referral>](https://kaleisure.com/exercise-referral) into your browser. If you would like to become more active and adopt a healthier lifestyle, use the link to find out what is happening in your community.

Green Health Partnership: If you enjoy walking, cycling, outdoor learning and play, gardening, food growing, and practical conversation type this link into your browser to access our Events Calendar to fit out what is happening near you. [<https://www.nagreenhealth.org.uk/>](https://www.nagreenhealth.org.uk/)