

Monday

HAPI Women's Recovery Group
1pm – 2.30pm
@48, Ayr

Sound Bath
1st Monday
11am – 12.30pm
@48, Ayr

Hope After Loss
2nd & 4th Monday
11am – 12.30pm
@48, Ayr

Maybole Recovery Drop-in
2pm – 3.30pm
St Oswalds
Cargill Rd,
Maybole, KA19 8AF

JustFootball
2.00pm – 3.00pm
Shoot Soccer, Ayr

Tuesday

Creativity Group
10am – 12pm
@48, Ayr

Family & Friends Group
1pm – 2.30pm
@48, Ayr

LGBTea Group
3pm – 4.30pm
@48, Ayr

Walk & Talk Troon
12pm – 1pm
Walker Hall,
Troon, KA10 6EF

LADDER Recovery Group
1pm – 2.30pm
Walker Hall,
Troon, KA10 6EF

Wednesday

Girvan Recovery Drop In
12.00pm – 2.00pm
Milestone Church, Girvan, KA26 9HH

Saturday

Connexions Family Cafe*
1st Saturday
11am – 1pm
@48, Ayr

**Please register in advance by contacting ConneXions on 01292 773162*.*

Thursday

YOGA Group
12pm – 1.15pm
@48, Ayr

Walk & Talk Girvan
1pm – 2.30pm
Meet at McKechnie Institute,
Dalrymple Street,
Girvan

Street Soccer Football
2pm – 3.30pm
New Voluntary Park, Glenmuir Place, Ayr,
KA8 9RW



48 Newmarket Street,
Ayr, KA7 1LR

Friday

Mindfulness Group
10am–11:30am
@48, Ayr

Medication, Recovery & Me
11am – 12.30pm
@48, Ayr

P.I.N.G.
2pm – 3:30pm
@48, Ayr

Street 45 Women's Football
1pm–2pm
Whittlets Vics FC,
New Voluntary Park,
Ayr

Café Hope
4pm–6pm
@48, Ayr

SMART Meeting
5pm – 6pm
@48, Ayr



About Our Weekly Drop-In Groups & Activities

Woman's Recovery Group – H.A.P.I.

Every Monday, 1pm – 2.30pm

First Floor, @48 Newmarket Street, Ayr

Our HAPI group is exclusively for women affected by alcohol or drugs and related matters. The group allows women to share their lived experience of addiction and recovery. HAPI is a welcoming, nonjudgmental and safe space offering positive support, social activities and light refreshments.

Contact **Mel** for further information – 07872 321811.

Sound Bath

First Monday, 11am – 12.30pm

First Floor, @48, Ayr

This all can start with you even if your loved one feels they don't have a problem with alcohol or drugs. Come along to our group to get some non-judgemental support on how to keep yourself sane during this tough time in your life.

Contact **Mel** for further information – 07872 321811.

Hope After Loss

2nd and 4th Monday, 11-12.30pm

First Floor, @48 Newmarket Street, Ayr.

This group is for family and friends who have experienced bereavement for a loved one through alcohol or drug use. The group will put the families and friends at the heart and allow a space for everyone to speak about their loved ones and how best to move forward while grieving the loss of a loved one.

Contact **Alison** for further information – 07502 592098.

JustFootball

Every Monday, 2.00pm – 3.00pm

Shoot Soccer, Ayr

Join us for a friendly and social football group. No experience or equipment necessary.

Contact **David** for further information – 07594 192523.

Maybole Recovery Drop-In

Every Monday, 2pm – 3.30pm

**St Oswald's Episcopal Church
Cargill Rd, Maybole, KA19 8AF**

Our weekly recovery drop-in group offers a safe, non-judgemental and confidential space for individuals affected by alcohol and drugs and related matters, to come together to support each other with their recovery. As well as accessing training, education and social activities.

Contact **Davie** for further information – 07594 192523.

Family & Friends Group

Every Tuesday, 1.00pm – 2.30pm

First Floor, @48, Ayr

This all can start with you even if your loved one feels they don't have a problem with alcohol or drugs. Come along to our group to get some non-judgemental support on how to keep yourself sane during this tough time in your life.

Contact **Alison** for further information – 07502 592098.

**RECOVERY
AYR**



/recoveryayr



@recoveryayr



P.I.N.G
Peer Involvement Network Group



/ping



@PING_Ayr

About Our Weekly Drop-In Groups & Activities

Creativity Group

Every Tuesday, 10am – 12pm

@48, Ayr

Our weekly recovery groups brings together individuals who share their experience of recovery and share self-management tools, and facilitate group discussions to help support your recovery.

Contact **Romona** for further information - 07513 724188.

LADDER

Every Tuesday, 1pm – 2.30pm

Walker Hall, Troon, KA10 6EF

Our weekly recovery groups brings together individuals who share their experience of recovery and share self-management tools, and facilitate group discussions to help support your recovery.

Contact **David** for further information - 07979 164891.

LGBT Tea Group

Every Tuesday, 3pm – 4.30pm

First Floor, @48, Ayr

Our peer-led support group for those in the LGBTQ+ community affected by drugs or alcohol. We welcome everyone of all identities and family members who would like to gain more knowledge on a loved one's sexuality/ gender identity, addiction and recovery.

Contact **Amy** for further information - 07871 672621.

Girvan Recovery Drop-In

Every Wednesday, 11.30am – 1.30pm

Milestone Church, Girvan, KA26 9HH

Our weekly drop-in provides opportunities for individuals to come together to support each other with their recovery. There is a weekly recovery meeting and opportunities for training, confidence building and social activities.

Contact **Davie** for further information - 07594 192523.

Yoga Group

Every Thursday, 12pm – 1.15pm

First Floor, @48, Ayr.

Our weekly drop-in group provides opportunities for individuals to come together to support each other with their recovery. There is a weekly recovery meeting and opportunities for training & education, confidence building.

Contact **Romona** for further information - 07513 724188.

Street Soccer Football

Every Thursday, 2.30pm – 3.30pm

Shoot Soccer, Ayr

Join us for a friendly and social football group. No experience or equipment necessary.

Contact **David** for further information - 07979 164891.

Street 45 Women's Soccer

Every Friday, 1.00pm – 2.00pm

Whittlets Vics FC, New Voluntary Park, Ayr

Join us for a friendly and social football group. No experience or equipment necessary.

Contact **Alison** for further information - 07502 592098.

Walk & Talk Groups

Join us for a relaxed walk and a cuppa.

Troon - Every Tuesday, 12pm - 1pm.

Walker Hall, Troon, KA10 6EF.

Contact **David** for further information - 07979 164891.

Girvan - Every Thursday, 1pm - 2.30pm

Meet outside McKechnie Institute, Dalrymple Street, Girvan. Contact **Davie** for further information - 07594 192523.

Personal Recovery

For more information on the recovery groups and the local recovery community contact **David** on 07979 164891.

Family & Friends

For more information on the recovery groups and support for family & friends contact **Alison** on 01292 616410.

Volunteering

For more information on volunteering within your local recovery community, contact **Chris** on 07871 666849.

About Our Weekly Drop-In Groups & Activities

Mindfulness Group

Every Friday, 10am – 11:30am

First Floor, @48 Newmarket Street, Ayr.

These sessions are designed to help you develop a greater sense of awareness and presence in your daily life. Through a combination of guided meditations, discussions, and exercises, you will learn how to cultivate a more mindful and compassionate attitude towards yourself and others.

Contact **Romona** for further information - 07513 724188.

Medication, Recovery & Me

Every Friday, 11am – 12:30pm

First Floor, @48 Newmarket Street, Ayr.

A peer led support group that is open to anyone currently receiving substitute medication to support their recovery from problematic alcohol or drug use, who want to learn about addiction and the support available to them.

Contact **David** for further information - 07979 164891.

SMART Recovery Meeting

Every Friday, 5pm-6pm, @48 Newmarket Street, Ayr.

A peer led recovery group which can help if you are looking to change your harmful addiction behaviour and lead a balanced and fulfilling life.

Contact **Mel** for further information - 07872 321811.

P.I.N.G.

Every Friday 2pm – 3.30pm

First Floor, @48 Newmarket Street, Ayr

The Peer Involvement Networking Group (PING) is a peer-led group for anyone with current or past involvement with the justice services. P.I.N.G. aims to support people by addressing issues with offending behaviour and addiction and provide opportunities to progress onto training and further education.

Contact **Barry** for further information - 07433 299408.

Café Hope

Every Friday, 4pm-6pm

@48 Newmarket Street, Ayr

Our volunteer led recovery café offers a safe alcohol and drug free community space for individuals, families and the local community to come together, providing a range of activities and offering a great affordable menu of freshly cooked food.

Contact **Mel** for further information - 07872 321811.

Volunteering

VIEW (Volunteering, Involvement Experience Work)

A volunteering programme for people in recovery, family members or supporters of recovery. The programme offers structure, personal development, purposeful activity, training, supportive environment, new friendships, award scheme and access to new opportunities. And tea, coffee & biscuits! We have a variety of opportunities and levels of commitment.

Contact **Chris** for further information - 07871 666849.



**Relationships
Connections
Collaboration**

**South Ayrshire Alcohol and Drug Partnership
County Buildings, Ayr, KA7 1DR
www.south-ayrshire-adp.scot**

 **@southayradp**