



# South Ayrshire Weekly Recovery **Drop-in** Groups & Activities



Updated August 2024

# 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, non-judgmental and safe space offering positive support, social activities and light refreshments.

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

## Hope After Loss

**2nd and 4th Monday, 11-12.30pm (starting 7th October).**

**First Floor, @48 Newmarket Street, Ayr.**

Our 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, 2.30pm – 3.30pm.**

**Citadel Leisure Centre, 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 Oswalds, Cargill Rd, Maybole, KA19 8AF.**

Our weekly recovery drop-in group offers a safe, non-judgmental 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.**

## Creativity Group

**Every Tuesday, 10am – 12pm.**

**@48, Newmarket Street, 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 bring 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.**

## Family & Friends Group

**Every Tuesday, 1.00pm – 2.30pm.**

**First Floor, @48, Newmarket Street, 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-judgmental support on how to keep yourself sane during this tough time in your life.

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

## 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, 11pm – 2pm.**

**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.**

## **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.**



## **Yoga Group**

**Every Thursday, 12pm – 1.15pm**

**First Floor, @48 Newmarket Street, Ayr.**

Our weekly group includes physical movement (Asana), breath work and guided relaxation all of which can provide tools to support your recovery. No experience or equipment necessary.

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

## **Street Soccer Football**

**Every Thursday, 2.30pm – 3.30pm**

**New Voluntary Park, Glenmuir Place, Ayr, KA8 9RW.**

Join us for a friendly and social football group. No experience or equipment necessary. Delivered in partnership with the ADP and RecoveryAyr.

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

## Mindfulness Group

**Every Friday, 10:30am – 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.**



## 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 prepared food.

**Contact Odette for further information - 07872 321809.**



## Monday

**Hope After Loss**  
**2nd & 4th Monday**  
**11am - 12.30pm**  
First Floor, @48  
Newmarket Street,  
Ayr.

**HAPI Women's  
Recovery Group**  
**1pm - 2.30pm**  
First Floor, @48,  
Ayr.

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

**JustFootball**  
**2.30pm - 3.30pm**  
Citadel Leisure  
Centre, Ayr.



**ADP / RecoveryAyr / PING Groups** - All our recovery groups and activities are led by individuals with personal or family experience of recovery from alcohol or drug use.

## Tuesday

**Creativity Group**  
**10am - 12pm**  
First Floor @48  
Newmarket Street,  
Ayr.

**Family & Friends  
Group**  
**1pm - 2.30pm**  
First Floor @48  
Newmarket Street,  
Ayr.

**LGBTea Group**  
**3pm - 4.30pm**  
First Floor @48  
Newmarket Street,  
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.

### Personal Recovery

For more information on  
the recovery  
groups and the local  
recovery community  
please  
contact David on 07979  
164891 or  
david.macleod@south-  
ayrshire.gov.uk

### Family & Friends

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

### Volunteering

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

## Thursday

### YOGA Group

**12pm - 1.15pm**

*First Floor, @48*

*Newmarket Street, 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

**10:30am-11:30am**

*Main Floor, @48*

*Newmarket Street, Ayr.*

### Medication, Recovery & Me

**11am - 12.30pm**

*First Floor, @48*

*Newmarket Street, Ayr.*

### P.I.N.G.

**2pm - 3:30pm**

*First Floor, @48*

*Newmarket Street, Ayr.*

### Café Hope

**4pm-6pm**

*@48 Newmarket  
Street, Ayr.*

### SMART Meeting

**5pm - 6pm**

*\*starting 13th  
September\*  
@48 Newmarket  
Street, Ayr.*



## **SMART Recovery Meeting**

**Every Friday, 5pm-6pm (starting 13th September).**

**@48 Newmarket Street, Ayr.**

SMART Recovery is a peer led recovery group which offers a set of proven tools and techniques to support your recovery and lead a balanced and fulfilling life.

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

## **Structured Groups / Training / Volunteering**

### **Steps For Change**

**Monday, 2hrs for 10 weeks.**

**@48 Newmarket Street, Ayr.**

Steps for Change is a 10 week group for people whose goal is to be abstinent/or free from drug and/or alcohol use. S4C aims to provide a range of training opportunities to support people to increase their confidence, develop new skills and engage in recovery activities which will support people to move forward with their recovery and into training and/or employment.



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

### **Connect, Grow, Live**

**Monday, 2hrs, for 10 weeks.**

**First Floor, @48 Newmarket Street, Ayr.**

Connect, Grow, Live is a structured abstinence based 10-week program for men and woman who are early stages abstinence-based recovery or who have been left prison or residential rehab or hospital in the last 12 months. The group is led by staff with lived experience of alcohol or drug use and recovery, and who have been involved with the justice system.

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



## **We Are Family**

**Monday, 2hrs, for 12 weeks.**

**@48 Newmarket Street, Ayr.**

We Are Family is a 12 week structured programme for people affected by someone else's alcohol or drug use. This group aims to create a safe supportive environment where we can explore coping mechanisms and strategies that will help you better understand and support your loved one whilst maintaining your own health and wellbeing. Includes Steps2Excellence training.

**Contact Morag for further information - 07871 677591.**

## **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.**

## **Stepping Stones**

**Monday & Wednesday, 9.30pm – 3.30pm (February to June).**

**Ayr Campus, Ayrshire College.**

A 16-week course for people in recovery and / or, involved with community justice service or affected family members. Stepping Stone aims to provide a range of opportunities to support people to increase their confidence, develop new skills and engage in recovery activities which will support people to move forward with their recovery and possibly move into further training, volunteering and/or employment.

**Contact Stephen for further information - 07561 665729.**

## ADP Volunteer Peer Worker Project

**Monday & Wednesday, 9.30pm – 3.30pm (August to January).**

**Ayr Campus, Ayrshire College.**

The ADP Volunteer Peer Worker Project (VPWP) offers individuals in recovery and affected family members the opportunity to undertake a 20 week college course, followed by a volunteer placement in a local service while working towards an SVQ qualification. Participants are a valuable part of local services and use their experiences to support others on their recovery journey.

**Contact Stephen for further information - 07561 665729.**

## Other Local Drop-in Recovery Groups

### Harbour Ayrshire

Men and women only groups offering support with addiction and inter-related problems, mental health, homelessness, bereavement and other social issues. For more information contact [info@harbourayrshire.co.uk](mailto:info@harbourayrshire.co.uk) or 01292 623016.



- Men Only Time – every Monday, 7.30pm – 9pm, 60 Piedmont Road, Girvan.
- Men Only Time – every Thursday, 2pm – 4pm, @48, Ayr.
- New Beginnings – every Thursday, 6.30pm – 8pm. 6 Miller Road, Ayr.
- EmpowerHER – 10am – 12pm Ayrshire Housing, Main Street, Ayr.

### We Are With You Family Support Group

**Every Wednesday, 11am – 1pm.**

**Lochside Church, 9 Murray Street, Ayr, KA8 9PG.**

**we are  
withyou**

The family group is for family and friends who are being affected by someone's substance use can come together in a safe and non-judgmental environment for advice and support.

# **Weekly Fellowship Meetings**

**(Fellowships are not affiliated with any organisation)**

## **Narcotics Anonymous**

**Every Wednesday, 5pm @48 Newmarket Street, Ayr.**

Narcotics Anonymous (NA) is a community of people who support each other to achieve and maintain a drug free life. The only requirement for participation in NA is a desire to stop using drugs.  
**[www.ukna.org](http://www.ukna.org) | 0300 999 1212.**

## **Nar-Anon**

**Hope for Today UK online meetings.**

**Monday and Thursday 8pm.**

**Zoom Meeting ID: 854 3685 4984, Password: serenity**

Nar-Anon is a 12-step program designed to help relatives and friends of addicts recovery. The only requirement for participation in Nar Anon is that there is a problem of drugs or addiction in a relative or friend.

**[www.nar-anon.co.uk](http://www.nar-anon.co.uk) | 0845 5390 193**

## **Alcohols Anonymous**

Alcoholics Anonymous (AA) is a fellowship of people who help each other to stop drinking. AA meetings are where you will feel supported, where you can feel you belong. See the website for weekly online and in person meetings.

**[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) | 0800 917 7650**

## **Al Anon**

Al-Anon Family Groups are for anyone whose life is or has been affected by someone else's drinking. See the website for weekly online and in person meetings.

**[www.al-anon.org.uk](http://www.al-anon.org.uk) | 0800 0086 811**

## **Cocaine Anonymous**

Cocaine Anonymous (CA) A is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from their addiction. See website for weekly online and in-person meetings.

**[www.cocaineanonymous.org.uk](http://www.cocaineanonymous.org.uk) | 0800 612 0225**



Relationships  
Connections  
Collaboration

South Ayrshire Alcohol and Drug Partnership  
10 Wellington Square, Ayr, KA7 1EN  
[www.south-ayrshire-adp.scot](http://www.south-ayrshire-adp.scot)

 @southayradp

**RECOVERY  
AYR**

RecoveryAyr  
@48 Newmarket Street, Ayr, KA7 1LR  
[recoveryayr@gmail.com](mailto:recoveryayr@gmail.com)

 /recoveryayr

 @recoveryayr



 /ping

 @PING\_Ayr

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