

# South Ayrshire Weekly Recovery Drop-in Activities



## MON

### HAPI Women's Recovery Group

**11.30am – 1pm**  
2<sup>nd</sup> Floor  
Boswell House,  
Boswell Park, Ayr,  
KA7 1QJ

### JustFootball

**2.30pm – 3.30pm**  
Citadel, Ayr

### We Are With You Family Support Group

**6pm – 7.30pm**  
Lochside Church,  
9 Murray Street, Ayr,  
KA8 9PG

## TUE

### Walk & Talk Troon

**12pm – 1pm**  
*\*May to September only*  
Walker Hall,  
Troon,  
KA10 6EF

### LADDER Recovery Group

**1pm – 2.30pm**  
Walker Hall,  
Troon,  
KA10 6EF

### LGBTa Tea Group

**1pm – 2.30pm**  
Boswell House,  
Boswell Park, Ayr,  
KA7 1QJ

## WED

### We Are With You Family Support Group

**11am – 1pm**  
Lochside Church,  
9 Murray Street, Ayr,  
KA8 9PG

### Girvan Recovery Drop In

**11.30am – 1.30pm**  
Milestone Church,  
Girvan, KA26 9HH

### Cocaine Anonymous (not affiliated with any organisation)

**7.30pm – 9pm**  
Lochside Church,  
9 Murray Street, Ayr,  
KA8 9PG

## THU

### YOGA and Mindfulness Group

**12pm – 1.15pm**  
2<sup>nd</sup> Floor,  
Boswell House,  
Boswell Park, Ayr,  
KA7 1QJ

### Walk & Talk Girvan

**2pm – 3pm**  
Milestone Church,  
Girvan, KA26 9HH

### Harbour Ayrshire Men Only Time

**2pm – 4pm**  
Recovery Ayr,  
Boswell House,  
Boswell Park, Ayr,  
KA7 1QJ

## FRI

### Harbour Ayrshire empowerHER

**10am – 12pm**  
Ayrshire Housing,  
Main Street, Ayr,  
KA8 8BX

### Medication, Recovery & Me

**10.30am – 12.30pm**  
2<sup>nd</sup> Floor,  
Boswell House,  
Boswell Park, Ayr  
KA7 1QJ

### P.I.N.G.

**2pm – 4pm**  
2<sup>nd</sup> Floor,  
Boswell House,  
Boswell Park  
Ayr, KA7 1QJ

### Café Hope

**5pm-7pm**  
Cafe Hope,  
Salvation Army,  
59 John St, Ayr,  
KA8 OBS

### Recovery Meeting

**6pm-7pm**  
Salvation Army  
59 John St, Ayr,  
KA8 OBS

### Cocaine Anonymous

*(Not affiliated with any organisation)*

**7.30pm – 9pm**  
Riverside Church,  
24 John St, Ayr,  
KA8 OBS

## SAT

### Men's Recovery Group

*1<sup>st</sup> Sat of every month.*

**5pm – 7pm.**  
Riverside Church, 24  
John St, Ayr,  
KA8 OBS

### 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.

## About our weekly drop-in groups and activities

### Woman's Recovery Group – H.A.P.I. (every Monday)

**11.30am – 1pm**

**2<sup>nd</sup> Floor, Boswell House, Boswell Park, Ayr, KA7 1QJ**

This is a support group that is exclusively run for women affected by alcohol or drugs. The group allows women in recovery to share their lived experience from addiction and the ongoing process of recovery. The group is a positive non-judgemental space offering a social space, and a cuppa, for women to come together.

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

### JustFootball (every Monday)

**2.30pm – 3.30pm**

**Citadel, Ayr**

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

Contact **Ritchie** for further information on 07923 400384.

### LADDER (every Tuesday)

**12pm – 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 on 01292 612339.

### LGBT Tea Group (every Tuesday)

**1pm – 2.30pm**

**Boswell House, Boswell Park, Ayr, KA7 1QJ**

LGBT Tea – Join us for a peer-led support group exclusively run for those in the LGBTQ+ community and affected by drugs or alcohol. This group welcomes everyone of all identities to share their lived experience of addiction over a cup of tea or coffee and in a non-judgmental space. This group is also open to family members who would like to gain more knowledge on a loved one's sexuality/gender identity and addiction.

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

### Girvan Drop-In Group (every Wednesday)

**11.30am – 1.30pm**

**Milestone Church, Girvan, KA26 9HH**

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 **Davie** for further information on 01292 616410.



### Walk & Talk Group

**12pm – 1pm (every Tuesday) \*May – Sept only**

**Walker Hall, Troon, KA10 6EF**

Contact **David** for further information on 01292 612339.

**2pm – 3pm (every Thursday)**

**Milestone Church, Girvan, KA26 9HH**

Contact **Davie** for further information on 01292 616410.

Join us for a relaxed and social walk, talk and a cuppa.

### Yoga and Mindfulness Group (every Thursday)

**12pm – 1.15pm**

**2<sup>nd</sup> Floor, Boswell House Boswell Park, Ayr, KA7 1QJ**

This weekly group includes physical movement (Asana), breath work, mindfulness meditation and guided relaxation, all of which can provide tools to support your recovery.

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

### Medication, Recovery and Me (every Friday)

**10.30am – 12.30pm**

**2<sup>nd</sup> Floor, Boswell House, Boswell Park, Ayr, KA7 1QJ**

Medication Recovery and Me is 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 more about addiction and the support available to them.

Contact **David** for further information on 01292 612339.

### 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.

## P.I.N.G. (every Friday)

2pm – 4pm

2<sup>nd</sup> Floor, Boswell House, Boswell Park, Ayr, KA7 1QJ

The Peoples Involvement Networking Group (P.I.N.G.) 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 **Ritchie** for further information on 07923 400384.

## Café Hope (every Friday)

5pm-7pm

Salvation Army, 59 John St, Ayr, KA8 OBS

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.

6pm Peer led recovery meeting (every week)

Contact **Stevie** for further information on 07561 665729.

## Men's Recovery Group (monthly)

5pm – 7pm

Riverside Church, 24 John St, Ayr, KA8 OBS

On the *first Saturday of every month* men in recovery come together to support each other with a program of social activities and bite to eat.

Contact **Stephen** for further information on 01292 612115.

## 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 on 07871 666849.



For more information on the recovery groups and the local recovery community please contact 01292 612339 or david.macleod@south-ayrshire.gov.uk



RECOVERY  
AIR



@southayradp

/recoveryayr

@recoveryayr

/ping

@PING\_Ayr

## Other Local Recovery and Family Support Groups

### We Are With You Family Support Group

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-judgemental environment for advice and support. There is also 1-1 support available for anyone who wishes.

Contact **Margaret-Anne** at WAWU on 01292 430 529.

### SMART Recovery Meeting

A peer led recovery group which can help if you are looking to change your harmful addictive behaviour and lead a balanced and fulfilling life - Last Friday of each month at Café Hope.

Contact **Emma** at Blue Triangle for further information on 01292 284821.

### Alcoholics Anonymous

(not affiliated with any outside organisation)  
[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### Cocaine Anonymous

(not affiliated with any outside organisation)  
[www.cauk.org.uk](http://www.cauk.org.uk)

### Harbour Ayrshire

Men and women only groups offering support with addiction and inter-related problems, mental health, homelessness, bereavement and other social issues.

Contact **info@harbourayrshire.co.uk** or call 01292 623016.



we are  
withyou