

LOCAL SERVICES AND SUPPORT FOR
FAMILIES, CHILDREN AND YOUNG
PEOPLE

NORTH AYRSHIRE
A- Z DIRECTORY

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ADDICTION SERVICES IN AYRSHIRE

Organisation

Addaction

Website

[Home - With You \(wearewithyou.org.uk\)](http://wearewithyou.org.uk)

What they do

Provide free, confidential support with alcohol, drugs or mental health face to face in local services or online.

Organisation

Ayrshire Harbour

Website

HOME - HARBOUR AYRSHIRE

What they do

We have established a series of eleven highly successful voluntary-led peer support groups throughout Ayrshire, including three family support groups 'New Beginnings' in North, South and East Ayrshire. Delivering a range of solution-focussed options, while creating opportunities for some of the most vulnerable people in our communities, allowing them to live free of the stigma and suffering of addiction.

Harbour (Ayrshire) offer a series of voluntary-led peer support groups for both men and women to create a safe space and help in the formation of positive relationships within the groups and subsequently, the wider community. groups provide support in areas out with addiction, including mental health, homelessness, and bereavement.

An out of hours helpline is also available and is manned by volunteers with lived experience.

Organisation

North Ayrshire Drug and Alcohol Recovery Service

Website

[Community alcohol and drug services \(nahscp.org\)](http://Community alcohol and drug services (nahscp.org))

What they do

This service also offers: recovery focused, one-to-one and group work programmes covering topics including; self-management, relapse prevention, improving self-confidence and self-esteem, social work assessment, interventions and social

care related support and peer recovery support. support to stop taking drugs and/or alcohol
 mental health services related treatment and support
 physical and sexual health interventions
 injecting equipment provision, or needle exchange
 Medication Assisted Treatment, prescribing medication, psychological, and social support
 naloxone training and supply
 occupational therapy
 alcohol brief interventions
 medication monitoring and management
 a recovery approach tailored to specific needs, with regular reviews
 a joint approach to help individuals identify recovery goals
 home visits and support to attend appointments.

Organisation	The Lighthouse Foundation
Website	http://www.lighthouse-foundation.co.uk/
What they do	Therapy service for children and young people aged 3 to 18 years who are or have been affected by parental substance misuse.) The service offers one to one befriending and group work.
Organisation	Turning Point Scotland North Ayrshire Prevention, Early Intervention and Recovery (PEAR) Service
Website	Services: PEAR Turning Point Scotland
What they do	PEAR is an alcohol and other drug support service which promotes a culture of recovery across North Ayrshire. Turning Point Scotland deliver the service and offer support to reduce or abstain from drug or alcohol use. The service offers one-to-one, group, and family/carer support. Anyone can refer into the service.
Organisation	Solace Café North Ayrshire
Website	Café Solace – Kilbirnie - SFAD
What they do	Café Solace Run by volunteers in recovery, offering an ideal chance to find out important information about services and supports, about what's going on in North Ayrshire and how you might get involved. Fullerton Connexions, Church Street, Irvine, KA12 8PE

Bridgend Community Centre, 17 Bridgend, Kilbirnie, K
A25 7DJ

Each Tuesday 5.00pm-8.00pm- Irvine

Each Friday 5.00pm – 7.30pm- Kilbirnie

ADVOCACY SERVICES IN AYRSHIRE

Organisation

**Barnardo's Advocacy South and North
Ayrshire (Primary Advocacy Provider for
Children Hearings)**

Website

[Hear 4u Advocacy Service South
Ayrshire | Barnardo's
\(barnardos.org.uk\)](https://www.barnardos.org.uk)

What they do

Advocacy for children and young people
aged 5+ who are on the child protection
register or fall within the terms of the Mental
Health (Care & Treatment) (Scotland) Act
2003.

We can help with

Advocacy and participation (children in
care)

One-to-one support for looked-after children
young people and other vulnerable young
people e.g. those on a child protection plan
focused on their right to be heard and
involved in decisions about them, explaining
their wishes, arguing their case. Activities
and training for families and professionals.

AUTISM AND NEURODIVERSITY SUPPORT IN AYRSHIRE

Organisation

Ayrshire Autism Support

Website

[Autism Support Ayrshire](https://www.autismsupportayrshire.org.uk)

What they do

Our Autism Support Ayrshire service
provides free and confidential information,
advice and guidance to individuals, parents,
carers and professionals in North, South
and East Ayrshire.

All our services are free and include:

- Autism information and guidance
 - Workshops
 - Signposting
 - Access to other National Autistic Society Scotland programmes
 - Online social activities for young people over 12 and adults
- including our online NAS Café, online Coffee Club and our Social Navigation programme.

There is no need to have a formal diagnosis, we can offer information pre, during and post assessment/diagnosis. This service is funded by North, South and East Ayrshire Health and Social Care Partnerships

Organisation

NEST- NEST stands for Neurodevelopmental Empowerment & Strategy Team. We are a small NHS Ayrshire & Arran team who are paid for by the three Ayrshire Health & Social Care Partnerships.

Website

nest.scot | [Empowering Ayrshire's Neurodiverse Communities](#) | [Home](#)

What they do

Our service is for children, young people and adults. Our service is open to anyone in Ayrshire who wants to contact us about autism, ADHD or FASD. You do NOT need a diagnosis to access our service. We help people find information and advice about autism, ADHD and FASD. We help people find information about what is available for them in Ayrshire. We provide workshops for people to learn more about living with autism, ADHD and FASD. We work with local NHS services and local authority services to help them provide the best service they can for neurodivergent people.

BEREAVEMENT AND GRIEF SUPPORT IN AYRSHIRE

Organisation

Cruise North Ayrshire

Website

[Cruise Bereavement \(North Ayrshire\) - SFAD](#)

What they do

Service Provision

Cruise Bereavement care is a national bereavement charity with local provision. They support anyone experiencing bereavement to understand their grief and cope with their loss through a range of services.

At Cruise Bereavement Care Scotland (CBCS) we're here to help you through this difficult time. We're able to listen – offering an impartial ear with no agenda – or we can support you via one-to-one counselling sessions where you can work through your grief. Or it may be that you need reassurance that other people have been through a similar experience – indeed it might be helpful to read about other people who have been bereaved and hear how they've coped. Please be assured that all our services are offered to everyone free of charge.

Contact our helpline to discuss your support requirements. We have webchat on our website if you would rather not phone us.

Organisation

Healing Hearts- North Ayrshire

Website

[Healing Hearts - Care & Support North Ayrshire \(carena.org.uk\)](#)

What they do

Healing hearts is a peer support bereavement group for people who have experienced the death of someone that they love.

There are currently two groups running across North Ayrshire, locations and times are:

Thursday 4-6pm at Trindlemoss Day Opportunities, 46 Tarryholme Dr, Irvine, KA12 0DR.

Friday 12.30 – 2.30pm at Kilwinning Library, St Winning's Lane, Kilwinning, KA136EP.

CARERS SUPPORT IN AYRSHIRE

Organisation	Unity Enterprise- Support for North and South Carers
Website	Carers Centers – Unity Enterprise (unity-enterprise.com)
What they do	Unity Carer Centres offer specialist information, support advocacy and advice. Respite away from the role in the form of day trips, health and wellbeing services, social activities and peer support from fellow carers. If you are an unpaid or family carer of almost any age you can access support from our Carer Centres in South and North Ayrshire (including Arran and Cumbrae).

Organisation	North Ayrshire Carers
Website	North Ayrshire Carers Centre – The Ayrshire Community Trust (tact.scot)
What they do	North Ayrshire Carers Centre serves the needs of Carers across North Ayrshire. Carers are people whose lives are restricted by taking responsibility for the care of someone who needs help because of an illness, drug or alcohol misuse, disability or the effects of age. The 2011 census showed that 492,231 people in Scotland see themselves as Carers, and that there are around 14,000 Carers living within North Ayrshire. The centre offers information, advice, contact, help, advocacy, relaxation, regular support groups, outreach, counselling, training, information on carers assessments, 1:1 support, Young Carers support and Young Carers befriending.

CARE EXPERIENCED SUPPORT IN AYRSHIRE

Organisation	North Ayrshire Champions Board
Website	North Ayrshire Champions Board - Who Cares? Scotland

COMMUNITY JUSTICE IN AYRSHIRE

Organisation **Making a Difference (MAD) Peer Support Group North Ayrshire**

Website [Making A Difference \(MAD\) Newsletter - Northayrshire Community](#)

What they do Peer support group in North Ayrshire aimed at people who are or have been involved in the justice system.

Organisation **Sacro Counselling North Ayrshire and South Ayrshire**

Website [Sacro | Paths to Positive Change](#)

What they do Sacro Counselling Service
Providing therapeutic person-centred counselling sessions to those individuals engaged with Justice Social work services in North Ayrshire.

Organisation **Shine Women's Mentoring Service North Ayrshire**

Website [Home | Shine Women's Mentoring Service \(shinementoring.org\)](#)

What they do Mentoring is a way of helping and supporting women with many of the issues they might be facing both practically and emotionally helping build self-esteem and confidence. Service is available to all adult females who are:

- Currently serving a custodial sentence in Scotland of less than four years and not subject to a statutory order or;
- On remand or;
- Subject to a Community Payback Order.

DOMESTIC ABUSE SERVICES IN AYRSHIRE

Organisation **Break the Silence North and East Ayrshire**

Website [Break the Silence – Professional support for survivors of childhood sexual abuse.](#)

What they do Providing a range of tailored, holistic support options for Survivors of rape and childhood sexual abuse, aged 13 years and above in East and North Ayrshire. Options for support include one to one professional counselling using qualified

Psychotherapists, outreach counselling, couple support, complementary therapies, advocacy, group activities, and volunteering opportunities.

Organisation

STAR Centre All Ayrshire

Website

<https://www.starcentreayrshire.org/>

What they do

Offering free and confidential support to anyone across Ayrshire, of any ethnicity, aged 13+ who has experienced sexual violence (women, girls, men, boys and those who identify as transgender or non-binary)

Organisation

Women's Aid All Ayrshire

Website

[North Ayrshire Women's Aid – Supporting Women and Children in North Ayrshire \(nawomensaid.com\)](http://NorthAyrshireWomen'sAid.org.uk)

What they do

Offering advice, support and refuge accommodation to women and children who have experienced domestic abuse.

DISABILITY SUPPORT IN AYRSHIRE

Organisation

Enable- North and South Ayrshire

Website

[Enable Home](http://EnableHome.org.uk)

What they do

We provide a variety of work programmes, training and resources to help jobseekers with learning disabilities. We also help employers looking to benefit from hiring a more diverse workforce.

Enable Care services- Enable cares about your human rights. We believe you should be able to live in the home you choose, as part of a community and close to the people you love. We believe you should be in control of everything in your life – what you do, when you do it, who you do it with.

Organisation

Cornerstone Pan Ayrshire

Website

[Ayrshire | Cornerstone](http://AyrshireCornerstone.org.uk)

What they do	<p>From our Ayrshire branch, our 165 colleagues are supporting 94 adults, young people and children throughout North, South and East Ayrshire. We provide tailored, person-centred support for a variety of needs including (but not limited to) learning disabilities, physical disabilities, complex mental health issues, challenging behaviours, addictions, autism and dementia. We work closely with people and their families to agree what sort of support best meets their needs.</p> <p>We are privileged to provide support to people as well as their families and carers to exceed their individual outcomes and ambitions. We ensure our support staff have strong values and deliver care and support on a standard of excellence. We are most proud of how the people we support and our staff have supported each other during a global pandemic, and how creative care and support has been delivered whilst ensuring everyone was as safe as possible during unprecedented times.</p>
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EATING DISORDER SUPPORT IN AYRSHIRE

Organisation	Community Eating Disorder Service Ayrshire and Arran
Website	Community Eating Disorder Service - NHS Ayrshire & Arran (nhsaaa.net)
What they do	<p>Specialist Eating Disorder Service Across Age range: Community Eating Disorder Service (CEDS) is a pan Ayrshire service that provides comprehensive treatment for individuals with either Anorexia Nervosa or Bulimia Nervosa who are 12 years and older based on NICE guidelines. The service is not a stand alone service but works with primary mental health care teams (PMHCT), community mental health teams (CMHT), CAMHS and inpatient services.</p> <p>Generic Adult Service: Primary Care Mental Health Teams and Community Mental Health Teams based in North East and South Ayrshire.</p> <p>Generic CAMHS Service: CAMHS based in North, East and South Ayrshire. Medical Inpatient facilities: Paediatric Medical Admissions (0-16 years): Generic Paediatric beds in Crosshouse Hospital. Junior Marsipan group exists with Paediatrician attending from Crosshouse Hospital. 16+ Medical Admissions: Generic Medical Ward with no designated beds or designated medical staff for patients above the age of 16 with an eating disorder.</p>

EDUCATION, TRAINING AND EMPLOYMENT SUPPORT IN AYRSHIRE

Organisation **House of Seisay- North Ayrshire**

Website hausofseisay.org

What they do A brand-new unique hairdressing academy, designed especially for care experienced young people. The academy gives young people the tools to follow a successful career in hairdressing and allow them invaluable experience in employment.

Our mission is to support and allow our young people to thrive and succeed in the hairdressing industry. We work closely with our young people running a 4 day a week course. The course will not only teach the art of hairdressing, but it will also teach vital life and people skills, encouraging a feeling of self-worth and confidence. Our young people will graduate from this course with a full hairdressing qualification, and they will also leave armed with the vital other skills needed in hairdressing such as customer service and business admin. We will prepare them for life after the academy by teaching CV and interview techniques.

Organisation **CEIS Ayrshire – North Ayrshire**

Website www.ceisayrshire.co.uk

What they do Are you unemployed, looking for help to find a job, enter further education or training? Through our current services, CEIS Ayrshire will be there to guide and support you on your journey.

CEIS Ayrshire have offices in Irvine and Stevenston. We currently run stages 1 to 5 of North Ayrshire Council's employability pipeline for North Ayrshire residents aged 16+.

Organisation **North Ayrshire Employability Mentor Programme**

Website [North Ayrshire | Employability in Scotland](#)

What they do	<p>Helping individuals within the justice system to improve their knowledge, skills, and education to enhance their prospects of gaining employment. Advice can be offered on the following:</p> <ul style="list-style-type: none"> • CV & Employability Skills • Vocational Training • Voluntary Work • Support to access local Employability Hubs • Links to wider partner organisations
Organisation	Barnardo Employability North Ayrshire
Website	<u>North Ayrshire Barnardo's (barnardos.org.uk)</u>
What they do	<p>Employability programme for 16 – 24 year olds from across North Ayrshire Barnardo's Works is an established service with an excellent track record and many years experience of working with young people. The service equips some of the most disaffected and disadvantaged young people with the skills, experience and opportunities to access independent, sustainable employment. It effectively addresses issues at the root of social exclusion and assists young people to overcome disadvantage and the impact of poverty. Young people who access the service are aged 16 to 24 years and many are resident in some of the most deprived communities.</p>
Organisation	Skills Development Scotland (SDS) Pan Ayrshire
Website	SDS services are delivered in Ayrshire offices listed online web service <u>My World of Work </u>
What they do	<p>Skills Development Scotland Offering career information, advice, and guidance to people of all ages. SDS Careers Advisers support customers into education, employment and training and offer advice and guidance to customers at all stages of their career.</p>
Organisation	The Ayrshire Community Trust (TACT) North Ayrshire
Website	<u>The Ayrshire Community Trust – The Centre for Volunteering Excellence in North Ayrshire (tact.scot)</u>

What they do

A small charity based in Saltcoats offering services to individuals and the community and voluntary sector across North Ayrshire. TACT aim to deliver programmes and projects that make a difference to people's lives by encouraging, supporting and promoting community action.

TACT carries out a range of additional functions which we believe work towards making North Ayrshire a great place to stay. These include: • Volunteering - support to discuss volunteering and identify suitable volunteering opportunities within your local area. • Employability Support – we offer training to help people progress into work. • Training – we offer training to local individuals and local groups and organisations.

• Youth Work – we work with others who work with young people to promote volunteering, in particular encouraging young people to gain a Saltire Award for their efforts.

FAMILIES SERVICES IN AYRSHIRE

Organisation

Barnardo's offers relevant services across Ayrshire (with offices in East, North and South Ayrshire)

Website

[Barnardo's | Children's charity | Barnardo's \(barnardos.org.uk\)](https://www.barnardos.org.uk)

What they do**Barnardo's Stronger Connections**

Supporting children pre-birth to 12 years and their families affected by parental substance misuse across South Ayrshire. Support is provided through building relationships with individuals and families to ensure there is a level of trust and meaningful engagement to enable partnership work to be undertaken.

Intensive support for families delivered through weekly home visits, this can help with implementing household routines, practical & emotional support for families and assistance with income maximisation.

Barnardo's Stronger Futures

Supporting young people 12-25 years across South Ayrshire with emerging substance use. Support is provided through building relationships with individuals and families to ensure there is a level of trust and meaningful engagement to enable partnership work to be undertaken.

Family support: supporting young people and their families via home visits and community links with partner agencies.

1:1 support can be carried out in school, at home or in the community weekly. This support helps to educate young people around alcohol and drugs and the impact it has on their daily lives, enabling them to make positive choices for their future.

Pan Ayrshire- Barnardo's Intandem Service

An Ayrshire wide project that supports children aged 8-14 years that are Looked after and living at home. The mentor will meet up with the young person usually once a week for around 1-2 hours. The mentor will provide activities and outings to suit the young person's needs/choice. The service aims for the mentor to build a positive, trusting, supportive and secure relationship with the young person.

Organisation **Childrens 1st North Ayrshire**

Website [Where we work | Children 1st](#)

What they do Children 1st supports children and families across Scotland in their homes, schools, local communities and through our five national services.
Children 1st Parentline is here to help any family in Scotland who is worried about their child. You can speak to Children 1st Parentline on the phone or online, or take a look at our advice pages for guidance about the issues families ring us about. Children 1st Parentline can also put you in touch with our Money Wellbeing Team, who can offer you support, if you are struggling with money worries.
We also work with families in their local communities to help them keep their children safe, loved and well. We can offer families a range of support based on their individual needs. This might include through kitbag, creative kin and family group decision making.

Organisation **Dads Rock North Ayrshire**

Website [North Ayrshire — Dads Rock](#)

What they do **WEEKLY THREE TOWNS BABY GROUP FOR DADS**
Starting on Wednesday 10th January 2024 there's a weekly group for Dads with babies under one. It's at Ardeer Neighbourhood Centre Creche in Stevenston at 6.30pm. You can sign up here: [NADads&Babies](#)

Pop in and join us for a chilled out time with your baby, grab a cuppa and hang out with other dads. Ryan from Dads Rock will be around to help you explore babies needs and how to grow your connection with your wee one, or just chat.

NORTH AYRSHIRE WHATSAPP

Our WhatsApp groups provide space for you to ask each other questions and provide support and feedback to others who may be going through similar challenges. There's some general chat too.

To join the group, message 07807498709 or drop us an email and give us a note of your full name, phone number and location and we will add you in!

Please note by asking to join our WhatsApp groups your name and number will be shared with the other group members.

ABOUT OUR NORTH AYRSHIRE HEALTH AND SOCIAL CARE PARTNERSHIP

Dads Rock is working with the North Ayrshire Health and Social Care Partnership with funding from the Scottish Government Whole Family Wellbeing Fund to provide much needed support to Dads in North Ayrshire.

In a first of its kind partnership our Dads Rock worker is embedded in the Universal Early Years' team helping Dads to be the best that they can be and support them to give their children the best possible start in life. This means working with Health Visiting, Midwifery and Social Work to provide bespoke 1-1 support for dads and their families at home and in the communities of the Saltcoats, Stevenston and Ardrossan.

As a part of this work, we are working with the NHS to review the current antenatal education provision and develop the service to be even more inclusive of dads-to-be during the antenatal support in North Ayrshire. There are not currently any Dad specific antenatal workshops within this area but you can find out more about our online workshops here: Antenatal.

FAMILIES AFFECTED BY IMPRISONMENT SERVICES IN AYRSHIRE

Organisation	HMP Kilmarnock Visitors Centre / Prison Based Support East Ayrshire
Website	HMP Kilmarnock (familiesoutside.org.uk)
What they do	<p>Providing a warm, welcoming environment to the families and visitors coming to the prison. Visiting a prison can be a truly daunting experience for many people and the team aims to make this as easy as possible. The team provide a tailored support package to anyone who requires this, and regular contact is maintained wherever required.</p> <p>Support is the same as our community-based hub (see Foundations Hub), addressing housing, addictions, benefits, and health while being able to assist with any issues their loved one may be having while in custody.</p> <p>With a regular weekly presence within HMP Kilmarnock, we support anyone who has recently entered custody as well as those due for release, providing pre and post release support plans, ensuring that all needs are met, and appropriate support is in place.</p>
Organisation	Families Outside- Pan Ayrshire
Website	https://www.familiesoutside.org.uk/
What they do	<p>Providing emotional support and help with practical issues and can link you into local specialist services or attend meetings.</p> <p>Helpline – acts as first point of call to provide information, signposting or a listening ear to then offer the options of:</p> <p>1-1 support – Adults and children can get practical and emotional support to overcome challenges and improve their health and wellbeing.</p> <p>Peer support groups – Family members including adults and children are, supported to come together to share their experiences and help one another.</p> <p>Befriending – Trained volunteers, including those with lived experience are matched with a family member to help build confidence and achieve personal goals.</p>

KINSHIP CARE IN AYRSHIRE

Organisation	Ayrshire Kinship Care Service (Children 1st)
Website	CHILDREN 1ST - Care & Support North Ayrshire (carena.org.uk)
What they do	The Kinship Care Service offers a range of support provided by staff and trained volunteers and helps to empower families and increase their resilience and ability to care for and support their children. Interventions include befriending, advocacy, mediation, practical support, individual and group work, parenting support, financial inclusion advice, family group conferencing, and direct intensive therapeutic support working with loss, harm and trauma.

FOOD LARDERS AND FAIRER FOOD SUPPORT IN AYRSHIRE

Organisation	Ayrshire Foodbanks
Website	North Ayrshire Foodbank Helping Local People in Crisis
What they do	<p>MEETING YOUR NEEDS</p> <p>Your foodbank voucher will be exchanged for three days of emergency food. We want to make sure that we give you the right food to meet your needs, so please do let our volunteers know if you have any special dietary requirements or allergies, for example, gluten free, halal or vegetarian.</p> <p>PREPARING YOUR FOOD</p> <p>Whilst your food parcel is being prepared, a volunteer will offer you a warm drink and a biscuit. They will also be available if you would like to have a chat. Your food parcel will be packed into supermarket carrier bags. If you prefer to bring your own bags those can be used instead.</p> <p>PRACTICAL GUIDANCE AND SUPPORT</p> <p>Foodbank volunteers take the time to listen and support you. They are specially trained to know about local services and offer practical guidance so that you have access to the right support, helping you to break out of crisis.</p>

North Ayrshire Larders

Quaint Larder
South Ardrossan Larder
The Wee Shoap
Cranberry's Community Larder
Choices Community Shop
The Village Larder
Dalry Community Larder
Tap End Larder
The Farm Basket
Ardeer Food Larder
Argyle Community Shop
Beith Community Shop
Zero Waste Cafe
The 'Side Larder
The Wee School Pantry

HOUSING SERVICES AYRSHIRE

Organisation

CHAP North Ayrshire

Website

[Housing Advice | CHAP](#)

What they do

Our advisors offer free, confidential support to people in North Ayrshire struggling with a housing issue or homelessness.

Our expert team provides practical help for people in North Ayrshire who are struggling financially.

We can check what benefits you are entitled to claim and what other types of help you might be able to apply for. Our service is free and confidential, and supports people to fight poverty and helps them through tough times. Our specialist team helps people in North Ayrshire deal with their debt problems .

No matter how big or small your debt problem is, we can recommend practical solutions to suit your situation. As well as giving you expert debt advice, we can set up your chosen solution and help you take back control of your life.

LGBTQI SUPPORT IN AYSHIRE

Organisation	SAY (South Ayrshire Youth)
Website	SAY (South Ayrshire Youth) LGBTI + Group Trans Unite
What they do	<p>LGBTI+ Group is run by LGBT Youth Scotland meets every week on a Tuesday or Thursday from 7pm until 9pm at Ayr College Campus (building next to the river), Dam Park, Ayr. The group is a friendly, confidential space where young people aged 13-25 can be themselves, explore issues related to LGBTI+ identities and have fun.</p> <p>North Ayrshire Groups run at the locations below: • Irvine - Monday evening 7-9pm - 12-18 year old group • Kilbirnie - Monday evening 5-7pm - 12-18 year old group • Kilwinning - Tuesday evening 6.45-8.45pm - 12-18 year old group.</p> <p>East Ayrshire All About Us Group Kilmarnock Town Centre, Mondays 6.30pm - 8.30pm</p> <p>Proud LGBT Youth Group Auchinleck Academy, Tuesdays 4pm - 6pm Louisa McEvoy on 01563 576333 neighbourhoodactivities@east-ayrshire.gov.uk</p> <p>DALMELLINGTON LGBT Youth Group Dalmellington.</p>

MENTAL HEALTH SERVICES AYRSHIRE

Organisation	Mental health directories
Websites	North Ayrshire https://www.nahscp.org/care-support-community/care-support-services
What they do	Local directory of mental health services with a search function
Organisation	Penumbra- South and North Ayrshire
Website	Penumbra Mental Health
What they do	Self-harm Support provides sensitive, compassionate and non-judgemental support to people who are at risk of self-

harm. This support is available to secondary age pupils across South Ayrshire and their parent or carer.

Penumbra can offer 1:1 support sessions, are trained in person-centred planning techniques, can provide tools and techniques for young people and can also provide information to friends and family members.

Alongside exploring self-harm Penumbra can also support you to look at other areas important to you, such as building self-esteem, confidence and mental health & wellbeing.

In addition to this 1:1 support available to young people who self-harm (or are at risk of self-harm), Penumbra provide group support (these group workshops will be available to secondary age pupils & their content is based on the needs of each individual context) and awareness raising/training

MENTAL HEALTH SERVICES AYRSHIRE

Organisation	Megans Space (free counselling for children all Ayrshire)
Website	https://www.facebook.com/MegansSpaceCharity/
What they do	offers free counselling to children in Ayrshire up to 5 sessions
Organisation	Beautiful Inside and Out (free counselling for children all Ayrshire)
Website	Beautiful Inside & Out - SCIO Facebook
What they do	offers free counselling to children in Ayrshire up to 5 sessions
Organisation	Andy's Man Club – Pan Ayrshire
Website	Andys Man Club Kilmarnock Facebook
What they do	Free peer to peer support groups for men aged over 18.
Organisation	Release Ayrshire (Men's Support online group- all Ayrshire)
Website	releaseayrshire.co.uk

Organisation	Ayrshire Bipolar Support Group
Website	info@bipolarscotland.org.uk
What they do	The Ayrshire Bipolar Group is here for you if you live with Bipolar Disorder and you'd like to share information, advice, and experiences with other people in a similar situation. They are a friendly bunch and are open to friends, family, carers and partners of people with a bipolar diagnosis- anyone whose life has been affected by the condition. This is your chance to share advice and insights in a friendly non-clinical setting and meet new people. The group also has occasional guest speakers who can talk about bipolar disorder from a range of angles. They are affiliated to Bipolar Scotland.

Organisation	Mind over Matters Ayrshire
Website	Minds Over Matter Free Mental Health Drop In Sessions (minds-over-matter.co.uk)
What they do	Minds Over Matter hold a drop in event at Venture Ayr, New Road from 7pm-9pm on alternate Wednesday/Tuesdays every week. 7pm-9pm on alternate Wednesdays & Thursdays each week. Heart & Soul Hub, 38-42 New Road, Cumnock, KA18 1DW

MONEY MANAGEMENT SERVICES AYRSHIRE

Organisation	CHAP- North Ayrshire
Website	Money Advice CHAP
What they do	Our specialist team helps people in North Ayrshire deal with their debt problems.
Organisation	Money Matters North Ayrshire
Website	North Ayrshire Council (Money Matters) Money Advice Scotland
What they do	Money Matters provides advice to any resident of North Ayrshire on Welfare Rights, assistance, or representation in relation to benefits.

REFUGEE AND ASYLUM SEEKERS SERVICES AYRSHIRE

Organisation	Local authority support pages
Website	Ukraine: information and resources (north-ayrshire.gov.uk)
What they do	provide helplines and information

RESIDENTIAL UNITS IN SCOTLAND

Organisation	Good Shepherd Centre Secure Unit Bishopton
Website	Close Support - Good Shepherd Centre (gsc.scot)
What they do	Close Support The Good Shepherd Centre's close support service was named 'Lomond House' after consultation with young people. The house offers a transitional resource for young people aged 12 up to 18 who have experienced secure care, but still require additional support before they feel ready to return to less structured living in the community. We also accept referrals from the community for young people who may require a more structured placement within a highly supportive environment.
Organisation	Kibble Education and Care Centre Paisley
Website	Residential Care for Children and Young People Kibble
What they do	Kibble provides residential care and support to children and young people, aged 5-26, who have been referred by local authorities. Due to a range of circumstances, the young people are unable to live at home and therefore live in a residential care home on campus or in the community. We also provide supported accommodation in the community.

Young People we Support

Many of the young people in residential care have a range of complex needs and have experienced trauma or neglect. Each young person is unique; therefore, we offer a tailored approach that responds to the needs and circumstances of the young people and their families. Young people are supported by our full range of integrated services to ensure the best outcomes for each of them.

Dedicated Care and Support

Our team of highly experienced and personable staff provide the 24/7 care and support. They are more than just staff, they are familiar faces that are committed to supporting the young people.

Residential Care Homes

Our care houses provide a safe, comfortable and supportive home for young people who have experienced trauma and/or neglect. Depending on their individual needs, young people will stay in a residential care house that provides the right level of support required at that time.

We have fifteen care houses, nine located in our Paisley campus and six within the community. All young people have access to our full range of services including: psychological support, education, and employability support to help them achieve the best outcomes.

Getting it Right for Every Child (GIRFEC)

We follow the GIRFEC model of care, ensuring each young person gets dedicated care and support to meet their individual needs. Due to past trauma or neglect, young people have a range of complex needs and each has their own personalised care plan.

What Makes Our Service Successful?

Dedicated support

Our team of highly experienced professionals delivers the care and support young people need. They are the familiar, friendly faces that greet the young people each day, offering a listening ear and a helping hand. Providing practical and emotional support, staff build positive, trusting relationships with young people. Dedicated key workers also bring a continuity of care.

Specialist Intervention Services (SIS)

The SIS team provides psychological assessment and therapeutic support for all young people at Kibble. The team come from a range of professional backgrounds, which allows us to take a more comprehensive multi-disciplinary approach to supporting every child in our care.

Integrated Services

Young people in residential care are supported by Kibble's range of integrated services. Our practice is becoming increasingly trauma-informed and our range of services include: education
psychological and therapeutic support
employability training
housing support

Supported transitions.

We offer supported transitions when young people are ready to move on from residential care. This could be returning to the family home, beginning a foster care placement, or progressing to independent living.

Organisation

Rossie Residential Services Montrose

Website

[Residential Care \(rossie.org.uk\)](http://residential.care(rossie.org.uk))

What they do

Our Residential Accommodation aims to help and care for young people who are unable to live at home, or who no longer need secure care.

Rossie is located in a beautiful rural setting with 150 acres of woodland, close to the sea and mountains. Our staff and young people often make the most of this therapeutic space by exploring wildlife and benefiting from a more peaceful and slower pace of life. The unique environment helps create a sense of belonging, with many of our young people telling us that Rossie feels "like home". The squirrels and deer like it too!

Rossie has three residential houses and these are named Annan, Esk, and Forth

House – after Scottish rivers. Annan and Esk provide ‘close support’ which means young people benefit from higher levels of support from care staff. All of our young people receive and experience nurturing care, support and encouragement that is individualised to their needs and circumstances. Forth House is a traditional family style house which further prepares the young person for living in their community.

SECURE UNITS IN SCOTLAND

Organisation

**Good Shepherd Centre Secure Unit
Bishopton**

Website

[Home - Good Shepherd Centre \(gsc.scot\)](http://gsc.scot)

What they do

The Good Shepherd Centre’s secure care houses provide a safe and supportive environment for young people aged 12 up to 18 who present a risk of harm to themselves or others. Young people are referred through the Children’s Hearing System or the Criminal Justice System. The young people live within one of our three, 6-bedroom houses. Lyle House offers a comprehensive assessment of the way in which a young person’s adverse childhood experiences have impacted on their overall wellbeing including problematic behaviours. If the young person remains in the centre following their assessment they will usually move on into Kilpatrick House or Nevis House, if this is agreed to be in their best interests. They will undertake a range of specialist interventions that are individualised to promote the strengths and respond to the risks identified in their assessment.

All the houses offer a homely, therapeutic, nurturing living environment where young people can feel safe, respected and valued in the context of their relationships with their staff. Nurture areas and sensory rooms provide safe, soothing and calm space for the young people to reflect or have relaxation time and utilise sensory strategies that aid their emotional regulation and resilience.

All young people are encouraged to decorate their bedrooms to their own taste and exercise as much autonomy as possible within the context of the ongoing assessment of risk.

Organisation

**Kibble Education and Care Centre
Paisley**

Website

[Kibble - Specialist Services & Support for Young People Facing Adversity.](#)

What they do

Kibble Safe Centre provides a safe, secure and supportive environment to help young people through a period of crisis.

Our Safe Centre supports young people up to the age of 18 who have faced significant challenges in their lives and are at risk of harm to themselves or others. We provide a highly supportive and therapeutic environment for up to 18 young people offering specialist residential care, education and ongoing support to open opportunities and help young people move forward.

Young People We Support

Young people come to our Safe Centre either via a referral from the Children's Hearing System or a court order.

Our research shows that many of the young people in the Safe Centre have experienced adverse and potentially traumatic events. As such, we adopt a therapeutic, trauma-informed care approach, ensuring young people have the right supports and interventions, at the right time, to help them manage complex behaviours and emotions. This support is also extended to young people's families through our Systemic Family Service.

As soon as a young person comes to the Safe Centre, we begin planning how they will successfully move on from secure care through gradual stages until the young person is ready.

Therapeutic, Nurturing Environment

Young people stay at one of our three care houses, Barra, Jura and Islay, with each accommodating up to six young people. The care houses provide a safe and nurturing environment with a consistent staff team who provide round the clock care and support.

All houses have comfortable living areas, dining kitchens, outdoor courtyards and bedrooms that can be personalised to reflect young people's choices and identities where safety possible. Our houses reflect the rhythms and routines you would expect of a typical family household to retain important structure for young people.

The Safe Centre has a range of facilities including our school, Mirin Academy, a large outdoor sports pitch, swimming pool, fitness suite and family meeting areas.

Dedicated Care and Support

All Safe Centre staff are highly trained in supporting vulnerable children and young people, including those who self-harm or display suicidal behaviours. We have the largest in-house Specialist Intervention Service (SIS) across all secure care providers in Scotland. Our experienced team of therapeutic practitioners is comprised of psychologists, counsellors, speech and language therapists, family therapists and art therapists. They provide dedicated support to young people and their families to provide ongoing therapeutic support and interventions.

The Safe Centre also has two full-time Looked After and Accommodated Children's nurses on-site, as well as teachers registered with the General Teaching Council for Scotland, classroom support workers, key workers and children's advocates who provide continuous support to the young people while they are at Kibble. Each young person has a dedicated key worker who will support them from when they first arrive until they are ready to move on.

Education

Depending on age and stage, young people will either attend Mirin Academy or the Skills Academy which are both operated by Kibble. Our school delivers the outcomes of Curriculum for Excellence

with a specific focus on entitlement, attainment, personalisation and choice. For young people aged 14+, there is also the option to attend our Skills Academy, a thriving education, employability and training centre with locations in Hillington and Paisley.

The curriculum is designed to promote breadth and depth of learning, engagement and enjoyment and skills for learning, life and work. Throughout the broad general education, we develop the knowledge, skills and experience required to sustain education, training or employment. In the senior phase we offer the chance to combine valuable work experience with studying for academic and vocational qualifications whilst always ensuring pace and challenge.

We foster an ethos of inclusion and high expectation for our young people with a focus on developing capability and resilience through stimulating experiences both in and out of the classroom. All teachers are registered with the General Teaching Council for Scotland and are highly trained in supporting children and young people with complex emotions and/or behaviours. Class sizes are kept small with a maximum of six pupils per class, and classroom support workers are available to provide additional support for learning.

Moving on from the Safe Centre

At the Safe Centre, we support young people to take the next step when they are ready. When a care placement comes to an end, there are several destinations available to young people depending on their circumstances and level of need including:

- Residential care
- Supported accommodation
- Foster Care
- Adult Justice System
- Own Tenancy
- Family home

Website

[Rossie | Young People's Trust](#)

What they do

Our Secure Accommodation provides vulnerable young people, aged 10 to 18 a safe environment where they can live, learn and laugh!

Our secure homes are named Beauly, Carron and Deveron, and accommodate up to six young people per house. It is a place of safety for young people who find themselves in difficult or distressing circumstances. Each young person is supported, throughout their time here, by a group of experienced professionals who constitute the 'Team Around the Child'. This team works closely with the young person to provide support and to help reduce anxiety or uncertainty that the young person may be experiencing.

Rossie mostly looks after young people who have been placed with us through the Children's Hearings or Family Court. However we also care for young people placed with us through the courts. The Secure houses provide high levels of structure and assistance to all young people.

How much support do our young people receive?

Before young people arrive at Rossie, we ensure we have all the information we need related to their education, care and health needs, so we can provide the right care from the start.

Rossie young people playing football

Rossie swimming pool

What facilities are in the secure campus?

We help our young people find work and voluntary placements to help build confidence, self-esteem and increase experience in a work environment. We also have a fitness suite, a swimming pool and a games hall that can be set up for sports.

'R-O-S-S-I-E' Success Level System

We work with our young people to encourage them to strive towards being responsible individuals. Our 'ROSSIE' Success Level System demonstrates how positive reinforcement of behaviour can promote young people to be kind towards themselves, others and their environment. Rossie fun day with people with their backs to the camera

The relational approach
Each member of staff plays a key part in the progress of every young person. Staff are understanding, compassionate and motivated to build positive relationships with young people, to further help their success and learning.

The team around the child
This is a key method we use that reflects the value we believe relationships have for the growth and development of each young person. The Team Around the Child approach is made up of a multi-disciplinary group of professionals who help each young person improve in all aspects of their health and wellbeing, education and care.

Organisation

**St Mary's Kenmure
Bishopbriggs**

Website

[St Mary's Kenmure – St Mary's Kenmure
\(stmaryskenmure.org.uk\)](http://stmaryskenmure.org.uk)

What they do

St Mary's Kenmure is a child care organisation that offers a safe and secure environment for the care and education of young people who are referred from the Courts and Children's Hearings. Our secure facility cares for 24 young people, in four house units each housing 6 young people and our young people come from all over Britain.

Each young person at St Mary's receives the high level of care and education from a team of experienced and qualified staff who strive to meet their needs whilst ensuring their health and safety at all times. St Mary's

Kenmure has a skilled workforce who work with our young people and when the time is right we support and help them make the transition from St Mary's Kenmure back into the community.

All staff are trained to a high standard, all care staff are SSSC registered whilst all teachers are GTC registered. We also have an experienced Specialist Interventions Team. The school employs a qualified nurse who coordinates any health services our young people may need such as doctor, nurse, dentist.

St Mary's Kenmure uses the 'ABC Framework' for formulating our young people's developmental, psychological, mental health and risk needs. This ensures that there is a multi-theoretical and multi-disciplinary analysis and understanding of the young person, which in turn, informs the type of interventions – direct and indirect – that are required. After this understanding is achieved, every young person has therapies care plan which is delivered by a dedicated team of highly qualified and skilled practitioners.

VICTIM SUPPORT SERVICES AYRSHIRE

Organisation

Victim Support Ayrshire

Website

[Victim Support Scotland in Ayrshire - Victim Support Scotland](#)

What they do

Victim Support Scotland, an independent voluntary organisation, which provides free confidential, practical and emotional support and information to victims, witnesses and anyone affected by crime. Trained staff and volunteers deliver our service throughout Scotland, including in Ayrshire where there are three community based Victim Services in North, East and South Ayrshire and two court based Witness Services (at Ayr and Kilmarnock Sheriff Courts).

How we can help victims of crime

Understanding the criminal justice system
The criminal justice system is complicated, and it can be daunting to navigate your way around it. We can guide you through the system and refer you to specialist agencies if you require support.

Deciding whether to report a crime

If you have not reported the crime but want to discuss the options, we can do this with you. We can also help you report the crime if that's what you decide.

Keeping you safe

We can help you to feel safe in your home, ensuring that you have taken appropriate steps to make it secure. We can provide you with a personal alarm so that you feel safe at home and on the move.

Accessing other agencies

We can contact people on your behalf such as your GP, housing association and other organisations that may be able to support you. We can refer you to specialist services and accompany you to appointments with other agencies that may be able to assist you. We can explain the justice process, who the organisations and officials are, and what you need to do at each step through the criminal justice process.

Attending court

If you need to attend court, we can arrange an advance visit and show you around a court (when it is not being used for trials) and explain what typically happens on the day so that the surroundings are not unfamiliar when you arrive. This can take some of the nervousness out of attending court.

We can also advise you of any special measures you may qualify for and explain the support we can give you when you attend a trial. This can help make the whole experience less daunting.

Meeting financial costs

Costs associated with a crime can be an extra burden. We may be able to help you to access

funds if you are in urgent need immediately following a crime.

Your rights

We can help you to understand and exercise your rights, which by law you are entitled to, as part of the Victims and Witnesses (Scotland) Act 2014.-

VETERAN SUPPORT SERVICES AYRSHIRE

Organisation

Sacro's Veterans Mentoring Service- Pan Ayrshire

Website

[Mentoring | Sacro](#)

What they do

Across Ayrshire, offering a range of support to any Veteran who has served with the UK Military (Royal Navy, Army, and Royal Air Force) for any length of time. Sacro can help support you:

Address Alcohol and Drug issues

Address Physical and Mental Health issues

Access support services in your local area

Keep appointments

Enhance life and social skills, e.g. financial budgeting, housekeeping, cooking

Complete paperwork and make phone calls

Reintegrate into the community

Access education or training

Find employment opportunities

Organisation

Poppy Scotland- East Ayrshire

Website

[Home | Poppyscotland](#)

What they do

Poppy Scotland

If you or an immediate family member has served in the armed forces then drop into our Welfare Centre on King Street, Kilmarnock for the opportunity to meet other veterans as well as the chance to take part in specially run courses and activities.

Please pop in and see us, or pick up the phone, and find out how we can help.

Organisation

Veterans First- Pan Ayrshire

Website

[Ayrshire And Arran | Veterans First Point](#)

What they do

Drop In - Tea/Coffee & a natter
Tuesday afternoon 1.30 to 3.00pm
Friday mornings 10.30am to 12.00noon
at V1P office
Walking Group
Tuesday morning 11.00 to 12.00
leaves from V1P - stroll around some Irvine
town centre walks
Veterans Group Drop In
Wednesday 10.30am to 2.30pm
at East Ayrshire Recovery Hub Kilmarnock

YOUTH WORK SERVICES AYRSHIRE

Organisation**Youth groups/clubs -Pan Ayrshire****Website**

[Youth work - South Ayrshire Council \(south-ayrshire.gov.uk\)](http://south-ayrshire.gov.uk)
[Youth groups - East Ayrshire Council \(east-ayrshire.gov.uk\)](http://east-ayrshire.gov.uk)
[Youth groups and organisations \(north-ayrshire.gov.uk\)](http://north-ayrshire.gov.uk)

What they do

Details on all local youth groups/clubs