

RELEASE
#chatitout

Resource Pack



Welcome to the Release Ayrshire Resources Pack!

We know that life doesn't always run smoothly, and sometimes knowing where to turn can feel overwhelming.

This Resources Pack has been created to bring together a wide range of trusted local and national organisations who offer support with mental health, physical health, and social challenges. Whether you're looking for advice, practical help, someone to talk to, or support for someone else, you'll find services here that can help.

No matter your situation or circumstances, you are not alone. Support looks different for everyone, and this pack is designed to make finding the right help a little clearer and a little easier.

We encourage you to explore, reach out, and use this information in whatever way feels right for you.

Release Ayrshire

What's included?

National Helplines for Support	4	Mental Health	48
Support for Alcohol & Drugs	5	Support for Children & Young People	52
Befriending & Isolation	11	Ayrshire Health Practitioners	53
Child & Baby Loss Support	16	Support for Money & Finances	54
Support for Carers	19	Support for Older People	57
Power of Attorney	21	Social Work, Community Care Teams & Occupational Therapy	59
Dementia & Alzheimer's	22	Sexuality	61
Families	24	Surviving Abuse	63
Ex-Offenders	24	Support for Veterans	66
Family Support	26	Faith	68
Food Banks	32		
Support for Gambling	38		
Health Conditions	40		
Housing Support	43		
Support for Energy	45		
Support for Men	46		

Click the subject to jump to the page you'd like to view!

National Helplines for Support

Release Ayrshire

Text RELEASE to 85258

Our SHOUT text service offers free, 24/7 confidential mental health support to young people, men, women, elderly - absolutely anyone who is in need can use this service. We provide a crucial first step chatting platform and offer a safe space for people to speak freely about any struggles they may be having, whether it's from day-to-day worries or full mental health crisis

Conversations can be saved in your messages app if you ever need to look back on support given, all texts are free so will never show up on a phone bill and our service is here 24/7 every single day - you can message this service as many times you need to.

Samaritans

Phone: 116123

Visit samaritans.org

Samaritans are available round the clock, every single day of the year. They provide a safe place with zero judgement for anyone who is struggling to cope - no matter who they are, how they are feeling and no matter what life has thrown at them.

Breathing Space

Phone: 0800 838587

A free, confidential phoneline for anyone in Scotland over the age of 16, feeling low, anxious or depressed. Breathing Space also offer a Webchat service which is available Monday to Friday from 6.00pm to 2.00am, Saturday and Sunday from 4.00pm to 12.00am.

CALM

Phone: 0800 585858

Visit thecalmzone.net

The CALM suicide prevention helpline is open 5pm until midnight every day via phone, webchat and WhatsApp.

Free, confidential and anonymous. CALM's vision is that no one feels like suicide is their only option and their mission is to help people end their misery, not their lives. They provide life-saving services, information and advice to help anyone struggling with life, navigate the issues that can make us feel miserable.

Papyrus

Visit papyrus-uk.org

Call: 0800 068 4141

Text: 88247

Email: pat@papyrus-uk.org

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Their suicide prevention helpline, HOPELINE247, is staffed by trained suicide prevention advisers, who work with young people - and anybody concerned for a young person - to help keep them safe from suicide. HOPELINE247 is a free and confidential call, text and email service, which is available 24 hours a day, every day of the year (weekends and bank holidays included).

Support for Alcohol & Drugs

Community Alcohol & Drug Services

Community Alcohol and Drug Services are delivered locally within East, North and South Ayrshire Health and Social Care Partnership areas. In addition, we have an in-patient facility within Woodland View at Ayrshire Central Hospital, Irvine which provides supportive detoxification, rehabilitation and day attendance support. We also have an Ayrshire-wide Prevention and Service Support Team who offer alcohol and drug related training, education and service support.

RADAR

Phone 01563 57437 for an appointment within 24hrs (or NHS 24 on 111 for out of hours)
Open 9am until 5pm

The Rapid Access to Drug and Alcohol Recovery (RADAR) service is in place which provides a single point of contact for anyone concerned about their own or someone else's drug and/or alcohol use. The service provides rapid access to support and/or treatment for anyone affected by drugs or alcohol in the East Ayrshire area.



North Ayrshire Drug and Alcohol Recovery Service (NADARS)

Phone: 01294 47600
Email: aa.clinicaladdictionservices-northayrshire@aapct.scot.nhs.uk

The community Alcohol and Drug service is an integrated NHS and North Ayrshire Council Alcohol and Drug service. This service offers a range of recovery focused 1to1 and group work programmes.

South Ayrshire Treatment and Recovery Team (START)

Phone: 01292 55980
Email: aa.clinicaladdictionservices-southayrshire@aapct.scot.nhs.uk

This service is in place to provide a treatment and recovery service to anyone aged 16 years and over by offering a variety of specialist treatment and support services for those with chaotic or problematic alcohol and drug use.

East Ayrshire Recovery Hub

Phone: 01563 541227
Email: info@eacharecovery.org
Address: 9-19 John Finnie St, Kilmarnock

Drop-in support is open 9am until 5pm, Monday to Friday

Supporting people in recovery from problematic alcohol and drug misuse in across East Ayrshire.

East Ayrshire Recovery Network

Visit earecoverynetwork.co.uk
Address: Kilmarnock Station, Station
Brae, Kilmarnock, KA1 2AF
Email: info@earecoverynetwork.co.uk

Opening hours:
Mon–Wed 10am until 2.30pm
Thurs–Fri 11am until 4.30pm
Saturday 10am until 1pm

Webchat also available online

Supporting people in recovery from problematic alcohol and drug misuse in East Ayrshire. Sharing training, resources and knowledge. Facilitating links between groups and services. Promoting and encouraging recovery.

North Ayrshire Recovery & Wellbeing College

Email: enquiries@ramh.org
Phone: 0141 847 8900

Providing support to people recovering from mental ill health in a number of ways. The service provides direct response to enquiries from the public and professionals on mental health services, in addition to developing and maintaining resources and web based information services.

NHS Ayrshire & Arran Community Addiction Services

East Ayrshire: 01563 574237
North Ayrshire: 01294 476000
South Ayrshire: 01292 559800

Alcoholics Anonymous

List of regional intergroups can be found at:

alcoholics-anonymous.org.uk
Helpline: 08009177650
Email: help@aamail.org

East Ayrshire Recovery Service (Addaction)

Address: Kilmarnock Station
Basement, KA1 2AF
Phone: 01563 558777

Open Mon – Fri 9am until 5pm

Community alcohol rehab programme for people who want to move on from problematic drinking. Assessment, individual achievement planning including access to education and training.

Know the Score

Visit knowthescore.info
Phone: 0800 587 5879
Mon - Fri 9am until 9pm
Sat & Sun 10am until 4pm

Webchat

Mon – Fri from 9am until 9pm
Sat - Sun from 10am until 4pm

Provides free, confidential, information and advice on drug use. A trained advisor will answer your call, listen to your concerns and help you decide what to do next.

SFAD

Visit sfad.org.uk

Email: helpline@sfad.org.uk

Webchat also available online

Scottish Families is a national charity that supports anyone affected by someone else's alcohol or drug use in Scotland. Offering a free, confidential helpline for information, advice or simply to talk which is open Monday to Friday, 9pm until 11pm. The website also has a list of local support services, a directory to find a support group near you and bereavement support services.

Harbour Ayrshire

Visit harbourayrshire.co.uk

Phone: 01292 623016

Mon – Fri 5pm until 10pm

Sat & Sun 10am until 10pm

Email: info@harbourayrshire.co.uk

Working to empower individuals who are recovering from drug and/or alcohol addiction, assisting them to become independent and support their integration back into the community. Harbour Ayrshire offer a comprehensive range of advice and support, including a network of volunteer-led support groups across Ayrshire. They also offer an out of hours helpline with a team of trained and compassionate volunteers who are ready to talk.

Ayrshire Council on Alcohol

Ayrshire Council on Alcohol is an alcohol counselling recovery service for those aged 16 years plus living in East Ayrshire who are concerned about their own drinking, whether they wish to stop completely or cut down or for those who are worried about a loved one's drinking. Find 'Ayrshire Council on Alcohol' on Facebook.

RecoveryAyr

Visit recoveryayr.org.uk

Phone: 01292 612339

Email: RecoveryAyr@gmail.com

Working with individuals across South Ayrshire offering recovery focussed support for individuals affected by alcohol or drugs and / or involved with justice services aged 16+. RecoveryAyr is a peer led grassroots recovery charity, who provide recreational activities which support individual and whole family recovery from alcohol or drug use.

Broken Chains

Phone: 07810 033270

Email: thekingsman@hotmail.co.uk

Broken chains is a charity run by a number of local churches. It provides a safe refuge for those affected by addiction, mental health problems and crime. Drop in on a Tuesday between 1.30pm and 4pm to the Salvation Army Community Hall in John Street, Ayr. Broken Chains Ayr also hold a Sunday meeting once a month at 2.30pm.

Care & Share

Drop In: Tuesday 10:00 – 11:00

Wednesday 2pm until 3.30pm

Breakfast Club: 9.30 am until 11am every Tuesday

Riverside Church, 24 John St,
Ayr, KA8 0BS

Phone: 01292 262686

Working in partnership with drug and alcohol addiction services and housing departments across South Ayrshire to support those in need through our weekly drop-in service.

We Are With You South Ayrshire

Phone: 01292 430529

Email:

southayrshire@wearewithyou.org.uk

You'll find a warm welcome and free, non-judgmental support from the WithYou team. Offering 1:1 support, support groups and support for family and friends.

We Are With You East Ayrshire

Phone: 01563 558777

Mon - Fri 9am until 9pm

Sat - Sun 10am until 4pm

Providing free and confidential support, without judgement, to adults facing challenges with drugs and alcohol. You can chat to one of their trained recovery workers live online to get free, confidential advice and information about drugs or alcohol. Live webchat also available on their website.

You can also call DRINKLINE on 0800 731 4314.

This is a free phone line, staffed by real people, where you can get expert advice if you are worried about your drinking or the drinking of a loved one. **DRINKLINE is available Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 4pm.**

Recovery Enterprises Scotland

Visit earecoverynetwork.co.uk

Phone: 07793241895

Email: info@earecoverynetwork.co.uk

Mon – Wed 10:00am until 2:30pm

Thurs – Fri 11:00am until 4:30pm

Saturday 10:00am until 1:00pm

A social café as well as a take-away service with affordable prices, and a small larder where people in more immediate crisis are welcome to drop in for food and support. The Hub is available 7 days per week, offering support and activities including evenings and weekends. You can be provided with a non-judgemental, and compassionate service; offering immediate assistance and support around basic needs, linking in with agencies.

Patchwork Recovery Community

Phone: 01563624528

Email: abrown@patchworkrc.org.uk

Patchwork Recovery Community provide a safe space, on the perimeter of Kilmarnock Town Centre, opening 7 days/evenings weekly for people in recovery from problematic substance use and related issues. Offering a wide range of opportunities including, peer support, group work, family support, and education opportunities (including Recovery College developed with Ayrshire College).



Patchwork Recovery Community

Phone: 01563624528

Email: abrown@patchworkrc.org.uk

Patchwork Recovery Community provide a safe space, on the perimeter of Kilmarnock Town Centre, opening 7 days/evenings weekly for people in recovery from problematic substance use and related issues. Offering a wide range of opportunities including, peer support, group work, family support, and education opportunities (including Recovery College developed with Ayrshire College).

Auchinleck Community Development Initiative Recovery

Visit auchinleckacdi.co.uk

Phone: 01290 430 781

ACDI is more than support—it's connection, compassion, and community. They stand with those facing mental health struggles, addiction, loneliness, and isolation. Through peer-led groups, creative sessions, and safe spaces to just be, they help people rediscover hope and belonging. Recovery isn't one-size-fits-all. At ACDI, every story matters.

Blue Triangle Recovery

Phone: 01563 598 143 (24/7)

Email: afraser@bluetriangle.org.uk or jstebbing@bluetriangle.org.uk

24 Fullarton Street, Ayr, KA7 1UB

BTRH accept referrals from all over Ayrshire. The service is funded by the CORRA Foundation and delivered in partnership with Ayrshire Alcohol and Drugs Partnership. Recovery support can include life skills training, social and community engagement and goal setting/personal development. The service will provide 24/7 support and a

safe secure space for individuals during a critical stage in their recovery journey. Please note the service is for males only aged 18 and above.

Café Hope

Every Friday 5:00pm until 7:00pm.

Venue: @48

Address: 48 Newmarket Street, Ayr

Abstinence based weekly cafe for anyone in recovery, and their family and friends. The cafe is run by volunteers in recovery and offers two course meal deal specials and a range of social activities including the art table, alternative therapies, and quiz nights.

Café Solace

Fullerton Connexions, Church Street, Irvine, KA12 8PE

Every Tuesday 5:00pm until 7:00pm

**Bridgend Community Centre, 17 Bridgend, Kilbirnie, KA25 7DJ
Each Friday 5.00pm – 7.30pm**

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.

Connect4Change

Phone: 01292 430529

Email:

connect4change@wearewithyou.org.uk

A multidisciplinary team in South Ayrshire who provides support for vulnerable individuals at high risk due to their alcohol or drug use. Referral only through START, Ayrshire Council on Alcohol, We Are With You, RecoverAyr, Emergency Services, Homeless and Justice Services.

Intensive Peer Recovery Support - ROOTS (South Ayrshire)

Phone: 0808 175 4008

Email: jmclean@bluetriangle.org.uk

Roots supports individuals in South Ayrshire and the referral pathway is a mixture of statutory, third sector and self-referrals. The referral process is very simplified, and the main criteria is reaching individuals that are at risk of drug related death and are currently in the homeless sector of housing provision. Outcomes are to reduce drug related death and the number of non-fatal overdoses, provide health and wellbeing education, self-management skills, harm reduction and to move into more positive destinations through appropriate sign posting and moving on plans.

MINDS of Recovery

Phone: 07902793014

Email: mindsfrecovery@outlook.com

MINDS are a rights-based community organisation in North Ayrshire who walk alongside the community with a specific focus on substance use / mental wellbeing / isolation and other social issues. Through conversation cafes and sports related to increase the social capital of our participants by offering connection. MINDS through their work in HMP Kilmarnock with the community, aims to create pathways on liberation and to provide educational and coping mechanisms within the prison environment.



North Ayrshire Prevention, Early Intervention and Recovery (P.E.A.R) Service

Phone: 01294 447407

Email: NorthAyrshireInfo@turningpointscotland.com

**The Grange Business Centre,
Unit 8, 2D Glebe Street,
Stevenston, KA20 3EJ**

We promote a culture of recovery across North Ayrshire and offer support to any individual that is concerned about their alcohol and or other drug use. Their base in Stevenston is a welcoming place for anyone to come along and have a chat about their alcohol and or other drug use. Offering 1:1 support, recovery groups, drop ins and family support within North Ayrshire.

Riverside Community Trust

Phone: 01292 262686

Email:

help@riversidecommunitytrust.org.uk

Working in partnership with local services in South Ayrshire to provide support to people facing repeat homelessness and offering options to people with substance misuse. Providing outreach and a drop-in service.

The Nest Wellbeing Group Cumnock

Phone: 07891 293 282

Email Natalie Carmichael:

natalie@thenestwellbeinggroup.co.uk

A community led charity at the forefront of delivering health and wellbeing activities for the people of Cumnock and the surrounding area. Providing a safe and inclusive environment where people are encouraged to embrace their true self. Promoting the approach that everyone is in recovery from something and celebrate this through our core values – compassion, hope, togetherness, integrity and love.

Befriending & Isolation

Bfriend

Phone: 01292 264000

Email: info@bfriend.org.uk

A small, independent charity based in Ayr since 1996, providing a befriending service for young people with social or emotional difficulties within South Ayrshire. Bfriend supports young people between the ages of 8-18 through one-to-one befriending and group activities.

Seascope

Phone: 01292 285 424

Freephone: 0808 1963385

Email: enquiries@seascopeayr.co.uk

An award-winning befriending service offering both one to one befriending and group support, to help the most lonely and isolated people in South Ayrshire.

The Good Morning Service

Phone: 0141 336 7766 or 0333 101 0036

Email:

info@goodmorningservice.co.uk

Weekdays: 8am to 3:30pm

Weekends and Public Holidays:

08:00am until 12:00 noon.

'Good Night Calls' also available during the winter months between 5pm and 8pm.

Phone befrienders call out to older people at a pre-arranged time to check that all is well and for a good blether. Open 365 days a year. This service is free for those aged 65+ and living in South Ayrshire council area only.

Chest, Heart & Stroke Scotland, Kindness Calls

Visit chss.org.uk/services

Email: advice@chss.org.uk

Online referral form also available.

Kindness volunteers who provide regular calls to people with chest, heart stroke or long covid conditions. Offering a chat and a friendly listening ear to ensure that no one feels alone.

Age Scotland Friendship Line

Phone: 0800 1244222

Free weekly calls of friendship, companionship and support available to older people across Scotland.

No One Dies Alone Ayrshire (NODA)

Phone: 07858 151969 or 07393 498763

Email:

sralston.nodaayrshire@gmail.com

NODA Ayrshire is a registered charity providing compassionate care to people in your community who are alone and dying. Experienced volunteers help people by being there in their final hours, offering a break and support to those with families who need it.

CVO East Ayrshire – Connect

Phone: 01563 574000

Email: Connect.Call@cvoea.co.uk

Call CVO East Ayrshire provides the 'Connect Call' service, a Phone befriending service that offers friendship and support to residents of East Ayrshire that live alone and are experiencing isolation and loneliness.

South Ayrshire Community Transport

Phone: 01292 270864

Email:

book@sacommunitytransport.org

Enhancing social inclusion through connecting people and places with Community Transport. SACT offer minibus hire, Girvan to Barr scheduled service, Out & About Excursion Club, MiDAS training, Stinchar Valley Community Transport and their sister company is the Carrick Community Transport Group.

Coalfield Community Transport

Phone: 01290 429088

Email: enquiries@yellowbuses.org.uk

Providing accessible, affordable and appropriate transport solutions for eligible groups and socially or economically disadvantaged individuals in the Coalfield area.

Vibrant Communities Befriending Service

Phone: 07765348296 or 01563 576354

Email: vibrantcommunities@east-ayrshire.gov.uk

The children and young people's befriending service is a voluntary, mutually, beneficial and purposeful relationship-based support. It can take place on a one-to-one basis, family or within group settings. Children ages 5 to 18 can be referred by a professional.

HIVE (Health in the Valley Enterprise)

Phone: 01563 572459

Mon – Fri: 9am until 5pm

HIVE supports mental wellbeing, self-esteem and confidence through making friends and learning new skills. Our groups meet in friendly, discreet settings, in and around Cumnock, Dalmellington, Irvine Valley and Stewarton. If you would like to build new friendships and enjoy professional and peer support and encouragement.



Bereavement Support (Ayrshire)

Macmillan Cancer Support

Visit macmillan.org.uk
Phone: 0808 808 00 00

Providing grief support for people who have lost someone to cancer. They offer emotional support, counselling, and practical advice for individuals and families.

Ayrshire Bereavement Support

Visit nhsaa.net/bereavement-support

A local charity offering one-on-one counselling and support for those grieving the loss of a loved one. They provide compassionate listening and guidance to help people navigate their grief. Reach out to them via local community centres, GPs, or online.

Ayrshire Hospice Bereavement Support

Visit ayrshirehospice.org

The Ayrshire Hospice offers bereavement support services, including counselling and group sessions, for anyone who has lost a loved one, regardless of whether the deceased received hospice care. They provide specialised support for families, children, and young adults.

Hope Wellbeing

Phone: 07984 885 345
Email: donnamariehopewellbeingcentre@gmail.com

Offering support to anyone struggling emotionally because of bereavement, grief or loss. The charity also holds a weekly 'Bereavement Café'.

Finding a Local Group or Service NHS Ayrshire and Arran

The local NHS trust may have additional resources or referrals for grief support services. Contacting your GP is a good step to get directed to appropriate local services.

Ayrshire Cancer Support

Phone: 01563 538008
Helpline: 0800 254 5580
Email: admin@ayrshirecs.org

Ayrshire Cancer Support provides practical help and emotional support to people in Ayrshire affected by cancer. Whether you've been diagnosed with cancer, are having treatment, caring for someone with cancer, or are bereaved through cancer, we can help.

Penumbra Suicide Bereavement Support (Ayrshire and Highland)

Phone: 0800 471 4768
Email: suicidebereavementsupport@nhs.scot

Emotional and practical support for families and individuals aged 16+ who have lost a loved one to suicide.

Beautiful Inside & Out

Email: beautifulinsideandoutsocio@gmail.com

Visit their Facebook page for more information.

Supporting bereaved families of suicide victims.

No-One Dies Alone Ayrshire

Phone: 07858 151969

Email: noonediesaloneayrshire@gmail.com

Providing emotional support and befriending services for anyone who is dying or dealing with end of life issues. They also have a peer-led bereavement support group which meets every two weeks.

Touched by Suicide Scotland

Phone: 01294 274273

Email: touchedbysuicidescotland@hotmail.co.uk

Self-help support for those bereaved by the suicide of a close friend or relative. Support meetings currently being held online.

Hope Wellbeing Centre Ayrshire

Visit hopewellbeingayrshire.org

Helpline: 07984885345

HOPE Wellbeing (SCIO) is a non-profit Christian charity based in Ayr, dedicated to supporting the emotional and social wellbeing of the South Ayrshire community. It's team of trained listeners, befrienders, and mental health practitioners who provide a safe and welcoming space for individuals facing bereavement, loneliness, or emotional challenges. Open to all, the charity offers guidance, connections to resources, and a compassionate, faith driven approach to wellbeing.

Bereavement Support at Local Places of Worship or Community Centres

Many local places of worship and community centres in Ayrshire offer bereavement support groups or sessions. They often provide informal support and fellowship for people dealing with loss. Check with local places of worship or community centres in towns such as Ayr, Kilmarnock, and Irvine for specific programs.

Healing Connections - Suicide Bereavement Support

Email: sharon@believeayrshire.co.uk

Phone: 07592544133

Meetings every Tuesday from 6.30pm to 8.30pm at Wallacetown Hub, 37 George Street, Ayr, KA8 OAH

If you have lost someone to suicide, feelings of isolation are common. Please know that you do not need to navigate this loss alone, Healing Connections are there to support you in safe, compassionate and understanding space.

East Ayrshire Wellbeing Directory

Visit east-ayrshire.gov.uk/SocialCareAndHealth/Wellbeing/Help-and-support/Support-directory.aspx

This Directory can signpost you to a variety of supports that are available; from hints and tips on managing your mental wellbeing throughout this challenging time, to specific support organisations who are still there to help you with whatever you need.

Bereavement Support (National)

Sue Ryder Online Bereavement Counselling

Visit sueryder.org

Free, short-term support for anyone aged 18+ grieving for a loved one.

Good Life, Good Death, Good Grief

Phone: 0131 272 2735

Brings together people and organisations that are interested in improving people's experiences of death, dying and bereavement in Scotland. Particularly focused on enabling communities and individuals to support each other through the hard times that come with death, dying and bereavement.

Scottish Families Affected by Alcohol & Drugs

Phone: 08080 10 10 11

Email: helpline@sfad.org.uk

Advice, information and counselling for anyone who has lost a loved one with addictions.

Brake

Phone: 0808 8000 401

Email help@brake.org.uk

Here to support people bereaved and seriously injured by road crashes. Confidential, freephone helpline.

Petal Support Call

Phone: 01698 324502

Email info@petalsupport.com

Providing counselling across Scotland for those affected by the loss of a family member or partner to homicide, suicide, or COVID-19 bereavement.

Let's Talk About Loss

Visit: letstalkaboutloss.org

Email online@letstalkaboutloss.org

A supportive space for 18–35-year-olds to talk openly about grief, with meet ups across the UK that help break the silence around losing someone at a young age.

Cruse Bereavement Care Scotland

Phone: 0808 802 6161

Email: west@crusescotland.org.uk

Phone/video support available. Freephone helpline offers support and a listening ear.

ALISS

Visit aliss.org

Phone: 0141 404 0231

Connecting you to your community. Find services, groups and activities for health and wellbeing across Scotland.



Child & Baby Loss Support

The Compassionate Friends (TCF)

Visit tcf.org.uk

Phone: 0345 123 2304

A support network for bereaved parents, siblings, and grandparents who have lost a child or young person. TCF offers peer support, local meet ups, and online resources.

Ayrshire Baby Loss Support

Phone: 01563 825402

Email support@ayrshirebabyloss.org

Offering support to anyone affected by the loss of a baby at any stage. Services include regular support meetings and Phone or email support from befrienders.

Child Bereavement UK

Helpline: 0800 02 888 40

Mon-Fri: 9am until 5pm

Email:

helpline@childbereavementuk.org

Supporting families and professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

Child Death Helpline

Phone: 0800 282 986

E: contact@childdeathhelpline.org

Offering emotional support to all those affected by the death of a child, of any age under any circumstances and however recent or long ago.

Tommy's Baby Charity

Phone: 0800 0147 800

Email: midwife@tommys.org

The helpline is for anyone, dad's & partners included, who have experienced any type of pregnancy loss, including miscarriage, stillbirth, ectopic pregnancy, molar pregnancy or termination for medical reasons.

The Lullaby Trust

Phone: 0808 802 6868

Email: support@lullabytrust.org.uk

Offering a supportive and confidential space for anyone affected by the sudden death of a baby or young child. TCF offers peer support, local meet ups, and online resources. sudden or unexpected death of a baby or young child. They are with you in your grief; however, you need them.

SANDS

Phone: 0808 164 3332

Email: helpline@sands.org.uk

Providing a safe, confidential place for anyone who has been affected by the death of a baby. Whether your baby died long ago or recently.



Aching Arms

Visit: achingarms.co.uk

Call: 07464 508994

Email: support@achingarms.co.uk

Offering direct support to parents via their Supporting Arms support service, a Phone and email support service which is run by bereaved parents. A chance to talk to someone who has an understanding of what they're going through and helps them feel they're not alone.

Baby Loss Retreat

Visit babylossretreat.org.uk

Email info@babylossretreat.org.uk

Call: 0141 248 4200

Baby Loss Retreat provides support for families affected by baby loss through counselling, music therapy, support groups, and expert talks, helping each person find the support that's right for them.

CHAS Bereavement Support

Visit chas.org.uk

Offering a variety of events to help bereaved families connect, including remembrance days, walks, family gatherings, and sibling-focused activities, with ongoing updates shared on our website and private Facebook group. They also offer one-to-one or group support and can help you find other services suited to your needs.

Bereavement Support for Kids

Winston's Wish

Call: 08088 020 021

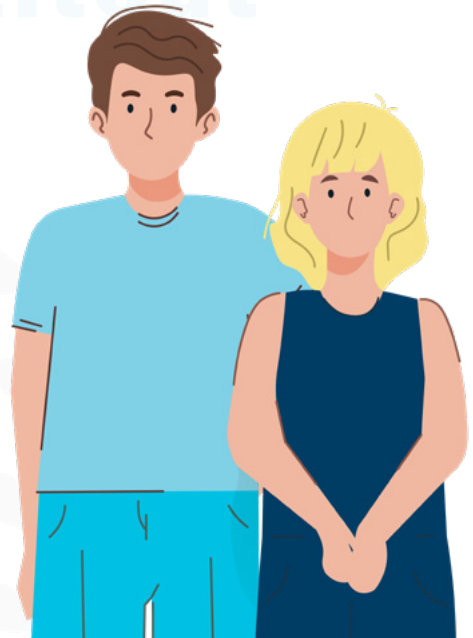
Email: ask@winstonswish.org

Winston's Wish provides grief and bereavement support for children and young people (up to 25) after the death of someone important, along with advice and support for the parents, carers and professionals supporting them.

Hope Again

Visit hopeagain.org.uk

A safe space for young people to share, learn, and find support in coping with grief and feeling less alone. They also offer one-to-one or group support and can help you find other services suited to your needs.



Pet Bereavement Support

Blue Cross Pet Loss Support

Call: 0800 096 6606

Visit bluecross.org.uk

There to help you cope with the loss of a pet, either through death, enforced separation or theft. With a free and confidential helpline, webchat, email and Facebook group, you can find support when and where you need it.

The Scottish Pet Bereavement Counselling Service

Visit thescottishpetbereavementcounsellingservice.com

A holistic approach to the grieving process. Offering you a safe space to share how you are feeling and, if you want, get practical advice on healthy coping mechanisms, how to build resilience and how to improve your mental and emotional wellbeing.

RELEASE
#chatitout



Support for Carers

Carers Gateway South Ayrshire

To self-refer, please email southayrshire.carers@unity-enterprise.com

Phone: 01292 263000

Carers Gateway South Ayrshire provides advice and support to adult carers from the age of 25 and over. It also provides opportunity for carers to meet each other through carer support groups or social activities and outings. This wide range of services gives carers the chance to relax, chat with other carers and get professional support and advice.

East/North/South Ayrshire Carer's Centres

E: admin@eastayrshirecarers.org.uk

Kilmarnock: 01563 571533

Cumnock: 01290 426404

Dalmellington: 01292 550696

Ayr: 01292 263000

Irvine: 01294 311333

Through their 'Next Step' programme, EACC help young people access education, training and employment opportunities. They can provide young people with real life work experience in administration and youth work. Staff also provide participants with careers advice, training opportunities, employability training and access to SVQs.

Ayrshire Cancer Support

Helpline: 0800 2545580

Phone: 01563 538008

Email: admin@ayrshirecs.org

All of ACS's services are free to access and are available to anyone affected by or bereaved from cancer across Ayrshire.

Community Links Practitioners

Community Link Practitioners aim to provide support to people to live healthier lives. Their role is to talk to you about what matters and work with you to take positive steps to better health or signpost you to appropriate organisations which can offer you more support.

You will find Community Link Practitioners in all GP Practices in Ayrshire. If you are looking for support, speak to the staff at your GP surgery to arrange an appointment.



Social Work Headquarters

South Ayrshire

Adult Support & Protection

Phone: 01292 612055

Email: asp@south-ayrshire.gov.uk

Child Protection

Phone: 01292 267675

Social Work Department

Phone: 0300 123 0900

East Ayrshire

Social Services Headquarters

Phone: 01563 503301

Email: social.work@east-ayrshire.gov.uk

East Ayrshire Children & Families' Services

Dalmellington: 01292 552900

Galston: 01563 503400

Cumnock: 01290 427720

Kilmarnock: 01563 554200

North Ayrshire

Child Protection

Phone: 01294 310444

Email:

cpc@north-ayrshire.gcsx.gov.uk

Health & Social Care Partnership

Phone: 01294 317700

Email:

contactus@north-ayrshire.gov.uk

South Ayrshire Council Home Care

Phone: 0300 123 0900

Care at home and housing support services assist vulnerable adults to continue living within their own homes.

These services are used by a variety of people including older adults, children and young people and their families, adults with a physical and/or learning disability, individuals with mental health problems, people who misuse alcohol or drugs and people with HIV/AIDS. Both services support individuals to become an active part of the community and promote independence.

North Ayrshire Care at Home

Phone: 01294 310222

Our Care at Home service is available 24 hours a day, 365 days a year and can help with daily tasks such as: getting dressed, maintaining personal hygiene, taking medication, and getting out of and into bed. Services may be provided either by our Care at Home assistants or through one of our approved partners in the independent sector.

East Ayrshire Care At Home

Our Care at Home Service provides personal care and practical support for adults who have been identified as requiring the service following an assessment. The service, which operates 7 days per week, 365 days per year, is provided either directly by East Ayrshire Health and Social Care Partnership or by partner providers contracted by us.

E: social.work@east-ayrshire.gov.uk

Dalmellington: 01292 552900

Cumnock: 01290 427720

Kilmarnock: 01563 554200

Self Directed Support

Ayrshire Independent Living Network

Phone: 01294 475685/6

Self-directed Support (SDS) has been introduced to give you more choice and flexibility in how you can get the support you need.

Community Brokerage Network

Phone: 07769 698 606

Email: [info@](mailto:info@communitybrokeragenetwork.co.uk)

communitybrokeragenetwork.co.uk

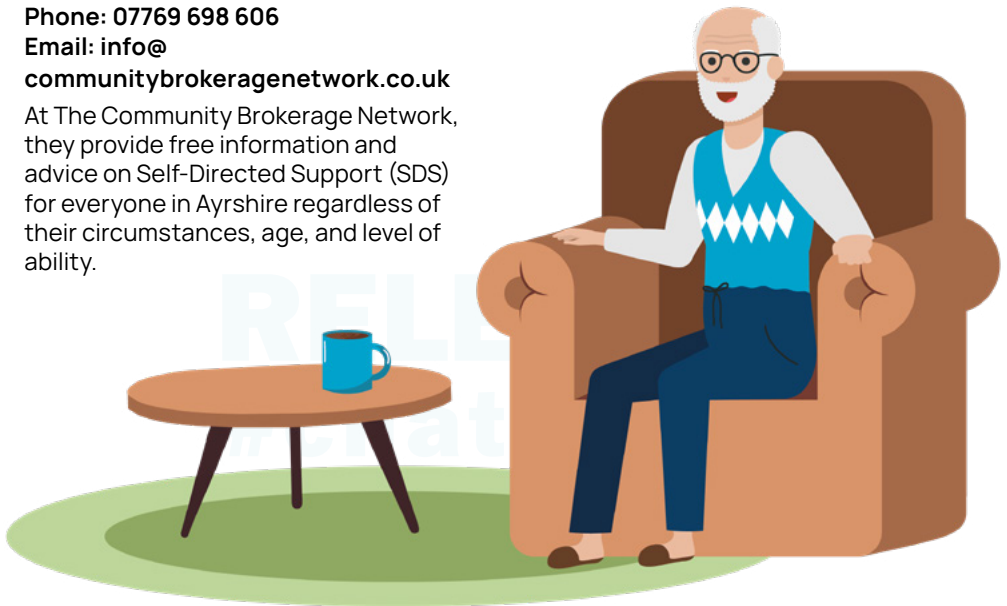
At The Community Brokerage Network, they provide free information and advice on Self-Directed Support (SDS) for everyone in Ayrshire regardless of their circumstances, age, and level of ability.

VoiceAbility Scotland

E: helpline.scotland@voiceability.org

Phone: 0300 303 1660

VoiceAbility Scotland provides advocacy services to support disabled individuals in accessing Social Security benefits and understanding their rights.



Power of Attorney

Office of the Public Guardian (Scotland)

Phone: 01324 678 300

Monday to Friday, 9am to 5pm

Gives general advice and guidance on Power of Attorney.

Age Scotland

Helpline: 0800 12 44 222

For advice on power of attorney.

Citizen Advice Scotland

For advice and guidance on managing affairs for someone else.

Visit citizensadvice.org.uk/scotland/family/help-for-adults-in-the-community-s/managing-affairs-for-someone-else-s

Dementia & Alzheimer's

Alzheimer Scotland

24/7 Helpline: 0808 808 3000

Alzheimer Scotland is the leading national charity dedicated to supporting individuals with dementia, providing vital services, information, and advocacy across Scotland.

Alzheimer Scotland: South Ayrshire

South Ayrshire Locality

Email: SouthAyrshire@Alzscot.org

Phone: 01292 218005

Boswell House, 10 Arthur Street, Ayr

Our team within South Ayrshire aims to support people with dementia, their families, relatives and friends at any stage of the illness.

Alzheimer Scotland: East Ayrshire

Kilmarnock Brain Health & Dementia Resource Centre

Brain Health & Dementia Resource Centres are designed to be friendly, accessible environments for everyone to enjoy. Following the principles of dementia friendly design, we strive to create a local feel, creating a sense of homeliness which we know is important in helping everyone to feel at ease.

Mon - Thurs from 9am until 5pm

Email: eastayrshire@alzscot.org

Phone: 01563 542621

8-12 College Wynd, Kilmarnock

Community Support also Available in East Ayrshire:

**East Ayrshire Community Hospital
Tuesday from 9am until 5pm**

**Netherthird Community Centre
Thursday from 2pm until 4pm**

Circle Network – South Ayrshire

We support anyone over the age of 16 who lives in South Ayrshire and is experiencing one or more of the following: mental ill health, dementia, learning, physical or sensory impairments, acquired brain injury, chronic/long term illness, autistic spectrum diagnosis, drug or alcohol dependency, personality disorder or receiving self-directed support budgets.

Phone: 01292 264396

Email: info.southayrshire@circlesnetwork.org.uk

Monday to Friday 9am until 5pm

Dementia Friendly Prestwick

Phone: 0808 808 3000

E: hello@dementiaprestwick.co.uk

Dementia Friendly Prestwick aims to support people with dementia, and their families/carers, to be included and remain part of their community for as long as possible.

Dementia: Post Diagnosis Support App

You can find out more information about Dementia and supports which are available to people living with dementia and their families and carers, via the NHS Ayrshire and Arran "Dementia: Post Diagnostic Support APP".

To access the App, search for "NHS Ayrshire and Arran" in your Apple or Android mobile Phone App store.

Dementia Arts Trust

Phone: 01292 836010

E: dementiaartsenquiries@gmail.com

DAT deliver life enhancing drawing and painting lessons for people living with dementia. Their classes help people with dementia to see what they CAN do.

Mental Welfare Commission of Scotland Advice Line

Phone: 0800 389 6809

Mon-Fri: 9am – 12pm and then from 1pm – 4pm

Advice Line for advice on rights and good practice to do with mental health and incapacity law, and care and treatment.

Carers' Academy

Phone: 01563 826313

Email: clinical_CarersAcademy@aapct.scot.nhs.uk

Are you supporting a friend or family member who is living with dementia?

Would you like help to enhance your knowledge and understanding of dementia, develop practical caring skills within a safe/supportive environment and share ideas and experiences with other carers?



Families: Ex-Offenders

South Ayrshire Justice Services

Phone: 01292289749

McAdam House, 34 Charlotte Street,
Ayr, KA7 1EA

East Ayrshire Justice Social Work

Phone: 01563 539888

5 Strand Street, Kilmarnock, KA1 1HU

Phone: 01290 428372

Rothesay House, 1 Greenholm Road,
Cumnock

North Ayrshire Justice Social Work

Phone: 01294 463924

Email: criminaljustice@north-ayrshire.gov.uk

157 New Street Stevenston, KA20 3HL

North Ayrshire Justice Social Work Unpaid Work & Early Intervention

Phone: 01294 608900

Block 4, Unit 2, Moorpark Industrial
Estate, Stevenston, KA20 3JT

Families Outside

Phone: 0800 254 0088

Monday to Friday 9am until 5pm
or text FAMOUT to 60777

E: support@familiesoutside.org.uk

When someone goes to prison it can be a challenging time for the whole family. At Families Outside, they help provide you and your family with information and support regarding any issues you might be facing as a result of your family member's imprisonment.

P.I.N.G

Phone: 07443 299408

Email: recoveryayr@gmail.com

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. The Support Group takes place every Friday from 2pm to 4pm.

Making a Difference (MAD)

Phone: 01294 463924

157 New Street, Stevenston, KA20 3HL

Peer Support Group Peer support group in North Ayrshire aimed at people who are or have been involved in the justice system.

Next Chapter Scotland

Phone: 07591 339 618

E: support@nextchapterscotland.org.uk

Next Chapter Scotland exists to help anyone in Scotland who has been involved with the criminal justice system to navigate the stigma and discrimination that they can face throughout their lives. Run by a Board of Trustees made up of at least 50% people with a criminal record or a close family member of someone with a criminal record.

Recovery Enterprises Scotland CIC - Foundations Hub

Lorna Dalziel, Director: 07752002361

Margaret Thomson, Project
Leader: 07717122204

Ronnie Skeet, Project
Leader: 07752002356

E: recoveryenterprises@outlook.com

Operating two support hubs:

Foundations Hub in Kilmarnock town centre and Foundations Hub Visitors Centre within HMP Kilmarnock. Our in prison support service, 'Inside Out', provides pre- and post-release support for individuals in custody, ensuring they have access to housing, financial assistance, mental health and addiction support, and employability 57 pathways. We offer specialist support for families of those in custody, providing emotional support, practical guidance, and access to financial and housing assistance.

Upside

Phone: 0800 587 7263

Email: hello@upside.scot

Providing people in short term custody, or remand with the practical and emotional support they need to transition to community life. The service is voluntary and will address any issues they may have as an individual on release like health, housing, finance, skills and employment. Importantly, Upside can also connect people with family support if required.

Broken Chains

Phone: 07810 033270

Email: thekingsman@hotmail.co.uk

Broken chains is a charity run by a number of local churches. It provides a safe refuge for the homeless, drug addicted and ex-offenders. Drop in on a Tuesday between 1.30pm and 4pm to the Salvation Army Community Hall in John Street, Ayr. Broken Chains Ayr also hold a Sunday meeting once a month at 2.30pm.



Family Support

Megan's Space

Email: jenny@megansspace.com

Megan's Space aims to prevent the needless loss of young lives to suicide and reduce self-harm whilst promoting mental wellbeing. Megan's Space provides essential support, advocacy and therapeutic services to young people who are unable to access the help they need through traditional routes whether due to cost, access or perceived taboo.

Barnardo's

Phone: 01294 556208

Email: SouthWestScotland@barnardos.org.uk

Barnardo's offers relevant services across Ayrshire (with offices in East, North and South Ayrshire) and some National (Scotland) ones which are available Locally too. Service offer and funding changes regularly and a post code search is available online.

Barnardo's Attainment Challenge

Phone: 01294 556208

Email: SouthWestScotlandServices@barnardos.org.uk

Barnardo's know that family comes first, so that's where they start from. They will take the time to get to know you and give you a chance to build a relationship. Visiting families at home and support areas such as relationships, financial issues, routines / boundaries, and parenting. Part of the support can take place on a one-to-one basis to support areas such as confidence, self-esteem, emotional well-being and social skills. This work can support children and parents in school or at home.

Barnardo's Children & Family Service

Phone: 01563 530646

E: SouthwestScotla@barnardos.org.uk

Alcohol & Substance Misuse:

To support children, young people aged 11-17 from across East Ayrshire, to reduce their alcohol/drug use to safe levels and improve their personal outcomes.

Domestic Violence: To support children, young people, and their families across East Ayrshire who are affected by domestic abuse where alcohol is a factor.

Seasons for Growth: An 8-week loss and grief peer group education program to support young people aged 6-18 years across East Ayrshire who are affected by change, loss, and grief.

Barnardo's Family Resource Service

Phone: 01294 556208

E: SouthwestScotla@barnardos.org.uk

Supporting families with children aged 0-12 years within Ayr, Prestwick and Troon localities and the outlying villages. 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.

Barnardo's Intandem Service

Phone: 01294 556208

E: SouthwestScotla@barnardos.org.uk

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.

Barnardo's Stronger Connections

Phone: 01294 556208

E: SouthwestScotla@barnardos.org.uk

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.

Therapeutic Services - group work sessions available to parents and children.

Parenting Groups & Support - groups for parents / carers to build self-confidence and further develop skills.

Barnardo's Stronger Futures

Phone: 01294 556208

E: SouthwestScotla@barnardos.org.uk

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.

Dads Rock

Visit dadsrock.org.uk

Email: Ryan@dadsrock.org.uk or John@dadsrock.org.uk

Phone: 07970441092 (Ryan) or 07917 720489 (John)

Weekly groups for Dads to attend with babies/children at Ardeer Neighbourhood Centre in Stevenston at 6.30pm Wednesday evenings and Sundays at 10.30am in Irvine at Lafine Community Centre. Pop in and join Dads Rock for a chilled-out time with your baby, grab a cuppa and hang out with other dads. Whether you want support to understand your baby's needs or how to grow your connection with your wee one we're here. Dads Days Out also available, a fantastic chance for dads and their kids to get out of the house and meetup with others for some much-needed fun.

Working For Wallacetown

Phone: 0300 123 0900

Email: WorkingForWallacetown@south-ayrshire.gov.uk

The Working for Wallacetown team is committed to making Wallacetown a place where people are safe, healthy & want to live. Service providers working in partnership with the community, for the community. Residents linking in with Working For Wallacetown can benefit from a wide range of services and groups including: Housing, Employment, Volunteering, Wellbeing, Social Activities / Groups, Fire Safety, Cost of Living Support, Further Education, Youth Clubs / Childrens Activities, Physical Health, Events, Community Safety, Benefits / Money Advice, Training Courses, Family & Adult Learning, Mental Health, Arts & Crafts, Addiction Services

The Micah Project

Phone: 07591 332235

Email: admin@micahproject.co.uk

**40 West Portland Street,
Troon, KA10 6AB**

Helping families thrive by sharing preloved clothes across Ayrshire. Collecting donations of good quality from age 0 to 14 – clothes, coats trainers, wellies, bedding, soft toys. The Micah Project sell and give away boxes of preloved clothes, school clothes, sock monkeys, hand-made gifts and rags.

Children 1st

Children 1st helps to support children and their families in local communities across Scotland. Via their support line and locally in their homes, schools and communities, they help children, their families and the people who care for them by offering emotional, practical and financial support. Online webchat is also available.

Support Line: 08000 282 233

East Ayrshire (Cumnock)

**3 Greenholme Road, Cumnock,
KA18 1LH**

Phone: 07384 806 228

E: eastayrshire@childrenfirst.org.uk

East Ayrshire (Kilmarnock)

Johnnie Walker Bond

15 Strand Street, Kilmarnock, KA1 1HU

Phone: 07384 806 228

E: eastayrshire@childrenfirst.org.uk

North Ayrshire

Cheviot Way, Bourtreehill,

Irvine, KA11 1JU

Phone: 01294 214884

E: northayrshire@childrenfirst.org.uk

Yipworld

Yipworld is an organisation dedicated to supporting young people and families. It offers various services and activities that foster inclusion and friendship, including youth groups, employability programs, cycling and recreation opportunities, and outreach initiatives in rural areas.

Phone: 01290 422364

Email: info@yipworld.org

19 Barrhill Road, Cumnock

Whiteley's Retreat

Visit whiteleysretreat.com

Email: hello@whiteleysretreat.com

Whiteleys Farm, By Alloway, Ayr,
United Kingdom

Scottish charity providing free respite breaks for children & their families with cancer or illness offering families the opportunity for recreation, reflection, relaxation, relief, and building resilience. Most importantly, spending precious time together.

PEEP Girvan

Phone: 01465 716169

E: chelsea.glass@south-ayrshire.gov.uk

Parent Early Education Partnership Sessions support parents, carers and their babies and toddlers to learn together. The sessions provide activities and ideas on how to make the most of the learning opportunities that surround us in everyday life and play.

PEEP Maybole

Phone: 01465 716169

E: chelsea.glass@south-ayrshire.gov.uk

Parents and their babies and toddlers are invited along to the Peep Group on Thursday afternoons at Maybole Library. Peep sessions share simple ways of supporting your child's learning and development in everyday life. You and your child can make friends, share ideas and have fun through singing, story and activities.

Cash for Kids (Ayrshire)

Visit cashforkidsgive.co.uk/campaign/cash-for-kids-charity-champions-ayrshire/

E: westscotland@cashforkids.org.uk

Part of the wider Cash for Kids charitable network, working locally across Ayrshire (including North, East and South Ayrshire). CFK are a grant-giving charity dedicated to improving the lives of children and young people from birth up to 18 who are disadvantaged, affected by poverty, illness, neglect or living with additional needs. They also provide grants to children, young people and their families to give an extra helping hand when there's no one else to turn to. This might cover equipment, activities, services, or support that can make a real difference.

One Parent Families Scotland: Lone Parent Helpline

One Parent Families Scotland is a national charity supporting single parents and separating parents in Scotland. Direct services tailored to the needs of single parent families cover: tailored advice and information, welfare rights and money advice, family support, mental health and wellbeing support, support into training, education and employment programmes, access to flexible childcare services, training for practitioners and services to reduce the digital exclusion facing single parents. Online webchat also available.

Helpline: 0808 801 0323

Visit www.opfs.org.uk

The Scottish Child Law Centre

Email: enquiries@sccl.org.uk

Phone: 0131 668 4400

TSCLC help all ages of children and young people, as well as parents, carers, family members and professionals who work with or for children. Qualified solicitors can answer any question you may have relating to all areas of child-related Scots law. This includes education, additional support needs, health, residence, contact, youth offending, accessing records, confidentiality, children's rights, children's hearings and disputes involving the court. Children and young people under 21 can get in touch, as can family members, carers and professionals who support them.

Hillhouse

Phone: 01563 523362

Email: mairi@hillhousehelps.co.uk

Hillhouse work to support individuals and families experiencing financial hardship. Offering practical support by supplying good quality second hand children's clothing, footwear and equipment.

Employability for Parents

Parental Employability Hub

We Work for Families help with CVs, online applications, training, workshops, etc to parents living in North Ayrshire.

Visit thelennoxpartnership.org

**82-84 Glasgow Street, Ardrossan,
KA22 8EH**

Phone: 01294 608952 (Opt 2)

E: wwff@thelennoxpartnership.org

EVOLVE Programme - South Ayrshire Council

Phone: 01292 612301

Email: thrivingcommunitiesadmin@south-ayrshire.gov.uk

The Evolve Programme offers 6 months paid employment within the local authority or with 3rd sector organisations (subject to funding), giving them the experience of fair and flexible employment and enhancing the prospects of permanent employment to suit their individual needs around parental responsibilities.

Thriving Communities Employability

Email: cld@south-ayrshire.gov.uk

Thriving Communities develop and deliver a range of flexible employability programmes to help support young people and adults into sustainable employment.

Support includes practical interventions to prepare for employment as well as training, education, volunteering and work placement options.

CEIS Ayrshire

Phone: 01294 322707

Email: enquiries@ceisayrshire.co.uk

We support individuals, communities, and businesses through services that boost employability, workforce development, and community engagement.

Your Next Move, Working North Ayrshire

Email: supportedemployment@north-ayrshire.gov.uk

Parents are being supported into valuable work experience and jobs through North Ayrshire Council. Council initiatives are helping to make life better for families by finding and creating sustainable employment opportunities. One of these opportunities is the Skills for Life programme, which supports parents into paid work experience, usually leading to sustainable employment with the council.

CVO East Ayrshire

Email: Rebecca.Fulton@cvoea.co.uk

Phone: 01563 574000

CVO East Ayrshire offers a range of training opportunities and has places open to unemployed parents who fall into either of the following two categories: unemployed parents under 25 or unemployed parents with a disability. As well as qualifications and commercial experience, CVO EA provides multiple additional benefits: healthy relationships; positive role models; social skills; promotion of integration; and breaking down barriers within the local community. Delivery takes place in a supported learning environment at the heart of the community and will facilitate the transition into sustainable employment.

Christmas

Night Before Christmas Campaign

E: info@nightbeforechristmas.co.uk

The Night Before Christmas Campaign is a registered Scottish charity based in Annbank, Ayrshire. They work year-round with local partners and volunteers to support children, young people and vulnerable adults who are experiencing hardship, bringing dignity, warmth and real joy to the people who need it most at Christmas.

The Salvation Army

Visit salvationarmy.org.uk/christmas-present-appeal

They run Christmas Present Appeals, collecting donations for children who might not otherwise receive gifts. You can find more information and locations for toy donations by visiting their respective websites or contacting them directly.

Kilbirnie

Newton Street, Kilbirnie, KA25 6HN

Phone: 01505 683735

Email: kilbirnie@salvationarmy.org.uk

Irvine

19 Townhead, Irvine, KA12 0BH

West Scotland DHQ : 0141 779 5000

E: westscotland@salvationarmy.org.uk

Kilmarnock

Sturrock Street, Kilmarnock,

KA1 3AH

Phone: 01563 523052

E: kilmarnock@salvationarmy.org.uk



Food Banks

East Ayrshire

Auchinleck Community Development Initiative (ACDI)

Boswell Centre, Food Larder

Collection only on Tuesdays
from 1pm – 3pm

Email: natalie@auchinleckacdi.co.uk

Auchinleck Christian Fellowship Church

Collection only

Normal opening times are every
second Thursday from 2pm – 3pm

Phone: 07734 709834 (Ian Robertson)

Ma Broom's Larder

AM Brown Institute
2 Institute Avenue, Catrine, KA5 6RT
Community larder

Tuesday's from 2:30 – 3:30pm

Thursday's from 5:30 – 6:30pm

Email: AMBI@catrine.org.uk

Logan Day Centre

29 Paterson Avenue, Logan, KA18 3HR

Collection only

Tuesdays from 12:30 – 1:30pm

Phone: 07988 677587 (Rae Forrest)

Cupboard at The Cross

Centre Stane, Mauchline

Collection only

Saturdays from 10 – 11:30am

Phone: 0794 226 9625
(Margaret Wallace)

Muirkirk Food Bank at the HUB

Collection only

Furnace Road, every second Friday

Phone: 07734 709834 (Ian Robertson)

Muirkirk Community Centre

Collection only

Provide support over the winter with
a welcoming space and community
larder.

Every day from 12 – 3pm

Phone: 07960 563976

Email: gordonmca18@gmail.com or
tracymcguire13@gmail.com

Netherthird Community Larder

Netherthird Community Centre

Collection only. Support required
deliveries.

Tuesdays and Thursdays from
10am – 12 noon

Phone: 07856 228426
(Maggie Campbell)

New Cumnock Working Men's Club

Community Larder - Collection only

103 Afton Bridgend, New Cumnock,
KA18 4JG

Monday to Friday from 9am – 12 noon

Visit the New Cumnock Community
Larder Facebook page for updates.
Please use Facebook Messenger.

Phone: 07552 520211

Email: graham.cheryl@gmail.com

Patna Community Larder

Patna Community Centre, Doonside Avenue, Patna, KA6 7LX

Food provision - collection only

Tuesdays from 6:30 – 8:30pm (except the second Tuesday of the month)

Wednesday 1:30 – 4pm (except in July)

Phone: 07951 499172 (Lindsay Dwyer)

Facebook: Patna Community Larder

Rankinson Community Larder

Community Centre, Littlemill Place, Rankinston, KA6 7HB

Food larder provisions. Emergency food parcels for delivery if required.

Monday: 9:30 – 11:30am

Tuesday: 9 – 10:30am & 7 – 18pm

Wednesday: 10 – 11am & 3 – 5pm

Thursday: 9:30 – 11:30am

Friday: 4 – 6pm

Phone: 01292 590759 or 07794 515564 (Isobel Graham)

Email: grmisobel@aol.com

Newmilns Community Larder

Newmilns Church Hall, Newmilns, KA16 9AT

Food larder provisions - collection only

Fridays from 12 – 2pm

Phone: 07715 133614

Email: Weel84@icloud.com

Crosshouse Food Bank

7 Playingfield Road, Crosshouse, KA2 0JJ

Collection and limited delivery

Tuesday & Fridays: 12 – 3pm

Phone: 07787 970341 (Janice Smyth)

Email: jintymcjuggles@gmail.com

East Ayrshire Food Bank

The Centre, Standalane, Stewarton, KA3 5BG

Food provision

Tuesday : 12 – 1:30pm

Friday: 6 – 7pm

Phone to arrange a pick-up time.

Telephone: 01563 574000, Option 3

Please call between 9am – 12:30pm on the following days: Monday, Tuesday, Thursday or Friday.

Ayrshire East Food Bank

The Zone, 10 High Main Street, Dalmellington, KA6 7QN

Dalmellington, Bellsbank and Patna

Collection only

Monday to Friday: 9am – 1pm

Telephone: 01292 551888 or 07872 149679 (Elaine Stewart)

E: elaine.stewart@the-zone-online.co.uk

Doon the Hub, Dalrymple Parish Food Larder

Dalrymple Church Hall, Church Street, KA6 6DQ

Food and essentials such as toiletries.

Emergency parcels if needed. Warm hub for tea or coffee

Tuesday Larder: 5:30 – 6:30pm

Thursday Hub and Larder: 10:30 – 12 noon

Saturday Brunch Club: 10:30 – 12 noon

Phone: 07546 315094

Email: june.mcwhirter@live.com or

dalrympleskeldonhollybush@gmail.com

The Food Locker Portacabin

Jamieson Road, Darvel

Mondays : 6 – 8pm

Wednesdays: 1 – 3pm

Email: thefoodlockerdarvel@gmail.com

Three-day food parcels. Includes assistance with toiletries and pet food. Signposting/additional support also available.

CVO

8 Hastings Square, Darvel, KA17 0DR

Food and essentials such as toiletries

Monday, Wednesday and Friday from 10am – 12 noon

Phone: 01563 550951

Drongan Helping Hands Community Larder

Drongan Community Centre

Collection only. Will provide any emergency food parcel requests over Christmas and New Year.

Fridays from 11am – 1pm

Phone: 07546 171664 (Hayley Watson)

Ayrshire East Food Bank

Belford Mill, 16 Brewery Road, Kilmarnock, KA1 3HZ

Mondays and Fridays from 12 – 2pm

Three-day food parcels. Includes assistance with toiletries and pet food Signposting/ additional support also available.

Helping Hands Pantry

Open to residents of the Hurlford and Crookedholm area only.

St. Paul's Church Hall (Upstairs)
53 Galston Road, Hurlford, Kilmarnock, KA1 5HT

Thursdays from 12 – 3pm

Phone: 01563 530646

E: HelpingHandsPantry@barnardos.org.uk

East Ayrshire Food Bank

Phone: 01563 574000, Option 3

Please call between 9am until 12:30pm on the following days: Monday, Tuesday, Thursday or Friday

33 Bridge Street, Galston, KA4 8AE

- Food provisions
- Tuesdays, 12 – 1pm

Kilmarnock North, Our Lady of Mount Carmel Church, Kirkton Road, Kilmarnock

- Food provisions
- Mondays from 7:30 – 8:15pm

St Matthew's Church, Grassyards Road, Kilmarnock, KA3 7SH

- Food provisions
- Tuesday & Thursdays from 4 – 6pm

11-15 Old Irvine Road, Kilmarnock, KA1 2BD

- Food provision and support
- Monday & Fridays from 12 – 2:30pm

BAFS (Bikers as Friends Scotland)

Collection only.

Sundays from 12 – 2pm

Phone: 07310 715186 (Margaret McLean)

Email: magsmclean69@yahoo.com

East Ayrshire Churches Homelessness Action (EACHa)

New Laigh Kirk Halls, 35 John Finnie Street, Kilmarnock

Weekly lunches

Mondays: 1 – 3pm

Wednesdays: 2 – 4pm

Email: emma_wylie@outlook.com

Shortlees Larder

Community Centre
Rainbow Community Shop,
Blacksykes Avenue, Kilmarnock
Collection only
Wednesdays from 1:30 – 3:30pm
Email: chairperson@shortleesca.co.uk
Phone: 01563 508080, Option 3

Ayrshire East Food Bank

11-15 Old Irvine Road, Kilmarnock,
KA1 2BD
Food provision and support
Monday & Friday: 12 – 2:30pm
Telephone: 01563 574000, Option 3
Please call between 9am and 12:30pm
on the following days: Monday, Tuesday,
Thursday or Friday.

Corner Cupboard

Muslim Education Centre, London
Road, Kilmarnock
Food provision
Saturday: 10 – 12:30pm
Email: cornercupboard57@gmail.com
Phone: 07944 193674

North Ayrshire

Church of the Nazarene

150a Glasgow Street, Ardrossan,
KA22 8EU
Monday to Friday from 10 – 2pm
Phone: 01294 601312

Ardeer Community Centre

23 Shore Road, Stevenston, KA20 3LA
Monday to Friday from 10am – 3pm
Phone: 01294466861

Bridgend Community Centre

Bridgend, Kilbirnie, KA25 7DJ
Tuesday, Wednesday, Thursday &
Fridays from 9am – 3pm
Phone: 01505684512

Castlepark

4 Castlepark Road, Irvine, KA12 9LQ
Tuesday: 9.30am – 3pm
Wednesday: 9.30am – 3pm
Thursday: 9.30am – 2.30pm
Phone: 01294311238

Dalry Community Larder

St. Margarets Avenue, Dalry, KA24 4BA
Wednesday: 3.30 – 5pm.

Towerlands Community Centre

Towerlands Farm Road, Bourtreehill
South, Irvine, KA11 1PY
Monday, Wednesday & Fridays from
10am – 12pm.
Phone: 01294211374

West Kilbride Parish Church

Main Street, West Kilbride, KA23 9AW
Monday to Friday from 10.30am – 12pm
Phone: 01294829902

St. John's Church

Hayocks Road, Stevenston, KA20 4DE
Phone: 07437521930
Please phone in advance to arrange
a collection. This centre is only open
upon a telephone request.

Kirkgate Church

Chapelwell St, Saltcoats, KA21 5EA

Friday: 12:30 – 2.30pm

Beith Community Centre

Kings Road, Beith, KA15 2BQ

Monday to Friday: 9am – 5pm

Phone: 01505 503187

Cranberry Moss Community Centre

Cambusdoon Place, Kilwinning,
KA13 6SL

Monday to Thursday: 9.30 – 11.30am

Phone: 01294 557146

Girdle Toll Parish Church

2 Littlestane Rise, Lawthorne,
Irvine, KA11 2BJ

Monday: 2 – 4pm

Friday: 4 – 6pm

Phone: 07936975577

Redburn Community Centre

Dickson Drive, Irvine, KA12 9EW

Thursday: 10am – 2pm

Phone: 01294 318438

Kilwinning Library

St. Winnings Lane, Kilwinning, KA13 6EP

Monday: 2pm – 5pm

Tuesday: 2pm – 6pm

Wednesday: 10am – 12:30pm

Thursday: 2pm – 5pm

Please note: The Library is also open and available to issue Food boxes on Fridays. Same hours as Thursday.

South Ayrshire

New Life Church Prestwick

New Life Centre, 62 Monkton Road,
Prestwick, KA9 2PA

Tuesday: 12:30 – 2:30pm

Friday: 12:30 – 2:30pm

Phone: 07599071114 or 07871689392

Southside Church Charity Shop

254 High Street, Ayr, KA7 1RL

Monday 10am - 12pm

Wednesday 10am - 12pm

Phone: 07599071114

Lochside Parish Church

Ayr Lochside Community Centre,
Lochside Road, Ayr, KA8 9JY

Tuesday 10am - 12pm

Thursday 12pm - 14pm

Phone: 07599 071114

Dundonald Foodbank

Montgomerie Hall, Main Street,
Dundonald, KA2 9HG

Monday 10am - 12pm

Phone: 07599071114

Troon Old Parish Church

Ayr Road, Troon, KA10 6EB

Tuesday: 12pm – 2pm

Friday: 12pm – 2pm

Phone: 07599071114

Salvation Army Ayr

59 John Street, Ayr, KA8 0BS

Monday, Wednesday & Friday
from 12 – 2pm

Phone: 01292 269286 or 07398 015858

Kincaidston Community Food Larder

Kincaidston Community Centre,
Bracken Park, Ayr, KA73XB

Every Wednesday: 10am – 2pm

kincaidstoncommunitycentre1@gmail.com

Care And Share

Riverside Church Hall, Ayr

Weekly drop-in service with lunch in.
There is also a weekly Breakfast Club.

Phone: 01292 262686 or 07421 242996
or 07421 242863

E: help@riversidecommunitytrust.org.uk

Room @ Wallacetown

Newton Primary School,
Russell Drive, Ayr

Tuesday & Friday: 1.30pm – 2.30pm

Phone: 01292 612714

Help and support with food, clothing, household items, the cost of living and many other services available. Primarily for people in North Ayr area. Pre-order food shopping by contacting school.

Broken Chains

Salvation Army Hall, Ayr

Every Tuesday: 1.30pm - 4pm

Phone: 01292 502597

Support and food for 'homeless, drug addicted and otherwise marginalised people.



Support for Gambling

RCA Trust (Scotland)

Phone: 0141 887 0880

Email: info@rcatrust.org.uk

For individuals and families experiencing gambling harm who want professional support. Free one-to-one counselling available, support for partners and family members. Offering a trauma-informed, non-judgmental approach and help with relapse prevention, emotional regulation, and rebuilding trust. Sessions available face-to-face or online. A weekly Women's Gambling Support Group is also available offering a warm, supportive space where women can talk openly, build resilience and find understanding without judgment which is held every Wednesday (please contact RCA Trust for further information).

GamCare

Phone: 0808 8020 133

Visit: gamcare.org.uk

National Gambling Helpline for anyone affected by gambling - whether you're struggling yourself or supporting someone else. GamCare offer a 24/7 confidential helpline available via phone, web chat or WhatsApp. Immediate emotional support is available when things feel overwhelming as well as practical advice on debt, gambling triggers, self-exclusion and next steps. Also offers free one-to-one counselling (online, phone, or face-to-face where available) and moderated online peer-support forums.

Gam-Anon (for Families & Friends)

Call: 0370 050 8881

For partners, parents, siblings or friends affected by someone else's gambling. Peer-support meetings are available, a safe space to talk openly about stress, anger, trust, and boundaries. Help understanding gambling addiction and how to cope as well as offering emotional support.



Gamblers Anonymous (GA) Scotland

Call: 0370 050 8881 (24-hour helpline)

For people who want to stop gambling completely and are open to peer support. Free, anonymous peer-support meetings are held in Ayr and Troon - online meetings are also available. A 12-step, structured recovery programme is available as well as ongoing support from others who've been through similar experiences

Ayr Meeting

Days: Thursdays

Castlehill Church, Ayr

- **Beginners: 6:30-7:15pm**
- **Main Meeting: 7:30-9:30pm**

Free to attend - no booking needed.

Troon Meeting

Monday's 7:15pm-9:15pm

**Old Parish Church, 51 Ayr
Street, Troon**

Free to attend - no booking needed.

Chances - Cyrenians Gambling Support

Email: chances@cyrenians.scot

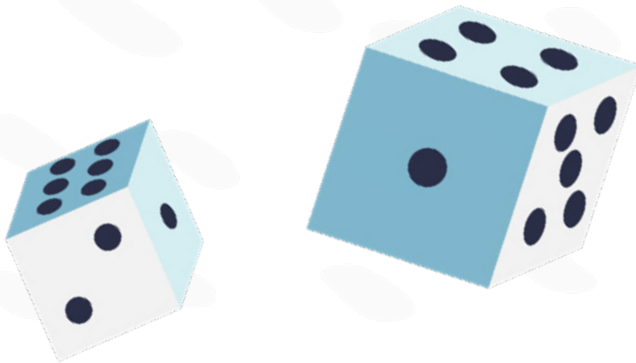
Visit: cyrenians.scot/chances

For adults at any stage - early concern, active gambling or recovery. One-to-one personalised support available as well as practical help with finances, benefits, housing and stress. Offering support to set up gambling blocks and self-exclusion, education around triggers, habits and coping strategies as well as offering focus on overall wellbeing, not just gambling behaviour.

GAMSTOP (UK-Wide Self-Exclusion)

Visit: gamstop.co.uk

For anyone looking to block themselves completely from online gambling. A free service which blocks access to all UK licensed online gambling sites and apps. Choose an exclusion for 6 months, 1 year, or 5 years and once it is active - it cannot be cancelled early.



Health Conditions

Ayrshire Cancer Support

Helpline: 0800 254 5580
Kilmarnock centre: 01563 538008
Ayr centre: 01292 269888

Email: admin@ayrshirecs.org

Local charity providing practical, emotional and patient support (drop-in services, counselling, therapies, transport to treatment).

Headway Ayrshire

Phone: 01292 618090
Email: info@headway-ayrshire.org.uk
Headway UK Free Helpline:
0808 800 2244

Local support for people affected by brain/head injury and their families, with advocacy, community support and rehabilitation resources.

Epilepsy Scotland

Helpline: 0808 800 2200
E: admin@epilepsyscotland.org.uk
Ayrshire & Arran: 07585 570 466
E: info@epilepsyconnections.org.uk

Scotland's national epilepsy charity offering helpline support, information and local meetups (including an Ayrshire Epilepsy Meet Up).

Chest, Heart & Stroke Scotland (CHSS)

Advice Line: 0808 801 0899

National charity providing advice, peer support groups, education and community support for people with heart, stroke, chest conditions and related health issues.

MS Society

Visit mssociety.org.uk
MS Society Helpline: 0808 800 8000
Email: helpline@mssociety.org.uk
MS Society support and social groups for people affected by multiple sclerosis.

Ayrshire Parkinson's Support Group and Parkinson's UK

National charity with local support groups, helpline and information.
Parkinson's UK Helpline:
0808 800 0303
Local group contact (Ayrshire):
0344 225 3725 (Alice Hall)
Email: hello@parkinsons.org.uk

Diabetes Support (Scotland)

Helpline: 0141 245 6380
Email: info@diabetes.org.uk
Scotland-wide support for people with diabetes including information, peer support and help navigating care.

ME Scotland

National organisation providing helpline support, information and advocacy for people with ME/CFS.
Helpline: 0344 576 5326
Email: info@mescot.org.uk

British Liver Trust

Helpline: 0800 652 7330
E: helpline@britishlivertrust.org.uk
Support and information for liver conditions.

The Ayrshire Hospice

Phone: 01292 269200

Email: livingwell@ayrshirehospice.org

Specialist care for people with life-limiting illness and support for families.

Carers UK

Helpline: 0808 808 7777

Email: advice@carersuk.org

General support for carers of people with life-limiting conditions.

Ayrshire Cancer Support Children & Young People

A local charity offering practical, emotional & therapeutic support for anyone in Ayrshire affected by cancer, including children, young people (5–25 yrs) & families.

Visit ayrshirecs.org

Helpline: 0800 254 5580 or 01563 538008

Email: admin@ayrshirecs.org

Children/Young People's enquiries: cyp@ayrshirecs.org

Macmillan Cancer Support

Provides information, emotional support, financial guidance & specialist support services for people affected by cancer.

Visit macmillan.org.uk

Support Line (free): 0808 808 0000 (7 days, 8am–8pm)

Penny Brohn UK

Cancer support charity offering complementary therapies, self-help resources & guidance alongside practical support.

Visit pennybrohn.org.uk

Helpline: 0303 3000 118

Email: helpline@pennybrohn.org.uk

Brainstrust (Brain Tumour Support UK)

Supports people affected by a brain tumour with tailored information, advice and connection to community resources

Visit brainstrust.org.uk

Phone: 01983 292 405

**Support: hello@brainstrust.org.uk
General/HQ: hq@brainstrust.org.uk**

BEAT

Eating disorder charity who offer different support services depending on your age. Beat also have an online chat room available for support.

Phone Youthline (Under 18s): 0808 801 0711

Phone the Helpline (18+): 0808 801 0432

Helplines are open 365 days a year from 9am–midnight during the week and 4pm–midnight on weekends and bank holidays.

Email: scotlandhelp@beateatingdisorders.org.uk

The Linda Tremble Foundation (Eating Disorders, Scotland)

Visit supportedscotland.org

Phone: 01592 321229

Interim Contact: 07716 639067

E: hello@lindatremblefoundation.org.uk

A community eating disorder charity in memory of Linda Tremble, offering peer support groups & befriending for those affected by eating disorders and families across Scotland.

Action for M.E. (Myalgic Encephalomyelitis)

UK charity providing information, support services, advocacy & resources for people living with M.E., carers and families.

Visit actionforme.org.uk

Phone: 0117 927 9551

E: infosupport@actionforme.org.uk

Stroke Association (UK-wide)

The UK's main charity supporting stroke survivors, families & carers with information, help to rebuild lives after stroke & practical advice.

Visit stroke.org.uk

Stroke Helpline: 0303 3033 100

Textphone: 18001 0303 3033 100

Email: helpline@stroke.org.uk

General Email: info@stroke.org.uk

Ayrshire Hospice "Living Well" Support

Visit ayrshirehospice.org

Phone: 01292 269200

Email: enquiries@ayrshirehospice.org

Provides specialist palliative & supportive care for life-limiting illnesses across Ayrshire & Arran, including counselling, Living Well programmes, therapy groups and bereavement support.



Housing Support

Emergency Homeless Out-of-Hours Numbers

South Ayrshire Council

Out-of-hours emergency homeless standby: 0808 100 3151

East Ayrshire Council

Emergency Helpline: 0345 724 0000

North Ayrshire Council

Emergency Helpline: 0800 0196 500

East Ayrshire Council – Housing Options & Homelessness

Phone: 01563 554400 (Option 5)

E: homelessness@east-ayrshire.gov.uk

24-Hour emergency helpline (if office closed): 0345 724 0000

Provides advice, housing options support, homelessness prevention and temporary accommodation.

North Ayrshire Council Housing Advice Team

Assessment of homelessness and housing options, advice and temporary accommodation.

Housing Advice Team: 01294 314600

Out-of-Hours (Emergency): 0800 0196 500

Email: housing-info-advice@north-ayrshire.gov.uk

South Ayrshire Council Housing Options Team

Main phone: 0300 123 0900

Email: housingoptionsteam@south-ayrshire.gov.uk

Out-of-Hours (homeless standby): 0808 100 3151

Support for homelessness applications, housing advice and temporary accommodation.

Ayr Housing Aid Centre SCIO (South Ayrshire)

Phone: 01292 288111

Email: info@ayrhousingaidcentre.com

Free specialist, independent housing advice, advocacy and representation for people who are homeless or at risk of homelessness.

CHAP – Community Housing Advocacy Project (North Ayrshire)

Phone: 0300 002 0002

Email: enquiries@chap.org.uk

Free confidential housing support, welfare rights, debt advice and homelessness prevention.

Shelter Scotland (Housing Advice Line)

Shelter Scotland Helpline: 0808 800 4444

National charity offering housing and homelessness advice across Scotland – can assist with homelessness rights, housing applications and advocacy.

Citizens Advice Bureau (CAS) Ayrshire

Phone: 01563 543379

Provides free advice on housing rights, benefits, debt and legal issues (can support homelessness cases).

SeAscape (South Ayrshire Escape from Homelessness)

Phone: 01292 285 424

Out-of-hours support: 0808 196 3385

**Email (general enquiries):
enquiries@seascapeayr.co.uk**

A charity supporting people who are homeless or at risk of homelessness in Ayrshire.

SeAscape - Pass It on Project

Phone: 01292 285 424

**Email (Pass It On):
passiton@seascapeayr.co.uk**

This is a furniture reuse and support programme under SeAscape.

South Ayrshire Council Mediation Service

**Phone (Main council contact):
0300 123 0900**

Email: AHMT@south-ayrshire.gov.uk

Supports community and neighbour dispute mediation (including housing-related issues).

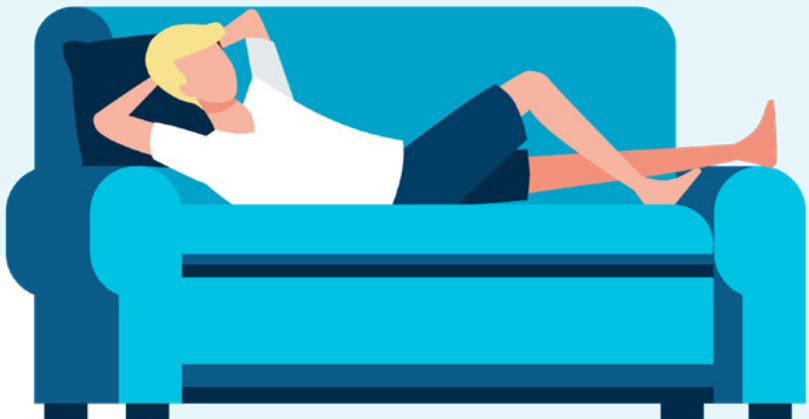
East Ayrshire Homelessness Action

Council Housing Options & Homelessness Service (inc. homeless action):

**Out-of-hours emergency:
0345 724 0000**

**Phone (Housing Options):
01563 554 400**

**Email:
homelessness@east-ayrshire.gov.uk**



Support for Energy

Home Energy Scotland (Scotland-wide service)

Phone: 0808 808 2282 (Free Helpline)

Provides free, impartial advice on reducing energy bills, energy saving and insulation, renewable technology, grants & interest-free loans (like Warmer Homes Scotland) and fuel poverty support.

The Energy Agency / Energy Saving Scotland Advice Centre

Phone: 01292 525507

A local Ayrshire charity that provides free, impartial local energy advice and helps households access energy-saving help (including Scottish Government programmes).

East Ayrshire Citizens Advice Bureau – Energy Advice

Crisis Support Line (Food/Energy/ Homeless help): 01563 544744

Phone: 01563 543379

Email: advice@eastayrshirecab.org.uk

Citizens Advice Bureaux provide free advice and support on energy issues along with other cost-of-living issues.

East Ayrshire Council – Energy & Financial Inclusion Support

Financial Inclusion Team (energy support & fuel poverty): 0800 389 7750

Council main switchboard (for referrals): 01563 554400

Email: financialinclusionteam@east-ayrshire.gov.uk

The Council provides information and support on grants & benefits that can

help with energy bills, fuel poverty support, emergency assistance.

Lemon Aid from Citrus Energy

Lemon Aid fuel poverty help (mobile): 07973 847 981

Alternative Citrus Energy line (East Ayrshire Council referral): 0800 221 8089

A social enterprise working with local residents to help reduce energy bills, negotiate with suppliers and assist with fuel hardship and pre-payment meter issues.

SP Energy Networks

SP Energy Networks is the Distribution Network Operator (DNO) responsible for maintaining and repairing the electrical network (the physical infrastructure that delivers electricity to your home) in Ayrshire and much of Scotland. They ensure electricity gets to your property safely and deal with outages and faults. If you have lost power or see damage to power lines, cables or substations:

Call the free national number: 105 (free from landline & mobile)

This will connect you to the right local network operator including SP Energy Networks.

Direct emergency number for Central & Southern Scotland: 0800 092 9290 (Free)

This number also handles emergency infrastructure issues such as fallen cables or safety risks.

Support for Men

Release Ayrshire

Text RELEASE to 85258

Our SHOUT text service offers free, 24/7 confidential mental health support to young people, men, women, elderly - absolutely anyone who is in need can use this service. We provide a crucial first step chatting platform and offer a safe space for people to speak freely about any struggles they may be having, whether it's from day-to-day worries or full mental health crisis.

Release Ayrshire also run a **Gentleman's Club in New Cumnock Town Hall every Wednesday from 10am until 12pm** for men aged 50+. A morning for the gents, full of laughter, blethering, dominoes, cribbage with a hot lunch, home baking and snacks!

Release also runs a **Lads Lounge group every second Wednesday in Yipworld, Cumnock from 6pm until 8pm**. If you're aged 18+ then please come along for some fun, chat, games and plenty more!

Andy's Man Club (Ayr, Kilmarnock & Dreghorn)

Visit andysmanclub.co.uk

Email: info@andysmanclub.co.uk

A peer-to-peer men's mental health support group where participants can talk in a safe, non-judgmental environment. Free and open to men aged 18+.

Harbour Ayrshire – Men Only Time Groups (Ayr, Kilmarnock, Girvan & Irvine)

Visit harbourayrshire.co.uk

Phone: 01292 623016

Email: info@harbourayrshire.co.uk

Peer support groups specifically for men in recovery from addiction and related issues - also addressing mental health, homelessness, bereavement and more.

Ayrshire Samaritans 24/7

Phone (Free UK Line): 116 123

**Local Ayrshire Line (Local Rate):
0330 094 5717**

Breathing Space (Scotland-wide)

Phone: 0800 83 85 87

Support for people experiencing low mood, depression or anxiety (useful for men too).

Men's Advice Line: UK-wide support for male victims of Domestic Abuse.

Phone: 0808 801 0327

Email: info@mensadviceline.org.uk

Fathers Network Scotland

Visit fathersnetwork.org.uk

Phone: 0131 460 8256

Email: info@fathersnetwork.org.uk

A national charity that supports fathers and father-figures across Scotland; they maintain directories of dad-friendly community groups and can help you find local support. You can also search their online directory for Ayrshire-specific supports like meetups and activities.

EACH Man Matters (East Ayrshire)

Visit eacharecovery.org

Phone: 01563 541 227

Email: info@eacharecovery.org

A weekly peer support group which runs Tuesdays at 12:30pm – specifically for men as part of EACH Recovery Matters activities.

Garnock Valley Men's Shed (serving Beith/Kilbirnie area):

Email: gvms@btinternet.com

Dalry Community Development – Men's Shed (Dalry Pavilion):

Phone: 07484 708 073

E: mens.shed.dalry@btinternet.com

Ayr & Prestwick Men's Shed

A community woodworking/social shed group.

Visit ayrprestwickmensshed.org.uk

Address: 1a Taylor Street, Ayr, KA8 8 AU

Email:

enquiries@ayrprestwickmensshed.org.uk

Three Towns Men's Shed (North Ayrshire – Ardrossan/ Irvine/Stevenston)

Email: 3townsmensshed@gmail.com

Address: 11 Glasgow St,
Ardrossan, KA22 8EP

Men's Shed Dalry (Dalry Pavilion/ Dalry Community Sports Club)

E: mens.shed.dalry@btinternet.com

Garnock Valley Men's Shed (Kilbirnie / Beith Region)

Email: gvms@btinternet.com

Troon Men's Shed

Email: troonmensshed@gmail.com

Men Matter Scotland

Visit menmatterscotland.org

Phone: 0141 944 7900

E: contact@menmatterscotland.org

Men's peer support groups and networks that can be accessed by email or phone.



Mental Health



Release Ayrshire

Text RELEASE to 85258

Our SHOUT text service offers free, 24/7 confidential mental health support to young people, men, women, elderly - absolutely anyone who is in need can use this service. We provide a crucial first step chatting platform and offer a safe space for people to speak freely about any struggles they may be having, whether it's from day-to-day worries or full mental health crisis.

Conversations can be saved in your messages app if you ever need to look back on support given, all texts are free so will never show up on a phone bill and our service is here 24/7 every single day - you can message this service as many times you need to.

Breathing Space

A free, confidential Scottish helpline for low mood, depression, anxiety or distress:

Phone: 0800 83 85 87

Mon-Thurs: 6pm-2am

Fri-Mon: 6pm-6am

ThreeSixty - South Ayrshire Mental Health Association

Provides peer support, activities and advocacy for those with lived experience of mental health issues:

Phone: 01292 619600

Email: enquire@thethreesixty.org.uk

NHS Ayrshire & Arran Mental Health Services

Community Mental Health Teams

These NHS teams support people with complex or ongoing mental health needs (referral usually via GP or social work).

Adult Community Mental Health Teams (CMHTs):

North Ayrshire: 01294 470010

East Ayrshire: 01563 578592

South Ayrshire: 01292 559777

Child & Adolescent Mental Health Service (CAMHS):

North Ayrshire: 01294 323425

South Ayrshire: 01292 615931

East Ayrshire: 01563 578540

Adult Mental Health Contact (Hospital-linked):

Crosshouse: 01563 572476

Ayr: 01292 559710

Mind

Phone: 0300 123 3393

Visit mind.co.uk

Mind aims to empower people with life-changing information, helping them understand mental health, make informed choices, and feel less alone in their journey. Mind are there when it matters most – offering real help, real people, and real hope every step of the way.

Mental Health Foundation

Visit mentalhealth.org.uk

Mental Health Foundation is challenging the way things are done and creating fundamental change in the UK's approach to mental and focuses on preventing poor mental health as well as building up and protecting good mental health.

Suicide Prevention Scotland

Visit suicideprevention.scot

E: enquiries@suicideprevention.scot

A community of like-minded people and organisations working together to deliver Creating Hope Together. Creating Hope Together is the Scottish Government and COSLA's joint ten-year suicide prevention strategy.

SAMH

Visit: samh.org.uk/information-service

Phone: 0344 800 0550

(9am–6pm Mon–Fri)

Email: info@samh.org.uk

Whether you're seeking support, are looking for more information for you or someone you love, or if you just want to have chat about mental health, SAMH are there to help. You can also speak to an advisor through their Live Web Chat which will pop up when an advisor is available.

United to Prevent Suicide

Visit unitedtoprevent-suicide.org.uk

Sign up to receive resources that can help have healthy conversations and break down the stigma. Everyone who joins the movement receives a suicide prevention pack loaded with information on how to talk about suicide, how to become a better listener and how to dispel the myths about suicide.

RAMH – Recovery Across Mental Health (North Ayrshire)

Phone (Ardrossan): 01294 447355

Supports recovery and wellbeing for people experiencing mental health difficulties.

Penumbra – North Ayrshire Self Harm Project

Phone: 01294 602687 or 0141 229 2580

E: ayrshire.selfharm@penumbra.org.uk

Offers practical and emotional support if you're experiencing self-harm and can support carers too.

Samaritans

Phone: 116 123 (Free)

Local Ayrshire contact: 01563 531313

Email: jo@samaritans.org

Confidential emotional support any time, day or night.

Mind Scotland

Support, info and signposting for mental health issues:

Phone: 0300 123 3393

Text: 86463

SANEline

Support for mental health distress, available every day.

Phone: 07983 967 708

Email: support@sane.org.uk

CALM (Campaign Against Living Miserably)

Support for anyone feeling suicidal:

Phone: 0800 585 858

Daily: 5pm – Midnight

Circles South Ayrshire

Visit circlesnetwork.org.uk

Phone: 01292 264396

Text: 07557150035

Email: info.southayrshire@circlesnetwork.org.uk

Advocacy and support service, including for those with mental health needs.

Wellington Mental Health & Wellness Trust

Wellington Wellbeing Centre

Visit wellingtonwellness.co.uk

Phone: 01292 502221

Email: hello@wellingtonwellness.co.uk

**Address: Wellington Wellbeing Centre ,
2 Alloway Place, Ayr, KA7 2AA**

A local charity providing counselling, CBT, support groups and wellbeing services based in Ayr.

Hope Wellbeing (SCIO)

Phone: 07547 697510

Email: elainehopeayrshire@gmail.com

Facebook: Hope Wellbeing Centre

A volunteer-led charity offering trained listeners, counsellors, bereavement support and wellbeing sessions in South Ayrshire. Drop-In sessions available in Monkton & Prestwick.

Kilmarnock Station Community Village

Phone: 01563 573966

Email: caroline@ksrht.org

**Address: Kilmarnock Station
Community Village, Station Brae,
Kilmarnock, KA1 2AF**

A community wellbeing hub offering CBT counselling, person-centred counselling, mindfulness, anxiety management and wellbeing activities, including classes and community support.

Beautiful Inside and Out (CIO)

Phone: 07984 328808

E: beautifulinsideandoutscio@gmail.com

A charity providing free bespoke counselling and bereavement support to anyone in crisis.

Time for Me (Wellbeing & Therapies)

Phone: 07853 980811

Email: timeformeangela@gmail.com

Offers a range of therapies including counselling, hypnotherapy and mindfulness to support mental wellbeing. Provides 1:1 and group wellbeing sessions.

Support for Anxiety

Anxiety UK

Visit anxietyuk.org.uk
Text Service 07537 416 905
Infoline: 03444 775 774

No Panic

Visit nopic.org.uk
Youth Helpline 0330 606 117
Helpline 0844 967 4848

Good Thinking

Visit good-thinking.uk

Support for Self Harm

LifeSIGNS (Self-Injury Guidance & Network Support)

Visit lifesigns.org.uk

An online, user-led charitable organisation, founded in 2002 to create understanding about self-injury and provide information and support to people of all ages affected by self-injury across the UK.

Calm Harm

Download on Apple App Store & Google Play.

An award-winning app funded by teenage mental health charity stem4, to help manage the urge to self-harm. The app is private, anonymous, and safe. This app is for young people over the age of 13.

Self Injury Support

Visit selfinjurysupport.org.uk
Helpline: 0808 800 8088
Text: 07537 432 444

Self-Injury Support run a helpline and text 7pm – 10pm on Mondays and Thursdays. There are also lots of resources and self-help links on their website.



Support for Children & Young People

Release Ayrshire

Text RELEASE to 85258

Our SHOUT text service offers free, 24/7 confidential mental health support to young people, men, women, elderly - absolutely anyone who is in need can use this service. We provide a crucial first step chatting platform and offer a safe space for people to speak freely about any struggles they may be having, whether it's from day-to-day worries or full mental health crisis.

Conversations can be saved in your messages app if you ever need to look back on support given, all texts are free so will never show up on a phone bill and our service is here 24/7 every single day - you can message this service as many times you need to.

YoungMinds

Visit [youngminds.org.uk](https://www.youngminds.org.uk)

A service that offers an array of mental health support for young people. YoungMinds also offers support to parents who may be concerned about the emotional wellbeing of a child or young person. Lots of support and resources are available on the YoungMinds website.

Childline (Up to age 19)

Phone: 0800 1111

Free confidential support for children/young people who are scared, hurt, or being abused.

Megan's Space

Email: jenny@megansspace.com

Megan's Space aims to prevent the needless loss of young lives to suicide and reduce self-harm whilst promoting mental wellbeing. Megan's Space provides essential support, advocacy and therapeutic services to young people who are unable to access the help they need through traditional routes whether due to cost, access or perceived taboo.

NSPCC Scotland

Phone: 0808 800 5000

Support for adults concerned about a child.

Young Scot

Visit [young.scot/get-informed/](https://www.youngscot.org.uk/get-informed/)

Hosts a range of information on a variety of topics that has been created with young people.

Respect Me

Visit [respectme.org.uk/](https://www.respectme.org.uk/)

Provides information on bullying, what to do and supports.

The Mix

Visit [themix.org.uk/get-support](https://www.themix.org.uk/get-support)

Phone: 0808 808 4994

Phone line is open 3pm - 12am every day of the year

Their crisis text support service is open 24 hours a day, 7 days a week

Support for anyone up to 25 years old.

Ayrshire Health Practitioners

Auchinleck Surgery

01290 424713

Crosshouse Crosshouse Medical Practice

01563 521506

Cumnock & Muirkirk Tanyard Medical Practice

01290 421157

Dalmellington Health Centre

01292 550238

Darvel & Newmilns Loudoun Medical Practice

01560 320205

Drongan Taiglum Medical Practice

01292 591345

Galston Medical Practice

01563 820424

Kilmarnock Old Irvine Road Surgery

01563 522413

Kilmarnock Portland Medical Practice

01563 522411

Kilmarnock Portland Road Surgery

01563 522118

Kilmarnock The Wards Medical Practice

01563 526514

Kilmarnock & Kilmaurs Medical Group

01563 523593

Mauchline & Catrine Ballochmyle Medical Group

01290 456001

New Cumnock Valley Medical Practice

01290 338242

Patna Riverside Medical Practice

01292 532500

Stewarton Health Centre

01560 486784

Support for Money & Finances

North Ayrshire – Money Smart

Phone: 01294 310000 (option 1)

E: moneysmart@north-ayrshire.gov.uk

Free welfare rights, benefits and debt support delivered by North Ayrshire Health & Social Care Partnership. Services include benefits checks & maximisation, debt advice & budgeting help and Council Tax and rent arrears support as well as assistance with DWP/ Social Security Scotland claims.

CHAP – Ayrshire Housing, Welfare & Debt Advice

Visit chap.org.uk

Phone: 0300 002 0002 (Freephone)

Email: enquiries@chap.org.uk

Online referral available also

Charity offering free independent debt and money advice, including negotiating with creditors and debt solutions. Support covers dealing with mortgage arrears, council Tax and rent arrears as well as negotiating repayment plans.

East Ayrshire Money (Financial Inclusion Team)

Phone: 0800 389 7750

Email: financialinclusionteam@east-ayrshire.gov.uk

Local service offering information, advice and support on welfare rights, benefits, budgeting and debts.

East Ayrshire Citizens Advice Bureau

Phone: 01563 543379

Crisis Line (food/energy/homelessness): 01563 544744

Email: advice@eastayrshirecab.org.uk

Provides free, confidential and impartial money and debt advice, including budgeting and negotiating with creditors. They can advise on rent arrears, council Tax debts, loans & credit cards as well as fuel bills & utilities.

Citizens Advice Scotland (CAS) – Money Talk Team

Phone (General Scotland Line): 0800 028 1456

Part of the national Citizens Advice network offering general money and debt advice for anyone in Scotland.

Money Matters (North Ayrshire)

Phone: 01294 310456

E: moneymatters@north-ayrshire.gov.uk

Local welfare rights and money advice service available to residents of North Ayrshire.

StepChange Debt Charity

Visit stepchange.org

Phone: 0800 138 1111

Advice Direct Scotland

Phone: 0808 800 9060

Email: advice@advice.scot

Information and Advice Hub – South Ayrshire Council

Phone: 0300 123 0900

Email: informationandadvicehub@south-ayrshire.gov.uk

Free, confidential advice on money, debt, welfare rights, benefits & more for South Ayrshire residents.

Scottish Welfare Fund – South Ayrshire Council

Phone: 0300 123 0900

Email: scottishwelfarefund@south-ayrshire.gov.uk

Discretionary grants for crisis support or community care needs (e.g., food, fuel, basic essentials).

Ayr Debt Centre / Citizens Advice Support

While there isn't a specifically named Ayr Debt Centre, Citizens Advice provides free debt advice in the area:

Crisis Line: 01563 544744

Message Line: 01563 543379

E: advice@eastayrshirecab.org.uk

Connect South Ayrshire

Visit connectsouthayrshire.org

A community network that shares information and signposting to local services (including money advice through hubs and foodbanks).



Council Welfare Rights & Money Advice – South Ayrshire

Phone: 0300 123 0900 (Ask for Welfare Rights/Money Advice)

Email: informationandadvicehub@south-ayrshire.gov.uk

This service is part of the Information and Advice Hub, but specifically provides welfare rights guidance and benefit maximisation.

Ayrshire Credit Union Ltd

Phone: 01563 555858

E: admin@ayrshirecreditunion.co.uk

A local community credit union offering savings, loans and affordable financial services.

Stepping Stones for Families

Phone: 0141 849 6333

Email: info@ssff.org.uk

Support services for families, often including money advice signposting (mainly young family support).

StepChange Debt Charity

Visit stepchange.org

Phone: 0800 138 1111

UK-wide free expert debt advice service accessible from Ayrshire.

VoiceAbility

Visit voiceability.org

Phone: 0300 303 1660

Email: helpline@voiceability.org

Provides independent advocacy services including support to access Social Security Scotland benefits and help with welfare issues.

Social Security Scotland

Visit socialsecurity.gov.scot/benefits

Phone: 0800 182 2222

Government agency providing Scottish benefits (e.g. Best Start, Carer's, Funeral Support). They are separate from council advice but essential for welfare support.

Money Advice Scotland

Phone: 0800 731 4722 (Free Helpline)

Visit moneyadvicescotland.org.uk

National charity that supports and signposts you to free, independent money and debt advice across Scotland.

Christians Against Poverty - Ayrshire

Call FREE 0800 328 0006

Visit capscotland.org

Carol Boyd

carolboyd@capuk.org

Phone: 07895 992 77

Alan McLaren

Email: alanmclaren@capuk.org

Phone: 07717 645 804

CAP is a free service designed to empower you with the knowledge, budgeting skills and confidence to better manage your finances. Money coaching is a free service designed to empower you with the knowledge, skills, tools and confidence to better manage your finances. Anyone can benefit – from seasoned budgeting experts to those struggling to get to grips with their spending.

Support for Older People

East Ayrshire Council Services for Older People

Social Services (Cumnock):
01290 427720

Social Services (Dalmellington):
01292 552900

Social Services (Kilmarnock):
01563 554200

East Ayrshire Social Work General Email:
social.work@east-ayrshire.gov.uk

Provides community care, support at home, day care, community alarms, equipment and meal services to help older people live independently.

Day Care Services for Older People:

Auchinleck Day Centre: 01290 428460

Rosebank Day Centre, Kilmarnock:
01563 554645

Older People's Supported & Sheltered Housing:

East Ayrshire Housing: 01563 554400
Email: housing@east-ayrshire.gov.uk

Voluntary Action South Ayrshire (VASA)

Phone: 01292 432661

Email: enquiries@vasa.scot

Supports and promotes voluntary groups and services, including those offering activities and support for older people.

South Ayrshire Community Mental Health Team for Older Adults

Phone: 01292 513908

Age Scotland (National Charity for Older People)

Visit agescotland.org.uk

Free Helpline: 0800 12 44 222
Mon-Fri: 9am-5pm

General Office: 0333 323 2400

Email: info@agescotland.org.uk

Helpline: helpline@agescotland.org.uk

Provides information, advice, a free helpline, local group support and friendship services for older people, their families and carers, including advice on benefits, housing, care, energy and more.

Alzheimer Scotland South Ayrshire Locality

Phone (South Ayrshire Locality):
01292 218005

Email: SouthAyrshire@Alzscot.org

24-hour Dementia Helpline:
0808 808 3000 (Freephone)

Support for people with dementia, their carers, families and friends, including peer support and community sessions.

North Ayrshire Health & Social Care Adults & Older People Services

Phone: 01294 310000

E: contactus@north-ayrshire.gov.uk

Visit north-ayrshire.gov.uk/health-and-social-care/adults-and-older-people/adults-and-older-people.aspx

Provides day services, occupational therapy, community support and advice to help older adults live independently.

Community Support & Befriending South Ayrshire & East Ayrshire

Various community groups offer befriending, social connection and support:

East Ayrshire – Older People’s Wellbeing Activities

Vibrant Communities Team:
01563 576354 / 01563 578124

Email: vibrantcommunities@east-ayrshire.gov.uk

Run by East Ayrshire Leisure Trust: volunteer befriending, social activities and community support.

Age Concern Ayr (Local Older People’s Support)

Visit ageconcernayr.co.uk
Phone: 01292 265304
Email: ageconcernayr@gmail.com

A local older people’s organisation in Ayr offering advice, information and community activities.

SeAScape Hope Project (SeAScape Housing Support)

Visit seascapeayr.org.uk
Phone (Office): 01292 285424
Out of Hours/Urgent: 0808 196 3385
Email: enquiries@seascapeayr.co.uk

Local Ayrshire charity supporting people with housing needs, homelessness, benefits advice and related support.

The Silver Line

National free, 24/7 confidential helpline offering friendship, support and information for older people.

Visit thesilverline.org.uk
Helpline (24/7): 0800 4 70 80 90
Charity office: 020 7224 2020
Email: info@thesilverline.org.uk

Cinnamon Trust

Visit cinnamon.org.uk
Phone: 01736 757900
Email: hello@cinnamon.org.uk or admin@cinnamon.org.uk

National charity supporting older people and people with terminal illness to care for their pets (e.g., walking, day-to-day help, temporary care).

Trusted Trader Scheme (Scotland / Ayrshire)

A scheme for finding vetted local tradespeople - not an individual support service but useful for older people choosing reliable local traders.

Visit trustedtrader.scot
Customer Queries: 0333 444 7016
South Ayrshire Council Trading Standards (Advice): 01563 576790
E: trusted.trader@south-ayrshire.gov.uk

Home Fire Safety Visits – Scottish Fire and Rescue Service (SFRS)

National service offering free home fire safety visits (helpful especially for older or vulnerable residents).

Enquire or Book: 0800 0731 999
Email: ensa.communityactionteam@firescotland.gov.uk
Visit firescotland.gov.uk/contact-us/home-fire-safety-visits/

Social Work, Community Care Teams & Occupational Therapy

Ayrshire Wide Social Work Out of Hours Response Service

Phone: 0800 328 7758

East Ayrshire Social Work & Community Care Teams

Email: healthandsocialcareadmin@east-ayrshire.gov.uk

Phone: 01563 554200 or 01563 554400

South Ayrshire Social Work & Community Care Teams

Ayr North Community Care Team:
01292 281993

Ayr South Community Care Team:
01292 281993

Ayr Hospital Social Work Team:
01292 624639

Adult Mental Health Team (Ailsa Hospital): 01292 513144

Learning Disability Team (Arrol Park):
01292 614914

Troon Community Care Team:
01292 319272

Maybole/Girvan Team: 01655 883293

North Ayrshire Social Work & Community Care Team

Main Switchboard: 01294 310 300

Adult Support & Protection Email:
adultprotection@north-ayrshire.gov.uk

Emergency Out of Hours Social Work Support: 0800 328 7758

East Ayrshire Occupational Therapy (OT)

Adult occupational therapists in EA work with Social Work to support people with daily living challenges, equipment and adaptations to live safely and independently.

Cumnock Social Services

Phone: 01290 427720

E: social.work@east-ayrshire.gov.uk

Dalmellington Social Services

Phone: 01292 552900

E: social.work@east-ayrshire.gov.uk

Kilmarnock Social Services

Phone: 01563 554200

E: social.work@east-ayrshire.gov.uk

Children & Young People's OT North Ayrshire

Phone: 01294 323070

Rainbow House, Ayrshire Central Hospital, Kilwinning Rd, Irvine, KA12 8SS

South Ayrshire Occupational Therapy

Phone: 01292 281993 (Community Occupational Therapy Service)

E: CommunityOT@south-ayrshire.gov.uk

Children & Young People's OT South Ayrshire

Phone: 01292 614988

Stay Ahead of the Curve Occupational Therapy (South Ayrshire)

Phone: 01292 665 699

Email:

aa.clinicalstayingaheadofthecurve@aapct.scot.nhs.uk

Stay Ahead of the Curve is a preventative community service in South Ayrshire that focuses on supporting people experiencing mild frailty through early conversations and tailored interventions - helping people stay independent, mobile and connected for longer. Services include early wellbeing conversations about daily living and independence, support to reduce risk factors such as falls, social isolation or difficulty with everyday tasks and tailored support that helps delay or reduce dependence on more complex services. This service is for anyone in South Ayrshire who feels they might benefit from early support around ageing well, unsteadiness, falls or loss of confidence.

Falls Screening & Advice

Falls screening is a non-emergency assessment offered by health and social care professionals (GPs, physiotherapists or community teams) that identifies personal and environmental risk factors contributing to slips, trips and falls.

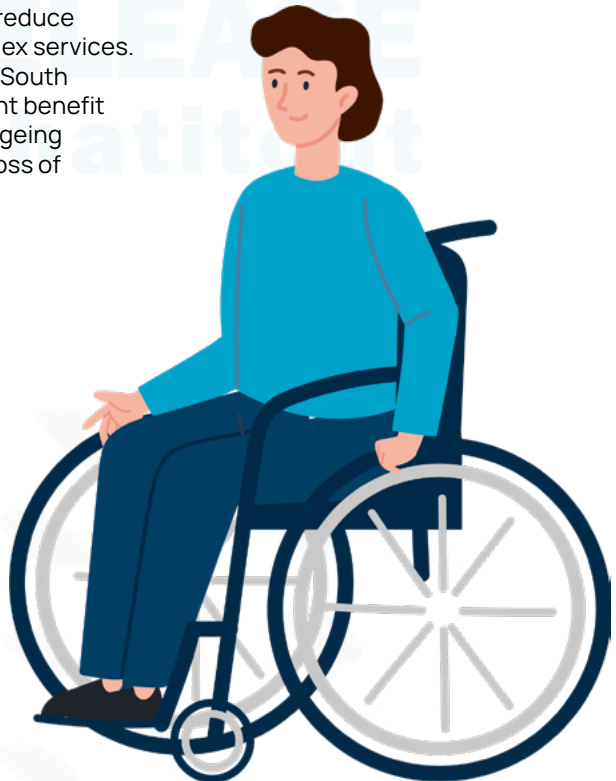
Contact your local GP, NHS Ayrshire & Arran falls services, community physiotherapy, or social care teams for further information.

NHS Ayrshire & Arran Intermediate Care Services

South Ayrshire: 01292 660444

North Ayrshire: 01294 400616

East Ayrshire: 01563 507955



Sexuality

LGBT Youth Scotland

Visit lgbtyouth.org.uk

Phone: 0131 555 3940

Email: info@lgbtyouth.org.uk

Scotland's leading charity supporting lesbian, gay, bisexual, transgender and queer young people (approximately 13-25). They run youth groups in Ayrshire (South, North and East Ayrshire) - safe, confidential spaces to connect and explore sexual orientation & gender identity.

Out & About Ayrshire (via LEAP Sports Scotland)

Visit leapsports.org/activities/out-about-ayrshire

Phone: 0141 461 2888

Email: laura@leapsports.org or
stuart@leapsports.org

General email: info@leapsports.org

A project for LGBTIQ+ adults (18+) in Ayrshire, offering activities, social connection, and peer support.

LGBT Health and Wellbeing (Scotland Helpline)

Visit lgbthealth.org.uk

Phone: 0300 123 2523

Email: helpline@lgbthealth.org.uk

Nationwide support for LGBTQ+ people and those exploring sexuality / gender identity - emotional support, info and signposting.

National LGBT Helpline Scotland

Phone: 0300 123 2523

Email: helpline@lgbthealth.org.uk

Offers information & emotional support for LGBTQ+ people, families and allies (available by phone & sometimes live chat).

Galop (UK LGBTQ+ Support for Hate Crime / Violence / Domestic Abuse)

Visit galop.org.uk

Freephone: 0800 999 5428

Email: help@galop.org.uk

Provides help if you've experienced hate crime, sexual violence or abuse connected to sexuality or gender identity.

East Ayrshire Council LGBT+ contacts

Vibrant Communities:

01563 576354 / 01563 578124

Email: vibrantcommunities@east-ayrshire.gov.uk

Equality Network

Email: en@equality-network.org

Visit equality-network.org-east-ayrshire.gov.uk

Works on LGBT equality in Scotland.

Scottish Trans Alliance

Email: sta@equality-network.org

Improving equality for trans & non-binary people.



EACH (Educational Action Challenging Homophobia)

Actionline: 0808 100 0143

Visit each.education

National voluntary organisation which supports lesbians, gay men and their families. Helplines throughout the UK as well as parent groups. Run by parents of gay men and lesbians.

FFLAG

Helpline: 0845 652 0311

Visit fflag.org.uk

Helping parents and families understand, accept and support their lesbian, gay, bisexual and transgender members with love and pride.

LGBT Foundation

Helpline: 0345 330 3030

Visit lgbt.foundation

A national charity delivering advice, support and information services to LGBT communities.

Switchboard – The LGBT+ Helpline

Visit switchboard.lgbt

Helpline: 0300 330 0630

(Open 10am – 10pm everyday)

LGBT+ helpline, message and email service. Trans-friendly and nonbinary friendly. Confidential support and advice, this service is run by volunteers who self-define as LGBT+.

SupportLine

Helpline: 01708 765200

Email: info@supportline.org.uk

Provides emotional support and details of agencies, counsellors, helplines, support groups across the UK.

Support for Gender Identity

Beaumont Society

Helpline: 01582 412220

Visit beaumontsociety.org.uk

National 24hr helpline and other support for trans individuals, their partners and families.

Depend

Visit depend.org.uk

Free confidential advice, information and support for all family members, spouses, partners and friends of trans people in the UK.

Mermaids

Visit mermaidsuk.org.uk

Helpline: 0808 801 0400

Telephone information and listening service for children and teenagers with gender identity issues and their families.

The Tie Campaign

Email: hello@tiecampaign.co.uk

Aims to combat homophobia, biphobia and transphobia in schools.

Broken Rainbow

Call: 0300 999 5428

Provides confidential support to all members of the LGBT communities, their families, friends and agencies supporting them.

Surviving Abuse

Scotland's Domestic Abuse & Forced Marriage Helpline

Phone: 800 027 1234

Email: helpline@sdaafh.org.uk

24/7 confidential support for anyone experiencing domestic abuse (including women, men & children).

National Rape Crisis Scotland Helpline

Phone: 0808 801 0302

Free confidential support for survivors of sexual violence.

Men's Advice Line (support for male victims of domestic abuse)

Phone: 0808 801 0327

Email: info@mensadvice.org.uk

East Ayrshire Women's Aid

Kilmarnock Phone: 01563 536 001

Cumnock Phone: 01290 423434

E: info@eastayrshirewomensaid.org.uk

Support for women, children & young people experiencing domestic abuse, plus refuge and ongoing support.

South Ayrshire Women's Aid

Support, information and refuge for women & children.

Phone: 01292 266 482

Crisis Line: 01292 266482

Children & Young People: 01292 267067

Children & Young People Text Service: 07870885986 or 07870885990

Email: support@sawamail.org.uk

North Ayrshire Women's Aid

Phone: 01294602424

Out of Hours: 0800 027 1234

Email: admin@nawomensaid.co.uk

Helps women & children affected by domestic abuse.

The STAR Centre: Rape Crisis Ayrshire

Phone: 01563 544 686

E: admin@starcentreayrshire.org.uk

Support for anyone (13+) affected by sexual violence, including counselling and support programmes.

Break the Silence

Phone: 01563 559 558

Email: info@breakthesilence.org.uk

Professional support in North & East Ayrshire for people affected by childhood sexual trauma.

Moving On Ayrshire (Counselling after sexual abuse/rape)

Visit movingonayrshire.com

Phone: 01292 290 546

E: enquiries@movingonayrshire.com

Free confidential counselling for survivors of sexual abuse & rape (ages 14+), including support throughout South Ayrshire (Ayr, Girvan, Troon, etc.).

Abused Men in Scotland – (Support for Male Victims)

Phone: 03300 949 395

Email: support@amis.org.uk

Breathing Space (Emotional Support)

Phone: 0800 83 85 87

Hemat Gryffe Women's Aid

Visit hematgryffe.org.uk

Phone: 0141 353 0859

E: womensaid@hematgryffe.org.uk

Support for women, children & young people experiencing domestic abuse, forced marriage, and honour-based abuse.

Action Against Stalking

Visit actionagainststalking.org

Phone: 0800 820 2427 (Leave a voicemail; they'll call back)

E: support@actionagainststalking.org

UK-wide support service for people affected by stalking (emotional & practical support).

FearFree

Visit fearfree.scot

Email: fearfreeinfo@sacro.org.uk

Phone: 0131 624 7270 (Answer machine; leave message for callback)

Non-judgemental support in Scotland for men and LGBT+ people experiencing domestic abuse, including emotional support, safety planning, advocacy and practical help.

Victim Support South Ayrshire

Local office: 01292 266 441

National Helpline (Scotland):
0800 160 1985

Email: victimsupport.southayrshire@victimssupportsco.org.uk

Visit victimsupport.scot/locations/victim-support-south-ayrshire/

Local branch of Victim Support Scotland: practical & emotional support for victims & witnesses of crime (including abuse).



In Care Survivors Service Scotland

Phone: 0800 121 6027

Trauma-informed counselling & advocacy for adults who experienced abuse in care (and their families).

Respect Me (Anti-Bullying Service in Scotland)

Visit respectme.org.uk

Phone: 0344 800 8600

Email: enquire@respectme.org.uk

National anti-bullying service (for children, young people, parents, schools). Not a direct abuse crisis support line but can help with related bullying and wellbeing issues.

Modern Slavery & Exploitation Support

Visit modernslaveryhelpline.org

Phone: 08000 121 700 (toll-free)

Modern Slavery & Exploitation Helpline (UK) - support, information & referral for potential victims of human trafficking/ slavery.

SOHTIS (Survivors of Human Trafficking in Scotland)

Offers long-term support.

Visit sohtis.org

Email: enquiries@sohtis.org

Speak Out Scotland

Phone: 0141 332 9326

Provides a support service for male survivors of childhood sexual abuse.

InCare Survivors Scotland

Call: 0800 121 6027

A trauma specialist counselling and advocacy support service for adults who have suffered abuse in care.

Children & Young People Support

Childline (Up to age 19)

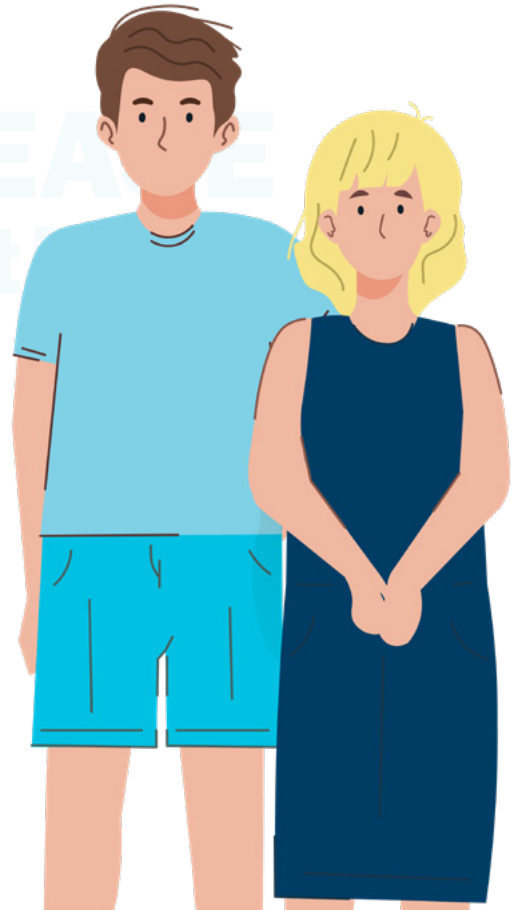
Phone: 0800 1111

Free confidential support for children/ young people who are scared, hurt, or being abused.

NSPCC Scotland

Phone: 0808 800 5000

Support for adults concerned about a child.



Support for Veterans

Combat Stress (Veteran Mental Health Support – UK)

24/7 Helpline: 0800 138 1619

Free and available 24 hours, 365 days a year

Text: 07537 173683

Email: helpline@combatstress.org.uk

Combat Stress is the UK's leading veteran's mental health charity, providing a 24/7 helpline and specialist support for PTSD, anxiety, trauma and other mental health issues.

Veterans First Point (Irvine)

Phone: 01294 310400

E: aa-uhb.veteransfirstpoint@nhs.net

A dedicated veteran support service run by peer support workers and NHS partners for veterans and their families, offering welfare advice, health support (including mental health), housing advice and community support.

SSAFA Ayrshire

SSAFA (the Armed Forces charity) provides practical and emotional support - financial help, housing advice, counselling, home adaptations and more. Drop-in sessions also take place around Ayrshire.

Phone (Regional Office): 0141 488 8552

Branch Email: ayrshire.branch@ssafa.org.uk

Scottish Regional Office: ScottishRegional.Office@ssafa.org.uk

For urgent assistance call the Forcesline helpline: 0800 260 6780

Saltcoats & Irvine Armed Forces & Veterans Breakfast Clubs

Phone: 07392 180903 or 07580 061409

Email: support@afvbc.com

Informal community meet-ups offering camaraderie and peer support (not clinical services, but great for community networks).

Poppy Scotland - Ayrshire Welfare Centre (Kilmarnock)

Phone: 01563 598 000

Address: 44 King Street, Kilmarnock, KA1 1NP

A local welfare centre run by Poppy Scotland offering support, advice and social connection for veterans and their families. You can drop in to meet other vets or take part in activities, get support with housing, finances, wellbeing and more.

Royal British Legion Scotland

Phone: 0141 889 9281

Provides advocacy, community visits and support to veterans and families.

Veterans Scotland

Phone: 0131 550 1569

E: gensec@veteransscotland.org.uk

National charity coordinating many veterans' organisations across Scotland. Offers advice, sign-posting and connections to services.



Sacro's Veterans Mentoring Service

Phone: 0131 624 7270 or 0141 248 1763

Email: veterans@sacro.org.uk

Offers mentoring across Ayrshire (support with social integration, mental health, life skills, employment and access to services).

Veterans' Gateway (National Helpline & Referral)

Phone: 0808 802 1212 (Free)

A 24/7 service to help connect veterans with the right support services across the UK.

Age Scotland - Comradeship Circles (includes older veterans)

Phone: 0131 378 7206

Email:

caroline.mcdonald@agescotland.org.uk

Comradeship Circles coordinator information below.

Sacro's Veterans Mentoring Service

Telephone: 0131 624 7270 or 0141 248 1763

Email: veterans@sacro.org.uk

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 and find employment opportunities.

Faith

Church Contacts

Christian places of worship often offer pastoral support, prayer, community groups, and wellbeing activities. Many local churches and parish congregations also offer prayer groups, Bible studies, and pastoral care.

North & South Ayrshire Churches

New Life Church Prestwick

New Life Centre, 62 Monkton Road,
Prestwick, KA9 2PA

Fullarton ConneXions

Inclusive church community in Irvine

Phone: 01294 273741

Email: secretary@fullartonchurch.co.uk

Ayr Baptist Church Centre

Worship & fellowship in Ayr.

Phone: 01292 270404

Email: ayrbaptist@gmail.com

Ayr Free Church of Scotland

Visit ayrfreechurch.co.uk

Email: contact@ayrfreechurch.co.uk

The Salvation Army

Visit salvationarmy.org.uk

Email: ayr@salvationarmy.org.uk

Ayr Saint Columba Church

Visit ayrstcolumba.co.uk

Castlehill Parish Church

Visit castlehillchurch.org

Seagate Evangelical Church, Troon

Visit seagatechurch.org.uk

Emmanuel Christian Centre, Irvine

Visit ecc-irvine.co.uk

Lochside Mission and Outreach

9 Murray St, Ayr KA8 9PG

Townhead Christian Fellowship, Stevenston

Visit townhead.org

The Church of Jesus Christ of Latter-day Saints

Orchard Avenue, Mossgiel Road
Ayrshire, Ayr, KA7 3DL

Coylton Parish Church

Visit coyltonparishchurch.co.uk

East Ayrshire Churches

New Laigh Kirk - Kilmarnock

Visit newlaighkirk.com

Central Evangelical Church Kilmarnock (Evangelical)

Visit centralevangelicalchurch.co.uk

Elim Hall Kilmarnock (Evangelical)

7 Cuthbert Place, Kilmarnock KA3 1DT

Auchinleck Christian Fellowship

Phone: 07734 709834

Email: hecares4you2@aol.com

1 Park Road, Auchinleck KA18 2AZ

Assembly of God – Auchinleck (Pentecostal group)

Phone: 01292 671038

Old Cumnock Church of Scotland

Serves the Auchinleck/Cumnock area.

Townhead Church – Newmilns

E: contact@townheadchurch.com

141 Main Street, Newmilns, KA16 9DJ

Bridgend Gospel Hall Afton Bridgend, New Cumnock

Email: stewart@newcumnock.org.uk

Galston Gospel Hall

Phone: 01563 82073

Email: info@galstongospelhall.co.uk

2A Glebe Road, Galston, KA4 8DT

Crosshouse Gospel Hall

Phone: 07511 227537

Church of St John the Evangelist Cumnock (Roman Catholic)

92 Glaisnock St, Cumnock, KA18 1JU

Saint Maur's Glencairn Parish Church – Kilmaurs / Kilmarnock

Kirkton Rd, Kilmaurs, Kilmarnock,
KA3 2NW

St Sophia's / Galston Parish Church

9 Bentinck St, Galston, KA4 8HT

Church of St Paul – Hurlford (Roman Catholic)

53 Galston Rd, Hurlford,
Kilmarnock, KA1 5HT

Hurlford Parish Church

Visit hurlfordchurch.org

Kilmaurs & Fenwick Parish Church

Visit fenwickparishchurch.org.uk

Ayrshire Interfaith Group

Visit interfaithscotland.org/local-interfaith-groups/ayrshire

Phone: 07875 847593

Email: Stuartlang1@hotmail.com

Community group that promotes dialogue between faiths.

HOPE Wellbeing (South Ayrshire)

Phone: 07547697510

10 Monkton Road, Prestwick, KA9 1AR

Christian charity offering emotional support, listening, and wellbeing help.

Scripture Union Scotland – Ayrshire Team

Phone: 01560 323370

Email: ayrshire@suscotland.org.uk

Support for children, youth and families with Christian ministry links.

Auchinleck Parish Church

5 Church Hill, Auchinleck,
Cumnock, KA18 2AE

Phone: 01290 424776

Kingdom Hall of Jehovah's Witnesses (Auchinleck Jehovah's Church)

107–109 Main Street,
Auchinleck, Cumnock, KA18 2AF

Our Lady of Lourdes and Saint Patrick (Auchinleck Chapel - Roman Catholic)

Sorn Road, Auchinleck,
KA18 2HP, United Kingdom

New Cumnock Parish Church (New Cumnock Church – Church of Scotland)

15-16 Castle, New Cumnock,
Cumnock, KA18 4AG
Phone: 01292 670476

New Cumnock Baptist Church

Lanehead Terrace, New Cumnock,
Cumnock, KA18 4LG

Cumnock Congregational Church

4 Auchinleck Road,
Cumnock, KA18 1AE
Phone: 01290 426216

Old Cumnock Church of Scotland

38 The Square, Cumnock, KA18 1AR

St Andrew's United Free Church (St Andrews United Free Church, Cumnock)

109 Glaisnock Street,
Cumnock, KA18 1JP
Phone: 01563 549829

St John R C Church (Cumnock Chapel – St John the Evangelist Roman Catholic)

92 Glaisnock Street,
Cumnock, KA18 1JU

RELEASE
#chatitout





Ayrshire Muslim Faith Centres

Ayrshire Central Mosque Kilmarnock

Phone: 01563 533213
Email: admin@ayrshirecentralmosque.org.uk
58 Hill St, Kilmarnock, KA3 1JD

Ayrshire Muslim Education Centre (Kilmarnock Central Mosque)

Phone: 01563 257860
Visit ayrshiresmosque.org.uk
Address: 57 London Rd,
Kilmarnock, KA3 7AH

Al-Farooq Education & Community Centre Ayr

Address: 20 James St, Ayr, KA8 0DH

Cumnock Mosque

Address: 16 Ayr Rd, Cumnock,
KA18 1DW

Ayrshire Sikh Gurdwaras

Guru Nanak Gurudwara Irvine

Address: 40 Bank St, Irvine, KA12 0LP

Other Faith & Interfaith Support

Ayrshire Interfaith Group

Phone: 07875 847593
Email: Stuartlang1@hotmail.com

Ayrshire Quaker Meeting

Phone: 01292 475019
Riverside Place, Ayr

“”

Whatever you are facing right now – grief, fear, pain, loss, or exhaustion – you are still here. You are still breathing. You are still trying. That alone is proof of your strength, even when it doesn’t feel like it. Keep going, one moment at a time, because you matter.



If you're really struggling right now, here's some things that might help:

- Breathe in for four, hold for four, out for four. Do that a few times.
- Drink a glass of water.
- Step outside, even just for a minute.
- Message or call one person that you trust.
- Look at this pack and pick just one number to save. You don't have to call today.
- You don't need to solve everything at once. Just focus on the next small step.
- Or text **RELEASE to 85258** for free, confidential support.

**ARE YE
STRUGGLIN'?**

**Text RELEASE
to 85258**

**RELEASE
#chatitout**

releaseayrshire.co.uk

Find us on socials  

Registered Charity Number: SC051648

shout
85258
here for you 24/7