

RECOVERY AYR

PEOPLE LED

RecoveryAyr is a peer led grassroots recovery charity, established in 2014, who provide recreational activities, along with training and volunteering activities which support individual and whole family recovery from alcohol or drug use. The majority of our Trustees are in recovery or affected family members, who bring a broad range of lived and professional experience. We have over 100 members, 10 employees and over 35 volunteers. Our activities and developments are driven by our members, participants, volunteers, and staff.

CAFE HOPE

Our first project, Café Hope, has been running for over 10 years as a weekly volunteer-led recovery café, offering a safe place for individuals, families, and communities to come together, increasing integration in the local community, reducing isolation, and supporting recovery. Café Hope also provides opportunities for individuals in recovery and family members to volunteer, and access training and development opportunities.

OUR GROUPS & ACTIVITIES

Our activities have grown to provide peer led recovery groups and activities (for individuals and families) across South Ayrshire including recovery meetings, yoga, football, a photography group, women-specific activities and specific groups for people involved with justice services. We also offer peer based support for individuals in police custody or returning to the community from prison, hospital or residential rehabilitation.

We are proud to be providing training and Naloxone kits to individuals, families, and community members. Our peer led recovery activities, which we have built over several years, have shown the positive impact of providing opportunities, connections, relationships and peer based support on an individual's recovery and the recovery of the whole family.

VOLUNTEERING WITH US

We have established our VIEW volunteering programme offering a range of activities including gardening, arts and crafts, and community give-back projects which offers structure, routine and gives people a sense of purpose as well as supporting the local community. We offer a progression model and peer support with all of our activities, offering a sense of hope and showing that recovery is possible.





@48

OUR NEW COMMUNITY VENUE

Working with our members we developed a proposal to create a vibrant and thriving venue in the heart of Ayr, which enriches and enhances the whole community. Our exciting project aims to bring together the wider community to create a family friendly venue, which offers social activities and events and is affordable for those on a low income. @48 offers opportunities for volunteering, accredited training and employment, as well as opportunities to support the local community to develop.

In 2024 we secured our new home, @48, in the heart of Ayr, which offers a range of spaces, including three group rooms, a small café, and the ability to open the café space into the main group room area and create a space for larger events and activities. We have been working hard with our volunteers to create a friendly and welcoming space for the whole community. We have relocated our Ayr based activities, including our weekly volunteer led community cafe, Café Hope which offers tasty home cooked food at an affordable price.

Our ambition is for @48 to be accessible and utilised by the whole community. Our spaces can be hired for meetings, training, activities and events, and we are also able to provide catering for your activities.

We are grateful to our funders who have allowed our vision for a community venue to become reality, as well as supporting our wider activities across South Ayrshire.



If you would like to learn more about our work, are interested in becoming involved with @48, or are considering making a donation, please contact recoveryayr@gmail.com or you can donate via our [JustGiving Page](https://www.justgiving.com/recoveryayr) www.justgiving.com/recoveryayr

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