

RELEASE

#chatitout

Volunteer resources & signposting

Topics

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National

The Samaritans - Tel: 116 123 or visit samaritans.org

Samaritans is available round the clock, every single day of the year. We provide a safe place for anyone struggling to cope, whoever they are, however, they feel, whatever life has done to them.

Shout - Text Shout to 85258 or visit giveusashout.org

Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Mind - 0300 123 3393 or visit mind.org.uk

The MindinfoLine offers thousands of callers confidential help on a range of mental health issues.

Mind helps people take control of their mental health. We do this by providing high-quality information and advice, and campaigning to promote and protect good mental health for everyone. They also provide a special legal service to the public, lawyers and mental health workers.

CALM - 0800 58 58 58 or visit thecalmzone.net

The Campaign Against Living Miserably (CALM) works to prevent male suicide and offers support services for any man who is struggling or in crisis.

YoungMinds - 0808 802 5544 or visit youngminds.org.uk

A service that gives advice to parents or carers who may be concerned about the mental health or emotional wellbeing of a child or young person.

Living Life offers free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, feel happier and stay calm and much more.

Call **0800 328 9655** or email enquiries@livinglifetothefull.com

Breathing Space is a free and confidential phone service for anyone experiencing low mood, depression or anxiety.

Call **0800 83 85 87** Monday–Thursday 6pm–2am and during weekends Friday 6pm–Monday 6am

Papyrus is a national charity dedicated to the prevention of suicide for those under 35. If you are having thoughts of suicide or are concerned for someone please get in touch.

Call **0800 068 4141** or text **0778 620 9697** for confidential support and practical advice. Opening hours are Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm or email pat@papyrus-uk.org

Anxiety UK

Anxiety UK offers support, advice and information on a range of anxiety, stress and anxiety based depression conditions. **Call 03444 775774 or text 07537416905.** Helplines are open 9.30am-5.30pm, Monday - Friday (except bank holidays).

The **Stay Alive app** is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. Download from **Google Play** or download from the **Apple Store**.

Clear Your Head is the new online resource from Scottish Government with tips and advice on taking care of your physical and mental wellbeing. Find further information at www.clearyourhead.scot.

Mental Health Foundation provides practical advice on mental wellbeing, parenting, talking to children, loneliness etc. www.mentalhealth.org.uk.

SAMH Anyone can experience poor mental health; especially now. Whether you're looking for information or seeking support, we can help. Call **0344 800 0550** or email info@samh.org.uk.

Young Scot have a variety of resources online to support your wellbeing. Call **0808 801 0338** or email info@young.scot.

East Ayrshire Council has its own suicide prevention strategy - **HERE TO LISTEN** with a dedicated Suicide Prevention website with details of Suicide First Aiders you can contact if you are in crisis together with a full range of supports, resources and training opportunities. For help go to www.east-ayrshire.gov.uk/suicideprevention or email healthandsafety@east-ayrshire.gov.uk.

Join the movement at **Scotland's new Suicide Prevention** approach at <https://unitedtopreventsuicide.org.uk/> . Sign up to receive resources that can help have healthy conversations and break down the stigma.

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Alcohol and drugs

RADAR (Rapid Access to Drug and Alcohol Support) is a new single point of contact for anyone concerned about their own or someone else's drug and/or alcohol use.

They are based at North West Area Centre, Kilmarnock.

Contact 01563 574237 for an appointment within 24 hours or NHS 24 on [111](#) for out of hours.

They also offer family support using CRAFT interventions.

East Ayrshire Recovery Hub is a new innovative project, supporting individuals with drug and alcohol issues linking them with recovery support, training and development within the local community.

Contact them at **07497 887458** or at socialmedia.earh@gmail.com.

Their offices can be found at 3-9 John Finnie Street, Kilmarnock.

East Ayrshire Recovery Network contains a list of support services, events and how to access Naloxone for those directly or indirectly affected by alcohol and drug use.

North Ayrshire Recovery and Wellbeing College - Tel: 0141 847 8900 or email enquiries@ramh.org

North Ayrshire Wellbeing & Recovery College is funded by North Ayrshire Health & Social Care Partnership (HSCP) and is delivered and staffed by the mental health charity RAMH (Recovery Across Mental Health).

Ayrshire Council on Alcohol offer a free one-to-one confidential service to individuals who are concerned about their drinking.

Call **01292 281238** during office hours or email info@acaayr.org

NHS Ayrshire & Arran Community Addiction Services offer a number of different interventions including support to stop taking drugs and alcohol and mental health services-related treatment and support.

Call **01563 574237** during office hours or NHS24 111 outwith these times

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope and help others to recover from alcoholism.

Call **0800 9177 650** or email help@aamail.org

East Ayrshire Recovery Service (Addaction) provides free and confidential drug and alcohol support.

Call **01563 558777** Monday to Friday during office hours with a late night opening on Tuesdays

Know the Score provides free, confidential information and advice on drug use.

Call the Helpline between 8am and 11pm 7 days a week on **0800 5875879**

Scottish Families affected by Alcohol & Drugs (SFAD) support anyone who is concerned about someone else's drug or alcohol use, wherever they are in Scotland.

Call the free and confidential helpline on **08080 101011** Monday to Friday 9am-11pm

HARBOUR (AYRSHIRE)

Working to empower individuals who are recovering from drug and/or alcohol addiction, assisting them to become independent and supporting 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 and an out-of-hours helpline. Lines are open Mon-Fri, 9am-5pm. The helpline is open to offer confidential help and advice from 5pm-10pm, Mon-Fri, and from 10am-10pm, Sat-Sun.

01292 623016 info@harbourayrshire.co.uk

AYRSHIRE COUNCIL ON ALCOHOL

Free one-to-one confidential counselling for people concerned about their drinking. A family service is also available to those whose lives are affected by someone else's drinking.

01292 281238 info@acaayr.org Visit Facebook

RECOVERY AYR

Recovery group offering peer led support and activities.

recoveryayr@gmail.com Visit Facebook

BROKEN CHAINS AYR

Supporting people with addiction issues and mental health problems. Weekly drop-ins offer food, support and company. Tuesdays 1.30pm-4pm at the Salvation Army Community Hall in John Street, Ayr.

07810 033270 thekingsman@hotmail.co.uk

CARE & SHARE

Providing a range of services to people in recovery from alcohol and drug issues.

01292 262686 help@riversidecommunitytrust.org.uk Visit Website

SOUTH AYRSHIRE ADDICTION SERVICE

Providing a wide range of supports including help to stop taking drugs and alcohol, mental health support, physical and sexual health interventions and injecting equipment provision (needle exchange). Available Mon-Fri, 9am-5pm.

01292 559800 Outside these times contact NHS 24 on 111

WE ARE WITH YOU SOUTH AYRSHIRE (formerly ADDACTION)

Help and support for anyone worried about their drug or alcohol use, or someone else's.

01292 430529

East Ayrshire Recovery Service (We are With You) provides free and confidential drug and alcohol support. Call **01563 558777** Monday to Friday 9.00am – 9.00pm and 11.00am – 4.00pm at weekends.

Recovery Enterprise Scotland run a social café providing affordable meals and volunteering opportunities and access to skills development training.

Contact them on **07793 241895** or email recoveryenterprises@outlook.com. (East Ayrshire)

East Ayrshire Families Service (Barnardos) provides a range of services and support to families and young people affected by substance misuse.

Email southwestscotlandservices@barnardos.org.uk or call **01563 530646**.

Patchwork Recovery Community work with partners to support those most marginalised in our communities with practical and emotional support.

Contact anniebrown@eav.org.uk, patch.work1@outlook.com or call **07880 035471** for details.

BEFRIENDING/ISOLATION

VASA/SOUTH AYRSHIRE LIFELINE TELEPHONE BEFRIENDING

For people of all ages who are feeling lonely or isolated.

0800 432 0510

SOUTH AYRSHIRE BEFRIENDING PROJECT

One-to-one befriending for socially isolated and excluded young people. **01292**

264000 info@bfriend.org.uk

SEASCAPE

An award-winning befriending service offering both one-to-one befriending and befriending groups to help the most lonely and isolated people in South Ayrshire to connect with people and feel more comfortable in their community. Contact Jim on **01292 285424** enquiries@seascapeayr.co.uk

THE GOOD MORNING SERVICE

Telephone befrienders call older people at a pre-arranged time to check all is well and have a blether. Open 365 days a year. Also do Good Night Calls from November to February. Referrals and self-referrals welcome.

0141 336 7766 or 0333 101 0036 info@goodmorningservice.co.uk

CHEST HEART & STROKE SCOTLAND KINDNESS CALLS

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

0808 8010899 kindness.enquiries@chss.org.uk Visit Website

AGE SCOTLAND FRIENDSHIP LINE

Here to listen, provide friendship and offer support.

Mon-Fri, 9am-5pm.

0800 12 44 222

NO-ONE DIES ALONE AYRSHIRE

Providing emotional support and befriending services for anyone who is dying or dealing with end of life issues.. Monday to Friday, 9am-5pm

07858 151969/07393 498763 noonediesaloneayrshire@gmail.com

FOOD TRAIN CONNECTS – PHONE FRIENDS

A telephone befriending service available to all customers of the Food Train's shopping service.

0141 551 8118 connects@thefoodtrain.co.uk

SOUTH AYRSHIRE COMMUNITY TRANSPORT (SACT)

Affordable community transport for the residents and community groups of South Ayrshire. Services include the SACT Electric Car Club which offers low cost car hire to people in South Ayrshire, group hire facilities (with or without drivers), Out & About Club excursions, the Barr-Girvan bus service and Lunch Club transport in the North Carrick area. They also operate the MyBus 700 service in the South Carrick area on behalf of Strathclyde Passenger Transport.

01292 270864 info@sacommunitytransport.org

Within East Ayrshire, **Vibrant Communities** offer guidance and help to those who live in our communities together with a Befriending Service. Telephone them on **01563 576354** or email vibrantcommunities@east-ayrshire.gov.uk.

CVO also operate Connect Call which is a telephone befriending service offering friendship and support to those who may experience social isolation or loneliness. To connect with this service email info@cvoea.co.uk or call **01563 574000**.

Alongside Connect Calls a virtual meeting of **Brew and a Blether** takes place weekly. Details on how to access this can be found on the WG13 Facebook page – everyone is welcome.

Centrestage are providing a 'checking in' service to those who are lonely, isolated or struggling with their mental wellbeing. Contact them at <https://www.centrestagemt.org.uk/> or phone **01563 551505**.

NHS Ayrshire & Arran have launched a dedicated volunteer listening and support service which will operate 7 days a week from 9am to 10pm and can be accessed on **01563 826430** or contact their volunteering service at volunteering@aapct.scot.nhs.uk

Bee Busy Be Friend offer a befriending service for all ages who are experiencing feelings of loneliness and isolation. Email anniebrown@eav.org.uk or telephone 0788 0035471.

Home but Not Alone offers a befriending service for people who are experiencing increased feelings of loneliness.

Email anniebrown@eav.org.uk or telephone **07880 035471**.

HIVE (Health in the Valley Enterprise) 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, we'd love you to join us. Call **01563 572459**

BEREAVEMENT

AYRSHIRE CANCER SUPPORT

Coronavirus bereavement and trauma support service if you have lost someone to Coronavirus, or are a care or NHS worker.

01563 538008 (Helpline 0800 254 5580) admin@ayrshirecs.org

AYRSHIRE HOSPICE

Counselling/support to family/friends affected by the life-limiting condition of someone close. **01292 269200 extension 473**

HOPE WELLBEING

Offering support to anyone struggling emotionally as a result of bereavement, grief or loss. The charity also holds a weekly 'Bereavement Café'. **07547 697510**
Donnamariehopewellbeingcentre@gmail.com Visit Facebook page

ATALOSS.ORG

AtaLoss.org is the UK's most comprehensive hub of services and information for bereaved people. You can easily find bereavement services appropriate to your loss wherever you live, practical information and helpful resources to help you on your bereavement journey and a live-chat service offering professional counselling support. **0800 448 0800**

PENUMBRA SUICIDE BEREAVEMENT SUPPORT (Ayrshire and Highland)

Emotional and practical support for families and individuals aged 16+ who have lost a loved one to suicide since August 2020. **0800 471 4768** suicidebereavementsupport@nhs.scot

BEAUTIFUL INSIDE AND OUT

Supporting bereaved families of suicide victims. beautifulinsideandoutscio@gmail.com Visit Facebook page

NO-ONE DIES ALONE AYRSHIRE

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 weekly. **07858 151969** noonediesaloneayrshire@gmail.com

TOUCHED BY SUICIDE

Self-help support for those bereaved by the suicide of a close friend or relative.

Support meetings currently being held online.

01294 274273 touchedbysuicidescotland@hotmail.co.uk

CRUSE BEREAVEMENT CARE SCOTLAND

Telephone/video support available. Freephone helpline offers support and a listening ear. **0808 802 6161** west@crusescotland.org.uk

AYRSHIRE BABY LOSS SUPPORT

Offering support to anyone affected by the loss of a baby at any stage. Services include regular support meetings and telephone or email support from befrienders. **01563 825402**
support@ayrshirebabyloss.org

CHILD BEREAVEMENT UK HELPLINE

Supporting families and professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. Mon-Fri, 9am-5pm.

0800 02 888 40 support@childbereavementuk.org

CHILD DEATH HELPLINE

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.

0800 282 986 contact@childdeathhelpline.org

SCOTTISH FAMILIES AFFECTED BY ALCOHOL AND DRUGS

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

08080 10 10 11 or helpline@sfad.org.uk

SUE RYDER ONLINE BEREAVEMENT COUNSELLING

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

0808 164 4572

THE COMPASSIONATE FRIENDS

Helpline offering support and understanding after the loss of a child, of any age, from any cause.

0345 123 2304 helpline@tcf.org.uk

BRAKE

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

0808 8000 401 helpline@brake.org.uk

GOOD LIFE, GOOD DEATH, GOOD GRIEF

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. **0131 272 2735**

Petal Support provides counselling to people who have been affected by the loss of a family member or partner to homicide or suicide in Scotland. They are also providing additional counselling for those who have been affected by a COVID-19 bereavement.

Call **01698 324502** or email info@petalsupport.com during office hours.

CARERS

SOUTH AYRSHIRE CARERS' CENTRE (UNITY)

Offering telephone support to carers. The centre also provides information, advice, help with benefit enquiries as well as running support groups for young and adult carers via Zoom.

01292 263000

East Ayrshire Carer's Centre on 01563 571533 (Kilmarnock), **01290 426404** (Cumnock) or **01292 550696** (Dalmellington). Or email admin@eastayrshirecarers.org.uk.

CROSSROADS SOUTH AYRSHIRE Provides a respite service for carers. **01292 671331**

COMMUNITY LINKS PRACTITIONERS

Community Links Practitioners can help with a range of issues including those related to caring for a relative or friend. Arrange an appointment through your GP surgery.

SOCIAL WORK

0300 123 0900

SOUTH AYRSHIRE COUNCIL HOME CARE

Personal care service. You can access the service through a social worker if you have one or contact the number below. **0300 123 0900**

BRICC Home care service covering the South Carrick area. **01465 831380**
bricc@btconnect.com

AYRSHIRE CANCER SUPPORT

Emotional support and practical help for families of cancer patients. **0800 254 5580 01563 538008**

SELF-DIRECTED SUPPORT

AYRSHIRE INDEPENDENT LIVING NETWORK

Free information, advice and support about Self-Directed Support.

01294 475685/6

COMMUNITY BROKERAGE NETWORK

Supporting people in Ayrshire to get the social care they need. **07769 698606**

VOICEABILITY

VoiceAbility is an independent professional advocacy. If you, a family member or someone you care for identifies as disabled, VoiceAbility can provide an advocate for you. Your advocate can support you to have your say, know your rights and help you with the application process for social security benefits. Get in touch: **0300 303 1660** helpline@voiceability.org

POWER OF ATTORNEY

MY POWER OF ATTORNEY

Health and Social Care Scotland's campaign is about giving you the power to make decisions that will protect you, your family and those you care about should you ever lose capacity to make decisions for yourself. A Power of Attorney safeguards your financial and health wishes.

OFFICE OF THE PUBLIC GUARDIAN (Scotland)

Information and guidance on Power of Attorney.

AGE SCOTLAND

Age Scotland's helpline can offer information and advice on Power of Attorney.

0800 12 44 222

DEMENTIA

ALZHEIMER SCOTLAND

24-hour Freephone dementia helpline.

0808 808 3000

ALZHEIMER SCOTLAND SOUTH AYRSHIRE

The office aims to support people with dementia, their families, relatives and friends at any stage of the illness. Support on offer includes information and advice and activity groups, currently being held online. **0300 373 5774**

CIRCLES SOUTH AYRSHIRE

Providing advocacy and supporting vulnerable people, whose circumstances include mental health issues, learning disability, acquired brain injury, dementia, autistic spectrum disorder and chronic illness, to speak up for themselves where possible. **01292 264396 or 07557 150035**
info.southayrshire@circlesnetwork.org.uk

DEMENTIA FRIENDLY PRESTWICK

Organising regular walks and a new local meeting centre for people living with dementia.

hello@dementiaprestwick.co.uk

DEMENTIA: POST-DIAGNOSTIC SUPPORT APP

NHS Ayrshire and Arran's new support app provides helpful information if you or close family member or friend has received a dementia diagnosis. To get the app download "NHS Ayrshire and Arran App" by searching for it in your Apple or Android mobile telephone App store

DEMENTIA ARTS TRUST

Deliver Art in a Suitcase classes specifically designed for people living with dementia or affected by it. Classes are currently running digitally due to Covid. The Trust also has a Hub at 139 Templehill, Troon, KA10 6BQ, for those affected by dementia. It is a friendly space offering information and signposted support open Wednesdays, 10am-1pm. **01292 836010**
dementiaartsenquiries@gmail.com

MENTAL WELFARE COMMISSION OF SCOTLAND ADVICE LINE

Giving advice on rights to people with mental illness, dementia, learning disability and related conditions, their families and carers, and professionals involved in their care and treatment.

0800 389 6809 mwc.enquiries@nhs.scot

SOUTH AYRSHIRE SOCIAL WORK

0300 123 0900

EX-OFFENDERS/FAMILIES

Families Outside

Provides support and information for the families of people in prison.

Visit their website, or contact their helpline service on **0500 83 93 83** www.familiesoutside.org.uk

PING

Peer support group for people who are, or have been, involved with the justice system. Information, help for substance misuse and anxiety management Please contact for more information. **07923 400384** richard.higgins@south-ayrshire.gov.uk Visit Facebook

SOUTH AYRSHIRE JUSTICE SERVICES

Continuing to support and monitor those who are subject to Court orders or released from prison. If you have been previously involved with Justice Services and require assistance also call this number. **01292 289749**

BROKEN CHAINS

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

01292 502597

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FAMILY

Dads Rock

New Dads support. For those who would like support during pregnancy and when their baby is born. Matching Dads/Dads-to-be from across volunteer befrienders. **07807498709**

BARNARDO'S FAMILY RESOURCE SERVICE

Alongside their family support service, they offer a range of services in Ayrshire including:

- the Intandem mentoring service for young people aged 8 to 14 years living within kinship placements or on a compulsory supervision order 'looked after' at home.
- Shine Women's mentoring service providing intensive support for women involved in the justice system either serving a sentence of less than 4 years in prison or a community sentence.
- Stronger Services provide support to children, young people and families either affected by their own or someone else's substance use.

01294 556208 southwestscotlandservices@barnardos.org.uk

BELMONT FAMILY FIRST TEAM

Working in partnership with schools, health, and community partners to support families to identify strengths, assets and resources that may enhance their wellbeing and enable them to reach their own goals. The team's aim is to provide valued and timely support to children and their families at the earliest opportunity, empowering families to strengthen their relationships, grow together, develop resilience and reach their full potential. For more information, please contact Careen Rennie.

01292 616340 Careen.Rennie@south-ayrshire.gov.uk

CHILDREN 1st PARENTLINE

Feel like you're at the end of your tether? Urgent money worries? Parentline is here for you and your family. Call free Mon-Fri, 9am- 9pm and Sat-Sun, 9am-noon.

08000 28 22 33

CHILDREN 1st (GIRVAN & MAYBOLE)

Charity giving support and practical advice to families in difficult times. Covers Girvan and outlying areas.

01465 710161 southayrshire@children1st.org.uk

THE MICAH PROJECT

Providing baby packs and clothes for children aged 0 to 16. The project is based at St Meddans Church, Troon, but is open to anyone in Ayrshire.

07591 332235

EMPLOYABILITY & SKILLS – TARGETED FAMILY SUPPORT

Assisting parents in South Ayrshire who are unemployed or underemployed to access a range of services aimed at improving a family's financial circumstances.

01292 612301 employability.skills@south-ayrshire.gov.uk

WHITELEYS RETREAT

Welcomes children/young people with cancer or other life altering illnesses and their families for respite. Also provides bereavement breaks and extended support.

hello@whiteleysretreat.com

PEEP GIRVAN

Parent Early Education Partnership Sessions support parents, carers and children to learn together in everyday life and play.

01465 716169

PEEP MAYBOLE

Parent Early Education Partnership Sessions support parents, carers and children to learn together in everyday life and play.

01465 716169

SOUTH AYRSHIRE SCHOOL CLOTHING BANK

A small local charity which aims to promote pride, dignity and self-esteem in children from families

experiencing financial hardship by providing new school uniforms and other essentials for the school day via a referral system. Referral form available on website.

07932 758448 nicola@lpsltd.co.uk Facebook

NIGHT BEFORE CHRISTMAS CAMPAIGN (NB4CC)

Making up Christmas boxes for children and vulnerable adults across Ayrshire and beyond.

07969 370249 nb4cc2017@gmail.com

SOUTH AYRSHIRE CHRISTMAS TOY BANK

Providing gift packages to children and young people in South Ayrshire who are experiencing the effects of deprivation at Christmas. Self-referrals are not accepted but you can ask your service provider or school/nursery to approach the Toy Bank on your behalf.

07375 479376 satoybank@gmail.com Facebook

BREASTFEEDING NETWORK NATIONAL HELPLINE

For breastfeeding support and information, please call. Lines open every day, 9.30am-9.30pm.

0300 100 0212

ONE PARENT FAMILIES SCOTLAND: LONE PARENT HELPLINE

Provides advice and support to single parents. Call the helpline about anything from dealing with a break-up, sorting out child maintenance, understanding benefits, money when having a baby, studying or moving into work. A free confidential friendly advice service.

0808 801 0323 advice@opfs.org.uk

THE SCOTTISH CHILD LAW CENTRE

Free legal advice service on all aspects of Scots law relating to children and young people, including education; additional support needs; health; confidentiality; social work; residence; contact; children's rights; youth offending; and access to records. All calls and emails are answered by fully qualified solicitors and advice is impartial, confidential and

child centred.

0131 667 6333 (free calls for under 21s on 0800 328 8970 from landline or 0300 3301421 from mobile)

advice@sclc.org.

THE BETTER DAYS FOR MEN FOUNDATION

A Scottish registered charity that aims to provide useful information, support and hope to men who have fallen on hard times and are suffering hardship. Areas of support include family and relationships, for example relationship breakdown and parental alienation and male victims of domestic abuse.

info@betterdaysformencom

MESSY MUNCHERS

Informal information sessions run by NHS Ayrshire and Arran's Nutrition and Dietetics Department on when, what and how to wean your baby on to solid food. Currently running online sessions. **01563 554415** NutritionTrainingDietetics@aapct.scot.nhs.uk Visit Facebook

Yipworld provide a wide range of support services primarily for children and young people. Email info@yipworld.org or call **01290 422364**.

HomeStart East Ayrshire provide a range of support to families who may be struggling with isolation, physical health, bereavement or a range of other issues.

Email admin@homestart-ayrshire.com or call **01563 526507**.

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FOOD

SOUTH AYRSHIRE FOODBANK

Branches at Southside Charity Shop, 254 High Street, Ayr (Mon & Wed 10am-12noon); Dundonald Montgomery

Hall (Mon 10am-12noon); Annbank Parish Church (Mon 11am-12noon); Lochside Church, Ayr (Tues 10am-

12noon & Thurs 12noon- 2pm); Castlehill Church, Ayr (Fri 10am-12noon); Prestwick New Life Church (Tues &

Fri 12.30-2.30pm); Tarbolton Parish Church (Mon 9am-10am); Troon Old Parish Church (Tues & Fri 12noon-

2pm); Carrick Centre, Maybole (Mon & Fri 10am-12noon) and Milestone Church, Girvan (Mon & Fri 10am-

12noon). Vouchers required. To find out how to get one, contact:

07599 071114 info@southayrshire.foodbank.org.uk

CVO East Ayrshire host the Ayrshire East FoodBank.

For information or to place a request for food provision contact them on **01563 574000** or by email at info@cvoea.co.uk. They can also be contacted by private message on their Facebook Page.

There are also a number of **Community Resilience Groups** in East Ayrshire who can support residents who need food, someone to go shopping or collect a prescription.

Call **01563 554400** to find your nearest group.

SALVATION ARMY AYR

Foodbank open Monday, Wednesday and Friday, 12noon-2pm.

01292 269286 or **07398 015858**

FOOD SAMARITANS AYRSHIRE

Co-ordinating the distribution of food donations from members of the community. Home cooked meals

available at times for people in need. If anyone requires help don't hesitate to get in contact.

07742 545608 foodsamaritans.ayrshire@gmail.com Visit Facebook

FOOD PANTRY @ MAYBOLE

Membership of the Pantry at the Carrick Centre in Maybole offers local people a low-price weekly shop. Open

Tuesdays, 10am to 12.30pm, and Thursdays, 12noon to 4pm.

01655 883222 foodpantry@carrickcentre.co.uk

FOOD PANTRY @ GIRVAN

Membership of the Pantry based at Girvan Primary School offers local people a low-price weekly shop. Open

Mondays, Tuesdays, Wednesdays and Fridays, 9.30am to 12.30pm.

ANNBANK CHURCH FOODBANK

Covering Annbank, Tarbolton and Mossblown. Open Mondays from 11am to 1pm.

01292 541452 or you can send a message on their Facebook page. Facebook page

CARE AND SHARE

Working in partnership with addiction services and housing departments to support those in need through a

weekly drop-in service with lunch in Riverside Church Hall, Ayr. There is also a weekly Breakfast Club.

01292 262686/07421 242996/07421 242863 help@riversidecommunitytrust.org.uk

ROOM @ WALLACETOWN

Help and support with food, clothing, household items, the cost of living and many other services available.

Tuesdays and Fridays from 1.30pm to 2.30pm at Newton Primary School, Russell Drive, Ayr. Primarily for

people in North Ayr area. Pre-order food shopping by contacting school.

01292 612714

BROKEN CHAINS

Support and food for 'homeless, drug addicted and otherwise marginalised' people. Every Tuesday, 1.30pm-

4pm, Salvation Army Hall, Ayr. Also hold monthly Sunday meetings.

01292 502597 Facebook Page

FOOD TRAIN CONNECTS

A charity service connecting older people (65+) with a volunteer who can support them with their shopping.

SHOPPING FRIENDS - a volunteer who will carry out and deliver a weekly grocery shop (£5 service charge

per shop). SHOPPING COMPANIONS - a shopping companion who can take you out to do your grocery

shopping once a week (£5 service charge per shop).

0141 551 8118 connects@thefoodtrain.co.uk

HEALTH CONDITIONS

CANCER

AYRSHIRE CANCER SUPPORT

Providing Information, support, counselling, hospital transport, support groups, complementary therapies and befriending services to cancer patients and their families.

01563 538008 (Helpline 0800 2545580) admin@ayrshirecs.org

AYRSHIRE CANCER SUPPORT CHILDREN AND YOUNG PEOPLE SERVICE

Offering a range of therapeutic support, including one-to-one counselling and more creative approaches to support children and young people aged from 5 to 25 years who are affected by their own cancer diagnosis or that of a significant person in their life. Ayrshire Cancer Support are also developing group work to meet the needs of the children and young people requesting support, including a Youth Mindfulness programme.

01563 538008 cyp@ayrshirecs.org

MACMILLAN CANCER SUPPORT

Offering information and support if you or someone you care about has been diagnosed with cancer. Call the Macmillan Support Line.

0808 808 00 00

PENNY BROHN HELPLINE

Providing free, integrative care including counselling to everyone living with cancer, before, during and after

treatment. Confidential helpline Mon-Fri, 10am-1pm.

0303 3000 118 helpline@pennybrohn.org.uk

BRAINSTRUST

Support is available to everybody affected by any type of brain tumour. Helpline open 24/7.

01983 292 405 hello@brainstrust.org.uk

BRAIN/HEAD INJURY

HEADWAY AYRSHIRE

Free support service for anyone suffering from the effects of brain/head injury.

01292 618090 or UK Helpline 0808 800 2244 info@headway-ayrshire.org.uk

CROHN'S

Crohn's and Colitis Support is a listening service for anyone who needs a safe place to talk about living with

Inflammatory Bowel Disease (IBD). Mon-Fri,

0300 222 5700 helpline@crohnsandcolitis.org.uk

EATING DISORDERS

SUPPORTED – THE LINDA TREMBLE FOUNDATION

SupportED have expanded to become Scotland's leading community eating disorder charity and now hold support group meetings and befriending for people over 18 with eating disorders and for parents, carers and families.

07716 639067 hello@supportededinburgh.org Visit Website

EPILEPSY

EPILEPSY CONNECTIONS

Still available for advice, support, counselling and information for individuals, carers and family members with epilepsy, help with housing, welfare benefits over the telephone/email/zoom. Also hold fortnightly online support group.

07585 570466 hdavies@epilepsyconnections.org.uk

EPILEPSY SCOTLAND HELPLINE

Providing support for those with an epilepsy diagnosis.

0808 800 2200 contact@epilepsyscotland.org.uk

LIVER DISEASE

BRITISH LIVER TRUST

If you are a patient or care for someone with a liver condition, the British Liver Trust is here to help. Support and information services include a nurse-led freephone helpline (lines open Mon-Fri, 10am-3pm); online and in-person support groups; Facebook support page and a comprehensive range of information and patient guides available online or to order.

0800 652 7330 scotland@britishlivertrust.org.uk

M.E.

25% M.E. GROUP

A community based voluntary group. providing a range of services to people affected by severe M.E.

The 25% ME Group offers a range of services including practical and emotional support, advocacy, and welfare advice and assistance.

01292 318611 enquiry@25megroup.org

ACTION FOR M.E.

Providing a Crisis, Support and Advocacy Service for anyone living with or supporting someone with M.E.

of any age, anywhere in the UK. Action for M.E. can also offer volunteer peer mentors to lend support to

people living with M.E. or Chronic Fatigue Syndrome and their carers.

0117 927 9551

MULTIPLE SCLEROSIS

MS SOCIETY HELPLINE

Providing emotional support and information to anyone living with MS. Open Mon-Fri, 9am-7pm

except Bank Holidays.

0808 800 8000

MS WELLBEING HUB

MS Society Scotland's Hub provides free virtual emotional and physical support to those in Scotland with MS, and friends and family including counselling and physiotherapy sessions.
0131 335 4050 wellbeingscotland@mssociety.org.uk

PARKINSON'S

PARKINSON'S SOCIETY AYRSHIRE SUPPORT GROUP

Offering information, friendship and support to local people with Parkinson's, their families and carers.

0344 225 9836 vc.scotland2@parkinsons.org.uk

(National Helpline Freephone 0808 800 0303)

CHEST HEART AND STROKE

CHEST, HEART & STROKE SCOTLAND

Providing advice and support for people living with chest, heart, stroke and long covid conditions.

Services include dedicated stroke nurses, one-to-one and group community support, Kindness Calls

if you're feeling lonely and isolated, local peer support groups, help to live well from the health defence

team and a confidential advice line.

0131 225 6963 Advice Line 0808 801 0899

STROKE ASSOCIATION HELPLINE

If you or someone you know has been affected by stroke, or you want to know more information on how to

reduce your risk of a stroke, please get in touch. Open Mon-Sat.

0303 3033 100 helpline@stroke.org.uk

RESPIRE

WHITELEYS RETREAT

Welcomes children/young people with cancer or other life altering illnesses and their families for respite. Also provides bereavement breaks and extended support.

hello@whiteleysretreat.com

LIFE-LIMITING ILLNESS

LIVING WELL with the AYRSHIRE HOSPICE

Living Well is an 8-week rolling programme which aims to inform, enable and empower people with life-limiting illnesses to live well with their illness. The programme features topics that both people living with illness and people supporting them have found most useful. There is also a social session where you can connect with others and build support from peers. For more information, please get in touch.

01292 269200 livingwell@ayrshirehospice.org

POWER OF ATTORNEY

MY POWER OF ATTORNEY

Health and Social Care Scotland's campaign is about giving you the power to make decisions that will protect you, your family and those you care about should you ever lose capacity to make decisions for yourself. A Power of Attorney safeguards your financial and health wishes.

OFFICE OF THE PUBLIC GUARDIAN (Scotland)

Information and guidance on Power of Attorney.

Visit Website

AGE SCOTLAND

Age Scotland's helpline can offer information and advice on Power of Attorney.

0800 12 44 222

RELEASE
#chatitout

HOUSING

SEASCAPE

Providing support with homelessness and housing problems, tackling poverty and isolation. Services include advice if you are homeless or at risk of being homeless, help to find a home and rent deposit help.

01292 285424 or 0808 1963385

enquiries@seascapeayr.co.uk

SEASCAPE PASS IT ON PROJECT

Helping homeless people who have found accommodation turn a roof over their head into a home. The scheme takes donations from fridges/freezers to cookers and crockery, chairs to tables - and then passes it on.

01292 501840

AYR HOUSING AID CENTRE

Providing independent advice, information, advocacy and representation on any housing related issue including rent and mortgage payments, housing benefit, council tax, utility bills etc.

01292 288111

info@ayrhousingaidcentre.com

AYRSHIRE HOUSING

Available to tenants of Ayrshire Housing – money advice service, help with Universal Credit.

01292 880120

East Ayrshire If you are homeless or at risk of being homeless you can speak with a **Housing Options**

Officer during office hours by calling **01563 554400** or by emailing homelessness@east-ayrshire.gov.uk. We can provide you with temporary accommodation as well as confidential advice and assistance to prevent you from becoming homeless. If you require assistance out-with office hours please call **0345 724 0000**.

MEDIATION SERVICE

South Ayrshire Council's free and confidential mediation service helps neighbours who are having disputes sort out their differences in a friendly manner. Available to everyone in South Ayrshire.

0300 123 0900

EMERGENCY HOMELESS (Out of Hours)

0808 100 3151

Tel: 0800 432 0510

East Ayrshire Homelessness Action (EACHa) assists

people in crisis during an emergency event by providing essential household and personal items or food.

Email info@earecoverynetwork.co.uk or call **07515 402805**.

ENERGY

HOME ENERGY SCOTLAND

Free, impartial advice and help with energy saving, keeping warm at home and all fuel issues. They also have Energycarers - specialist energy advisors who can provide intensive support to households with issues relating to physical or mental health, disability, family circumstances, low income and expensive heating. Lines open Mon-Fri 8am-8pm and Sat 9am-5pm.

0808 808 2282

SP ENERGY NETWORKS

Providing support and advice in the event of power cuts and outages through their Priority Services Register. This is to ensure that households with any of the following are kept up to date and safe; children under 5, anyone over the age of 60, medically dependant equipment, poor mobility, hearing/sight impairments, chronic illness, mental health issues. Also offering free additional services in energy efficiency advice, debt advice, home fire safety checks, befriending services, help for dementia, income maximisation and support for carers.

0330 10 10 10 167

EAST AYRSHIRE CITIZENS ADVICE BUREAU: SAFE & WARM

Free, independent, confidential and impartial fuel-related advice and information eg. fuel debts, energy efficiency and signposting to energy vouchers for all Ayrshire residents.

01563 543379 (please leave your name and contact details)

advice@eastayrshirecab.org.uk

If you are having issues with your energy supplier or energy bills, contact **Citrus Switch** for assistance. Call the energy advice team on **0800 221 8089** or email www.citrusenergy.co.uk ensuring you have a copy of your latest gas and electricity bills.

Men

ANDY'S MAN CLUB AYR

A weekly peer to peer support group for men where they can come together in a safe place to talk about

issues or problems.

info@andysmanclub.co.uk

Release

An online men's support service that has been set up to help provide confidential support and advice to men of any age who are down, in crisis or simple need to talk . Our volunteers are here to chat about anything that could be troubling you; work frustration, relationship dilemmas, money worries or just general day to day worries.

Although aimed at supporting men we will not turn away anyone who is struggling – friends, partners or females who need support. Release Ayrshire volunteers are not counsellors – we are all volunteers who have adequate training to support, guide and signpost.

www.releaseayrshire.co.uk or via Facebook

Fathers Network Scotland.

Fathers Network Scotland is improving children's lives through the positive involvement of dads, father-figures & whole families

<https://www.fathersnetwork.org.uk/>

ThreeSixty Monday Mens club

Frequency: Weekly

Joining / Referral Method: Self Referral

Three Sixty's Monday Men's Club is on every Monday from 1pm to 3pm at Lochside |Community Centre in Ayr.

All men aged 16 and over are welcome to come along to this social group where men can chat or have a game of pool or dominoes.

Tea, coffee and biscuits provided.

Venue Details

Lochside Community Centre,
Lochside Road,
Ayr,
South Ayrshire,
KA8 9LH

EACH Man Matters: Cultivating Mental Wellness Together

Shattering the Silence, Healing as One. Recognising the distinct hurdles men encounter in discussing mental health, EACH Recovery Matters proudly facilitates EACH Man Matters every Tuesday at 12.30 pm. This initiative serves as a bastion of support, empathy, and unconditional acceptance, eliminating the fear of judgment. 3-9 John Finnie St, Kilmarnock KA1 1BL **01563 541227 Men only time 14.30**

Mens Group Beith Community Centre

Wanting to meet new people or have somewhere to go with a friend out of the cold? Looking for something different to do or someone to chat to?

Even if you'd just like a nousey and a cuppa, then why not pop along to meet Chris and Michael every Friday from 12pm-2pm at Beith Community Centre.

Men

Ayr South Kincaidston Mens Shed

Bracken Park, Kincaidston, Ayr KA7 3XB, UK

Contact: Chris Cullen

Email: ASKmensshed@gmail.com

Facebook: Ayr South Kincaidston Mens Shed

Info: Open Tuesday and Thursday 10am - 5pm, Wednesday Social Night 7pm - 9.30pm, Saturday 10am - 1pm

The Ayr & Prestwick Men's Shed (APMS) is situated at 1a Taylor Street Ayr KA8 8AU The purpose of the Men's Shed is to provide recreational facilities and advance the social needs, health and well being of men of all ages and backgrounds living in Ayr and Prestwick districts. We are open Tuesday Wednesday Thursday 10am to 2pm

New members are allways Welcome. Further details available at: <https://www.ayrprestwickmensshed.org.uk/>

Email enquiries to:

enquiries@ayrprestwickmensshed.org.uk

Ayr & Prestwick Men's Shed is being developed with cooperation and support from the Scottish Men's Shed Association: <https://scottishmsa.org.uk/>

The Men's Shed Dalry is community group who helps support, and enhance the wellbeing of men in Dalry. Dalry Public Park, Braehead, Dalry, United Kingdom.
mens.shed.dalry@btinternet.com

Troon Men's Shed

A group in early stages of development. To create a safe space for men for social and creative activities. Based in Troon, Ayrshire, Scotland. Troon Men`s Shed. Lee Renouf-Miller
07580500809 troonmensshed@gmail.com

The Three Towns Mens Shed 11 Glasgow St, Ardrossan KA22 8EP **07749 983555**

Cumnock & District mens shed. 39 Barrhill Rd, Cumnock. cumnockmensshed@gmail.com or Facebook.

Lots of other local sheds.

Mental Health

THREE SIXTY (formerly Ayr Action for Mental Health)

Offering phone support and one to one support. Also run a range of social and activity groups.

01292 619600 enquire@thethreesixty.org.uk Visit Website

HOPE WELLBEING

Offering a range of services and supports including weekly mental health and wellbeing drop-in sessions, creative therapy and counselling. For more information, please contact:

07547 697510 Visit Facebook page

MINDS OVER MATTER

Free weekly mental health drop-ins held in Ayr offering access to support and alternative therapies.

Contact via Minds Over Matter Facebook page or website.

ANDY'S MAN CLUB AYR

A weekly peer to peer support group for men where they can come together in a safe place to talk about

issues or problems.

info@andysmanclub.co.uk

PENUMBRA SOUTH AYRSHIRE SELF-HARM SUPPORT SERVICE

Offering compassionate and non-judgmental support to young people in South Ayrshire aged 12 to 18 who

are living with self-harm.

01294 602687 SouthAyrshire@penumbra.org.uk

WELLINGTON MENTAL HEALTH & WELLNESS TRUST, AYR

An emergency helpline is available for those seeking help at a time of emotional crisis.

Counsellors offer one-to-one counselling to those in need and the service is free of charge to individuals on low or no income. The Trust also runs a weekly women's support group.

01292 502221 hello@wellingtonwellness.co.uk

CIRCLES SOUTH AYRSHIRE

Providing advocacy and supporting vulnerable people, whose circumstances include mental health issues,

learning disability, acquired brain injury, dementia, autistic spectrum disorder and chronic illness, to speak

up for themselves where possible.

01292 264396 info.southayrshire@circlesnetwork.org.uk

AYRSHIRE SAMARITANS

A listening service that does not give advice, but is confidential and non-judgemental. 24 hours a day, 365 days a year.

Freephone 116 123

The Spark Kilmarnock counselling services

The Spark has been providing counselling and mental health support services for over 55 years. We provide the following therapeutic services for all types of issues. Individual counselling – online and face-to-face counselling for individuals. Couples counselling – online and face-to-face couples counselling. Marriage counselling – online and face-to-face marriage counselling. Youth counselling – face-to-face counselling. Childrens counselling – face-to-face counselling

The Spark Counselling Kilmarnock is able to offer **online** counselling sessions.

To find out more about how we can help freephone **0808 802 2088** or make an enquiry.

Beautiful Inside and Out is a charity that provides bespoke counselling and bereavement support to anyone in crisis free of charge. Call **07984 328808**, visit their Facebook page at www.facebook.com/beautifulinsideandoutscio/ or email beautifulinsideandoutscio@gmail.com

Megans Space Megan's Space is a respected and trusted charity which is recognised as an expert organisation in the arena of child and young adult mental health suicide prevention, wellbeing, and support. <https://www.megansspace.com> online referral

Kilmarnock Station Community Village are providing a variety of free online classes such as Meditation, Anxiety Management or Mindfulness. Call **01563 573966** or email caroline@ksrht.org for details.

Time for Me can provide a range of therapies including counselling, hypnotherapy and mindfulness to support your mental wellbeing. Email timeformeangela@gmail.com or call **07853 980811** for 1:1 or groups sessions.

Mental Health Practitioners

Area Practice	Telephone
Auchinleck Auchinleck Surgery	01290 424713
Crosshouse Crosshouse Medical Practice	01563 521506
Cumnock and Muirkirk Tanyard Medical Practice	01290 421157
Dalmellington Dalmellington Health Centre	01292 550238
Darvel and Newmilns Loudoun Medical Practice	01560 320205
Drongan Taiglum Medical Practice	01292 591345
Galston 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 and Kilmaurs Marnock Medical Group	01563 523593
Mauchline and Catrine Ballochmyle Medical Group	01290 456001
New Cumnock Valley Medical Practice	01290 338242
Patna Riverside Medical Practice	01292 532500
Stewarton Stewarton Health Centre	01560 486784

MONEY

INFORMATION & ADVICE HUB

Free, confidential and impartial information and advice service. Money and debt advice, help to find out what benefits you could be entitled to and assistance to apply for them as well as appeals support. Open Mon-Thurs, 9am-4.45pm and Fri, 9am-4pm. **0300 123 0900 (or text 07491 163382 for a call back)** informationandadvicehub@south-ayrshire.gov.uk

SCOTTISH WELFARE FUND

Grants for people in financial crisis.

0300 123 0900 Apply online at www.mygov.scot/scottish-welfare-fund

AYR DEBT CENTRE

Award-winning debt counselling service. The Christians Against Poverty (CAP) charity, in partnership with local churches, gives free help to anyone in debt, regardless of religious beliefs. Lines open Mon-Thurs, 9.30am-5pm and Fri, 9.30am-3.30pm. **0800 328 0006**

AYRSHIRE CREDIT UNION

A financial co-operative, owned and controlled by its members, offering financial services to suit your needs - savings accounts and affordable loans. If you live or work in Ayrshire, you are eligible to join the credit union. **01563 555858** admin@ayrshirecreditunion.co.uk

COMMUNITY LINKS PRACTITIONERS

Community Links Practitioners can help with a range of issues including money worries and filling out benefits forms. Arrange an appointment through your GP surgery.

AYR HOUSING AID CENTRE

Can offer support to people in housing arrears or struggling to pay their rent. **07549 603895** advice@ayrhousingaidcentre.com

EMPLOYABILITY & SKILLS

Employability and Skills South Ayrshire can help people who are unemployed with income maximisation, money advice and budgeting. **01292 612301** psi@south-ayrshire.gov.uk

STEPPING STONES FOR FAMILIES

(Girvan/Maybole areas) Carrick Money Advice Service provides families, children and young people up to age 25 with wide range of free and confidential money advice including debt advice, benefits checks and help with filling in forms. **01465 712637 or Nikki on 07725 823687** nikki.moneyadvice@ssff.org.uk

STEPCHANGE DEBT HELPLINE

Charity offering free, impartial debt advice and practical help and support. Mon-Fri, 8am-8pm and Sat, 8am-4pm. **0800 138 1111**

VOICEABILITY

VoiceAbility is an independent professional advocacy. If you, a family member or someone you care for identifies as disabled, VoiceAbility can provide an advocate for you. Your advocate can support you to have your say, know your rights and help you with the application process for social security benefits. Get in touch: **0300 303 1660** helpline@voiceability.org

ROYAL BANK OF SCOTLAND COMMUNITY BANKERS

Helping you understand how to manage your finances through financial health checks. They also deliver local events on fraud, scams and online security to help you keep your money safe.

Ayr & Girvan 07816 305901 Prestwick & Troon 07717 800953

East Ayrshire Money provides residents of East Ayrshire information, advice and support in relation to welfare rights, benefits, energy services and debts. Contact them through the website at EAMoney.co.uk or call the helpline on **0800 389 7750**.

Citizens Advice is Scotland's largest independent advice network and is free, confidential, impartial and available to anyone. Call **01563 543379** or **01290 429500** or email advice@eastayrshirecab.casonline.org.uk.

Social Security Scotland can help apply for targeted benefits to help alleviate poverty such as Best Start, Crisis, Young Carer and Funeral Support. Contact them on **0800 182 2222** for advice.

Money Advice Scotland provide signposting to free confidential and independent advice on how to deal with debt problems. Call **0800 731 4722** during office hours. Step Change provide free, expert debt advice, no matter how large or small your debt problem is. Call **0800 138 1111** Monday – Friday 8am to 8pm and Saturday 8am – 4pm.

RELEASED
#chatitout

OLDER PEOPLE

AGE CONCERN AYR

Free, confidential Information and advice. Wide-ranging assistance including form filling, letters of appeal, assessing benefit entitlement.

01292 265304 ageconcernayr@gmail.com

AGE SCOTLAND HELPLINE/FRIENDSHIP LINE

The Age Scotland helpline is a free, confidential phone service for older people, their carers and families providing information, friendship and advice. Mon-Fri, 9am-5pm.

0800 12 44 222 info@agescotland.org.uk

SEASCAPE HOPE PROJECT

Aims to help people in South Ayrshire over 55 live independently and to engage with other people and their community, or if needed, move into more suitable accommodation. Free services include help with completing benefits claims and personal budgeting; support in dealing with housing issues; help to resolve neighbour disputes; support in socialising through befriending, community activities etc, and linking up with other support agencies. **01292 285424**

'STAY AHEAD OF THE CURVE' OCCUPATIONAL THERAPY TEAM

Supporting people to manage healthy ageing.

- Have you noted a decline in your appetite?
- Can you be unsteady on your feet at times?
- Are you easily tired?
- Do you feel lonely or isolated?
- Have you noticed any difficulties attending to your usual tasks?
- Has moving around your home become more of an effort?
- The Occupational Therapy Team

Getting older does not have to mean losing your independence. The 'Stay Ahead of the Curve' team are here to help. If you feel you would benefit from a free health and wellbeing review in your own home or you would like to have a chat with one of the team to see if they can help support you to live your life as independently as possible, please get in touch.

01292 665699 aa.clinicalstayingaheadofthecurve@aapct.scot.nhs.uk

SOCIAL WORK

0300 123 0900 (or see Social Work support guide for local area office list)

TELECARE

South Ayrshire Council's community alarm system. Self-referral welcome. **01292 880929 or 0300 123 0900**

THE GOOD MORNING SERVICE

Telephone befrienders call older people at a pre-arranged time to check all is well and have a blether. Open 365 days a year. Also do Good Night Calls from November to February. Referrals and self-referrals welcome. **0141 336 7766 or 0333 101 0036** info@goodmorningservice.co.uk

FOOD TRAIN CONNECTS

A charity service connecting older people (65+) with a volunteer who can support them with their shopping. SHOPPING FRIENDS - a volunteer who will carry out and deliver a weekly grocery shop (£5 service charge per shop). SHOPPING COMPANIONS - a shopping companion who can take you out to do your grocery shopping once a week (£5 service charge per shop). They also offer other services too: PHONE FRIENDS - a volunteer who will call for a chat once a week (free). MEALMAKERS - a volunteer who will deliver a home-cooked meal to your home once a week (£24 per year). £1 annual membership allows access to all these services.

0141 551 8118 connects@thefoodtrain.co.uk

THE SILVER LINE

A free, confidential helpline providing information, friendship and support to older people, open 24 hours a day, every day of the year. The Helpline team can offer conversation and friendship, provide information, link callers to local groups and services, refer people on to receive regular friendship calls, and protect and support older people who are suffering abuse and neglect.

0800 4 70 80 90

VASA FOOTCAYR SERVICE

An affordable toenail cutting service. Clinic is based at the Book & Bun in Newmarket Street, Ayr. Girvan Clinic also available on Wednesdays. Appointments only.

01292 281800

TRUSTED TRADER

Trusted Trader is a directory of local businesses that have been vetted by Trading Standards.

0300 123 0900 trusted.trader@south-ayrshire.gov.uk

HOME FIRE SAFETY VISITS

If you or someone you know is over 50 years old and smokes and either lives alone, has mobility issues or uses medical oxygen, Scottish Fire and Rescue can make a Home Fire Safety Visit where possible. Visits can be arranged online or call number below.

0800 0731 999 or text 'FIRE' to 80800 from a mobile phone.

CINNAMON TRUST

Providing a national fostering service for pets whose owners face a spell in hospital. The Cinnamon Trust also provides long term care for pets whose owners have died or moved to residential accommodation which will not accept pets. **01736 757900** admin@cinnamon.org.uk

POWER OF ATTORNEY

MY POWER OF ATTORNEY

Health and Social Care Scotland's campaign is about giving you the power to make decisions that will protect you, your family and those you care about should you ever lose capacity to make decisions for yourself. A Power of Attorney safeguards your financial and health wishes.

OFFICE OF THE PUBLIC GUARDIAN (Scotland)

Information and guidance on Power of Attorney.

AGE SCOTLAND

Age Scotland's helpline can offer information and advice on Power of Attorney. **0800 12 44 222**

SOCIAL WORK & OCCUPATIONAL THERAPY

Ayr North Community Care Team 01292 281993

Ayr South Community Care Team 01292 281993

Maybole/Girvan Community Care Team 01655 883293

Prestwick Community Care Team 01292 470099

Sensory Impairment Team 0300 123 0900

Troon Community Care Team 01292 319272

Adult Mental Health Team, Ailsa Hospital 01292 513144

Learning Disability Team, Arrol Park, Ayr 01292 614914

Adult Support and Protection 01292 616102

asp@south-ayrshire.gov.uk

Ayrshire Out of Hours Social Work Service 0800 328 7758

MAYBOLE CONNECT

A weekly drop-in offering information and advice on a range of issues. Help for carers and people who need support as well as dementia/cognitive impairment queries. Information from a range of local organisations including Seascope, Home Energy Scotland, Social Work etc. Every Wednesday 2pm-4pm at Maybole Medical Practice (rear entrance via car park)

SOUTH AYRSHIRE OCCUPATIONAL THERAPY

Help to improve your ability to do everyday tasks if you're having difficulties. Occupational therapists can arrange aids and adaptations like grab rails, stair lifts etc. Call the number below and ask for the Duty Occupational Therapist. 01292 281993

'STAY AHEAD OF THE CURVE' OCCUPATIONAL THERAPY TEAM

Supporting people to manage healthy ageing.

- Have you noted a decline in your appetite?
- Can you be unsteady on your feet at times?
- Are you easily tired?
- Have you noticed any difficulties attending to your usual tasks?
- Has moving around your home become more of an effort?
- The Occupational Therapy Team

Getting older does not have to mean losing your independence. The 'Stay Ahead of the Curve' team are here to help. If you feel you would benefit from a free health and wellbeing review from the comfort of your own home or you would like to have a chat with one of the team to see if they can help support you to live your life as independently as possible, please get in touch. **01292 665699** aa.clinicalstayingaheadofthecurve@aapct.scot.nhs.uk

FALLS SCREENING SERVICE

A falls screen takes place in your home and helps identify any personal or environmental risks that contribute to slips and trips. The Falls Assistant Practitioner can then refer you to further services as may be appropriate for you. **01292 660444**

Sexuality

LGBT Switchboard - 0300 330 0630

A confidential helpline for anyone to discuss anything including sexuality, gender identity, sexual health and emotional wellbeing.

The Tie Campaign aims to combat homophobia, biphobia and transphobia in schools.
Email hello@tiecampaign.co.uk

LGBT Youth Scotland is a national charity for young people.
Call **0131 555 3940** or email info@lgbtyouth.org.uk

Surviving Abuse

SOUTH AYRSHIRE WOMEN'S AID

Information, support and temporary accommodation for women and children who have experienced domestic abuse. Mon-Fri, 9am-4.30pm. Out of hours and public holidays answering machine.

01292 266482 24-hour National Helpline 0800 027 1234

East Ayrshire Women's Aid on **0800 0271234** or info@eastayrshirewomensaid.org.uk

National Domestic Abuse Helpline (24hr) on **0800 027 1234**

Hemat Gryffe Women's Aid on **0141 353 0859**

Break the Silence is a registered charity providing a range of supports for survivors of rape and childhood sexual abuse, aged 13 years and above.
Call **01563 559558**

Rape Crisis Scotland provides a national rape crisis helpline and email support for anyone affected by sexual violence, no matter when or how it happened.
Call **08088 01 03 02**

MOVING ON AYRSHIRE

Offering a free one-to-one counselling service for survivors of sexual abuse and rape aged 14 and over in South Ayrshire.

01292 290546

The STAR Centre (previously the Rape Counselling and Resource Centre) offers free and confidential support to anyone, of any ethnicity, or gender, aged 13+ who has experienced sexual violence .

Email admin@starcentreayrshire.org or call and leave a voicemail on **01563 544 686**

ACTION AGAINST STALKING

A national charity based in Ayr providing expert information, advice and support to victims of stalking of all genders.

0800 820 2427 (freephone) support@actionagainststalking.org

LISTENING SERVICE (Maybole and Girvan)

Telephone/video support and counselling for a range of issues including current or historic abuse, bullying, anxiety, depression and bereavement.

07421 470949 alexmcwelsh@gmail.com

FEARFREE

Support for people experiencing domestic abuse in Scotland who identify as a man or from the LGBT+ community.

0131 624 7270 FearFreeInfo@sacro.org.uk

VICTIM SUPPORT SOUTH AYRSHIRE

Victim Support South Ayrshire, part of Victim Support Scotland, provides free confidential, practical and emotional support and information to victims, witnesses and anyone affected by crime - even if it has not been reported to the police.

01292 266441 or helpline on **0800 160 1985**

ABUSED MEN IN SCOTLAND

Supporting male victims of domestic abuse by offering emotional and practical support. Helpline open Mon-Fri, 9am-4pm.

03300 949 395 contact@amis.org.uk

Speak Out Scotland provides a support service for male survivors of childhood sexual abuse. Call **0141 332 9326**

Men's Advice Line on **0808 801 0327**

InCare Survivors Scotland is a trauma specialist counselling and advocacy support service for adults who have suffered abuse in care.

Contact them on **0800 121 6027**

SPRING BACK (SURVIVE THE BULLIES)

Helping people tackle the nightmare of bullying by offering support, advice, counselling and advocacy throughout South Ayrshire to families and victims as well as promoting awareness.

07947 738438 springbackagain@gmail.com

Respect Me provides practical advice and guidance on dealing with bullying behaviour. Call **0844 800 8600** or email enquire@respectme.org.uk

Modern Slavery helpline on **08000 121 700**

VETERANS

POPPYSCOTLAND AYRSHIRE WELFARE CENTRE

Support for current and former members of the Armed Forces and their families including help with mental health, housing, mobility and employment. Can also offer financial support. Lines open Mon-Fri, 9am-4pm.

General enquiries: 0131 557 2782

For support: 0131 550 1557

24-hour Helpline: 0808 802 1212

VETERANS FIRST POINT NHS AYRSHIRE & ARRAN

A one stop shop offering veterans and their families support in a range of areas including mental health support (including psychological and psychiatric assessment and treatment), housing and welfare issues and peer support.

01294 310400 or 0131 221 7090

clinical_veteransfirstpoint@aapct.scot.nhs.uk

SSAFA AYRSHIRE

Wide range of support for veterans including financial and housing.

Mon-Fri, 10am-12noon. **0141 613 3002**

WestofScotland.RO@ssafa.org.uk

Helpline 0800 731 4880 (Mon-Fri, 9am-5.30pm)

COMBAT STRESS HELPLINE

If you're currently serving or have served in the UK Armed Forces, you can call the Combat Stress 24-hour mental health helpline. If you're a family member or carer you can call too. Available 365 days a year.

0800 138 1619 helpline@combatstress.org.uk

AGE SCOTLAND COMRADESHIP CIRCLES

The Comradeship Circles service helps tackle loneliness and isolation among older veterans by offering the chance to enjoy weekly group calls. To register to join a Circle please call or email.

0800 12 44 222 veteransproject@agescotland.org.uk

Veterans Group Wednesday 10.30am. 3-9 John Finnie St, Kilmarnock KA1 1BL 01563 541227