South Ayrshire
Weekly Recovery **Drop-in** Groups & Activities

Monday

Sound Bath
1st Monday
11am - 12.30pm
@48, Ayr

Hope After Loss
2nd & 4th Monday
10.30am - 12pm
@48, Ayr

HAPI Women's Recovery Group
12.45pm – 2.30pm
@48, Ayr

Maybole Recovery Drop-in
Restarting July 2026
2pm – 3.30pm
St Oswald's Episcopal Church, Maybole

JustFootball
2.00pm – 3.00pm
Shoot Soccer, Ayr

Tuesday

Creativity Group
10am – 12pm
@48, Ayr

Family & Friends Group
1pm – 2.30pm
@48, Ayr

LGBT Group
3pm – 4.30pm
@48, Ayr

Walk & Talk Troon
Restarts in the spring

LADDER Recovery Group
1pm – 2.30pm
Walker Hall, Troon, KA10 6EF

Wednesday

Girvan Recovery Drop In
12.00pm – 2.00pm
The Old Library Montgomery Street, *Girvan.*

Thursday

SMART Meeting
12.45 – 2.30pm
@48, Ayr

Girvan Walk & Talk
1pm - 3pm
Meet at McKinstry Institute, Girvan

Street Soccer Football
2pm – 3.30pm
New Voluntary Park, Glenmuir Place, Ayr.

Remix Recovery
3pm – 4.30pm
@48, Ayr

Friday

Mindfulness Group
10.30am-11:30am
@48, Ayr

Medication, Recovery & Me
11am – 12pm
@48, Ayr

YOGA Group
12pm – 1.15pm
@48, Ayr

P.I.N.G.
2pm – 4pm
@48, Ayr

Café Hope
4pm-6pm
@48, Ayr
£2.50 for 3 courses, accompanied children under 16 eat for free

Saturday

Connexions Family Cafe*
1st Saturday
11am - 1pm
@48. Ayr

***Please register in advance by contacting ConneXions on 01292 773162*.**

@48
48 Newmarket Street, Ayr, KA7 1LR

Updated June 2026

Voices Groups

Share your experiences and views to be part of service improvement activities in South Ayrshire.

Family Voices
1st Thursday, 11am – 12.30pm, @48, Ayr

Compass Community Voices *(starts 9th July)*
2nd Thursday, 11am – 12pm, Compass, 9 James Street, Ayr

Womens Voices *(starts 20th August)*
3rd Thursday, 11am -12pm
@48 Ayr

Recovery Voices *(starts 25th June)*
4th Thursday, 11.30am – 12.30pm
@48, Ayr

All our recovery groups and activities are led by individuals with personal or family experience of recovery from alcohol or drug use and/or affected family members.