

IRVINE

ChitChat

Issue 01 | November 2021

ALL THE **GOOD NEWS** FROM COMMUNITY ORGANISATIONS WITHIN THE IRVINE LOCALITY

RAISING A TOAST TO YOUTH FESTIVAL SUCCESS IN IRVINE



PLUS...

HELPING PEOPLE FIND CALM IN DIFFICULT TIMES



CANNY IDEA MAKES FOR SUCCESS



BABCAFUN DAY WAS A BIG SUCCESS

Welcome

Hello and welcome to the first edition of Irvine Chit Chat.

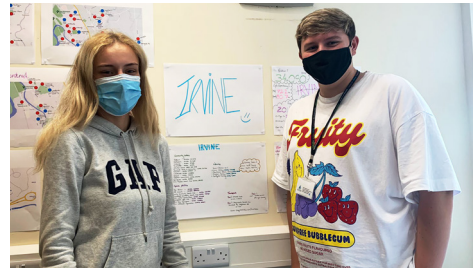
As the community groups and associations ease out of lockdown, we take a look at what projects they worked on during lockdown and how they supported each other during difficult times.

From setting up community ladders to forming new groups and working on ambitious projects, these associations have been busy.

We take a look at ways you can ease your anxiety with some simple exercises too, so sit back and relax as you enjoy some Irvine chit chat.

The Editor, Irvine Chit Chat.

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IRVINE modern apprentices Jaymie Haswell and Megan Morrison have created a directory of community centres for our newsletter.

COMMUNITY CENTRES

Redburn Community Hub	01294 311279
Castlepark Community Centre	01294 311238
Vineburgh Community Centre	01294 317156
Towerlands Community Centre	01294 211379
Volunteer Rooms	0845 2301325
Townend Community Centre, Dreghorn	01294 212720
Fullarton Community Centre	01294 278207
Woodlands Community Centre	01294 278803
Lanfine Community Centre	01294 215347
Fullarton Connexions	01294 273791
Springside Community Centre	01294 214565
Irvine Meadow Social Club	01294 274459

LIBRARIES

Irvine Library	01294 271295
Bourtreehill Library	01294 216958
Dreghorn Library	01294 211072
Springside Library	01294 21541

IRVINE Newtown Men's Shed may look small from the outside but step inside and you will be amazed at how many rooms this meeting place has.



As you walk in there is the main workshop where the men learn craft work the smell of wood makes you forget you are in a converted shop and instead, could be inside a garden shed.

Activities in Sheds vary greatly, but you can usually find woodworking, metalworking, repairing and restoring, electronics, model buildings or even building cars. But don't be fooled as most of the men who meet at this shed are not as handy as you would think.

"We like to come along and enjoy a blether and generally the world to rights," said member John Easdale. "It's a safe place to come and meet new people, get out the house and even learn something new. Some of the men who come are so talented at crafts, you can learn so much but a lot of us are happy to have a cup of tea and a blether. The community can come along and use our resources, especially now that Age Concern has closed its doors, we are happy to welcome anyone in the Shed."

Men's Sheds, unlike garden sheds, have activities that are often solitary in nature while Men's Sheds are the opposite – they're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

Walk through the workshop and you meet a kitchen-come-computer suite where the men can learn new skills or host their meetings, armed with tea and biscuits.

Member Kenny said: "We opened our doors and we had over 40 members and things were going great, then the pandemic hit and we had to close our doors. This was heart breaking for us but we stayed in touch, we even hosted Zoom meetings and as soon as we could we opened the doors.

"We noticed a drop in members and we want the community of Irvine to know that we are here. As a group we have thought about hosting workshops for people in DIY opening to anyone who wants to attend and learn new skills. We also have rooms that the community could use as a meeting place and we would like to hear from anyone who wants to get on board with the Shed."

John explained the appeal of the Shed: "Men typically find it more difficult to build social connections than women, and unlike women of a similar age, less older men have networks of friends and rarely share personal concerns about health and personal worries.

"It's not the case for all men, but for some, when retirement comes, it can feel like personal identity and purpose is lost. Men's Sheds can change all of that."



A group with the community at its heart

BROOMLANDS and Bourtreehill Community Association have been working hard throughout the pandemic.

They managed to open a community food larder, The Farm Basket, and form a partnership with Irvine Seniors Forum to provide activities for senior citizens in their locality. And on top of that they even hosted a mini Marymass fun day for the community to enjoy.

They also have plans for a community garden to grow their own organic produce for the food larder. Here, chairperson Janette Schill explains what motivates them to devote their time to the community.

“Lockdown was hard for everyone in this community and as an association we felt a responsibility to make plans for when restrictions eased,” said Janette.

“Preparing for the Farm Basket to open has taken a lot of team work and preparation and we are thrilled that it is open for the community to use.



“It is here for everyone, single people, couples, families, who can pay £3, £4 or £5 and top up their weekly shopping with items from our community shop.

“ Everyone is facing tough times and we hope that this will help the people who are struggling at certain times in the month, it takes the worry off of them a little. ”

There are now plans for a community garden at the back of The Farm Basket.

Treasurer Irene McIlwain said: “We hope to open our own community garden where we can work together to create beds for fruit and veg and that in turn will be used to stock our larder with fresh produce.



“It would be wonderful to get everyone in the community involved and we have a lot of work to do, from putting a fence in to building beds for the fruit and veg but we are confident that we can get this done.

“The only way we can move forward after this pandemic is to work together as a community, be there for each other and do our bit to make life that little bit easier for people who live here, we are all in this together.”

The association welcome the opening of Towerlands Community Centre and at the moment the group is working with Irvine Seniors Forum to develop activities for senior citizens in the area.

Secretary Karen Good explained: “The women of Age Concern did a fantastic job offering senior citizens somewhere to go, offering them companionship and easing isolation for them.

“When they closed after 40 years, there is now a void in the community and we want to work to offer these people some activities that they can come along to.

“We are planning a bingo night in the centre in October and there we will find out from the people who come along what they would like to see offered, it could be keep fit classes, they could want to learn about computers in our IT suite, they might just want to come and enjoy a cup of tea and catch up with people, we will be here for them.”

The group also organised a fun day for the families in the area to enjoy a look around Towerlands Community Centre and with Marymass being cancelled, offer them a day for the kids to enjoy.

They also asked the over 55's who attended what activities they would like to see take place at Towerlands.

“We have to find out what people want,” explained Janette.

“We are a community association and making sure people have a say is something that we strive for, we have to move forward now and try and get on with things as best we can.

“It's been a tough year but we have to put that behind us and move forward as a community as best we can.”



A garden for the whole community to roll up sleeves and get to work in

CASTLEPARK Community Centre garden is in the middle of a makeover to bring it back to life.

The garden was in need of some TLC and thanks to the help of North Ayrshire's Lennox Partnership's We Work for Families, it was time to roll up volunteers' sleeves and get to work.

And despite the blistering heat, the team from the centre and the volunteers and staff from We Work for Families spent hours working hard in the garden.

From lifting slabs to clearing weeds, filling over 20 bags of rubbish and painting the



garden's pagoda and plant beds, they made a huge difference to the garden.

Sally MacIntyre, of Castlepark Community Centre, said: "We were contacted by the team at the Lennox Partnership who coordinate the We Work for Families and told that they could help us.

"The garden has always taken pride of place at the centre and we want it to look great again and become a place where the people who come to the centre and the wider community of Castlepark can come and enjoy some peace and tranquillity in our garden.

"We also want to start growing fruit and vegetables again and now the raised beds have been given a much needed makeover and filled with soil again, we are almost ready to start this."

Among the volunteers helping in the garden was Tracey Scoular, who is from Castlepark and has many happy memories of the centre.

Tracey was busy coordinating the work on the day with the volunteers. "Each year we look for a project in North Ayrshire and the Castlepark Community Centre garden seemed like the ideal one for this year, particularly as we were able to meet outside. "We discussed what tasks were needed with Sally and Marjorie from the centre and then we got on with the work.

"In just a few hours we have made some great progress and we will look at any more work that may need to be carried out. We Work for Families involves us meeting parents and work on ways of improving their confidence and prospects, helping their employability prospects through courses and creating an action plan".



Are you ready to get outside and go green?

IF you want to help make a difference in your community and ease out of lockdown then the Green Gym at Castlepark Community Centre would be ideal to consider for a new hobby.

Every Wednesday you can go along and enjoy rolling up your sleeves and getting green fingered to help in the community garden and learn more about how to care for it.

The centre is also planning to grow fruit and veg so this will be a chance for you to learn about that too.

The Green Gym meets every Wednesday, throughout September at Castlepark Community Centre from 10am until 1pm.

To pull on your gardening gloves and sign up lindsey.twilley@tcv.org.uk

Young people find their voice to have an impact on important decisions in the town

A GROUP of teenagers in the town have been busy during the lockdown, meeting on Zoom, sharing ideas and even planning a six-day youth festival.

And the members of Irvine Youth Forum have secured a new centre for young people in the heart of Irvine town centre.

More than a community centre, the Bridgegate-based venue will be a new youth skills and activity centre and it will be the Forum who manage the centre, sharing responsibilities involved in doing so.

All that while dealing with the world being closed for over a year. Now, they are focused on the future and have big ideas on how



Cheers as the youth worker raise a mocktail to the festivals

to encourage more young people to get involved in community events.

It may come as no surprise that the Youth Forum play an integral role in some of the town's biggest events including the Christmas lights switch-on and Marymass.

While those are important to the Youth Forum members, just as important, is their community work including the Redburn Community Hub Breakfast Club.

Every Saturday morning the group arrives at the Hub to cook breakfast and serve the people in the area a free meal.

Jaymie Haswell enjoys this work and wants to do more of it in the future.

"We all enjoy the breakfast club and as soon as the restrictions were lifted and we were able to, we opened the centre for the people to come in and sit down and let us serve them and their families and breakfast," said Jaymie. It is good to talk to people and find out how they are getting on and we work well as a team, some of us cooking in the kitchen, others are serving or making coffee and tea and even pancakes!"

Community Development Worker, Liz Sullivan has been with the group since it began and her pride and respect for the young people she supports is evident.

But Liz is adamant that the young people drive the work that she supports, it is their group, their decisions and their actions determine projects they undertake. Take the North Ayrshire Youth Festival for example, this was something the young people asked if they could do.

Liz explained: "They wanted to have a festival with music, things to do and asked if they could organise it. It became a great success taking over Kelburn Country Estate for two days and becoming the highlight of the events calendar for not only the group but the people who came along. When the pandemic arrived, they decided it would be good to still plan a festival but take it out on the road – so we did.

"These young people have ideas and visions and I merely offer support and take a back seat, they are driving what happens. The Irvine Youth Forum are responsible for the delivery of free community and youth work activities some are local some are North Ayrshire Wide."



At work in the kitchen at the Redburn Breakfast Club

“ We took it to Irvine, Kilwinning, Kilbirnie, Ardrossan and Arran and it was wonderful to see everyone having fun. ”

Important to the members of the Forum is having their voices heard and they are taken seriously by other agencies, they are currently attending meetings in relation to the new Inpatient Adolescent Unit based at Woodlands View Hospital in Irvine.

While it is a busy time for the members of Irvine Youth Forum will take time to celebrate their seventh birthday too which coincides with National Youth Work Week this November.

And you can bet it will be a celebration to remember!



Helping people get out and about to find calm in difficult times

Out & About

The team of Community Link Workers in the Irvine Locality area work with people for all kinds of health reasons.

One pilot project that is supporting people in Irvine is the Out and About scheme. This is aimed at people who have

Here, Community Link Worker, Leeanne Killen explains more about it with an example of one of the first people to benefit from the project and her experiences.

Leeanne said: "The aim of the Out & About pilot project is to provide Community Link Worker led support sessions aimed at individuals experiencing COVID anxiety or anxiety that is impacting on their health and wellbeing.

"We offer a short period of intervention, that will link to broader activities across North Ayrshire and allow for continued community support. At present this project is still in the pilot stage and is only available at Bourtreehill Medical Practice."

Nicola self-referred to her Community Link Worker service to discuss support options available to help her reduce anxiety and access appropriate services to tackle social isolation.

In addition to the deterioration in mental wellbeing Nicola also has physical health conditions which cause chronic pain, fatigue, and reduce mobility.

As a female in her 50's, these health conditions also impacted on her mood every day.

Key areas were identified and worked on through the first four sessions:

- Improve mobility/fitness
- Reduce anxiety using simple tools
- Realistic goalsetting
- Improve her daily routine

How did we tackle this during our Out & About sessions?

To improve mobility and fitness Nicola was referred to KA: Leisure for strength and balance training. Nicola worked hard each day to practise the exercises she was given and within two weeks was able to engage in a short walk without needing a walking aid. This built her confidence and gave her belief that although she couldn't change her diagnosis, she still had the ability to improve how she felt.

Community Link Workers designed a range of anxiety self-management booklets to deliver as part of the intervention so each week Nicola and her CLW would cover various topics and enjoyed some mindful moments in nature together.

The topics covered were:

- Goal setting
- Breathing techniques
- Distraction
- Positive self-talk
- Mindfulness

We carried out Lifestyle MOT to highlight areas where improvements could be made, and this helped Nicola create a much healthier lifestyle which in turn greatly improved:

- Sleep quality
- Diet
- Motivation to get up every morning when her alarm went off
- Pacing
- Self-confidence

Throughout the sessions we used the **How am I?** tool to help identify areas of improvement and we saw gradual progress after each session.

Leeanne shares two techniques for coping with anxiety that you can try on your own.

Colour breathing

Some people find the use of colour breathing helpful when they feel anxious.

- To start this, pick a colour
- Sit somewhere comfortable and close your eyes if you feel this will help
- Take a slow deep breath in via your nose visualising breathing in the colour you have chosen
- On breathing out through your mouth, you can visualise blowing out the same colour, or some people like to pick an alternative colour, representing their anxiety.
- Your exhale breath should be twice as long as your inhale breath and should focus on blowing away the negative stress and anxiety you are feeling.

Think about how you feel after trying this technique.

Here is a second exercise to help ease moments of anxiousness:

Mindful in nature

Being mindful in nature can help us take notice and appreciate the beauty around us. This exercise can take five minutes or five hours. It's about what fits into your life.

- Make your way to a natural environment
- Find a place where you can comfortably rest. This can be seated or standing
- Use your senses to raise your awareness of your surroundings
- Take a few deeper than normal breaths and allow your body to relax.
- Simply enjoy the environment around you
- If you feel your mind wandering just bring yourself back to the sounds, sights and beauty all around you
- To finish off the exercise gently move your legs and then hands to bring your awareness back to your body



STOP TECHNIQUE FOR ANXIETY



- 1 Say STOP to yourself!
- 2 I am feeling anxious, this will go away!
- 3 Breathe out slowly and fully
- 4 Relax your shoulders and hands
- 5 Count down slowly from 5 to 1
- 6 Take a moment! Repeat if necessary

Mental Health Support Numbers

HELP

- If you are at immediate risk of harm call **999**
- NHS 24 call **111**
- Breathing Space **0800 82 85 87**
- The Samaritans **116 123**
- SHOUT Crisis line Text **85258**

Community group comes up with a Canny idea

DURING lockdown the members of an Irvine sewing group were keeping busy creating a cooker that not only help saves the environment but also helps people save money too.



And the Canny Cookers don't require a plug to heat a meal.

You see the Canny Cookers are made of cushions stuffed with wadding and sewn together to create little pots of heat.

Now, people can preheat a meal and place it inside the Cannae Cooker to cook over a few hours without the need to use a stove or electricity.

Using draw string, the lid of the Canny Cooker is pulled closed and the cooking process begins.

The members of Sew Lovely who, prior to lockdown, would meet at the centre in

Broomlands, have been busy keeping in touch and on their sewing machines during lockdown making the simple yet effective Canny Cookers.

And on Mondays at the centre, people from Hazeldene in Kilwinning and Trindal Moss in Irvine are learning how to prepare a range of meals using the Cannae Cooker inventions.

Karen Good who runs the cookery class and is a member of Sew Lovely believes the Cannae Cookers could be an asset for the community.

"The Sew Lovely group meet at Towerlands and during lockdown the members had come up with the idea of the Canny Cookers," said Karen.

"We all got to work and using a small grant we were able to buy material and the wadding to stuff inside them to allow them to heat up.

“ They are great for people who want to save money on their electricity and for anyone who is worried about energy waste. ”

Teaching cookery skills to adults is something that Karen enjoys.

"We run the course for a few weeks here at Towerlands and also run a course at

Castlepark Community Centre and it is very rewarding," said Karen.

"We sit down and plan our meals for the weeks ahead and so far chicken korma has been popular and so have the meatballs.

"Young people learn about cooking and also how to use the Canny Cookers."

Now, Sew Lovely is hoping to meet up again soon and get working on creating more Cannae Cookers for the community to use.

Karen went on: "It would be great to see people like home helps prepare a meal in the morning and put it inside the Canny Cooker, by the time they arrived at night, the dinner would be ready."

A small but powerful community association enjoyed a big makeover

ONE community group who is glad to be opening their centre again are the members of Drybridge Hall Management Association.

And they had good reason to as they have recently given the village hall a makeover including a complete paint overhaul, new windows and a new front door which were installed in between lockdown.

Outside the hall has a new shed offering more storage than before for users. And they are also ready for winter with new radiators in the hall, making sure it is all set for the return of the Thursday Club.

Here, anyone who wants to take part in crafts or sewing or knitting can go along and meet like-minded residents.

Sue Wallace, chairperson of the association explained: "The Thursday Club is a great fun, we have some really talented crafters who come along and even if you can't sew or knit you are more than welcome as it's good just



to come out and have a brew and a blether. "We have been trying to work hard during the lockdown to keep in touch especially with the older residents in the village.

"Before the lockdown we would see them every week as we host a lottery Drybridge Draw and part of the reason for that was that we would go and collect their draw money and also have a catch up at the same time. "We can't wait to start this again, we have to try and move forward now and get on with things, it is going to be a lovely Christmas Fayre with the newly decorated hall, we can't wait."

Despite not being able to visit the elderly residents, the association made sure they all received a gift voucher at Christmas time.

Sue went on: "We couldn't host our Christmas Fayre but we wanted to make sure we got them all something so we popped a voucher through their doors to let them know we were thinking of them.

"Our focus is the community and we are looking forward to seeing everyone when they come back to the hall."

Seniors support each other as they come out of lockdown stronger than ever

THE members of Irvine's Seniors' Forum have been busy offering support to their members during lockdown.

And as soon as they were able to meet face-to-face, the members headed to Irvine Meadow Football Club to host their first meeting. During lockdown, they have relied on Zoom meetings to keep in touch. Rosemary said: "It has been difficult for so many of the people who would normally come along to our monthly meetings at the Woodlands Centre in Irvine.

"We have been working hard to host online meetings and we have been in regular contact with members to make sure that no one is feeling isolated or if they have any issues to discuss, our committee can deal with them."

The Seniors' Forum also hosts an annual event in the town's Volunteer Rooms where anyone aged over 50 can go along and find out information about services that are available to them. This is something Rosemary is looking forward to seeing return.

"The open days have been fantastic for everyone involved," said Rosemary. "It's chance for a whole host of agencies to come together and offer practical advice to any of the senior citizens and is not only for our members but for the whole community. "Unfortunately it will probably be next year but we are looking at hosting a small get together in the next couple of months to allow us to meet up and catch up."

The group is also looking at hosting a walkabout group where members can meet up with Rosemary and others to get outside, enjoy some fresh air and also have the chance to talk about anything worrying them. Rosemary went on: "We are a group who actively campaigns for any issues affecting our members and we have helped members with housing issues, financial issues and I am proud to be part of the Seniors' Forum.

"We are dedicated to raising the issues affecting older members of society, and also informing and helping the same people to get all of the benefits and assistance they are entitled to. We liaise closely with the various relevant council departments and with other charities to support our members. Whether it's sorting out uneven pavements to ending age discrimination, we are working hard to be a voice for them."

The group is also working alongside Broomlands and Bourtreehill Community Association, BABCA, to develop a program of activities for older members of the community.

"We know that there has been a gap for activities for people who are over 55 in the community and we are happy to get involved to see what activities are available and what people want," said Rosemary.

"Towerlands Community Centre is a great resource and we are confident that we can help find things for people to do and get them out of their homes, stop the isolation and bring the community together."

All fun at Broomlands and Bourtreehill community fun day

We join the Broomlands and Bourtreehill Community Association for a fun day their organised for families in the area. The sun shone as the young visitors enjoyed a range of inflatables and even tried to win a prize at the bottle stall. The day celebrated lockdown easing and the schools in the area returning. And the association also asked members of the community what activities and groups they would like to see introduced by the group.



A group who keep an eye on everyone at the harbourside

ONE community group was kept busier than ever during the pandemic.

The volunteers of Coastwatch are out on patrol helping keep visitors to the harbourside safe. Irvine's Coastwatch and community resilience volunteers will now join forces to benefit the town.

Coastwatch volunteers, who already support the Coastguard and Lifeboat teams, now plan to work in partnership with Irvine's Community Resilience Volunteer Service – a new charity that helped deliver essentials amid the coronavirus lockdown.

Coastwatch's Kay Johnstone said: "Coastwatch are combining resources with the Community Resilience Volunteer Service and forming a dynamic volunteer partnership.

"We're staying as two independent organisations but we're now going to be working together for the community.

John Thomson from the Community Resilience Volunteer Service said: "It will be the two organisations working in partnership and sharing resources, and our experiences and skills. It just makes sense that we all work together as one big team.



The volunteers out on a harbourside mission



The Volunteers attended every Youth Festival in North Ayrshire to offer first aid training

"The whole reason we're doing it is to benefit the community – any organisation on its own is good but if you come together things get better. We're part of the regional resilience partnership and quite active in the West of Scotland so everybody in the area is going to benefit from joint working.

"We set up because there was a gap within the resilience world for an umbrella organisation – the advantage of us is if you phoned us for help in search and rescue, logistics, communications, welfare or first aid one phone call gets you to everything. We've those relative skills in the one organisation and it is managed centrally and coordinated.

"We are a young charity and we've come a long way in a short period of time. COVID-19 has in one way helped us. We found ourselves having to do things we weren't planning and supporting in excess of 2,000 a week at the height of the pandemic.

"If an incident is happening in an area we're now able to put on additional people and resources. We are a voluntary sector organisation and we're not claiming to be the professionals but we're there to support them in any way possibly with the diversity we have."

Making a choice to help the community at Fullarton

FULLARTON'S Choices has had a busy time during the pandemic, offering support to the community as it took over a vacant shop in the town's Fullarton Street.

The shop works on a membership basis, with visitors asked to pay a £1 annual membership fee and £3 per visit. Those with larger families can pay £5 to select a greater number of items.

Volunteers at the store will also be able to signpost customers to any support services they may require.

Donna Fitzpatrick of Fullarton Community Association said: "We would like to thank staff within North Ayrshire Council's Connected Communities team for their support in getting our community shop open. "I would also like to say a special thanks to our dedicated volunteer teams who have been with us since we opened the community hubs in Fullarton and Vineburgh to support people who were shielding, isolating or needing a helping hand during the pandemic.

"Choice is not emergency food provision and, therefore, no referral is needed."



Community Centre tackles difficult issues head on

MEMBERS of the Irvine community have come together to tackle helping recovering drug addicts head on.

At the first Recovery Community Event held at Vineburgh Centre, Community development workers Louise Mcphater and Darren Anderson hosted the event and were pleased with the input from agencies who work with addicts and from the voices of addicts and families of addicts who attended.

Now a group has formed that will see addicts, volunteers and agencies work together on a strategy to help support those people who are in recovery. And team work will be the order of the day as the group will help plan events and voluntary work for recovering addicts in the Irvine locality area with the Vineburgh Centre being used as the pilot venue.

Leading the group is recovering addict Darren Anderson, now a community development worker in the Irvine locality who is using his 20 years of addiction to help reach out to users in Irvine.

Darren, 39, has turned his life around and wants to see other drug addicts do the same. And he believes that the only way to help battle the drug abuse pandemic in Ayrshire is to work together to form a community group.

Using the Vineburgh Community Centre as a pilot project, Darren wants to offer recovering addicts volunteer work, from helping in the centre's café to hosting fitness sessions and even walking up mountains – changing their focus and giving the addicts a voice is what he believes can help make the change.

"I was an addict for 20 years, I've been there, I almost gave up on myself," explained Darren. "But

after 20 years I got help, I went into a long rehab through the Broken Chains charity and then I decided it was time to come home to Irvine. I was advised against that as it can lead to set backs but I knew I wanted to come home and try and work on helping others. I became a community development worker here at Vineburgh and now I want to set up a Recovery community plan that can be rolled out across Ayrshire."

Darren and Louise Mcphater believe working together they can offer voluntary positions for people in recovery at the centre, help agencies come together and keep them on the right path.

Attending the meeting was former MSP Rosemary Byrne who pushed for a Bill at Holyrood 19 years ago calling for the rehab system to be given an overhaul. She told the meeting about her son Sean and her experiences of him as an addict for 30 years.

"I feel very negative and angry about the lack of communication between the different agencies involved, I have 30 years of dealing with them," said Rosemary. "I have seen this system fail people and we need to work together to make changes and give these people a chance to get the help they need, from a range of agencies working together, with a programme that is catered for them.

"I am happy to say my son is now working and living in Yorkshire and is on the right path thanks to the help of Charles Kingsman and Broken Chains. We must work together to reach more people and end the stigma attached to this addiction, it can affect anyone and any family here in Ayrshire."

Louise Mcphater added: "This meeting has been positive and we can now start working together, without judgement and prejudice and help people living in our community.

"There is no judgement here in Vineburgh, I grew up being told I would amount to nothing, I was from a scheme, I worked hard and I have shown that we can follow our dreams, we can listen to each other and become a force to be reckoned with."

Do you want to be included in the next Irvine Chit Chat?

We Need

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Let us know about the work of your community association.



Find us at **Irvine Locality** on Facebook.