



# AYRSHIRE HARBOUR

*Your shelter from the storm of addiction*

## ANNUAL REPORT

1st AUGUST 2022 - 31st JULY 2023



Harbour (Ayrshire)  
is a Scottish Charitable  
Incorporated Organisation

## FOREWORD

*“A fantastic start and an exciting future ahead...”*



*David Hughes  
Chair of Trustees, Harbour Ayrshire*

*Harbour Ayrshire's very first trustee meeting was held on 28 April 2022. Just over a year later, we are delighted to say that the progress achieved by the organisation has exceeded even our own expectations.*

OSCR approval was granted within 10 weeks of that initial meeting and that allowed our activities to really get going.

Our unique approach is already changing people's lives and as trustees, we would like to thank our Management Team and our Volunteers, many of whom are driven by their own lived-experiences and who care passionately about helping those in most need.

Thank you to our funders, big and small. You have given us the financial means to accelerate and grow the services we provide and recently, thanks to specific funding, we were able to secure another two full-time employment positions within Harbour Ayrshire, widening further the number of people we can help in our communities.

At this moment, we have 34 volunteers who support over 100 attendees every week at our various Peer Support groups in addition to providing a wide range of additional support services which you can read all about in this, our first Trustee's Annual Report.

Our trustees have personally made guest attendances at our peer support meetings and at CA meetings, to see at first hand the great work our team are doing and the life changing impact it has on our clients and their families. Very recently, the good work of Harbour Ayrshire was recognised by Siobhian Brown MSP, Minister for Victims and Community Safety, during a discussion on tackling the stigma surrounding drug deaths in the Scottish Parliament. We believe our approach, whilst also working with other partner organisations is generating positive results that a year ago we could only have dreamed of.

But this is only the beginning. Thank you again to everyone involved and every organisation that has shown us support in these early days, an exciting future lies ahead which we know will continue to change many people's lives for the better.



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## OUR STORY

### *Why were we established?*

*In response to the devastating impact that drug and alcohol related deaths are having on our communities, Harbour (Ayrshire) was set up to deliver (in partnership) a range of solution-focused options, while creating opportunities for some of the most vulnerable people in our society, allowing them to live a life free of the stigma and suffering of addiction.*

### *Who do we help?*

Our target group consists of individuals who are currently experiencing alcohol and/or drug addiction and inter-related issues, primarily within Ayrshire.

Our mid to long-term strategy is to establish an affordable residential treatment centre in Ayrshire. As part of this, we are currently fostering relationships with strategic partners to provide a 'fit for purpose' facility that will house individuals who currently live chaotic lifestyles. Harbour (Ayrshire)

Residential will provide a safe and secure environment, free of alcohol and drugs, for anyone needing to achieve and maintain recovery.

There will be intense support offered before entry (prehab), evidence-led therapeutic models of recovery during their stay and a rigorous aftercare plan when leaving rehab, all aimed at providing the best opportunity for long-term and sustainable recovery.



### *Clive Kennedy, Founder*

Our founder and benefactor, local businessman Clive Kennedy, is an energetic and passionate individual with a desire to create change.

Clive's enthusiasm and understanding comes from his personal journey in overcoming addiction. Drugs and alcohol were slowly destroying his family life and his personal and business relationships. Clive is an example of how help and support from other recovered addicts can produce positive results – he now runs a successful business in Ayrshire, has a young family, and has recently married his long-term partner.

Without the support he received during his rehabilitation none of this would have been possible and this is what motivates him to invest his time and finances into Harbour (Ayrshire), helping to generate opportunities for people seeking pathways into recovery.

### *Eddie Gorman, Project Manager*

Our project Manager, Eddie Gorman, has 10 years' experience in the field, working for innovative organisations such as the Violence Reduction Unit as a Senior Mentor in their award-winning employability project 'Street & Arrow'.

He was a Regional Supervisor with Medics Against Violence's 'Navigator'- a hospital-based intervention project supporting people presenting to A&E with drug/alcohol related issues. He has also worked as a recovery practitioner in 'Abbycare', one of Scotland's flagship residential rehabilitation centres treating alcohol and drug addiction.

Complimenting his professional experience, Eddie is in long-term recovery from addiction himself and is passionate about the work that Harbour does.

# OUR TRUSTEES

Harbour (Ayrshire) is governed by a committed, forward thinking and strategically minded board of trustees, dedicated to steering the charity through a safe and successful voyage. The Board provide a wide range of skills and expertise from medical, legal, financial and business backgrounds.



*David Hughes (Chair)*

Retired Managing Director (Scotland and Northern Ireland) for Ayr Financial Planning and Advice, and previously Managing Director for The Munro Partnership Ltd. David is a Chartered Financial Planner and a Fellow of The Personal Finance Society. Originally from Glasgow, David has lived in Ayrshire for the past 17 years.

*John Fulton (Vice Chair)*

John is a Partner in Gilson Gray LLP, one of Scotland's leading law firms, and specialises in real estate development, real estate finance and commercial property matters. John has a strong commercial and business acumen which allows him to understand and differentiate between the key technical, legal and commercial issues of the project is committed to bringing that expertise to assist Harbour in achieving its goals.



*Claire Gilroy MBChB MBA (Secretary)*

Claire has over 8 years experience as a Specialty Doctor in Emergency Medicine. She is the Clinical Lead for Service Development and Improvement in NHS Ayrshire and Arran and a graduate of the Scottish Quality and Safety Fellowship. Claire has vast experience in developing and implementing robust governance processes within NHS Scotland.

*John Gilardi (Treasurer)*

Managing Partner and owner of K M Stewart & Co. Accountants & Business Advisors for over 20 years. John started with K M Stewart in 1994 nearly 30 years ago and has enjoyed the journey from employee to partner and now as owner. John is from Ayr and the firm provide advice and accountancy services to businesses across Scotland.



## OUR FIRST YEAR

*Harbour Ayrshire was granted OSCR charitable status on the 4th of July 2022. A date synonymous with freedom, it aligns with our belief that everyone deserves a life free from the misery, terror and pain of addiction.*



Eddie Gorman  
Project Manager,

**Volunteers** were always going to be an integral part of the organisation and we held our first Volunteer Recruitment Night in the Balgarth Pines, Ayr, where over 40 people attended, all looking to support us on this exciting new journey. We quickly recruited volunteers and began rolling out our hugely successful Peer Support Groups, starting in Irvine and expanding to nine groups throughout Ayrshire.

Our next venture was the **Community Support Vehicle (CSV)**. When I think of this vehicle, the word 'redemption' springs to mind - not in a religious sense but in the precise definition of 'a clearing of a debt'. The CSV allows our volunteers, most carrying the guilt and shame of a previous life, to embark on a journey of healing by paying a debt owed to ravaged communities by supporting women fleeing violence or relocating homeless people to their new forever homes.

The **Out of Hours Helpline** was established to provide support for individuals experiencing crisis during their most reachable and teachable moments. Ten trained volunteers offer emotional and practical support and signpost individuals to either Harbour Ayrshire or other relevant organisations.

Harbour Ayrshire has a future vision of opening a **Residential Rehab** in Ayrshire. We believe people need to be removed from their communities in order to abstain and receive rigorous support in a safe space. This sent us to various parts of the UK where we built relationships with existing rehabs and allowed us to access treatment for the individuals we were supporting.

We developed **Harbour Buddies** to provide intensive one-to-one support before treatment (prehab) and during the difficult transitional period of reintegrating back into the community (aftercare). We were able to support 21 "high risk" individuals to treatment during our first year, preventing them from becoming statistics in Scotland's drug-related deaths.

## VOLUNTEERS

*Harbour (Ayrshire) has a volunteer programme consisting of a dedicated, hardworking and compassionate group of lived-experience individuals who give their time and commitment, in an inspirational way, to create hope that 'change is possible'.*

The volunteers are the mainstay of the charity and we demonstrate our belief in them by providing mentoring, training and development opportunities.

Our vision is to see a host of previously 'written off' individuals becoming self-supporting members of society, establishing themselves as valuable and productive members of our communities, while repairing fractured family relationships.



Volunteer Recruitment event at Balgarth Pines, Ayr.

## PEER SUPPORT GROUPS

We have established a series of highly-successful voluntary-led peer support groups in Ayrshire.

Catering for both men and women, they are safe spaces that help the formation of positive relationships within the groups and subsequently the wider communities. The groups provide support in areas outwith addiction, including mental health, homelessness, and bereavement.

There are currently nine groups, geographically positioned to cover the main local communities, from Irvine in North Ayrshire, down to Girvan in South Ayrshire. Group attendance averages 80-120 people per week and 300 different individuals have received support. Over 1000 individuals have benefited from Harbour support in 2022. No doubt, some of these could (or probably would) have been alcohol and drug related stats.



Some of the MOT Ayr Group visiting Ayr United

- 4 Male Groups
- 3 Female Groups
- 1 Family Group
- Service presentations
- Lived experience-speakers
- Activities
- Retreats
- Total Volunteers 34
- 10 Volunteers currently training in health & social care
- 8 Volunteers progressed into employment

## What have we achieved in our first twelve months?



### AVERAGE GROUP ATTENDANCE FIGURES (WEEKLY)



Thrive Group at Irvine Beach

## OUT OF HOURS HELPLINE

This service provides a one-to-one intervention service aimed at identifying an individual's needs, allowing us to signpost them to relevant services or residential treatment.

All helpline volunteers have undergone comprehensive training by a qualified telephone training consultant.

### HELPLINE OPENING TIMES

5pm – 10pm, Mon – Fri  
10am – 10pm, Sat – Sun



TOTAL CALLS RECEIVED

## HOMELESS HELPERS

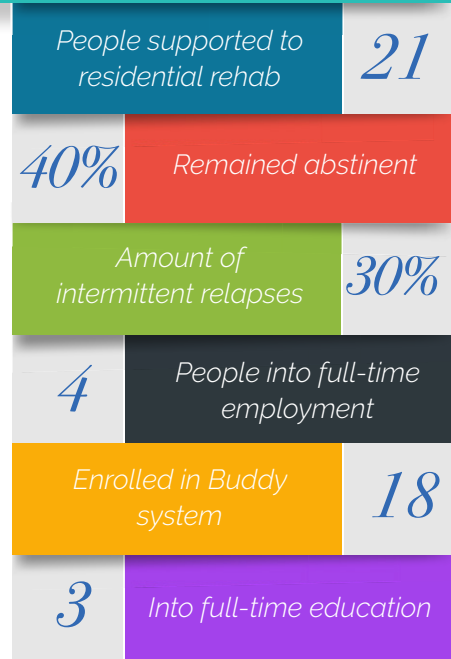
The Harbour (Ayrshire) volunteers travel to Glasgow at least once a month and engage with homeless individuals in the area.

We supply rainproof ponchos, hot food, warm clothing and a cup of hot tea. This gives us the opportunity to sit down for a chat, helping us to build relationships and trust with each individual. We guide them to homeless shelters, encourage them to seek help and signpost them to the support networks. We make a pre-paid mobile phone available, allowing individuals to contact friends, family or loved ones who they may have lost contact with.



### Residential Rehab Support Service (RRSS)

What have we achieved in our first twelve months?





## What have we achieved in our first twelve months?



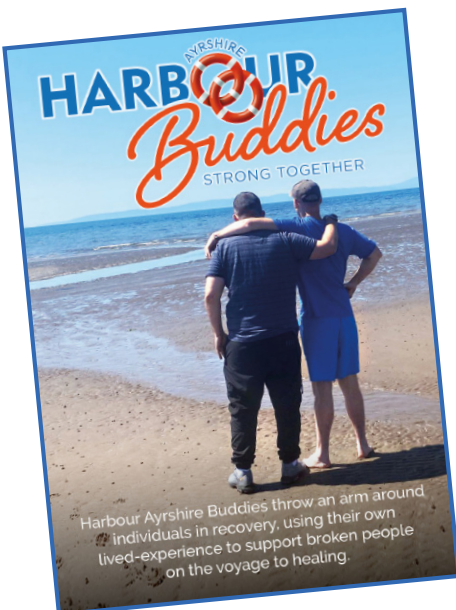
60 times in the community

151 families supported

### COMMUNITY SUPPORT VEHICLE

The Community Support Vehicle assists local organisations that are working with individuals in crisis.

This could be by helping women fleeing domestic violence or assisting homeless people to move into accommodation. Voluntary donations help keep this vital service on the road.



Individuals who enter a rehabilitation process are less likely to complete the programme when a comprehensive support structure is not in place at the early stages (prehab) and following discharge from residential (aftercare).

Harbour has recognised this crucial time for our supported people and created a "Buddy" service, where a lived experience volunteer will walk the path of recovery with them, side by side, every step of the journey.





## REMEMBRANCE WALK

*The Harbour Ayrshire Memorial Walk gives individuals the chance to remember their loved ones, lost to addiction, as we walk from the Fullarton Community Hub to Irvine beach for a balloon release.*

A loved ones name is written on the balloons and then released to drift high over the Firth of Clyde.

Although it's a sad and sombre day, it allows us to celebrate the success of the people who made it out of addiction and creates some great memories, while building true friendships.





## NEW BEGINNINGS

*Due to the high volume of desperate calls from family members with loved ones in addiction, Harbour Ayrshire set up a family peer support group, run by volunteers with lived experience of supporting loved ones in addiction.*

Addiction not only affects the individual who is suffering, but also those who love the sufferer. Our Family group has been hugely successful and we have 12-16 members attending each week.

We offer lived experience speakers and also members of AlAnon and Famanon, giving our families hope that change is possible with the correct support in place. We also sign post our family to local services such as SFAD and 12 step fellowships.

Our volunteers who run the group are CRAFT trained and we have a CRAFT session once a month.



*What have we achieved in our first twelve months?*



# ANNUAL REPORT

## AYRSHIRE HARBOUR HERO AWARDS

*Harbour (Ayrshire) held its first Awards Ceremony at the Carlton Hotel in Prestwick on 18 July 2023. The evening celebrated the successes of the first twelve months of Harbour and recognised the achievements of the staff and volunteers who have made such a positive difference to local people's lives..*



# THE AWARD WINNERS

## ROWING THE EXTRA MILE

WINNER: MOT GIRVAN

## BUSIEST LIFEBOAT

WINNER: MOT IRVINE

## MAINSAIL AWARD

WINNER: THRIVE

## ALL HANDS ON DECK

WINNER: MOT AYR

## CALMING SEAS AWARD

WINNER: WOMEN'S WELLBEING

## CLEAR HORIZONS AWARD

WINNER: MOT KILMARNOCK

## MAKING WAVES AWARD

WINNER: EmpowerHer

## QUAYSIDE AWARD

WINNER: NEW BEGINNINGS



## SHIPMATES AWARD

WINNER: HARBOUR BUDDIES

## PRECIOUS CARGO AWARD

WINNER: COMM. SUPPORT VEHICLE

## SHIP'S TELEGRAPH AWARD

WINNER: HARBOUR HELPLINE

## ENGINEER AWARD

WINNER: KRIS FEARON

## DECKHAND AWARD

WINNER: BRENDAN MCGIVERN

## INSPIRATIONAL FEMALE

WINNER: STEFANIE GREIG

## INSPIRATIONAL MALE

WINNER: CHRIS SEDDEN

## FEMALE VOLUNTEER

WINNER: ALYSON MARTIN

## MALE VOLUNTEER

WINNER: PAUL GEAR

# ANNUAL REPORT

## FUNDERS & PARTNER ORGANISATIONS

*Harbour (Ayrshire) works hard to build relationships with local and national organisations, developing partnerships and securing funding to aid in the delivery of our vital services, supporting some of society's most vulnerable individuals and families.*

We are grateful to the many organisations who have supported our activities in the first twelve months, allowing us to establish and grow an unparalleled rehabilitation programme in a very short space of time.

## OUR PARTNER ORGANISATIONS

Circles Advocacy

We Are With You

Alcohol Drugs Partnership

RecoveryAyr

Broken Chains

South Ayrshire Council

Homeless Team

Seascape

NHS

Turnaround Paisley

Medics Against Violence

Community Justice Services

Abbey Care

Veteran's First Point

Penumbra

NADAR

East Ayrshire Recovery Hub

South Ayrshire Carer's Centre

Turning Point Scotland

Nova

12 Step Fellowships

Minds of Recovery

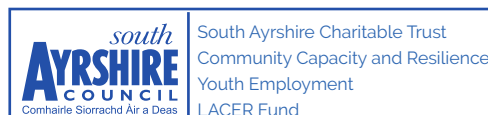
Fullarton Hub

River Gardens, Auchencruive

Barnardo's

Fullarton Connexions

## OUR FUNDERS

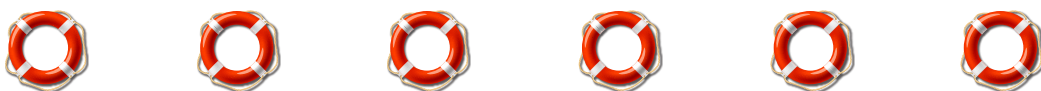


# FINANCIALS

ANALYSIS OF INCOME 2023	
Restricted Funds	£163,126
Unrestricted Funds	£70,469
<b>Total</b>	<b>£233,595</b>



ANALYSIS OF EXPENDITURE 2023	
Charitable Activities Restricted	£67,101
Charitable Activities Unrestricted	£64,906
<b>Total</b>	<b>£132,007</b>



FUNDS HELD AT 31st JULY 2023	
Restricted	£96,025
Unrestricted	£5,563

**NOTE:** A significant amount of restricted funds held in bank are to pay fixed salaries in Year 2.

## THE NEXT TWELVE MONTHS: OUR VISION 2023 - 2024

*Harbour's vision for the upcoming year is so exciting, we can hardly wait to see it unfold. If last year is anything to go by, we will see a host of previously written-off individuals resume their place in society through education, employment and voluntary opportunities, created by Harbour and our partner organisations.*

Last year's outcomes have proven the concept that our target groups are an untapped source of committed individuals who have excelled, after being offered life-changing opportunities.

This year we aim to stabilise and strengthen the infrastructure (steady the ship), after our extraordinary "year one" expansion. In saying that, at Harbour we do not stand completely still, and we have plenty of expansion plans for year two.

### ***These include:***

- *a new family group in the South to complete the trio of family groups throughout Ayrshire, supporting family members of loved ones in addiction.*
- *a new peer group in the North and East to increase our reach into the more rural areas of the Ayrshire community.*
- *taking the concept of our "peer support group" into Kilmarnock Prison (MOT Bowhouse has a nice ring to it!). This would allow us to expose the inmates to recovery in prison and support them on release when returning to their community.*
- *recruitment of three new employees (subject to funding)*
- *securing a part-time driver, to increase the capacity of the CSV to support families in crisis.*
- *two new "recovery practitioners" - one in East and one in North Ayrshire, increasing our capacity to support people experiencing the pain of addiction.*

*The future for Harbour Ayrshire and the people we support looks positive.*



SERVICE  
AWARENESS  
DISCIPLINE  
FORGIVENESS  
LOVE  
HUMILITY  
WILLINGNESS  
INTEGRITY  
COURAGE  
FAITH  
HOPE  
HONESTY

YOUR  
SHELTER  
FROM THE STORM  
OF ADDICTION

AYRSHIRE  
**HARBOUR**

*"From the darkest corners shines the brightest light"*

Every Harbour has a lighthouse and our aim is to keep that light turning, with a brightness that reaches every individual lost in the darkness of addiction, throughout Ayrshire and beyond, proving our belief that *change is possible*.

## CASE STUDIES

*What have we achieved? The successes and achievements of Harbour (Ayrshire) during its first twelve months are not measured solely by facts and figures.*

The most rewarding aspect of the work that the Charity does is when we read real success stories, from real people, who have made positive (and sometimes life-saving) changes to their lives.

### CASE STUDY # 1

*I was completely broken. Addicted to many different substances and on a high dose of methadone. I couldn't see a way out and I had come to believe that I was going to die this way.*

*Eddie and Vicki from Harbour came out to see my partner at the time about his addiction and I saw it as an opportunity for me to get help as well. They sat us down and spoke to us and gave me hope that, maybe, things could be different. My journey to recovery had started.*

*Eddie knew that I had wanted to work within the addiction field and he told me about a course within SDF (Scottish Drug Forum), saying that I should apply for it. I didn't think anything would come of it as I was still on my prescription and had no clean time, but Vicki and I sat down and she helped me fill out the application form.*

*On January 17th, 2023, I had gotten to 2.5ml of my methadone and was finally ready to put it down. Two days after I put my script down, Vicki and I started doing book work and I started to grow more and more. 30 days later I became a volunteer for Harbour, something I had always wanted to do since the first day I had met Eddie and Vicki. I volunteered at THRIVE the group that helped me grow and now I get to help other girls within the group.*

*Vicki and I continued to do book work and I never missed a day with her. I sat back and listened to everything she had to tell me and learned as much as I could.*

*I then got a second interview with SDF, but I believed I wasn't going to get offered a place, so I applied for Health and Social Care at college.*

*I got an interview and an unconditional offer for the course but, as I was walking out of the college,*

*I got an email offering me a place for the course with SDF as a trainee addiction worker!*

*This was in the March and the course started in May, so it gave me time to finish my steps with Vicki.*

*In April I went to Portugal for a C.A convention something I would have never been able to do if I was still abusing drugs and I wouldn't have gotten there without the help with harbour and C.A.*

*I also started seeing my daughter more. It went from one hour a week, to 2 days a week, for more than 3 hours each time and our relationship is now restoring. This is also from the help of Harbour as Eddie wrote me a letter which helped my days increase.*

*I found out my placement for SDF was going to be within Harbour and I was over the moon as, where else would I want to be? The place where I started my journey now gets to be the place, I get to help others!*

*I am extremely grateful to both Harbour and C.A as they haven't just given me my life back, they have given me a new way to live, to be happy and free and to be the present mother, daughter, and friend today and that is where my happiness lies.*

*As of today, I am currently 5 months clean and sober and my life has completely transformed.*

*I can't wait to see what the future holds for me as I know my best is yet to come".*



## CASE STUDY # 2

Margaret, a single mother of two children, returned to Ayrshire after a period living in the Grampians with her abusive husband.

When she returned, she identified her own alcohol issues and addressed them by attending a 12-step fellowship.

M previously had a career in psychiatry with NHS Grampian but, because of the trauma caused by the abusive relationship and alcohol issues, she experienced long term unemployment (3years).

M began to volunteer with Harbour Ayrshire (HA) as a group facilitator, supporting vulnerable women experiencing social issues, addiction, mental health, domestic abuse etc.

She grew into the role through training and supervision, building her self-esteem and confidence. HA funded trauma therapy for Margaret to which she responded well and implemented the tools learned for her personal development and practice.

During this time, M was offered an opportunity by South Ayrshire Council's Evolve Project, aimed at returning long-term unemployed back to work. She was offered a 6 months funded post with HA.

In her role as a support worker in the community she excelled, increasing in confidence and competence very quickly. She proved to be a wonderful addition to the team and an asset to the organisation.

At the end of her placement she successfully applied for a post with NHS and has been offered a job as an addiction worker in Bowhouse Prison.



## CASE STUDY # 3

AH attended Harbour Ayrshire's Women THRIVE support group when it first opened in August 2022. She had managed to abstain from illicit substances and was on opiate replacement therapy (ORT)-monthly Buprenorphine Injections.

AH embraced the THRIVE Group on a Saturday and was attending regular Fellowship meetings whilst reducing her prescription medication. She really came out her shell within the group and was one of our regulars, offering and receiving support.

She had previously been in an abusive relationship and in January 2023 her ex-partner came back into her life which caused her a great deal of stress, resulting in a relapse on street Valium, which quickly got out of control and sent her spiralling back to addiction.

Harbour Ayrshire supported her into residential treatment, where she was able to attain abstinence in a safe environment and deal with historical trauma, which was one of the factors that led to her relapsing in the community.

She followed the 'Steps to Hope' programme faithfully for 3 months whilst getting herself a sponsor in Fellowship and embarking on the 12 steps recovery programme.

After her stay in residential, she returned to Ayrshire and continued attending the Women's Thrive group and Fellowship meeting while being fully focused on her journey of recovery.

AH is now volunteering with Harbour in the Thrive Group where her recovery journey began and the women in the group were delighted to have her as part of their team. She is now endeavouring to support women from the group using her lived experience of addiction and domestic abuse.

AH's transformation is now complete and she was recently offered employment within the East Ayrshire Recovery Hub in Kilmarnock, as a peer support worker, assisting others who are in addiction/alcoholism.





## OUR VISION, MISSION AND VALUES

### *Our Vision*

Harbour (Ayrshire) will work 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.

### *Our Mission*

We will deliver a variety of support in collaboration with organisations who share our vision and values. We will facilitate group work, one-to-one support, signposting, future wellbeing and activities. We will be guided at all times by people's own shared experience, their recovery journeys, their hopes, and aspirations.

### *Our Values*

#### **HONESTY**

This will be the foundation of our organisation. Relationships will be built on transparency, openness and sincerity.

#### **COLLABORATION**

We will work with organisations that share our vision and values. We will use a whole-systems approach to bring about sustainable and long-term change for individuals. *"It takes a village to raise a child"*.

#### **INTEGRITY**

We will act in a timely and principled manner, demonstrating confidentiality and respect towards each individual. We will always *"say what we do and do what we say"*.

#### **INDIVIDUALITY**

Everyone in society has their own strengths, abilities, resilience and uniqueness. Individuals who have experienced hardship are no different and we will work with them to develop and nurture these qualities.

#### **EQUALITY**

Positive action is needed to help people and their families who face forms of bias or discrimination. We will work towards removing the barriers and injustices that limit opportunities for people overcoming addiction.

