

2015

# LOCAL RECOVERY GROUPS DIRECTORY

- 03 Aberdeen
- 03 Aberdeenshire
- 04 Angus
- 04 Argyll and Bute
- 05 Ayrshire
- 05 Dumfries and Galloway
- 06 Dundee
- 07 East Ayrshire
- 08 East Dunbartonshire
- 09 Edinburgh
- 11 Fife
- 12 Forth Valley
- 12 Glasgow
- 18 Inverclyde
- 19 Lanarkshire
- 20 Mid and East Lothian
- 21 North Ayrshire
- 21 Perth and Kinross
- 21 Renfrewshire
- 22 South Ayrshire
- 23 West Dunbartonshire
- 23 West Lothian

## Aberdeen

### ABERDEEN IN RECOVERY (AIR)

Address: The Foyer, Marywell Street, Aberdeen  
Email: [info@aberdeeninrecovery.org](mailto:info@aberdeeninrecovery.org)  
Facebook: Aberdeen in Recovery  
Telephone: 07788 660 245  
Contact: Lynn Esslemont  
Town/City: Aberdeen  
Day: Saturday 10am-2pm

### ATMOSPHERE

Address: The Foyer, Marywell Street, Aberdeen  
Email: [info@aberdeeninrecovery.org](mailto:info@aberdeeninrecovery.org)  
Facebook: Atmosphere (AiR)  
Telephone: 07788 660 245  
Contact: Lynn Esslemont  
Town/City: Aberdeen

## Aberdeenshire

### GRAMPIAN FAMILY SUPPORT

Website: [www.gfsf.org.uk](http://www.gfsf.org.uk)  
Email: [grampianfsgforum@yahoo.co.uk](mailto:grampianfsgforum@yahoo.co.uk)  
Facebook: Grampian Family Support Forum  
Contact: Sheila Mckay  
Town/City: Aberdeen

### SHARE

Email: [ggsturton@aol.com](mailto:ggsturton@aol.com)  
Telephone: 07515 512 457  
Contact: Graham Sturton

## Angus

### WELLBEAN CAFÉ

Email: robertmhm@gmail.com  
Telephone: 07803 184854  
Contact: Robert Marshall

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## Argyll and Bute

### MAXIE RICHARDS FOUNDATION

Address: Tignabruich  
Website: www.maxierichards.org.uk  
Email: staff@kingscourtsupport.com  
Facebook: Maxi Richards Foundation  
Telephone: 07867 920 904  
Contact: John McLaughlin  
Town/City: Tignabruich  
Day: Everyday

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### RE-CONNECT G7

Address: Campbeltown  
Email: joe.re-konect@mobileemail.vodafone.net  
Telephone: 07919 541 826  
Contact: Joe Keenan  
Town/City: Campbeltown  
Day: Every 2nd Friday

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## Ayrshire

### RAW

Address: Caley Court Resource Centre  
Moorpark Road West, Stevenston,  
Ayrshire, KA20 3HU

Email: dennymclaughlin@outlook.com

Telephone: 07725 007167

Contact: Denny McLaughlin

Town/City: Stevenston

Day: Tuesday or Wednesday or Thursday

A

## Dumfries and Galloway

### ROC CAFÉ

Address: Oasis Centre, Newall Terrace, Dumfries

Email: hthompson@adssws.co.uk

Telephone: 01555 504550

Contact: Hazel Thompson

Town/City: Dumfries

Day: Friday 5pm-7pm

D

## Dundee

### 5TH PRECEPT DUNDEE & PERTH

Address: Nilipul Centre, 51 Reform St  
Dundee, DD1 1SL  
Website: [www.5th-precept.org](http://www.5th-precept.org)  
Email: [scotland@5th-precept.org](mailto:scotland@5th-precept.org)  
Facebook: Fifth Precept Meditation Group  
Telephone: 07739 819 565  
Contact: Stuart Brindley  
Town/City: Dundee  
Day: Saturday

### R&R CAFÉ

Address: Mark Henderson Centre  
Ann Street, Dundee  
Email: [nan.boyd@crossreach.org.uk](mailto:nan.boyd@crossreach.org.uk)  
Facebook: R & R Café Dundee  
Telephone: 07595 120 011  
Contact: Nan Boyd  
Town/City: Dundee  
Day: Friday 11am-2pm

### RECOVERY MATTERS GROUP

Address: CAIR Scotland, Dundee  
Email: [karen.robertson@cairscotland.org.uk](mailto:karen.robertson@cairscotland.org.uk)  
Telephone: 01382 200 532  
Contact: Karen Robertson  
Town/City: Dundee  
Day: Monday 12.30pm-2.20pm



# East Ayrshire

## ARTISTIC CREATIONS

Address: 40 Solis Street, Kilmarnock  
Email: Ab.1963@hotmail.co.uk  
Facebook: Artistic Creations  
Telephone: 07760 665 541  
Contact: Allan Brown  
Town/City: Kilmarnock  
Day: Thursday 10.30am

## EAST AYRSHIRE RECOVERY GROUP

Address: 41 Solis Street, Kilmarnock  
Email: eastayrshirerecoverygroup@gmail.com  
Telephone: 01563 543 454  
Contact: Richard Moreland  
Town/City: Kilmarnock  
Day: Monday 10.30am-11.30am

## WEE JEANIES BAZAAR

Address: Grass Project, 18 Lawson Street  
Kilmarnock, KA1 2JP  
Email: jacie.white@cvoea.co.uk  
Telephone: 01563 574 000  
Contact: Jackie White  
Town/City: Kilmarnock  
Day: Monday & Thursday

# East Dunbartonshire

## G.R.A.C.E.

Address: Unit 4/5, 18/20 Townhead  
Kirkintilloch, G66 1N1  
& Hillhead Community Centre  
169 Meiklehill Road,  
Kirkintilloch, G66 2JT

Website: [www.graceaftercare.co.uk](http://www.graceaftercare.co.uk)  
Email: [info@graceaftercare.co.uk](mailto:info@graceaftercare.co.uk)  
[gracesmailis@gmail.com](mailto:gracesmailis@gmail.com)

Facebook: G.R.A.C.E.  
Telephone: 07401 797 876  
Contact: Robert Smith  
Town/City: Kirkintilloch  
Day: Monday-Friday 9am-5pm,  
Saturday 10am-4pm

## PARTNER

Address: Salvation Army, Main Street,  
Barrhead

Email: [partner.er@hotmail.co.uk](mailto:partner.er@hotmail.co.uk)  
Telephone: 07761 545 001  
Contact: Iain McWilliams  
Town/City: Barrhead  
Day: Tuesday 10am-12pm

## UR LIFE

Address: 21 Broadcroft Road,  
Kirkintilloch, G66 1HP

Email: [natalielogan79@gmail.com](mailto:natalielogan79@gmail.com)  
Telephone: 07518 581 048  
Contact: Natalie Logan  
Town/City: Kirkintilloch  
Day: Thursday 10am-12pm



# Edinburgh

## ARIA THEATRE CO.

Email: wallace2go@yahoo.co.uk  
Facebook: Arts Recovery in Alba  
Telephone: 07908 969 278  
Contact: Colin Wallace  
Town/City: Edinburgh

## CHOOSE LIFE GROUP

Address: 52 Queen Street  
Edinburgh, EH2 3NS  
Website: www.simpson-house.org  
Email: paul.nicholson@crossreach.org.uk  
Facebook: Choose Life Simpson House  
Telephone: 0131 225 6028  
Contact: Paul & Liz  
Town/City: Edinburgh  
Day: To find out call Paul or Liz

## IF

Website: www.ifdas.net  
Email: mark@ifdas.net  
Telephone: 07973 266 438  
Contact: Mark Bittel  
Town/City: Edinburgh

## KIRKLOAN INITIATIVE

Address: 53 Queen Street, Edinburgh, EH2 3NS  
Website: www.simpson-house.org  
Email: liz.forrester@crossreach.org.uk  
Facebook: Kirkloan talks  
Telephone: 0131 225 6028  
Contact: Paul & Liz  
Town/City: Edinburgh  
Day: To find out call Paul or Liz

# Edinburgh

## RECOVERY KIDZ

Email: [recoverykidz@outlook.com](mailto:recoverykidz@outlook.com)  
Facebook: Recovery Kidz  
Telephone: 07500 945 111  
Contact: Joan & Nicola  
Town/City: Edinburgh

## SERENITY CAFÉ

Address: 8 Jackson Entry  
Edinburgh, EH8 8PJ  
Website: [www.serenitycafe.co.uk](http://www.serenitycafe.co.uk)  
Email: [mail@comas.org.uk](mailto:mail@comas.org.uk)  
Facebook: Serenity Cafe Edinburgh  
Telephone: 0131 556 8765  
Town/City: Edinburgh  
Day: Everyday

## SMS PEER SUPPORT GROUP

Address: 200 Bonnington Road  
Edinburgh, EH6 5NL  
Email: [wilma.easton@edinburgh.gov.uk](mailto:wilma.easton@edinburgh.gov.uk)  
Telephone: 0131 469 6207  
Contact: Wilma Easton  
Town/City: Edinburgh  
Day: Thursday 10am-12pm

## VINTAGE REHAB

Address: 4/1 Murieston Lane, Edinburgh  
Website: [www.vintagerehab.co.uk](http://www.vintagerehab.co.uk)  
Email: [info@vintagerehab.co.uk](mailto:info@vintagerehab.co.uk)  
Facebook: Vintage Rehabs  
Telephone: private  
Contact: Hilary Braidwood  
Town/City: Edinburgh

## Edinburgh

### WHAT NEXT?

Email: peter.charad@hotmail.co.uk  
Facebook: Peter Charad  
Telephone: 07896 870 875  
Contact: Peter Charad  
Town/City: Edinburgh

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## Fife

### FRESH

Address: DAPL Glenrothes  
Email: freshinfife@gmail.com  
Facebook: FRESH in Fife  
Contact: Louise Bowman  
Town/City: Glenrothes  
Day: Friday 1pm, Thursday 5pm

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### RESTORATION

Email: restorationfife@gmail.com  
Facebook: Restoration Fife  
Telephone: 07501 176 234  
Contact: Claire & Liam  
Town/City: Fife  
Day: Check the website

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### SOLO

Address: Macedonia Community House,  
Glenrothes, Fife, KY6 1JQ  
Email: johnglory999@yahoo.com  
Telephone: 07899 415 237  
Contact: John Guthrie  
Town/City: Glenrothes  
Day: Monday 6.30pm-8.30pm

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F

## Forth Valley

### POP UP RECOVERY

Address: Heritage Rooms, 13 Milton Row,  
Dunipace, Falkirk  
Email: dc04@btopenworld.com  
Telephone: 07950 245 022  
Contact: David Christie  
Town/City: Dunipace

### RECOVERY FILMS LTD

Email: recoveryfilmsltd@btinternet.com  
Facebook: Recovery Films  
Telephone: 07861 671 845  
Contact: Russ Williamson-Fenton  
Town/City: Clackmannanshire

## Glasgow

### THE ARC

Address: Whiteinch Centre  
Northinch Court, G14 OUG  
Facebook: The ARC aftercare recovery community  
Telephone: 0141 950 4434 0141 950 4434/  
07966452062  
Contact: Theresa Arneil  
Town/City: Glasgow  
Day: Friday 10am-3pm

### CHARLIE CANNING CENTRE

Address: 181 Shettleston Road  
Glasgow, G31 5JL  
Email: charlie.c181@gmail.com  
Telephone: 0141 556 6296  
Contact: Jim McArthur  
Town/City: Glasgow

# Glasgow

## CREW

Address: Jenniburn Centre, Castlemilk  
 Email: crewrecovery@gmail.com  
 Facebook: CREW Recovery  
 Telephone: 07979 027 931  
 Contact: George  
 Town/City: Castlemilk  
 Day: Thursday 10am-2.30pm

## DRUMBCHAPEL DROP IN

Address: Drumchapel Community Centre  
 Kinfauns Drive, Drumchapel,  
 Glasgow, G15 8NH  
 Email: allan.houston@sw.glasgow.gov.uk  
 Telephone: 0141 531 9254  
 Contact: Allan Houston  
 Town/City: Glasgow  
 Day: Wednesday

## GRO

Address: 15, St Margaret's Place  
 Saltmarket, Glasgow, G1 5JY  
 Email: donna@glasgowrecoveryorganisation.org  
 Facebook: The Cusp  
 Email: info@glasgowrecoveryorganisation.org  
 Contact: Donna Campbell  
 Town/City: Glasgow  
 Day: 6 days a week, from 8am

## JUST LIKE US

Address: Milton Church, Egilsay Crescent  
 Milton, G22 7PF  
 Website: www.justlikeus.co.uk  
 Email: justlikeusmilton@gmail.com  
 Telephone: 07917 410 006  
 Contact: Loraine & Gerry  
 Town/City: Glasgow  
 Day: Wednesday & Thursday 9.30am-3pm



# Glasgow

## NERC

Email: NERC1@outlook.com  
Telephone: 07847 301 397  
Contact: Paul Donachy  
Town/City: Glasgow

## NERD

Address: 26 Penston Road  
Glasgow, G33 4AG  
Email: northeastrecoveryday@gmail.com  
Facebook: North East Recovery Day - NERD  
Telephone: 07810 868 714  
Contact: Paul Cassidy  
Town/City: Glasgow  
Day: Saturday 9am-1pm

## NORTH WEST RECOVERY COMMUNITY

Email: mark.healy@ggc.scot.nhs.uk  
Telephone: 07557 651 805  
Contact: Mark Healy  
Town/City: Glasgow

## NORTH WEST RECOVERY MENS GROUP

Address: The ARC, Whiteinch Centre  
Email: allan.houston@sw.glasgow.gov.uk  
Telephone: 0141 531 9254  
Contact: Allan Houston  
Town/City: Glasgow

## NORTH WEST RECOVERY WOMANS GROUP

Address: The ARC, Whiteinch Centre  
Email: allan.houston@sw.glasgow.gov.uk  
Telephone: 0141 531 9254  
Contact: Tracey Myatt  
Town/City: Glasgow

# Glasgow

## PARC

Address: Church of Nazarene, 12-14 Burgher Street  
Parkhead, G31 4TB  
Email: NERC1@outlook.com  
Telephone: 07806 673 025  
Contact: Sarah Jane  
Town/City: Glasgow  
Day: Wednesday

## RAFT

Address: Adelphi Centre, Commercial Road  
Gorbals  
Email: john.mccann@ggc.scot.nhs.uk  
Facebook: R.A.F.T  
Telephone: 07557 012 888  
Contact: John McCann  
Town/City: Glasgow  
Day: Friday

## RAFT WOMANS GROUP

Address: Adelphi Centre, Commercial Road  
Gorbals  
Email: seragroup1@gmail.com  
Telephone: 07939 505 251  
Contact: Laura Paul  
Town/City: Glasgow  
Day: Friday

## RENEW

Address: Carlton Heritage & Learning Centre  
423 London Road, G40 1AG  
Email: NERC1@outlook.com  
Telephone: 07552 347 946  
Contact: Sarah Jane  
Town/City: Glasgow

# Glasgow

## RISE THE RECOVERY CAFÉ

Address: 91 Holmfauld Road,  
Glasgow, G51 4RY  
Email: riserecoverycafe@gmail.com  
Facebook: RISE - the recovery café  
Town/City: Glasgow  
Day: Saturday 11am-2pm

## SEA MUSIC

Address: Adelphi Centre, Commercial Road  
Gorbals  
Email: urbanacidfrenzy@yahoo.co.uk  
Facebook: Serb South  
Telephone: 07460 826 879  
Contact: Paul Clark  
Town/City: Glasgow  
Day: Monday & Friday

## SERAG

Address: Adelphi Centre, Commercial Road  
Gorbals  
Email: seragroup1@gmail  
Telephone: 07454 747 044  
Contact: Paul Feeney  
Town/City: Glasgow

## SOUNDINNERSPACE

Email: soundinnerspace@gmail.com  
Telephone: 07426 026 677  
Contact: Robert Anderson  
Town/City: Glasgow



# Glasgow

## SUNDAY SOCIAL

Address: The Bridge, 1000 Westerhouse Road  
Glasgow, G34 9JW  
Email: walterbrown@live.co.uk  
Facebook: Sunday Social at the Bridge  
Telephone: 07908 477 543  
Contact: Walter Brown  
Town/City: Glasgow  
Day: Sunday

## SWEET FOR ADDICTS

Website: [www.sweetforaddicts.co.uk](http://www.sweetforaddicts.co.uk)  
Email: [solutions24@talk21.com](mailto:solutions24@talk21.com)  
Contact: Mark Williamson  
Town/City: Glasgow

## UNITY FOOTBALL

Email: [matthewbrannan@live.co.uk](mailto:matthewbrannan@live.co.uk)  
Facebook: Unity Fc  
Telephone: 07450 991 119  
Contact: Matthew Brannan  
Town/City: Glasgow



# Inverclyde

## INVERCLYDE RECOVERY CAFÉ

Address: Methodist Church, Ardgowan St  
Greenock  
Website: [www.inverclyderecoverycafe.com](http://www.inverclyderecoverycafe.com)  
Email: [Jamie.Conway@yourvoice.org.uk](mailto:Jamie.Conway@yourvoice.org.uk)  
Facebook: Inverclyde Recovery Café  
Telephone: 07949 876 334  
Contact: Jamie Conway  
Town/City: Greenock  
Day: Wednesday & Friday

## INVERCLYDE RECOVERY DRAMA

Address: Your Voice, 12 Clyde Street, Greenock  
Email: [Jamie.Conway@yourvoice.org.uk](mailto:Jamie.Conway@yourvoice.org.uk)  
Telephone: 07949 876 334  
Contact: Jamie Conway  
Town/City: Greenock  
Day: Wednesday

## INVERCLYDE RECOVERY JAM

Address: Your Voice, 12 Clyde Street, Greenock  
Email: [Jamie.Conway@yourvoice.org.uk](mailto:Jamie.Conway@yourvoice.org.uk)  
Telephone: 07949 876 334  
Contact: Jamie Conway  
Town/City: Greenock  
Day: Wednesday

## JERICO HOUSE

Address: 5/7 Bank Street, Greenock  
Email: [jerichosociety@googlemail.com](mailto:jerichosociety@googlemail.com)  
Telephone: 01475 741 950  
Contact: Michael  
Town/City: Greenock

## Inverclyde

### GEESE

Address: Moving on, Renfrew House,  
26 Brougham Street, Greenock  
Email: patriciacompston@hotmail.co.uk  
Facebook: Moving On Inverclyde  
Telephone: 07539 903 943  
Contact: Patricia Compston  
Town/City: Greenock  
Day: Friday

## Lanarkshire

### ABC SUPPORT GROUP

Address: Joe Mckay Centre, Bellshill  
Email: ABCsupportgroup2006@hotmail.co.uk  
Telephone: 07561 015 050  
Contact: Alex Leckie  
Town/City: Bellshill  
Day: Tuesday

### BLAMELESS

Address: Hamilton Academical FC Stadium  
New Douglas Park, Cadzow Avenue  
Hamilton, ML3 0FT  
Website: [www.blameless.org.uk](http://www.blameless.org.uk)  
Email: [blamelesscharity@gmail.com](mailto:blamelesscharity@gmail.com)  
Facebook: Blameless Charity  
Telephone: 07880 230 828  
Contact: Bill Mckay  
Town/City: Hamilton

## Lanarkshire

### BLANTYRE RECOVERY CAFÉ

Address: Blantyre Community Centre  
3 Calder Street, Blantyre, G72 0AU  
Email: dannycowan81@gmail.com  
Blantyre Recovery Hub"  
Telephone: 07449 305 532  
Contact: Danny Cowan & Kevin Scott  
Town/City: Blantyre  
Day: Wednesday 2pm-6pm

### LANARKSHIRE RECOVERY CONSORTIUM

Address: Unit 47, Fountain Business Centre  
Ellis Street, Coatbridge, ML5 3AA  
Website: www.lanarkshirerecoveryconsortium.com  
Email: derek@lanarkshirerecoveryconsortium.com  
Contact: Derek McCabe  
Town/City: Coatbridge

## Mid and East Lothian

### HORIZONS CAFÉ

Address: 6a New Mills Rd, Dalkeith, EH22 1DU  
Email: katrina.h.campbell@nhslothian.scot.nhs.uk  
Telephone: 07947 458 962  
Contact: Pete Adams  
Town/City: Dalkeith  
Day: Friday 10am-3pm

### STARFISH RECOVERY CAFÉ

Address: Hope Church, 49 Bridge Street  
Musselburgh, Edinburgh, EH21 6AA  
Email: mocolquhoun@hotmail.co.uk  
Facebook: Starfish, East Lothian Recovery Café  
Telephone: 07587 695 925  
Contact: Morag Colquhoun  
Town/City: Musselburgh  
Day: Wednesday

## North Ayrshire

### IRVINE TEEN CHALLENGE

Address: Irvine  
Email: geriberibob@googlemail.com  
Telephone: 07783 778 364  
Contact: Geri Mclellan  
Town/City: Irvine  
Day: Friday night

N

## Perth & Kinross

### PAST

Address: Highland House  
St Catherines Road, Perth  
Email: pastgroup1@gmail.com  
Telephone: 07516 427 810  
Contact: Tony Duffy  
Town/City: Perth  
Day: Tuesday 9am-1pm

P

## Renfrewshire

### ROUTE 66

Address: RCA Trust, Mirren House  
Back Sneddon Street  
Paisley PA3 2AF.  
Email: route66pai@live.com  
Telephone: 07770 679339  
Contact: Pauline Trevarthen  
Town/City: Paisley  
Day: Monday 11am-1pm

R

## Renfrewshire

### SUNSHINE RECOVERY CAFÉ

Address: St. Matthew's Church  
Gordon Street, Paisley  
Email: [sunshinerecoverycafe@gmail.com](mailto:sunshinerecoverycafe@gmail.com)  
Telephone: 0141 314 4022  
Contact: Rowan Anderson  
Town/City: Paisley  
Day: Wednesday, 1pm-4pm

R

## South Ayrshire

### INSPIRE TROON

Address: Lighthouse Church  
Ailsa Road, Troon,  
KAD 6DB  
Email: [richardmcminn@outlook.com](mailto:richardmcminn@outlook.com)  
Telephone: 07985 348 004  
Contact: Richard McMinn  
Town/City: Troon  
Day: Tuesday 10am-12pm

### RECOVERY AYR

Address: 59 John Street, Ayr  
Email: [recoveryayr@gmail.com](mailto:recoveryayr@gmail.com)  
Facebook: RecoveryAyr  
Telephone: 07740 327 985  
Contact: Adam Holland  
Town/City: Ayr  
Day: Friday

S

## West Dunbartonshire

### FAST

Address: St Augustins Church, Dumbarton  
Email: Fastnews@hotmail.co.uk  
Facebook: FAST West Dunbartonshire  
Telephone: 01389776887/07775000852  
Contact: Kate Hamill  
Town/City: Dumbarton  
Day: Tuesday

### FAST FORWARD

Address: St Augustins Church, Dumbarton  
Email: Fastnews@hotmail.co.uk  
Facebook: FAST West Dunbartonshire  
Telephone: 01389 776887/07775000852  
Contact: Kate Hamill  
Town/City: Dumbarton  
Day: Tuesday

## West Lothian

### WEST LOTHIAN RECOVERY HUB

Address: Cyrennians, Bathgate  
Email: annemariesneddon@cyrennians.org.uk  
Telephone: 01506 205413  
Contact: Anne-Marie Sneddon  
Town/City: Bathgate  
Day: Monday 12pm-3pm