

# March 2024



# Women's Recovery Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Lets CHAT About Stigma roadshow- Darvel 1-3pm
3	4	5	6 <ul style="list-style-type: none"> <li>Bitesize stigma sessions- Older people &amp; housing team development day. Highlighting women and families (invite only)</li> <li>ACDI- Ladies Cold Water Dip Waterfall Kelburn Country Park Leaving Boswell Centre, Auchinleck 10.30am - all ladies welcome</li> <li>Open Doors- Ladies drop in, tea coffee and light bights. 10-2pm, information and support provided.</li> </ul>	7 Bitesize lunchtime stigma sessions ROSC ADP (invite only) Highlighting women and families to book contact: <a href="mailto:fiona.rankin@east-ayrshire.gov.uk">fiona.rankin@east-ayrshire.gov.uk</a>	8 <ul style="list-style-type: none"> <li><u>International Womens Day</u> Women's stigma Podcast</li> <li>Council headquarters, CHAT health checks, wellness workshops</li> <li>Ladies Pampering Day At Boswell Centre, Auchinleck from 10am all ladies welcome and lunch is provided.</li> <li>Afternoon Tea Survivors group, all ladies welcome EA Recovery Hub 2-4pm</li> </ul>	9 Lets CHAT About Stigma roadshow- Dalmellington 1-3pm
10	11	12	13 Harbour Ayrshire Letting Go Plate Therapy – Centrestage Kilmarnock 10.30- 12. All ladies welcome	14	15	16 Lets CHAT About Stigma roadshow- Auchinleck 1-3pm
17	18	19 'S' Word. Pathways Of Hope Ayrshire College Highlighting layers of stigma students only	20 Harbour Ayrshire Yoga Nidra meditation class – Centrestage Kilmarnock 10.30 -12 all ladies welcome	21	22 Women's Wellbeing, bath bombs and self care EA Recovery Hub 2-4pm All ladies welcome	23 Lets CHAT About Stigma roadshow- Kilmarnock 1-3pm
24 31	25	26	27 Harbour Ayrshire- Steps 10&11 workshop (Big Book of Alcoholics Anonymous) Centrestage Kilmarnock 10.30- 12. All ladies welcome	28	29	30 Transwalk- Kilmarnock- Ayrshire College- Lets CHAT About Stigma