

Men's Ministry

Supporting and encouraging people to meet their full potential is something we are passionate about at North Ayr TheGither. With this in mind, we launched a mentoring programme for men who live within the North Ayr area, and also for men associated with the area.

This allows us to work with a range of men from varied and diverse backgrounds, each struggling with battles of their own, whether through poor mental health, drug addiction, or low self-esteem. We aim to get alongside them, initially by forming relationships and providing a listening ear, while also creating a relaxed environment that encourages them to open up.



We have identified that most men respond best when participating in an activity, or in an informal environment, therefore we have established this by going for walks, playing pool and going cycling. These activities allow conversations to flow freely and naturally.

In order to further support individuals and empower them to overcome barriers and obstacles they face, we support them in accessing help with life skills. This might include cooking skills or identifying suitable voluntary opportunities.

In the last couple of years the work has developed and we now offer a gym group and are in the process of starting a weekly drop-in.

We run the gym group in partnership with [Blastfitness Gym](#) on Crown Street.



Our drop-in will be held within Room Sixty's facilities at Newton Wallacetown Church on Main Street.

Some have expressed an interest in the Christian faith and we have provided opportunities for them to explore this.

For up to date details please contact Paul Algeo on [07494 264103](tel:07494264103) or email palgeo@churchofscotland.org.uk