

## Meet the new faces of the IEC!



### **Stephanie Craig, Clerical Assistant**

Stephanie is our newest member of the team, joining in July 2024, and is our new receptionist. Stephanie has a background in product design, specifically jewellery making. In her free time she enjoys traveling, spending time with friends and family and going to concerts, art events and the cinema.

### **Time for Me, Angela Wood**

Angela from Time For Me is one of our newest businesses, joining the centre in June 2024.

Time for Me offers a range of therapies and support to individuals including Counselling based interventions, Neuro Linguistic Programming, Advanced Clinical Hypnotherapy, HPD, NCH, Emotional freedom tapping, Mindfulness, Youth Mindfulness and Wellbeing Support.



# Business Focus

## **Progress Psychotherapy, Robert Fulton**

"Since 2021, I've rented an office at the Ingram Enterprise Centre. Despite the push for remote therapy, many clients—especially vulnerable ones—find in-person sessions safer and more supportive. Having the office in Kilmarnock reduces financial and psychological barriers related to travel. Our community-based services are crucial for those in need.

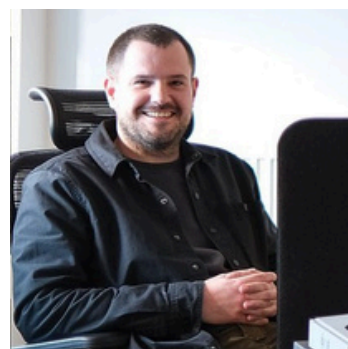
The East Ayrshire Council Business Support Team played a crucial role by funding half of the training fees for EMDR. Their support allowed me to start sooner than I expected and gave me the ability to offer free sessions to three individuals. Since 2019, our practice has treated hundreds of people locally, emphasising the positive impact of accessible mental health services within our community."



## **AD&CO, Andy Shields**

"In 2021, AD&CO moved to the Ingram Enterprise Centre. This strategic decision provided a dedicated studio space for client visits, networking with other businesses, and establishing a prominent presence in Kilmarnock town centre. Ingram offered the perfect balance of professionalism, security, and business support. By leveraging the resources of the East Ayrshire Business Support team, AD&CO received training on business processes and enrolled in the Public Contract Scotland tender system.

After five successful years of continuous growth, AD&CO attributes part of this success to its presence at the Ingram Enterprise Centre."



# IEC Case Study

## Aynam Energy

“We started business operations on the 17th June 2017 from a bedroom within our house. We joined the Ingram Enterprise Centre on 1st June 2018 and operated there for almost six years, with our last day being 29th February 2024.

During those six years we increased our staff so much so that we moved into a larger room. We thoroughly enjoyed access to the fantastic facilities available including multiple meeting rooms and tea prep areas. The ground floor reception was always very welcoming and the next door Business Gateway office was a useful outlet for discussing business growth strategies with advisors. We would have stayed at the Ingram Enterprise Centre but we had outgrown most office space available, however we do remember the nice ambiance of the place and we enjoyed our time there.

We would recommend the Ingram Enterprise Centre to any small local company that wants a professional office space with ambitions for growth.”





# IEC Meeting Rooms

The Ingram Enterprise Centre boasts well-designed meeting rooms that cater to various business needs. These rooms are versatile spaces, suitable for a range of activities such as conferences, workshops, training sessions, client meetings, brainstorming sessions and networking events.

Our rooms have flexible layouts and we can arrange the space in various layouts (such as theatre style, boardroom style, or U-shaped) to suit your specific requirements. You will also have access to high speed internet for virtual meetings or collaborative work. And if required, catering services can be arranged for refreshments or meals during your meetings.

If you are interested in viewing the space we have on offer here, or to book rooms, please get in touch with us via email on [ingramenterprisecentre@east-ayrshire.gov.uk](mailto:ingramenterprisecentre@east-ayrshire.gov.uk)

