

Recovery Cymru Annual Report April 2014 – March 2015

By Gareth Joseph (Cardiff Centre Coordinator) and Sarah Vaile (Recovery Cymru, Founder & Director)



Recovery Month Celebration



Artwork from Paintings in Hospitals comes to RC



Health Minister Mark Drakeford AM thanks RC for contribution to provision for people in recovery



RC try falconry

With sincere thanks and best wishes from everyone at Recovery Cymru...

With gratitude to all our funders: Cardiff & Vale APB, The Big Lottery Fund, Volunteering in Wales, Lloyds Bank Foundation; and partners: Solas, NewLink Wales & St Johns Church; and supporters, donors and fundraisers, for recognising the vision and potential of the Recovery Cymru model and supporting us.

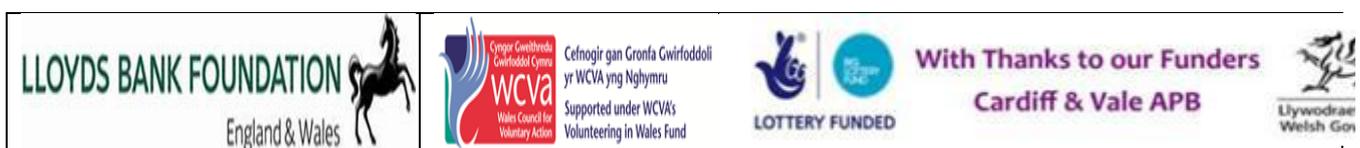
And thank you to all our members, volunteers, staff and trustees who give their time, enthusiasm, skills and share their lives to create a genuine peer-led mutual aid recovery community in Cardiff and the Vale of Glamorgan and contribute to the recovery movement in Wales. You continue to make a difference every day, to show recovery is possible, probable and is to be enjoyed!

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Introduction

Recovery Cymru is a self-help, mutual-aid support community in Cardiff & the Vale of Glamorgan for people in or seeking recovery from drug, alcohol and related problems, as well as their families. We are a leading voice on recovery across Wales, involved in developing best practice, training and community building nationally.

We are passionate about developing and strengthening communities of recovering people, sustaining recovery, helping others do the same and being a positive force in their communities, as well as wider society. Together, we empower and support people towards their recovery journey, to pursue fulfilment, explore skills and interests and to generally improve. Shared experience and understanding is fundamental.

We have a unique and inclusive recovery philosophy, based upon a flat hierarchy and variety of experience. We evolved out of a single support group in 2008/2009 and our innovative philosophy is at the centre of everything we do. Our vision is to create a social movement through which recovery-oriented community networks can develop. Recovery is about quality of life, rather a substance.

Our activities are designed and run by people in recovery which offer people the chance access:

- Self-help, support, advice, friendship and social networks
- Positive, meaningful ways to spend time
- Relapse prevention/management
- Training, mentoring, coaching
- Awareness raising, advocacy and community building

Our activities are both centre and community based (1:1 coaching, training, community events and telephone recovery support), and we are exploring the use of different technologies. Our two recovery centres are open 365 days per year.

Members are people who have personal experience of drug, alcohol or mental health and are 'on' their recovery journey, as well as their family members and friends. Our members are diverse with unique backgrounds. We also have other members who identify their recovery journey from life events like bereavement, serious isolation & physical health problems.

Our extensive volunteer programme supports peoples' recovery and without which, our community could not operate. Our people are genuinely our greatest asset. Most of our staff are also members and volunteers who share their recovery stories while also undertaking a professional role.

We have enjoyed rapid growth, responsibilities and challenges. Our growth and success is contagious and we want to share our knowledge and expertise to benefit others. We do this by developing peer-led resources, training packages for professionals and volunteers and by being part of the National Recovery Movement.

2014-2015 'WOW, what a year'!

This report describes the activities and development of Recovery Cymru in 2014-2015... and what a year it has been!

We were at a pivotal moment of change at the end of the last financial year, with the future of Recovery Cymru at a time of both exciting opportunity and worrying insecurity. Then came the fantastic news that in April 2014, we were part of the successful consortium (with Solas and NewLink Wales), commissioned by Cardiff & Vale APB (Area Planning Board) to deliver Throughcare, Aftercare and Recovery Services (TARS) in Cardiff and the Vale of Glamorgan. The Footsteps to Recovery model was born out of service user and recovery community consultation and was based around the delivery of:

- A community-based, professional and peer delivered, substance misuse aftercare rehabilitation programme;
- Diversionary and purposeful activities for people in or seeking recovery from problems with drugs and/or alcohol;
- Training and volunteering opportunities for people in or seeking recovery from problems with drugs and/or alcohol; and
- *Ad infinitum* recovery peer support & mutual self-help.

This led to the most intense period of growth for our recovery community and really put our philosophy, vision and values to the test. Our membership, volunteer and staff base have all doubled in a year. Again, WOW! We are delighted with the outcomes so far and excited about the future.

Our Big Lottery Funded 'Making Recovery Real' project is in its second year, focusing our work on increasing membership, training recovery champions and recovery coaches; and challenging stigma and discrimination in Cardiff and the Vale. The Big Lottery supported us to make some changes to the project plan to ensure the best outcomes for our members which led to a change in focus in one of the staff posts the BIG Lottery Fund for us. Programme Development has been a core part of this project in the last year.

This year a one-year The Lloyds Bank Foundation supported a new project enabling the recovery community to trial working with 'harm reduction' partners and a one-year Volunteering in Wales Fund supported us to expand our volunteering programme.

Welsh Government's Capital Substance Misuse Action Fund enabled us to gain some security in the buildings we operate from and to increase available space in the Vale recovery centre.

This report outlines:

- The work undertaken and main achievements for the first year of the TARS project, namely from April 2014– March 2015;
- The performance of Recovery Cymru during this period
- A reflection on the fourth year of the organisation;
- Revisions and changes to operational delivery informed by feedback from staff and participants; and
- Plans for the next period.

Our Recovery Community Organisation

Recovery Cymru is a self-help and support community for people in or seeking recovery from alcohol and drug problems. We have a recovery centre in Cardiff and are developing our community in the Vale of Glamorgan. We are also networked into the wider recovery community in Wales and the UK.

Our aims are to:

- Build the recovery community in Wales
- Raise awareness of recovery and challenge stigma
- Work alongside treatment providers to develop recovery oriented systems of care
- Our activities are designed to offer people the opportunity to receive support, help others and develop their skills and passions.

We offer:

- Self-help, support, advice and friendship
- Positive and meaningful ways in which to spend time
- New skills, hobbies and community networks
- Relapse prevention/management
- Awareness raising, advocacy and community building

Everything we do is underpinned by our vision, values, mission and recovery philosophy...

Our Vision

A recovery community where people recover from drug and alcohol problems. A community based on support, hope and opportunity which values individuals, the process of recovery and believes recovery is about improved quality of life.

Our Values

We believe in the reality of recovery and in the power of shared experience and support. Our approach is based on community, participation and independence. We believe that everyone has the potential to recover from substance use problems and our activities are based upon the following principles: hope, choice, empowerment, inclusion, understanding, support, enjoyment and acceptance.

Mission Statement

Recovery Cymru believes in developing and strengthening communities of people recovering from drug and alcohol problems. People are empowered to initiate and continue their recovery journey, to achieve fulfilment, to explore their skills and interests and to improve their quality of life. Through the power of shared experience and understanding, people can support themselves and others. Recovery Cymru is also part of a wider recovery movement in Wales and is a champion for the Recovery agenda in the UK.

Our Recovery Philosophy

- We view the recovery process as a journey
- We believe that everyone has the potential to recover
- Together we promote the many different pathways to recovery. We appreciate that each person takes a unique journey. We are here to learn from one another, to support one another and build new relationships

- We support the many different treatment methods and models that can assist individuals in their recovery journey, and we do not promote one method or philosophy over another
- We believe that, where appropriate, medications (e.g. methadone, subutex, naltrexone, Antabuse) can aid and assist people on their recovery journey.
- We believe that recovery is real and should be celebrated
- We believe that recovery is about quality of life. It is about the person rather than the presence or absence of a substance
- We believe that recovery is self-defined; it develops over time.
- We accept that what is right for today, may change tomorrow
- We recognise that a common goal for many people is abstinence from their problem substance
- We recognise that abstinence from all mind-altering substances is a common goal for many people in recovery
- We accept that preventing and managing relapse is a reality of recovery for many people. However, we believe that relapse does not have to be inevitable
- We believe that it is easier to try to do something, than it is to try not to do something – so get involved!

Footsteps to Recovery

Footsteps
to Recovery

Change, Growth & Moving On



Throughcare, Aftercare and Recovery Support (TARS)

Footsteps to Recovery involves:

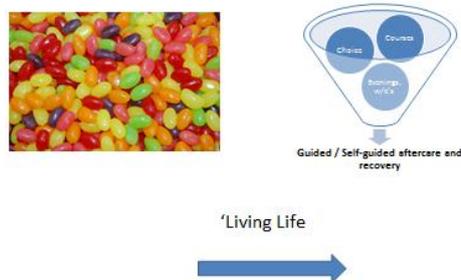
- Completing treatment and moving on to the next stage
- Mixture of structured and less structured groups courses and activities
- Attending volunteer training, groups and courses volunteer placements in a setting which you are interested e.g. St Fagan's, charity shop
- Peer-led recovery support in a community where members, volunteers and staff all have experience of recovery and are able to support one another
- Support for family members and other important people in our social network
- Being part of the ongoing Recovery Community in Cardiff and the Vale of Glamorgan

'Ways In'



F2R enables you to choose which courses, groups and activities you would like to become involved in to support your recovery this is called 'pick and mix' model of recovery.

Pick 'N' Mix

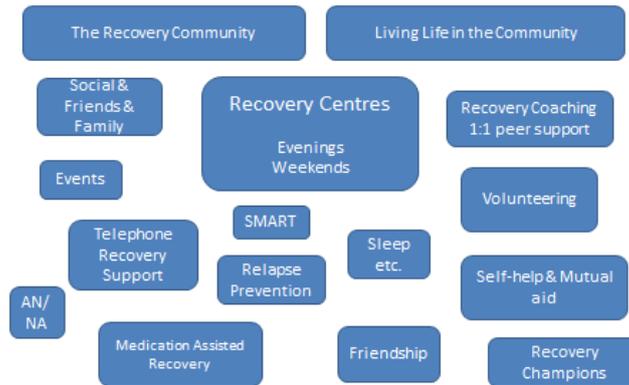


As part of 'pick and mix' you can design a timetable that suits you which offers a mixture of structured courses, self-help and peer groups, activity groups and volunteering.

Aftercare & Peer-led recovery support



Community & Moving On



One of the Footsteps team will support you to design your recovery timetable which will support you to achieve and maintain recovery in your community. People with lived experience of recovery are available to support you on your Footsteps journey and we have open-ended community support which you can access for as long as you need or want to.

Footsteps to Recovery Name: _____ Date: _____

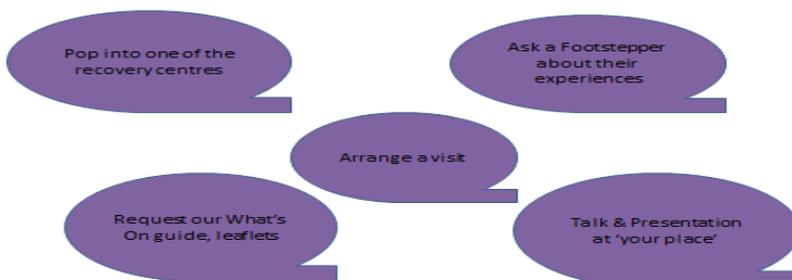
My Footsteps to Recovery

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
Afternoon						
SMART Recovery Group		NonSteps Placement i.e. community garden	NonSteps Placement i.e. dog walking			Self help group & Breathing from Crime at Recovery Centre
Evening						

We support all pathways to recovery and believe recovery is defined by you after all you are the expert on yourself and we can work with you to help you make and sustain positive changes in your life.

F2R is run in a number of community venues, including two recovery centres, an aftercare centre, aftercare hub and volunteering locations across Cardiff and the Vale of Glamorgan. We have opportunities to get involved on every day of the week, evenings and weekends.

Find out more



Our hubs of Activity: Recovery Centres

Who, what, where, when, why 😊

Weekly Courses, Groups & Activities – Cardiff

- Support group (out-of-hours)
- Structured self-help group (following a structured self-help model)
- Weekend Reflection (Support) Group – new this year
- Community development & resource session
- Women’s group
- Relapse Prevention (9 week course) – new this year
- Peer Moving On In My Recovery (12 week course) – new this year
- Unstructured Evening Social Group (out-of-hours) – new this year
- Craft group
- Music group
- Sunday afternoon opening and relaxation sessions (out-of-hours)
- Cookery social (out-of-hours)
- SMART Recovery
- Creative Writing (out-of-hours)
- Volunteering as a Recovery Tool Preparation Group – new this year



Weekly Courses, Groups & Activities – Vale

- Weekend Reflection (Support) Group – new this year
- Craft Group – new this year
- SMART Recovery – new this year
- Structured self-help group (following a structured self-help model)
- Community development & resource session
- Volunteering as Recovery Tool Preparation Group – new this year
- Creative expression
- Music Group
- Relaxation Sessions – new this year
- Relapse Prevention (9 week course) – new this year
- Family Peer Support Group – new this year
- Saturday opening (out-of-hours)

Use of the **Cardiff Recovery Centre** has increased significantly again over the last 12 months, with typical footfalls increasing by in excess of **50 per cent**. Members continue to use the Centre for peer support; crisis support; social activities; use of the computers; volunteering; development of social networks and personal

use (for example, filling out forms, reading etc.). The Cardiff Centre is also being used to deliver elements of the TARS “Footsteps to Recovery” Group.

Our more recently (August 2013) opened **Vale of Glamorgan Recovery Centre** in Barry has seen attendance figures rise even more steeply. Typical footfall in the Vale of Glamorgan is now more than double what it was 12 months ago. Like the Cardiff Centre, the Vale of Glamorgan Centre is also being used to deliver elements of the TARS “Footsteps to Recovery” Group.

This year we started opening the Vale of Glamorgan Centre on Saturdays. This, in concert with the Sunday opening of the Cardiff Centre (which has been consistent over the last three years) and bank holiday opening, means that across both Centres **we are open seven days per week, 365 days per year!**

Development of our community in the **Vale of Glamorgan** has continued apace in 2014-15, we have expanded our Vale of Glamorgan to include the first floor of the Holton Road premises. The first floor, formerly split into two residential flats, is being used for office space, training rooms, and space to run activity groups such as Craft and Music. We now run as many as eleven weekly support, social and activity groups in the Vale of Glamorgan (six weekly in 2013-14). As well as groups, Vale of Glamorgan members have organised fundraising and social activities; and members from the Vale continue to travel to Cardiff to engage in community activities which bridge the two Centres.

General member support continues to be offered to all members, via telephone, face-to-face, email or letter and includes **writing to prisoners** who are seeking to build their recovery networks in preparation for their release. One recently released ex-offender who has returned to the Cardiff area has engaged positively with the Recovery Cymru recovery community after being written to regularly by a staff member for over three years.

The development of the **Telephone Recovery Support (TRS)** programme has continued. Members and volunteers who ‘sign up’ continue to receive daily/weekly text reminders; updates of activities and general texts of encouragement. Following a pilot project, our Volunteer Programme Development worker (funded by a Volunteering in Wales grant) is in the process of recruiting a team to deliver regular telephone support sessions to members who request that service – our Volunteer project & support staff member is delivering training to a pilot group of volunteers in Cardiff. We have also incorporated a telephone support case history function into our bespoke database.

Community development meetings and communication are a core part of ensuring all our groups, activities, development plans and problem-solving are genuinely peer and community-led. These groups increase members and volunteers feeling of ownership and connectedness with Recovery Cymru. The community is the driving force and at the heart of everything Recovery Cymru is about. Our ideas, programmes and activities are born out of the ideas and needs of members and volunteers, as well as the contribution of their skills and time. We have a dedicated discussion and training session each week in which we discuss and develop ideas for the organisation, involve members and volunteers, and provide relevant training to enable individuals to undertake specific functions within the community. Our volunteering programmes and inclusive philosophy put the wishes and needs of community members at the heart of delivering the recovery support that Recovery Cymru provides. Meetings, texts, emails, face to face discussions and use of social media ensure we capture as many ‘RC’ voices as possible.

Members, volunteers and staff are involved in **raising awareness and challenging stigma**, which is undertaken in a number of ways, including, giving talks and presentations; attending networking events; sharing their stories and generally talking about RC!

Volunteering is a key component of the Recovery Cymru model and we encourage members to volunteer their time to support others and the development of the community. This programme seeks to support, encourage, and build skills and confidence and challenge members as they progress on their journey. There are more than twelve different roles and members fully direct when and how they volunteer. We also recruit volunteers from outside the recovery community, such volunteers include: students seeking to gain experience and enhance their CVs; people who have someone significant in their lives who has suffered from drug and/or alcohol problems; and members of the public who simply support our aims and philosophy. The Volunteering in Wales Fund has supported us to develop our volunteer programmes, training and support which has led to a new 'Volunteering In Recovery' model which is in its pilot stage.

The **Recovery Coaching & Recovery Champion** training programmes have been developed and the pilot training programmes are being delivered to volunteers alongside TRS training.

'Activity and Performance'

Referral pathways (including but not limited to):

We're delighted to have good relationships with lots of other organisations in Cardiff and Vale.

<ul style="list-style-type: none"> • Self • Friends and family • Community Addictions Unit (CAU)/Adfer Ward/DATT (On-Site Dispensing)/Therapeutic Day Programme/Shared Care (GPs affiliated to the CAU) • Inroads • Adfer Unit • Solas • Huggard • Celtic Community Services • Gofal • Community Mental Health Team • Brynawel Residential Rehab • Cadwyn • Community Reinforcement And Family Training (CRAFT) • Drug Intervention Programme • Fairbridge • Integrated Family Support Team (IFST) • Kaleidoscope • Llamau • Probation Service • Treatment & Education Drug Service (TEDS) • HMP Eastwood Park • NHS 	<ul style="list-style-type: none"> • Newlands (Vale of Glamorgan) • Crime Reduction Initiative (CRI) • Solicitor • NewLink Wales • Ashcroft House (women's rehabilitation centre) • Ty Canna (mental health organisation) • Job centre • 4 Winds • Ty Gobaith/Salvation Army/Bridge Programme • Vale Alcohol & Drug Team (VADT) • Communities 1st • Crisis Recovery Unit • Entry to Drug & Alcohol Services (EDAS) • Gwalia • Integrated Offender Intervention Service (IOIS) • Living Room • MIND Cymru • Royal Armed Forces Association • YMCA • Stir Project • Taith • Footsteps to Recovery • 9 Park Road Houses Rehabilitation Unit • Probation Service
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<ul style="list-style-type: none"> • Hafod Care • Links Centre • Vale Volunteer Bureau • Amy Evans (NHS Vale Mental Health Project) • Huggard Centre • HMP Cardiff • Women's Aid • City Temple • Nelson House • DAN 24/7 • Voluntary Community Service • Careers Wales 	<ul style="list-style-type: none"> • Journeys • Hamadryad Hospital • Cardiff and the Vale Social Services • Cardiff Community Mental Health Team • St Giles Trust • Pendine Community Mental Health Team • Croes Ffin • Canna Surgery • Tenancy Support - Tresillian House# • Children's Services • Atil Y Fro • SMILE Group • Kaleidoscope
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Referrals, Membership & Volunteers

Referrals Apr 14 – Mar 15 = 464 (329 Cardiff, 118 Vale, 17 RCT)	
Number of new members:-	Apr 14 – Mar 15 = 418
Number of active members:-	= 119 (actively engaged in attending or contacting Recovery Cymru on a regular basis).
Number of new volunteers:-	Apr 14 – Mar 15 = 63
Number of new interns:-	Apr 14 – Mar 15 = 3
Number of active volunteers:-	= 50 (excluding interns and event volunteers)
Average Group Attendance Apr 14 – Mar 15	
Craft	= 3.5
Cardiff Support Group	= 4.2
Cardiff Self-Help Group	= 6.4
Cookery Social	= 10.9
Women's Group	= 3.9
Music Group	= 3.3
SMART Recovery Group	= 5.7
Creative Writing Group	= 4.5
Community Development Group (Cardiff)	= 5.9
Community Development Group (Vale)	= 7.2
Self-Expression Group (Vale)	= 5.8
Weekend Reflection (Cardiff)	= 7.3
Relapse Prevention Course (Cardiff)	= 9
Peer Moving On In My Recovery (Cardiff)	= 6.6
Thursday Evening Social Group	= 4.7
Weekend Reflection (Vale)	= 3.4
Craft Group (Vale)	= 5.9
SMART Recovery Group (Vale)	= 5
Volunteering as a Recovery Tool Preparation Group	= 3
Relaxation Sessions (Cardiff)	= 5.7

Relaxation Sessions (Vale)	= 4.2
Relapse Prevention Course (Vale)	= 4.3
Family Peer Support Group	= 4.3
Vale Support Group	= 4
Vale Self-Help Group	= 4.1
Use of building:	
Cardiff Centre	
Average daily attendance (Apr 14 – Mar 15)	= 15.4
Average weekly attendance	= 92.4
Vale Centre	
Average daily attendance (Apr 14 – Mar 15)	= 13.1
Average weekly attendance	= 78.6

A snapshot of Footsteps To Recovery delivery...

Covering the period Jan-March 2015



In the last quarter Footsteps partners have integrated and evolved the Footsteps to Recovery programme to be more responsive to the needs of participants and to offer credible and comprehensive suite of choices for recovery support, both structured and unstructured. Attendance at the Cardiff Recovery Centre has increased by as much as 50 per cent since the middle of January 2015.

We have received almost universally positive feedback from participants about the structured programmes and the RC support, social & activity groups.

Referrals in to Footsteps:

	Total	Cardiff	Vale
Total referrals	209	136	67
Of which:			
Referrals in to Assessment Afternoons from external agencies	76	52	24
Referral in to Assessment Afternoons internally (RC)	13	7	6
New recovery community members in period	104	67	37
New recovery community volunteers in period	16	10	6
Active members	109	72	37
Active volunteers	50	35	15
Total volunteers	157	110	46

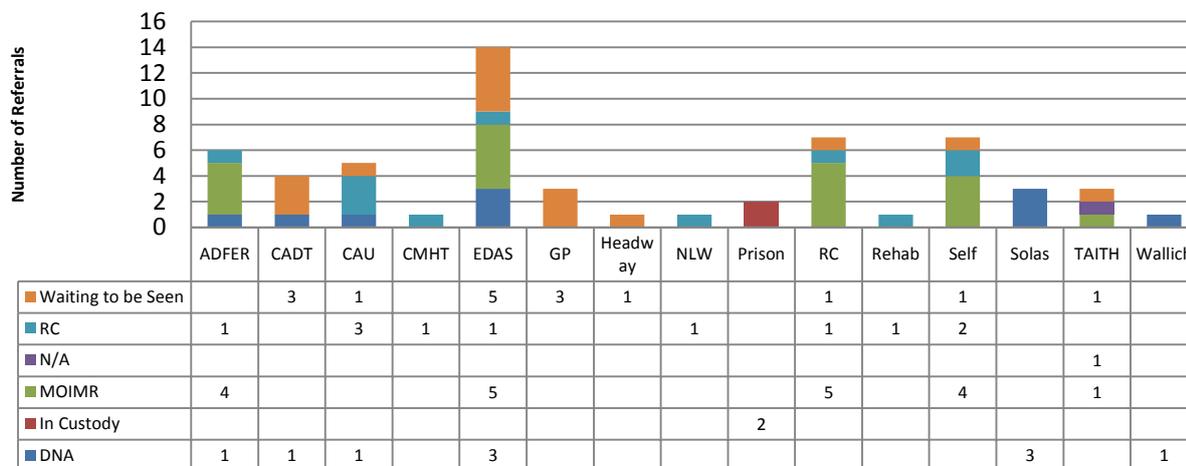
Summary of attendance at groups in the Quarter 4:

Cardiff Groups	
Cardiff Self-Help Group	6
Cardiff Support Group	5
Community Development (Cardiff)	6
Craft Group	4
Creative Writing	4
Music Group	4
Women's Group	3
SMART Recovery Group	6
Moving On In My Recovery – peer led	8
Relapse Prevention	9
Intense Structured Day Programme	6 of 8 completed, 5 on-going
Preparation Programme (for Structured Day)	5 – on going
MILE	9
Vale of Glamorgan Groups	
VoG Self-Help Group	3
VoG Support Group	3
Community Development (Vale)	7
Cookery Social	12
Family Group	4
Kitchen Garden Group	5
Outdoor groups and activities	4
Relaxation Group	4
Self-Expression Group	6
Intense Structured Day Programme	3 completed, 3 on-going
MILE	0

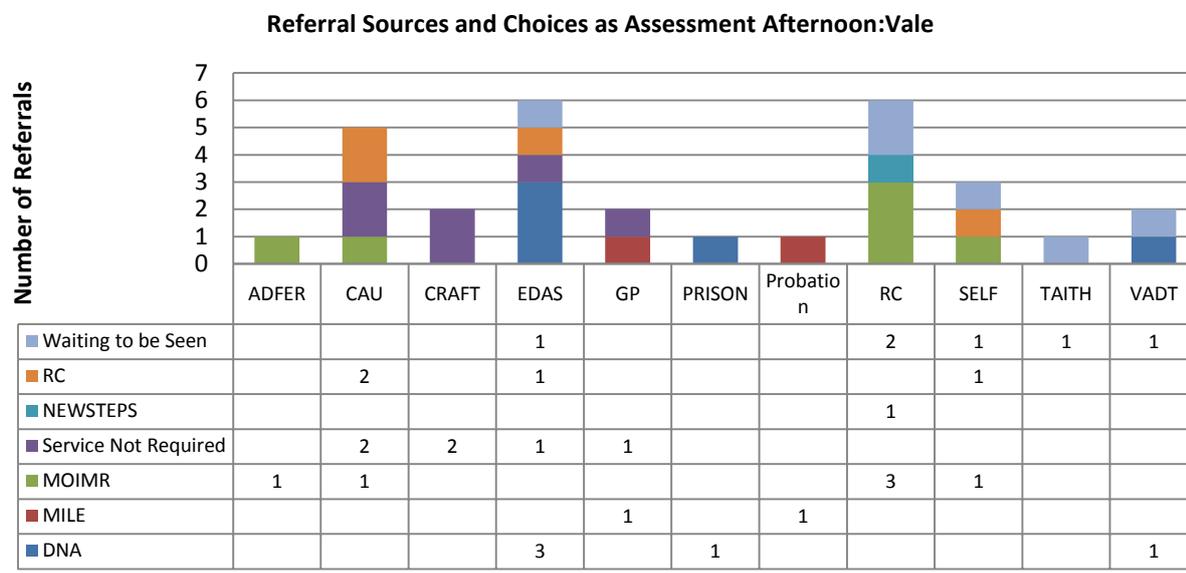
Totals in the Quarter:

Number of Structured Day Programmes	2 (one Cardiff, one Vale)
Number of preparation Programmes	1 in Cardiff
Number of self-help and support groups	50 (Cardiff 26, Vale 24)
Number of social, diversionary and skills groups	85 (Cardiff 42, Vale 43)
Number of referral engagement sessions with potential new members	88
Number of recovery champion engagement sessions in other organisations	52
Number of recovery champion engagement sessions for referral partners held in recovery centres	36
Number of volunteer sessions – training/ supervisions	65
Number of TRS sessions (in trial form)	39
Number of peer-led and volunteer sessions given to the community	73

Referral Sources and Choices at Assessment Afternoon :Cardiff



Referral sources and choices at Assessment Afternoon: Vale



Nb. Not all Recovery Cymru members will be part of the Footsteps to Recovery model.

We are continuing to run a number of sub-projects with staff, members and volunteers to plan and measure **Recovery Cymru outcomes and performance**. Members have been consulted to define relevant Recovery Cymru indicators. We are developing innovative approaches to monitoring, ensuring all data captured is relevant and useful to members as well as essential to provide to funders and inform best practice within Recovery Cymru. These measures will focus on impact, life measures and long term outcomes in 2015-2016.

Staff and volunteers have been trained in **RBA (Results Based Accountability)** methods.

A skilled **database** designer has continued to develop a comprehensive bespoke database for Recovery Cymru data collections, monitoring and performance. The implementation and testing phase of the innovative SQL Server database is now complete, the database is now 'live' across the organisation – and we are in the process of enhancing it with mechanisms for collecting “soft” information (e.g., case histories, and records of one-off interactions).

Other news in 2014-2015

Recruitment

We were able to recruit six new positions in 2014-15. We had seven employees in March 2014; we have therefore increased our workforce to 13 in the last 12 months.

 <p><i>Sarah Louise Vaile</i></p> <p>Founder & Director Footsteps and Lloyds Bank Foundation</p>	 <p><i>Andrew Sims</i></p> <p>Admin & Project Support - Cardiff Footsteps and Lloyds Bank Foundation</p>	 <p><i>Susie Boxall</i></p> <p>Programme Development BIG Lottery</p>
 <p><i>Gareth Joseph</i></p> <p>Cardiff Centre Coordinator Footsteps and Lloyds Bank Foundation</p>	 <p><i>Jo Simpson</i></p> <p>Vale Centre Coordinator Footsteps and Lloyds Bank Foundation</p>	 <p><i>Rachel Bayer</i> (part time)</p> <p>Admin & Project Support – Vale BIG Lottery and Footsteps</p>



Sean Nugent

Vale development worker
BIG Lottery



Lynn Jones

Aftercare & Recovery Community
Footsteps



Claire Palmer

(part time) Cleaner Cardiff
Footsteps and Lloyds Bank
Foundation



Roxy Newman

(part time) Cleaner Vale
Footsteps and Lloyds Bank
Foundation

Roxy also undertook some
sessional admin work during
Rachel's maternity leave



Tim Norval

Volunteer project & Support
Footsteps and Lloyds Bank
Foundation



Adam Miguel

Volunteer Programme
development & Support
Volunteering In Wales



Katy Benson (part time)

Admin & Project Support – Vale
BIG Lottery

We are also grateful to

Wendy German

Maternity cover and sessional
work

We are also grateful to

Alex Ralph

Maternity cover and sessional
work

Development of Recovery Gifts



www.recovery-gifts.com (website in development)

Recovery Cymru have been setting up a project entitled 'Recovery Gifts' which has the aim of producing, through their community craft groups, a range of saleable artisan crafts which they can sell.

We were delighted to receive a grant from the 'BIG Lottery's Awards for All' grant scheme to purchase an embroidery machine and materials for the Recovery Gifts project. Sample products are now being crafted and the project is also being supported by Cardiff University MBA students who are helping us with our business and marketing plan.

Please look out for our 'sales' outlets (the recovery centres, social media, websites) and think about purchasing a Recovery Gift. Any profit goes to funding Recovery Gifts or Recovery Cymru member and volunteer activities.



To Create. To Inspire.



Recovery Gifts

**Beautiful handmade items for sale*
**Support the local recovery community with every purchase*

www.recovery-gifts.com

More info

02920 227 019 (ask for Andrew)

www.recoverycymru.org.uk

info@recoverycymru.org.uk

Get involved

**Make items or publicise Recovery Gifts for us!*

**Meet new people, learn new skills & have fun*

Expansion of the Recovery Centre in the Vale of Glamorgan

We opened our Vale of Glamorgan Recovery Centre on the ground floor of 232 Holton Road, Barry in August 2013. To accommodate the extra demands placed on the Centre following the award of the Footsteps

contract; in September 2014 we expanded the Centre into the floor above, effectively doubling the space available for groups and activities.



Alterations to the Cardiff Recovery Centre

Despite only moving to our larger Cardiff premises in February 2014, we have had to commission significant alterations to the ground floor of the building to accommodate the larger attendances we have been recording for a number of our Groups. Group attendances in the upper teens were regularly being observed and it was just not possible to accommodate Groups of that size in any of the accessible rooms we currently had on the ground floor. Creative use of a stud partition wall has created a space capable of seating 25 or more which remains accessible to those with mobility issues.



Christmas and New Year Opening & Activities

The festive season can be a tough time for those who have to spend it alone, whether they are in recovery from drug and/or alcohol problems or not. Recovery Cymru is proud to be able to say that, yet again, due to the goodwill of our staff and volunteers, during the 2014-15 holiday season we were able to open the Cardiff Recovery Centre on Christmas Eve, Christmas Day, New Year's Eve (until midnight) and New Year's Day. This year we were also able to open the Vale of Glamorgan Recovery Centre on Boxing Day and New Year's Day. We were able to provide activities, light refreshments, companionship and recovery support for those who joined us in the Recovery Centres over the festive period.



Lloyds Bank Community Fund

Recovery Cymru were very grateful to have been a featured charity in the Lloyds Bank Community Fund promotion in 2014. Customers at local branches were able to vote for the charity of their choice by placing tokens in four clear bins. Recovery Cymru was delighted to receive £500 as a result of this promotion.

Volunteer “Thank You” Evening

On 25th March 2015 we held a special evening to thank our volunteers and interns for all their hard work and commitment in helping make Recovery Cymru such a success. We had good food and good company. We believe it is important to show those who give up their time for Recovery Cymru that their efforts are greatly appreciated.



RC in Rhondda Cynon Taff

In 2014-15 we have continued to facilitate a support group in Rhondda Cynon Taff in partnership with Treatment & Education Drug Services (TEDS). We hold the group fortnightly at TEDS's Ton Pentre base and it has become a focal point for people in or seeking recovery in the Rhondda Valley area.

Volunteering in Wales fund

Recovery Cymru were delighted to be awarded a grant by the Volunteering in Wales fund to enable the employment of a Volunteer Programme Development worker for one year. We recruited Adam Miguel to fill the post; he is now responsible for developing the Telephone Recovery Support, Recovery Champion & Recovery Coach volunteer programmes - all of which are now in their pilot phases. Although this is a one year funded project, due to the outcomes we have achieved we aim to try and maintain this work and are seeking funding.

Lloyds Bank Foundation

We were grateful to receive a one year Lloyds Bank Foundation grant which has enabled us to allocate a proportion of core staff roles to developing recovery community activities and opportunities for people much earlier in the recovery journey, those accessing 'harm reduction' services and to develop ways to increase our reach outside of traditional substance misuse services. Although this is a one year funded project, due to the outcomes we have achieved we aim to try and maintain this work and are seeking funding.

Publication of the Recovery Framework for Wales and the delivery of ‘Recovery Framework: From Theory to Practice’ Training

We are committed to advocating for and assisting in the development of aftercare and recovery support across Wales, as well as establishing recovery oriented systems of care for substance misuse services. Sarah Vaile (RC Founder & Director) was a co-author of the recovery framework for Wales and partners with Lindsay Bruce from NewLink Wales to deliver training to substance misuse workforce to assist them to implement the framework.

For more details contact Sarah Vaile sarahvaile@recoverycymru.org.uk

The Recovery Group For Wales

This is an independent, direct advisory and task group to the Welsh Government on developing Recovery in Wales. Sarah Vaile (RC Founder & Director) was vice Chair of this group in 2014-2015 and is delighted to take on the role of Chair for this group in the year to come. The group will be reviewing membership and creating a new three year plan in the summer 2015.

Embracing Recovery

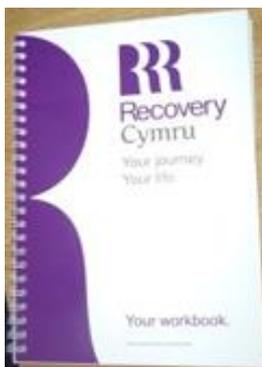
Recovery Cymru and NewLink Wales continue to partner to deliver ‘Embracing Recovery’ to practitioners and other front line staff. This is suitable for substance misuse managers, front line staff and volunteers, as well as other services that come into contact with people with drug / alcohol problems.

Programme development

Our people are genuinely our greatest asset and we honour this by investing in them, as well as giving them a voice to use their experiences to help others. This year has seen the development of exciting new programmes which are now in pilot phases and the planning of more to come!

We have particularly developed our volunteering programme, re-vamping our internal training and support mechanisms from the feedback we received from volunteers. We also recognised the particular experiences or issues people in early recovery can face when they start volunteering and alongside the MILE programme delivered by NewLink Wales, have developed our ‘Volunteering in Recovery’ programme to ensure the skills and support is embedded as people continue to volunteer.

We are very proud to have published our first Recovery Workbook and Relapse Prevention course, both of which have been member-led and trialled and will be in version 2 for 2015-2016.



Recovery Workbook



Relapse Prevention book

Our biggest challenge: Funding

While we are delighted at the growth and busy-ness of Recovery Cymru, particularly our recovery centres and requests for us to assist with work out of area; our biggest challenge is always to be able to fund our community! While we continue to be highly effective for very-good-value-for-money, inevitably, with increased demand comes increased cost – for example, put simply, the more groups you host or days you are open, the more your bills are... the more volunteers you include, the more staff time you need to support them!

Grant funding

In the year from April 2014 to March 2015 Recovery Cymru received grant funding from the following sources:

- Cardiff and the Vale of Glamorgan Area Planning Board for Footsteps to Recovery (Throughcare, Aftercare & Recovery Support in Cardiff and the Vale)
- The Big Lottery Fund's People & Places programme (a three year project started in 2013) for the 'Making Recovery Real' project
- The Lloyds Community Fund (a one year grant described above)
- Volunteering in Wales Fund (a one year grant described above and administered by Welsh Council for Voluntary Action)
- The Big Lottery Fund's Awards for All programme for the 'Recovery Gifts' project

Other income sources

- Delivery of 'Embracing Recovery' and 'Recovery Framework: theory to practice' training package in partnership with NewLink Wales
- Hosting placements for students on Cardiff University and Cardiff Metropolitan University's Social Work degree courses
- Donations and fundraising from organisations and groups like Legal & General, The Parishioners of Saint Mary's Malpas, City of Cardiff Windband, individuals including Katy Benson, Gareth Davies & Catherine Penhale.
- Lloyds Community Grant public vote (described above)

Sustainability

We're delighted to have achieved part core funding from Cardiff and the Vale of Glamorgan Area Planning Board for delivery of Footsteps to Recovery (Throughcare, Aftercare & Recovery Support in Cardiff and the Vale). Funding and finances will always be a challenge for third sector organisations and we need to continue to seek additional funds and diversify our income streams to meet the needs of our growing membership. We are committed to doing this.

RC publications and training: We believe strongly that people in and seeking recovery should have a voice in improving how services are run (and ultimately supporting them to be as effective as possible). Following feedback from Service Providers when we presented our recently published Recovery Workbook and Relapse Prevention Course Guide, we are currently re-developing them for sale with a view to selling these & future publications and accompanying training to substance misuse, recovery & associated services.). Wherever possible, we seek to partner with others. We also seek to support the development of peer-led support across Wales and as one of the founding recovery community organisations in Wales, believe that we have a lot to give to others.

We continue to **seek funding** from charitable trusts and other third sector funders to support our work and develop specific projects (like our text messaging service and our Telephone Recovery Support programmes).

We remain ever grateful to our donors and fundraisers, without whom, we could not do what we do. We hope we will continue to be supported in this way!

Why we do what we do: The impact of RC – What our members say

Feedback from our membership is the reason we do what we do! Knowing the impact of our Recovery Cymru is our biggest motivator and informs what we need to do next and how we make things better. We are committed to continuous improvement.

“Attending Recovery Cymru keeps me safe and stops me drinking. I haven’t had a drink since I’ve been coming here” D.S.

“I found the peer support groups inspirational, and the way that members support each other very helpful; genuine, friendly, non-judgemental. Here we’re all headed in the same direction!” D.C.

“I would just like to express my gratitude and thanks for the amazing people who work and volunteer at Recovery Cymru ... You have all had an amazingly positive influence in my brother’s life ... Thank you” C.J.

“They work for free and work hard I would not be the man I (am) now if not for them. Even the slightest problem they will do their best.” C.A.

“Fantastic organisation, thank you for showing me round. I experienced a very warm welcome by all who are part of the Recovery Cymru community - especially Andrew and Katie, very inspirational.” S. H.

“After being made redundant last year, I found myself at a complete low in my life and felt like using for the first time in years. I received an email inviting me to interview for a position at RC and was lucky enough to gain employment. RC has been the best thing that has happened to me in a long time. I actually enjoy getting up and going to work each day, fantastic welcoming atmosphere from both staff and members” J.S.

“A community vital to my own support and recovery journey. I can't thank you guys enough for what you've done for me and continue to do. I wouldn't have got this far without the tremendous support I've received at RC!” A.S.

“The last four months have totally changed my life and way of thinking. I know that’s a bold statement to make, but it is true! I have completed the Footsteps to recovery programme and I am currently doing the MILE course. Everything I have learned from Recovery Cymru and Solas has been massively helpful in my recovery. Through the tools I’ve learned I can now rationalize my thoughts and think things through logically, rather than catastrophize everything. I’m lucky in the fact that I don’t often get cravings, but when I do, I am able to deal with them by putting the tools and strategies that I have learned through the groups at recovery Cymru. I have become generally calmer in every area of my life now. “A”.

“Being in a non-judgmental environment has helped me to open up and talk about my addiction problems” (Member)

“Listening to how others have been able to apply the smart tools in their lives has given me the encouragement to do it in mine” (Member)

“Cookery social is a great way to spent time with others who understand what I am going through”
(Member)

“I used to dread evenings as it was when I used to drink, by going to cookery social I can spend time in a safe environment and have a nice meal in the process” (Member)

“Social evenings give me a chance to have some fun again and enjoy the simple things in life” (Member)

Main priorities and plans for 2015-2016

- Continuing to develop the Footsteps to Recovery model in partnership with NewLink Wales and Solas.
- Running our final year of the Big Lottery Funded ‘Making Recovery Real’ project, particularly focusing on meeting the needs of members and developing recovery support in rural Vale of Glamorgan.
- Recovery coach programme implementation
- Recovery champion programme implementation
- Telephone recovery support programme implementation
- Seeking needed funding
- Monitoring and measuring “soft” progress and outcomes
- Making decisions about the development of RC Rhondda Cynon Taff
- New and improved peer-led recovery resources for our members and volunteers
- Development of RC training and publications

Lastly, demand for our activities has continued to expand so, despite moving into a **bigger Recovery Centre in Cardiff** in February 2014, our members have been telling us that we are already outgrowing the new Centre. We therefore need to consider our next options in terms of premises. We want to establish a true community ‘hub’ (outside of services – we need them too!), for the recovery community, Footsteps, other organisations and the local geographical community in Canton, Cardiff.