



THANK YOU CHRIS!



A BIG THANK YOU and WELL DONE to Recovery Cymru's very own Chris Roberts-Clarke for bravely throwing himself into the Bristol Channel on New Year's Day along with lots of other hardy souls. As you can see Chris dressed appropriately (in Victorian swimsuit fancy dress!) on the day and kindly raised money for RC in the process!

If you'd like to support him then please donate at -

<https://localgiving.org/recovery-cymru>

We are delighted to announce that Metamorphosis, the transformative exhibition of artworks produced by Recovery Cymru members and volunteers, is returning for two weeks in a display at the Senedd in Cardiff Bay. Thank you to Jacqui Grogan for her inspirational work throughout the Metamorphosis project and to Chris Roberts-Clarke for all his hard work ensuring that this exhibition went ahead! Dates and opening times are shown on the poster above, but please contact Recovery Cymru for more information.

NEW YEAR, NEW YOU?

Why not combine your New Year's Resolutions with fundraising for Recovery Cymru? If you do we'll support you along the way and you'll be helping Recovery Cymru to continue our work throughout 2017!

Above: the crowd at Barry Island beach on New Years Day, which our Chris Roberts-Clarke was a part of!

Metamorphosis Art Exhibition



Sponsored by Jane Hutt AM,
Vale of Glamorgan

The stories told in the artwork show the stages from seemingly hopeless addiction, and the road to recovery out of it. The exhibition contains many moving, intensely personal and powerful experiences distilled into words and images.

We believe the exhibition contains a message that is ultimately hopeful and inspiring.

These remarkable pieces of artwork are proof that however dark a life blighted by addiction may seem, there are ways out, there are people who understand, and have made the journey themselves, and want to reach out and help others.

The Exhibition will be displayed at -

The Senedd Gallery
The National Assembly for Wales
Cardiff Bay
CF99 1NA

1st February 2017 – 15th February 2017

Open from 9:30am – 4:30pm, Monday and Friday and 8am – end of business, Tuesday to Thursday

For more information regarding Recovery Cymru:-
Contact our Vale Centre on 01446 734220



Recovery Cymru is in the process of updating its website and we'll let you know when it's ready to relaunch. We're also planning to use our Social Media pages more regularly in 2017, so please follow Recovery Cymru on both Twitter and Facebook and look out for updates, timetable changes and general information from RC.

Thank you for your support!

We would like to offer our sincere thanks to all the local organisations that kindly donated towards our Christmas event with gifts and raffle prizes for our members. Because of this our Christmas and New Years events were that little extra bit magical.

THANK YOU –

Co-op, Spar, Rudhis Beauty, Tesco Express, Tesco Metro, New Foundations, Dominoes, Canton Discounts, Iceland, Chez Martin, Marks and Spencer, Ven, Tea Rooms, Chapter Arts Centre, Richer Sounds, Cats Whiskers, Home Essentials, Time and Beef, Sadler's Wells and a big thank you to Mohan, Alex, Laura R and Laura D for sourcing and collecting these gifts!



Recovery Cymru Christmas Event!

The Recovery Cymru community came together over the festive period to celebrate Christmas and New Year. We held our annual Christmas Cookery Social on December 14th with an evening of music and food at St John's church. Many thanks to all the members, volunteers and staff who worked so hard to make the evening such a success. And thanks also to all the local businesses who so kindly donated food, gifts and raffle prizes (first page). Your support is massively appreciated!



Above: our RC Christmas tree at St Johns Canton, left: smiles all around at our Christmas event! Far left: look at all that wonderful food that was prepared by our hardworking volunteers – thank you everyone!

Recovery Cymru ensured that at least one of our centres remained open over Christmas, New Year and the bank holidays. Thank you to all the staff, members and volunteers whose hard work and dedication enabled Recovery Cymru to continue to offer support at what is a difficult time of year for many of our members.

Recovery Cymru is seeking to recruit new Trustees to join their Board and support the development of RC. As a fast-growing, local organisation, you have the chance to make a real difference, both to the organisation and our members. We are looking for people with a range of skills although experience in one or more of the following would be desirable:-

- Service design, delivery, monitoring and evaluation
- Contract and grant management
- HR
- Business and strategic planning
- Marketing and sales
- Training and consultancy
- Funding / fundraising / commissioning knowledge
- Advertising, publicity and promotion



We are particularly looking to fill the roles of HR, income generation & Treasurer. This is a core board role, about which more information can be found on the Charity Commission website.

Time commitment will vary depending on time of year and the sub-projects being worked on but Board meetings are held every six weeks, with some tasks in between. We are also looking for trustee advisors who do not need to sign up as full trustees and attend all meetings but sign up as official advisors; specifically HR. We always welcome applications from people with lived experience of recovery. The closing date for applications is 10th February. Interviews are likely to take place week commencing 27th February. For further information about this role or if you are interested in applying, please request an application pack by email to rachelbayer@recoverycymru.org.uk or printed copies are available in the Recovery Cymru Centres. You may also request an application to be sent to you via post.



The View from the Centre

I've had a very busy few months just recently, both inside and outside work. But from an RC perspective we've seen both big and small changes.

Roxy Newman, our volunteer coordinator in the Vale, has left us at the end of her contract and Chris Roberts-Clarke, whose Work It Out contract also came to an end at the end of December has re-joined the staff of Recovery Cymru as our Peer Support Worker. The second and final Work It Out cohort was wound up at the end of 2016. The Job Centre Plus are now looking at how the pilot project achieved its outcomes and if it could lead to a larger, more widely available, project.

We are inviting our Cardiff members and volunteers to make a donation to pay for tea and coffee, just as Vale members and volunteers have been doing for years now. In Cardiff we regularly get through eight pints of milk each day and we simply no longer have the finances to fund an inexhaustible supply of hot beverages. There's a donation tin on Reception in Cardiff.

Similarly, the suggested donation for Cookery Social on a Wednesday evening has gone up from £2.50 to £3.00 to cover the rising cost of ingredients and to make sure that we are able to continue making this popular evening happen.

In the Vale, the first support group outside Barry, which takes place on Friday afternoons in Cowbridge, has started to see its first new members in attendance.

The main thing on my mind now is the small mountain of stuff in the Cardiff Downstairs Group Room which is supposed to be going to a car boot sale. Unfortunately nobody can tell me when! – Gareth Joseph, Centre Co-ordinator, Cardiff



Our Cowbridge Hub Opens!

As many of you will know, Recovery Cymru's Vale centre is now closed on Fridays. In its place, and as a means of reaching the more remote areas of the Vale, Recovery Cymru is now running a support group in Cowbridge on Friday afternoons. Thanks to Jo S for all her hard work in getting this service up and running, and thanks also to the members and volunteers who have been supporting Jo in setting-up this group. Here's our fabulous volunteer Lisa, pictured left, in Noah's Place (part of the United Free Church, Reverend Heather Weddell) who have kindly agreed to host us on Friday afternoons!



ITS COLD OUTSIDE!

Why not treat yourself or your loved ones to a fabulous scarf or beanie hat! (pictured above) They've been knitted by our super-talented Vale member Maureen, and all the money raised goes to Recovery Cymru. Choose from any of the items we have in stock at our Vale centre or pick your own colours and design!

Hats £5, children's hats £3, scarves £10

GOODBYE ROXY!

We recently said goodbye to our wonderful volunteer coordinator for Barry, Roxy Newman.

We would like to take this opportunity to thank Roxy for all her hard work, and to say that she will be greatly missed! Good luck for the future Roxy!

Recovery Cymru has recently become involved with Local Giving, which offers bespoke and intensive support that will empower us to connect with supporters and raise funds online. Why don't you take a look at the website:- www.localgiving.org.uk and if you would like to get involved, please contact guysully@recoverycymru.org.uk



Appeal for volunteers!

Would you like to volunteer at Recovery Cymru?

We are currently recruiting for

- ❖ Manning the centre/reception
 - ❖ Recovery champions
 - ❖ Group facilitators
 - ❖ Media design
 - ❖ TRS (telephone recovery support) volunteers and especially
 - ❖ Cookery social Chefs – do you have any recipes you'd like to share? A flair for cooking? Or would you just like to come along and lend a hand?
- If you'd like to get involved with cookery social or anything else, get in touch with Tim Norval at our Cardiff centre on 02920 227019 timnorval@recoverycymru.org.uk



Weekly Groups and Events Guide: Autumn/Winter 2016

CARDIFF RECOVERY GROUPS

// MONDAY

10:00-11:00 Weekend Reflection
11:00-11:30 Relaxation
13:00-15:00 SMART Recovery

// TUESDAY

10:00-12:00 Volunteering as a Recovery Tool (Prep Group)
13:00-15:00 Relapse Prevention Course
17:00-19:00 Support Group

// WEDNESDAY

10:00-12:00 Self-Help Group
14:30-16:30 Community Development Sessions (Call for info)
18:30-21:00 Cookery Social Group (St John's Church)

// THURSDAY

10:00-12:00 Moving on in my Recovery Course
13:00-15:00 Women's Group

// FRIDAY

10:00-12:00 Craft Group
14:30-16:30 Music Group

// SATURDAY

12:00-16:00 VALE Centre open For Groups & Recovery Support (Call ahead for details)

// SUNDAY

12:00-16:00 CARDIFF Centre Open

***Unless otherwise stated all above groups are held at:**
Cardiff Recovery Centre:-
218 Cowbridge Road East, Canton, Cardiff, CF5 1GX
Tel: 029 2022 7019*

VALE RECOVERY GROUPS

// MONDAY

10:00-12:00pm Craft Group
11:00-12:00 Weekend Reflection

// TUESDAY

10:00-12:00 Prep Group
10:00-12:00 Peer Moving on in My Recovery
13:00-15:00 Peer Support Group
15:00-15:30 Relaxation

// WEDNESDAY

10:00-12:00 Relapse Prevention
13:00-15:00 SMART Recovery
14:00-16:00 Community Development Group (fortnightly)

// THURSDAY

14:00-16:00 Footsteps to Recovery Referral Afternoon
14:00-16:00 Music Group

// FRIDAY

CLOSED DUE TO OUTREACH (accessible via mobile)

// SATURDAY

12:00-16:00 Vale Centre Open

// SUNDAY

12:00-16:00 CARDIFF Centre Open

***Unless otherwise stated all above groups are held at:**
All groups are held at our Vale Recovery Centre:-
232 Holton Road, Barry, CF63 4HS
Tel: 01446 734220*