



Above, left to right: Gareth Joseph, Kelly Packham, Roxy Newman, Beth Elliot, Melanie Marionette, Sarah Vaile and baby Sally visiting our wonderful Metamorphosis exhibition at the Senedd

**Metamorphosis 2017**

Below, artwork by Gail Horne (left) and Jo Price (right) and all artwork shown at Metamorphosis (bottom centre)



*'Thank you for these amazing pieces. Very Inspirational.'*

*'Stunning visual talent. Outstanding Art.'*

*'Brave and encouraging.'*

The members' artwork travelled to Cardiff Bay this February for its debut exhibition hosted by the National Assembly for Wales with special thanks to Jane Hutt AM. The pieces were on display at the Senedd for two weeks and above were some of the comments made by visitors.

Metamorphosis consisted of poetry and visual art composed and created by members and volunteers depicting their personal experiences of addiction into recovery. If you would like to create a piece of artwork for next year's exhibition, please contact Chris on (01446) 734220 for more details



We are urgently seeking volunteers for the following roles: \*Cookery Social\* \*Recovery Champions\* \*Telephone Recovery Support\* \*Group Facilitators\* contact Tim Norval (Cardiff RC - [timnorval@recoverycymru.org.uk](mailto:timnorval@recoverycymru.org.uk)) for more information!

Follow us on...





A huge THANK YOU to Ingrid (left) who is currently training for a 55-mile bike ride from Brecon to Cardiff to raise funds for Recovery Cymru!

'Hi, my name is Ingrid. I am proud to say that I am a member of Recovery Cymru. Recovery Cymru is a member led organisation. Note the word "member", instead of Service User. This is because RC empowers people to take responsibility for their own recovery. It encourages people to identify what their triggers are and what can be done towards tackling them. It's not plain sailing by any means, but I firmly believe that acceptance and admitting to yourself and others that you have a problem is a huge step in the right direction and one that can lead you on to the road of recovery. For me, RC has given me confidence to be myself, to not hide from my problems anymore. I have been a service user off and on throughout my life. I was diagnosed with a mental illness at the age of 14 and had been in and out of hospital before the age of 18. Excessive drinking followed as well as more hospital admissions and incidents with the police. A lot of this was because of my illness. Recovery Cymru offered me a safe haven and an environment that encouraged me in all aspects of my life.

I'm doing this bike ride to not only thank RC for what it has provided but to raise money for the centre as a whole. I've had to work really hard but I'm also very proud of what I'm doing and hopefully what I can give back. Any donations would be a huge help. Thank you for taking the time to read this. – Ingrid '

If you would like to sponsor Ingrid's bike ride please go to – <https://localgiving.org/fundraising/ingrid/>

### 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](mailto:timnorval@recoverycymru.org.uk)

\*RC is now established as an earning organisation for Spice Time credits. For more info visit <http://www.justaddspice.org/get-involved/get-started-with-time-credits>

On the 22<sup>nd</sup> April Susie Boxall (pictured with her lovely daughter Lily, right) successfully completed a 2 mile swimathon to raise money for Recovery Cymru.

The current total is well over £400 with more money still coming in!

Its not too late to go to <https://localgiving.org/fundraising/susie/> and donate if you'd like to support this fantastic cause. THANK YOU Susie!



*As always, a very special thank you to all our wonderful volunteers – we simply could not continue to do the work that we do without your help and support! THANK YOU!*

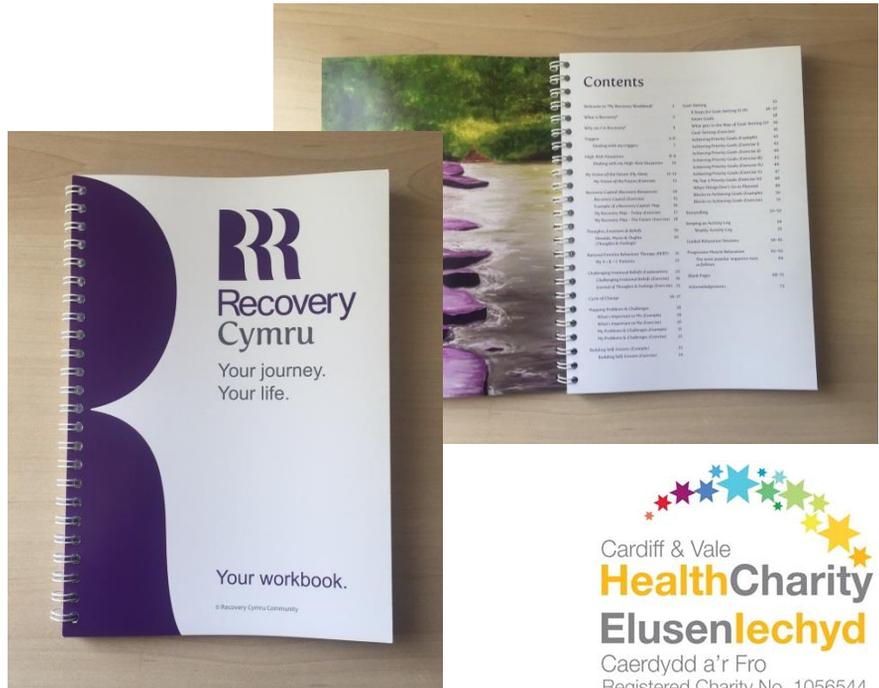
**Change of Model In Vale**

After our recent consultation, our change of model approach in our Barry centre will commence in May. We are passionate about reaching out to the Vale; and the Centre base used at present has not been working in the way we would like. After looking at many options, it was agreed that for RC to be the best it could, we should look at a peripatetic model instead of the current Centre base.

Our Barry centre will now be open to the public for groups on a Wednesday and open on a Saturday. This will allow RC to carry out a scoping exercise and continue looking at implementing groups further out in the Vale after our recent success with our Cowbridge group on a Friday. We will still be delivering in the Vale 6 days a week but it will be a different approach including support through TRS and Recovery Coaching sessions.

If you or your organisation have any ideas about how best we can deliver recovery support across the wider Vale please get in touch with Jo Price on 01446 734220 or [joprice@recoverycymru.org.uk](mailto:joprice@recoverycymru.org.uk)

Susie has been busy networking with other agencies with a view to selling our A5 workbooks (pictured below) and relapse prevention resources. If you know of anyone who might be interested in purchasing these, then please contact [susieboxall@recoverycymru.org.uk](mailto:susieboxall@recoverycymru.org.uk). Inroads are establishing a directory of all service user groups in Cardiff and the Vale. Mags has suggested their first focus group concentrates on reviewing the A5 workbook and relapse prevention course. This exercise is proving very successful not only in selling our resources but in establishing closer working links with other services in Cardiff and the Vale.



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.

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](mailto: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.

# Weekly Groups and Events Guide: 2017

## CARDIFF RECOVERY GROUPS

### // MONDAY

10:00-11:00 Weekend Reflection  
11:15-11:45 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  
13:00-15:00 Community Development Group (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  
13:30-15:30 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

10.00am-11.00am Weekend Reflection – Cadoxton House

### // TUESDAY

CLOSED DUE TO OUTREACH (accessible via landline and mobile)

### // WEDNESDAY

10.00-12:00 Relapse Prevention  
13:00-15:00 SMART  
13:30-15:30 Music Group  
15:00-15:30 Relaxation

### // THURSDAY

CLOSED DUE TO OUTREACH (accessible via landline and mobile)

### // FRIDAY

13:00-15:00 Support Group – Cowbridge- Noah's Ark Place Café  
(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*