



In August we welcome Sarah back to RC!



Sarah will be returning to work on the 14th of August – we look forward to welcoming her back to Recovery Cymru!

THANK YOU!

We would like to offer a big thank you to the estate of Clifford Raymond Pike whose bequest has enabled RC to hire Chris Roberts-Clarke as our new Peer Support Worker. The legacy comes from the estates of Lawrence Granville Davies, Mary Nancy Margaret Pike and Clifford Raymond Pike; and was awarded to RC by the executors, Spicketts Battrick Law Practice. "I will work with you because you care."

We would also like to thank Legal and General who raised £420 for Recovery Cymru! Thank you for your continued support.



A huge congratulations to our member Ingrid (pictured right, centre) who undertook a 55 mile cycle from Brecon to Cardiff along with the support of Pedal Power! Ingrid trained hard for this event and it is a great accomplishment while raising money for good causes. Well done Ingrid!



A DOORWAY FOR VETERANS
A TIME TO RECONNECT
THE SPACE ALLOWING IT TO HAPPEN



RC have recently been working with Woody's Lodge. "What is Woody's Lodge? It is a support project for Armed Forces veterans, recent leavers, reservists and those serving in the emergency services.

Whatever your background, age, your services career, your problems and issues, Woody's Lodge provides the space for people to find themselves.

It provides the friendships, the humour, the banter and the "brews", the peace and safety, and a route to finding practical support to get on with day to day life, at a place where listening and laughter, play a big role in our daily activity."

Recovery Cymru will be running a Moving On In My Recovery Course Beginning on September 7th. See the flyer or contact Chris Roberts-Clarke on 01446 734220 or by e-mail @ chrisroberts-clarke@recoverycymru.org.uk (There may be spaces for non-armed forces leavers but will be limited.)



New social Group starting in Cardiff!



We have a new social group on Friday mornings at Cardiff RC!

This will be an opportunity to have fun and relax together! Please contact the centre for on 02920 227019 more info!

Members day at Cardiff Recovery Cymru centre!

Recovery Cymru will be holding a members day on 23rd August 2017. Sarah is looking forward to her first Community Development Group after returning from maternity leave which will take place 1-3pm.

This will be an opportunity for Sarah to meet new members and volunteers and catch up with familiar faces! It will also be an opportunity to reflect and talk about any exciting new ideas that you may have for our community and the year going forward!

If there is anything specific regarding Recovery Cymru that you would like to discuss privately with Sarah, appointments will be available before the Community Development Group. Contact Rachel Bayer at the Barry centre on 01446 734220 for more information.



TRAINING UPATE

Our Volunteer training programme has been restructured and during the months of June and July, 4 training days were facilitated in Spectrum House. These included; communication skills, group facilitation skills, recovery advocacy and recovery buddy training. The training was very well evaluated and our volunteers who undertook the training have now taken up roles including group facilitation, recovery buddying, helping at Pine Ward and outreach. The training days will be repeated in the Vale centre in the months of September and October for our Vale members and volunteers. A number of RC volunteers have also just completed the 5 day Moving On in My Recovery Training facilitated by Kevin Fisher at New Link Wales. Congratulations to all volunteers who have completed the training!

There is a new women's group run fortnightly on Saturdays in our Barry centre! Please contact the centre on 01446 734220 for more info.



At the end of August we said goodbye to Laura, who has been with us in Sarah's absence. Here she is opening her leaving present – an RC mug of course! And also pictured is Andrew reading out Laura's goodbye card to us. Goodbye and best wishes from us all, Laura!

Good Luck!



Weekly Groups and Events Guide: for June 2015

CARDIFF RECOVERY GROUPS

// MONDAY

10:00-11:00 Weekend Reflection
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 Social 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

10:00-13:00pm Craft Group
11:00-12:00 Weekend Reflection
12:30-14:30 SMART group

// 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
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