



COMMUNITY FOUNDATION
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YNG NGHMYRU

As always a big thank you to all of our members and volunteers!!! 😊

Hello from Sarah & Recovery Cymru's tenth year – 2020!

Hi everyone, I'm delighted to be back at RC after maternity leave. Whilst I've kept in touch while I was off, it's been great to catch up with as many people as possible and find out what's been going on at RC and in other organisations in Cardiff and the Vale. I'm really excited to be returning to focus on our strategy and development in 2020 – the tenth year of Recovery Cymru! Where has the time gone?! **This will be a year of reflection, celebration and development** as we take stock of the 'who, what, why, how and who with' of what we do. This has, in large, been made possible by receiving a Community Foundation In Wales 'Transformation & Growth' Fund grant, for which we are most grateful!



I'll be spending time with our community members and volunteers, partners and services to shape this work – please contact me if you're interested in being a part of it. Please also keep a look out for our events in 2020 😊. Before we look forward to the coming year, I'd like to say a big thank you to everyone who has been involved in RC in 2019. Without you our community would not function and be as special as it is – members, volunteers, staff, trustees and partners. You are also making it possible for us to be open over the Christmas & New Year period – [check out our timetable for details](#). We are so proud to be open 365 days per year between our two centres. Happy Christmas & New Year everyone, stay safe and make recovery fun 😊

On a recent trip with cohort 26 of the Community Rehab Programme we visited the Cardiff Story Museum and stopped for coffee. Some challenged themselves to get a hug from the free hug people as part of our commitment to thinking differently and more kindly about ourselves



[We say well done & good luck to Cohort 14](#) in the Vale. With a record attendance & engagement for the Vale, we have had some new additions to the afternoon peer led sessions. As well as the first weekly Art Therapy sessions this particular cohort used 2 afternoon sessions to compile a mixtape of significant music from their past and a theme tune for themselves heading out on the last session.... Imagine the closing credits of the Incredible Hulk accompanied by everything from Pavarotti, to Hot Chocolate by way of Jess Glynne. Favourite tour of the Principality they took advantage of Halloween to create some spooky masterpieces. Cohort 15 is due to start mid-January



We are seeking volunteers for the following roles:

Minibus Driver

Guided relaxation group facilitator (Vale)

Contact our Volunteer Coordinator Jude Enticott (judienticott@recoverycymru.org.uk) for more information!

www.recoverycymru.org.uk

Follow us on...



Recovery Cymru



@recoverycymru



Recoverycymru1

MOVING ON IN MY RECOVERY TRAINING

Congratulations to Jude, Tim, Matty Daniel, Jo Germon and Michael Swambo who recently completed their "Moving on in my recovery" facilitator training. Over 3 days in our Barry centre this fantastic team of future facilitators learned the ropes and best practices doing this amazing ACT based intervention.

Moving on runs in Cardiff on ...
Barry on...
Speak to Jude about vol options



Foot Steps News:

Footsteps groups rally enjoy our visits to the Buzzin' project at NLW
Here members of C26 Prepare to meet the hives
A fab day amazing project
Honey available from NLW
For info on Buzzin' contact Erwan at NLW on ... 02920529002



OUTREACH

We continue to engage with and work alongside services and providers in Cardiff and the Vale. If you like further information please contact us .

ACTIVITIES

Fab day out with F2R c25 at first farm. In the bird hide, beautiful countryside felt like our path through that wonderful place was really a path to wholeness & wellness



Thanks to Meirion and his friends and former colleagues at Bute Park Greenhouses & nursery for welcoming us to their patch with different groups from RC & footsteps We've had an amazing time each visit and the visit to the shop afterwards lethal (to the wallet) but lovely!



F2R Christmas Craft At Spectrum House

Following our staying sober for Christmas we ran a Christmas craft afternoon



VALE GARDEN



Green fingers in the Vale have embarked upon a self-determined plan for the back garden. This year has seen snowdrops, begonias, fuchsias, sunflowers, geraniums, gerbera and most excitingly, the rejuvenation of what had been assumed to an old dead root, the old root....? It transpires, that it is in fact a holly bush and is now in a position to provide enough foliage that any member, volunteer or staff member can take a snipping to adorn their Christmas pudding or a reminder for their home of the wonderful work we all do together





We have been chosen to benefit from the Co-operative Local Community Fund for the next 12 months.

So if you want to support us please become a Coop member on line (cost £1) and select us as your chosen charity. Then when you buy Coop products, you will earn 5% reward for yourself and we will receive a 1% cash reward.

If you want any help signing up, please just pop into one of the centres

Networking Event

Susie, Meirion Maram and Paul attended THE NETWORKING EVENT: EXPLORING APPROACHES AND IMPACT OF 'NON-INTERVENTIONIST, PEER-LED' ALCOHOL AND DRUG COMMUNITY SERVICES- JUNE 2019 where peer led services from around Britain gave presentations about their peer led services and then we discussed how we could work together more collaboratively and influence policy makers. Susie then attended a follow up meeting in Preston on Friday 6th December to discuss these ideas further and look at sharing good practice amongst organisations. This is an exciting opportunity for RC to be part of a nationwide group of peer led services and help us define common parameters, share good practice and look at influencing policy makers and reducing the stigma around substance misuse.

Well Being Event on 3rd December where Andrew Sims had plenty of discussions with people about us and what we do



Welcome to the new rector of Canton, Mother Frances Wilson who took over from Father Mark Preece.

Mother Frances made a visit to RC to see how we can work together and how the church can support RC.

RC has always enjoyed a wonderful relationship with St John's Canton, & under the leadership of Mother Frances St John's renewed their support & generosity to RC with the use of St John's church for functions, parties and training conference days.



Welcome to Kaye 😊



Kaye Cheeseman recently joined us as the new full-time Administrator.

Although not in recovery herself, she has experience of the effects through family and friends. She is passionate about supporting and helping those to help themselves and is looking forward to working with us 😊



XMAS HOLIDAY OPENING TIMES 2019

Cardiff Centre

Monday 23 rd December	9-5pm
Tuesday 24 th December	9-5pm
Wednesday 25 th December	12-4pm
Thursday 26 th December	12-4pm
Friday 27 th December	9-5pm
Sat 28 th & Sun 29 th	12-4pm
Monday 30 th December	9-5pm
Tuesday 31 st December	9am - 12.30am
New Years Day	12pm-4pm
Thursday 2 nd January	9-5pm
Friday 3 rd January	9-5pm

Barry Centre

Monday 23 rd December	9-5pm
Sat 28 th December	12-4pm
Monday 30 th December	9-5pm
Saturday 4 th January	12-4pm

Weekly Groups and Events Guide: For Winter 2019

CARDIFF RECOVERY GROUPS

// MONDAY

10:00 - 11:00am Weekend Reflection
11:15 - 11:45am Relaxation
13:00-15:00 pm SMART Recovery™

// TUESDAY

10:00-12:00pm Volunteering Development Group
(Cardiff and Vale alternate weeks)
13:00-15:00pm Relapse Prevention Course
17:00-19:00 pm Support Group

// WEDNESDAY

10:00 - 12:00pm Self-Help Group
13:00 - 15:00pm Members Group

// THURSDAY

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

// FRIDAY

10:00-12:00pm What's Out There? (Call for info)
13:00 - 15:00pm Music Group

// SATURDAY

12:00 - 16:00 CARDIFF Centre open

// 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

11.00am-12.00am Weekend Reflection
13:00 - 15:00pm Music Group
13:00 -15:00pm Moving on in my Recovery Course

// TUESDAY

CENTRE CLOSED DUE TO OUTREACH (accessible via
landline and mobile)

// WEDNESDAY

10.00-12:00pm Craft Group
10.00-12:00pm Relapse Prevention
13:00-15:00pm SMART Recovery™

// THURSDAY

CENTRE CLOSED DUE TO OUTREACH (accessible via
landline and mobile)

// FRIDAY

10:00-12:00pm What's Out There? (Call for info)
CENTRE CLOSED DUE TO OUTREACH (accessible via
landline and mobile)

// SATURDAY

12:00-16:00pm VALE Centre Open

***Unless otherwise stated all above groups are held at:*

***Vale Recovery Centre:-*
232 Holton Road, Barry, CF63 4HS
Tel: 01446 734220