



Pen Y Fan Mountain Recovery Walk

On Friday 20th July, members of Recovery Cymru participated in The Mountain Recovery Walk, climbing Pen Y Fan in the Brecon Beacons. Although it was a very warm day, the feedback was very positive and people had an enjoyable day. Well done everyone, climbing Pen Y Fan is quite an achievement!!

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



Weston Awards 2018



We are delighted to announce to our members, volunteers, staff and supporters that, on Tuesday 12<sup>th</sup> June, Recovery Cymru attended an event in Birmingham where we were awarded a Weston Award 2018, alongside 19 other charities across the UK. This will help the organisation going forward over the next year with support from The Pilot Light Project.  
Well done all!!!!

**The 10<sup>th</sup> UK  
Recovery  
Walk  
8<sup>th</sup> September  
2018**

**\*More  
information  
to follow\***



Cardiff Round Table

A big thank you to Cardiff Round Table for donating to Recovery Cymru to assist us to open on the weekends and run our TRS programme.



Getting to know your Trustees

**Alicia Roberts**

I joined Recovery Cymru as a trustee because I really wanted to give something back to the charity after seeing the significant impact that being a member of the Recovery Cymru community had on a close family member. I am passionate about third sector having always worked in the area both as staff and a volunteer. I currently work for a cancer charity and in my limited spare time I am hopeful writer and stand-up comedian



**Woody's Lodge**

Calling all Armed Forces Leavers/Veterans. (Civilian services too: Police; Fire; Paramedics etc.) "Woody's Lodge" is a charitable organisation dedicated to giving members "Space and Time". They offer comradery, and a friendly, listening ear to help ease some of life's difficulties. Working alongside military and civilian organisations for practical solutions to many problems.

On 6th August they open the doors at their new site at the Amelia Trust Farm, Recovery Cymru will be attending each week for help with recovery from addiction to alcohol and other substances. For more info contact Chris Roberts- Clarke

Congratulations!!!!

Huge Congratulations to Mohan Patel for winning one of the annual WCVA awards for his work with digital inclusion within Footsteps to Recovery.

Mohan Patel, Susie Boxall and Blue Swales attended the celebration event which was a very inspiring afternoon celebrating many volunteers achievements across Wales.

Big congratulations also to Claire Norval, who also came highly commended.



Four of our volunteers: Meirion Evans, Claire Norval, David Driscoll and Mohan Patel have successfully passed their interviews with Ed Daws, volunteer coordinator at Llandough and are now in the process of completing their inductions on Ward A7. Our volunteers will then be offering patients peer support whilst they are on the ward with a view to them potentially engaging in recovery support following discharge. Well done to everyone involved!

Congratulations Gwen!

Gwen was our social work student in 2016-17. She has passed her Master's degree with flying colours and presented her dissertation at Cardiff university's poster presentation day. Congratulations and All the very best for the future Gwen!



Peer Moving On In My Recovery in the Vale Centre

The Barry centre has recommenced the running of PMOIMR (Peer Moving On In My Recovery).

This twelve week course is designed to transform your stable recovery into a more active and fulfilling life. We cover topics like:

- Avoiding the Downward Spiral of Low Mood
- Coping with Anxiety & Stigma
- Being me
- Shutting the door to relapse.

The next course will begin on Monday 10th September (1-3pm).

If interested please contact Chris Roberts-Clarke

OUTREACH

COWBRIDGE SUPPORT GROUP

Recovery Cymru run a group from Noah's Place, Cowbridge, on Friday afternoons 1 – 3

Tabernacle, Penarth

Recovery Cymru are at the Tabernacle building in Penarth from 2-4pm every Thursday. We are really excited to be working alongside the Tabernacle!

For more in formation, contact Jo

Price on

01446 734220 or

[joprice@recoverycymru.org.uk](mailto:joprice@recoverycymru.org.uk)

Hubs

Recovery Cymru continue to run the outreach programme in the hubs in Vale. We have also been busy lately attending GP practices in Barry and Cowbridge, meeting people who live in the area and raising awareness of RC and recovery.



Tim has established an RC Hub at Powerhouse in Llanedeyrn on a Monday morning. Tim and our volunteers continue to attend Cardiff Library, Dyfodol and Taith on a weekly basis





Volunteer celebration



We all enjoyed a cookery social at the church on Wednesday 6<sup>th</sup> June to celebrate all the work of our amazing volunteers without whom we would be unable to function and offer the variety of ongoing recovery support as part of our Footsteps to Recovery programme.



Volunteer Programme

The next RC volunteering training course has commenced we have 10 volunteers attending, we have had very good feedback from the first session which covered communication skills. Meirion is co – facilitating which works very well because he is able to relate his current experiences volunteering to the content of the training.

New Link Wales and RC piloted the first MILE sprint which took place from 12<sup>th</sup> – 22<sup>nd</sup> June 2018. 8 volunteers from Recovery Cymru attended the course which covered the content of the regular MILE which usually takes place 2 mornings per week over 9 weeks in 2 weeks. A big thankyou to Mel Millar for arranging and facilitating the first MILE sprint. Excellent feedback from our RC volunteers and Mel who all acknowledged the intensity of the training but everyone rose to the challenge and all participants gained their City and Guilds qualification.

ETS Placement

We continue to host ETS placements within RC. We have been fortunate enough to have two young people from Italy. Arianna Sbardella is keen to enter a career in health and social care and Pietro Cecchini was a great help in the office 😊

Speedway Charity Bucket Collection



On Saturday 21<sup>st</sup> July some of our staff and volunteers took part in a bucket collection outside The Principality Stadium to raise funds and awareness of RC. Despite intense heat the guys plodded on and managed to raise a grand total of £152.00. Thank you to those who took part and those who supported us!!



Leathersellers

We were excited to join The Leathersellers' Company Charitable Fund Charities Reception earlier this month where we were awarded funding for the next four years. Thankyou for your support!!



www.asfa.cymru | Facebook: ASFAcarduf | Twitter: @ASFAcarduf #HaveYourSay  
 Service User Involvement & Carer Forum

**ASFAcarduf has decided it's time for change**  
 We're looking for some volunteers to help us decide a new name and create a new logo.

**Tea, Coffee & Cake**

If you've had experience with substance misuse services, come along to our workshop to brainstorm ideas and help re-brand the Cardiff and Vale Service User Involvement Forum

**Thursday 2<sup>nd</sup> August : 1pm**  
**@ The Wallich**  
 Cathedral Road, CF11 9JF



www.asfa.cymru



Emma.Cornfield@wales.nhs.uk  
 & Ben.Davies5@wales.nhs.uk



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# Weekly Groups and Events Guide: for Summer 2018

## 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  
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 Community Development Sessions  
(Call for info)

### // THURSDAY

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

### // FRIDAY

10:00-12:00pm "Just for Fun" Social Group  
13:00 - 15:00pm Music Group

### // SATURDAY

12:00 - 16:00pm CARDIFF Centre open

### // SUNDAY

12:00-16:00pm 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

OUTREACH DAY (call for info)  
(support accessible via landline and mobile)

### // WEDNESDAY

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

### // THURSDAY

10:30 - 12:30pm Support Group at Woodys Lodge, HMS Cambria, Sully (*\*\*please contact member of staff beforehand if interested in attending*)  
14:00 - 16:00pm Support Group at Tabernacle, Penarth  
*Vale Centre accessible via landline and mobile*

### // FRIDAY

OUTREACH DAY (call for info)  
(support accessible via landline and mobile)  
13:00-15:00pm Support Group - Cowbridge- Noah's Place Café (accessible via 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*

Plus much more, including groups, social and weekend activities! Contact us for more information!

IF YOU ARE INTERESTED IN HAVING A RECOVERY GROUP IN ANOTHER PART OF CARDIFF OR THE VALE OF GLAMORGAN, PLEASE LET US KNOW!