



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

Note from Sarah (proud Founder & Director of our wonderful community)

Hello from RC... at a distance.

Well, the world has changed since our last newsletter but I'm proud to say that the core of RC stays the same – peer support, mutual aid, connection & community.

I don't mind admitting there were tears when we had to close our centres; we've always prided ourselves on being open 365 days per year. BUT within one day we were delivering at a distance, contacting hundreds of people in the first week and building our 'distance delivery' programme so we are still 'OPEN' 365 days per year. Our virtual doors are still 'open-access', no waiting lists. We're offering telephone, video, text and email support daily, with online groups 6 days per week. Also, check out our flourishing online community – showing that recovery is possible and probable, even in Covid-times.

THANK YOU to our amazing staff for making this happen; our members and volunteers for being so adaptable and continuing to share their journeys with us; and our funders and trustees for supporting our community to continue running.

If you're looking for support or for someone else, please contact us – we are OPEN 😊

Making a difference...

I'm really appreciating this contact and support in lockdown. No matter what I'm doing or how I'm feeling, I'm learning there is stuff I can do to reinforce my recovery and well-being. I'm learning through these discussions to be more grateful for what I've got.

'All of my clients are so grateful for the support they are receiving and you have blown the lid off how services can adapt'

'Amazing group this morning, first time I've done a virtual group. It was so overwhelming too that we are all still connected it scared me at first, but loved every minute'

It's not about the numbers but...

We've always tried to stick to 'people not numbers'. We love to engage as many people as possible but we chase meaningful interactions rather than bums on seats for its own sake. However, numbers do matter. Each of these 'numbers' represents someone in our community. Someone in or seeking recovery who we care about and believe in. In this unprecedented time RC is still making this happen...

Since 18th March until 10th May we'd made a whopping 1365 attempts to 284 contacts and managed to connect with 228 Via phone text or email.

Telephone support- 228 members have received calls totaling 347 hrs. Planned 1-2-1 Sessions – 46 members have received 94 sessions. Planned 1-2-1 Sessions via video – 15 have received 25 sessions. We've run 43 Online Groups via Zoom and offered text support to 57 Members

We've had 36 new referrals and managed to connect with 29 people.

Reflections on 10 years of Recovery Cymru – please get involved!! ❤️

As part of our year of celebration and reflection, we're thinking about the past 10 years, what we're good at & what we can improve. This will help us map our route for the next 10 years! With the support of the Lloyds Foundation we are undertaking an **independent Impact Assessment** and we need **your** thoughts! This will take the form of individual interviews by phone, WhatsApp or Zoom and an online focus group with people who have known and worked with us over the past ten years: **members, volunteers, trustees, supporters**. We can also email questions. All contributions will be completely anonymous.

Recovery Cymru wants to hear from you – past and present!

If you have been involved in RC, even for a short time and are happy to share your views, please contact Kaye Cheeseman on kayecheeseman@recoverycymru.org.uk or 07949069688 who will organise your session 😊
The main work will take place in the first 2 weeks of June, so please get in touch asap or by the 27th May at the latest. We look forward to hearing from you!





In just under two weeks, we will be getting ready to launch the **One Million Steps Challenge**. We're excited to announce we've partnered with millionsteps.com to bring a virtual fundraising event and we want you to join us. The challenge is to walk, run, dance or hop (or whatever you like!) **1,000,000 steps**, over 100 days and complete 500 miles – equating to 10k steps a day!

With us all learning to live under lockdown, we know how important it is to you to stay mentally and physically active, so why not encourage family and friends to take part with you!

And if you think this could be a walk in the park, get in touch as we are looking to sponsor ten people who pledge to raise £100 or more. We would love as many of you as possible to join us! To sign up, visit: <https://millionsteps.com/profile/charity/recovery-cymru-june-2020>



Rebecca from Manchester is joining the team as a volunteer PR and social media officer. Over the next couple of months, she will be supporting us whilst on Furlough leave to bring new ideas and support with upcoming plans (and keep sane in lockdown!) – watch this space!

[Volunteer Update](#)

Susie and Jude have been looking at ways we can continue to deliver our volunteer training package remotely and will be piloting this soon. If you are interested in joining our team of wonderful volunteers please contact Jude: judithenticott@recoverycymru.org.uk



The first week in June marks volunteers week and we have been busy planning celebrations. It would be lovely to hear from our members how volunteers have impacted you in your recovery. If you would like to contribute to the celebrations by writing a few words or recording a short video, please send them to Jude on the above email. Watch this space for further information and updates ☺

Thank you to all our volunteers who are still connected to the #rcfamily. Here is a snapshot of how two of our volunteers are staying busy! Jo Geron has been keeping herself busy by co-facilitating Relapse Prevention online with Andrew McCutcheon. After a few technical teething problems, Jo has been enjoying connecting with her peers in a group situation. Well done Jo!!

Meirion has been busy manning the phones offering TRS to our members and contacting new referrals, offering distance support. Thank you Meirion!! (with a 'little help from our friends' as pictured above!)

Home Working & Virtual Groups

Andrew Sims and Andrew McCutcheon, our Footsteps Community Rehab & peer workers, have been running our structured online groups. Here's a little insight into how they've found working from home.

Andrew Sims; 'I've been really surprised by how easy it is to engage with RC's online work. I'm a big fan of doing things in person and I'd always been a bit suspicious of trying to move quality, person-to-person interactions online. Facilitating RC groups and doing 1-2-1 work online was something I did because I had to, under the current circumstances it became *necessary* - and you know what they say about necessity....? (...Its the mother of invention).

Now I really enjoy facilitating these groups and I feel that they provide a really good, quality listening space for people. A space to really hear others, and to be heard; when talking about our hopes, concerns, fears & successes!



Andrew McCutcheon; It's been good for me to get to know some of the Cardiff members and has made my lockdown easier and more rewarding.

I've adjusted ok, lunch is better quality though do miss the occasional Gregg's Vegan sausage roll and donut. I do miss the Vale community centre and am looking forward to getting back there and sorting out our garden space. Have improved in my Peanut's drawing skills, nailed Charlie Brown, getting there on Snoopy and learning Woodstock. Soundtrack choices are much better as I get to pick the music.

Why not get involved in online groups?!

There's nothing holding you back - our group member's age range is 18-70+ so you'll be in good company! RC are here to help you - we can talk people through the basics of getting into an RC online group's or can facilitate 1-2-1 sessions with you if that's helpful to get you started. Just give us a call... 02920227019 / 07767113704

Is your drinking creeping up as a result of lockdown?

Stress, boredom, worry, escapism, reward, coping...
If you're drinking is starting to concern you or others, we can offer support to help you get a handle on it....

How to access or refer:

Current and new members can still call the usual numbers or follow us on Facebook, Twitter or Insta as below.

New members and referrals can contact Kaye our administrator directly on 07949069688 or email her kayecheeseman@recoverycymru.org.uk she will take:

- Name & contact info
- Preference of time to contact
- Confirm permission to contact

Kaye will then pass their details on to the correct colleague for contact.

Follow us on...



Recovery Cymru



@RecoveryCymru



@recoverycymru1

www.recoverycymru.org.uk / info@recoverycymru.org.uk

02920 227 019 / 07767 113704

Online (Distance) Recovery Groups

// MONDAY

10:00-11:00am Weekend Reflection

// TUESDAY

10:00-12:00pm Relapse Prevention Course

17:00-19:00pm Support Group

// WEDNESDAY

14:00-15:00pm Support Group

// THURSDAY

10:00-12:00pm Moving On In My Recovery Course

// FRIDAY

10:00-11:00am Recovery Café

// SATURDAY

12:00-16:00pm Phone lines and online Support

14:00-15:00pm Peer Support Group

// SUNDAY

12:00-16:00pm Phone lines and online Support

**Open Daily for Support, Phone &
Video Recovery Coaching.
Regularly Posting support,
Resources & Entertainment on
Social Media.**

**Call 02920 227019 or text on
07767 113704 or follow us on
social media for more
information & how to join
our groups! Our virtual
groups are run by Zoom**



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