



## ECO-THERAPY



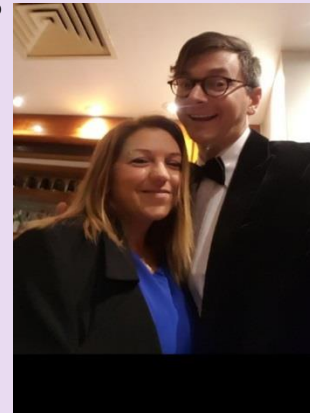
Thanks to a recent successful application to run eco-therapy sessions across Cardiff and The Vale we've had some amazing and fun days out. So far we've visited an Apiary and learned some of what it take to be bee-keepers, litter-picked our way around Canton, gone foraging and orienteering as well as learned how to grow our own produce in small urban spaces. All are welcome to Eco-therapy sessions which typically run on Wednesday afternoons - check social media and posters in the centre for more info

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



## 3<sup>rd</sup> Sector Awards

RC and our partners at NLW and Solas were delighted and proud to be nominated for a third sector award this year receiving recognition, and a trophy, for the Footsteps to Recovery programme which is in its fourth year and, building on its success, has just received continuation funding until 2019. The event was held at the St David's Hotel at Cardiff bay and several of RC's staff were able to attend to receive the award with our colleagues and friends from Spectrum House



We are delighted to announce that 2 of our volunteers have secured paid sessional worker posts within RC



We are seeking volunteers for the following roles:  
\*\*\*Cookery Social \*\*\* Telephone Recovery Support\*\*\*  
Contact our Community Coordinator Susie Boxall ([susieboxall@recoverycymru.org.uk](mailto:susieboxall@recoverycymru.org.uk)) for more information!

[www.recoverycymru.org.uk](http://www.recoverycymru.org.uk)

Follow us on...



Recovery Cymru



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Recoverycymru1

## Getting to know your Trustees

### Dominic Houlihan

I joined as a trustee in October last year. I'm really interested in helping people be the best they can and that's why during the day I work in Human



Resources for a government agency. Outside of work, I cook (anything!) and enjoy music. I play a range of musical instruments all really badly. Perhaps I should be more interested in exercise (at least that's what my husband tells me)!

## Volunteer Development

We were delighted to welcome both Darren Robinson, substance misuse lead in UHW and Ed Daws volunteer coordinator for Cardiff and Vale NHS to our volunteer development group.

A further 4 RC volunteers have applied to become volunteers with Cardiff and Vale NHS to take Peer support into the NHS. . We're all excited about this work and thanks to our volunteers and partners for helping this to happen!

## Welcome

We would like to extend a very warm welcome to our students, Will and Chloe on placement from Cardiff Metropolitan University and Yoram from ETS. We hope you gain lots from your time with us guys!

## VOLUNTEER PROGRAMME

Since January, a further 12 people underwent the 4 day RC training package including 2 students (Will and Yoram) and 1 staff member (our very own Jude). Since then a number of volunteers in Cardiff and Vale are taking up existing roles in the 2 centres and outreach. The training evaluations were excellent with the majority of attendees finding that their skills, confidence and knowledge all improved.

## Recovery Jam

Recovery Jam benefit concert raised over £100. Huge thanks to The Brwmys who donated their time & talents, and played a brilliant set. Thanks to the Recovery Jam performers and all the RC volunteers who together made the night so special.



## Footsteps to Recovery is 4!!!

We're celebrating the Footsteps to Recovery concept being 4 years old this year. Our exciting joint-partnership project with our friends and colleagues at Newlink Wales and the POBL Group's SOLAS Cymru at Spectrum House has gone from strength to strength as the team has grown and the programme developed. We're now facilitating cohort 18 in Cardiff as hundreds of people continue to celebrate the ways their lives have been transformed by this ground-breaking support network. If you are interested in learning more about Footsteps to Recovery, or revisiting the learning materials following their most recent revamp, contact Andrew at the Cardiff centre or Jo in the Barry Centre

## Welsh National Opera

A big thank you to WNO (Welsh National Opera) for their donation to purchase our RC tee shirts, helping us to make the recovery community visible!!

## OUTREACH

### COWBRIDGE SUPPORT GROUP

Recovery Cymru are running a groups 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)

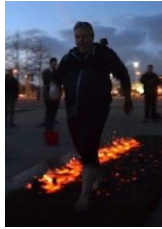
Our amazing volunteers in Barry have also been coming along to outreach sessions at Dyfodol in Barry and also Barry Hospital, which is a fantastic way to meet people from the areas.

## Hubs

We have started a brand new outreach hub in the Gathering Place, St Athan every Friday morning at 10-12pm. This is a great opportunity for people to be able to access support in their own communities.

Sponsored fire walk

Our very own Chris Roberts – Clarke recently completed a fire walk - walking on hot coals 600 degrees Celsius hot! Well done Chris on completing the walk and raising £219 for Recovery Cymru in the process!!



AWSUM Wales - All Wales Service User Movement. A united voice for substance misuse service users across Wales. AWSUM Wales Conference: 20th March 2018 City Hall



RC Music Group Cardiff played at the AWSUM Conference and received amazing feedback!! This was an excellent networking opportunity as well as a chance to build links with other services



Cardiff Centre

Good Friday 12 – 4  
Saturday 31<sup>st</sup> March 12 – 4  
Easter Sunday 12 – 4  
Bank Holiday Monday 12 - 4

Barry Centre

Good Friday CLOSED  
Saturday 31<sup>st</sup> March 12 -4  
Easter Sunday CLOSED  
Bank Holiday Monday 12 - 4

Metamorphosis art exhibition

The Metamorphosis art exhibition had its second installation in Cardiff Bay during February this year. The exhibition consisted of art work and poetry produced by members, volunteers and staff depicting the various stages of their recovery – The metamorphosis from addict to recovery.



The exhibition was received very positively by members of the public visiting the Pierhead Building. If you are interested in contributing to the exhibition for future displays, please contact Chris Roberts-Clarke at either the Cardiff or Barry centre



**EASTER  
BANK HOLIDAY  
OPENING  
TIMES  
2018**

# Weekly Groups and Events Guide: for Spring 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)  
17:30-20:00pm Cookery Social Group (fortnightly)  
(St John's Church) *(\*\*please contact member of staff  
beforehand if interested in attending)*

### // 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  
15:30 - 16:30 Weekend Preparation Group

### // SATURDAY

12:00 - 16:00 CARDIFF Centre open  
12:00-16:00 VALE 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 -15:00 Just for Fun

### // TUESDAY

CENTRE CLOSED DUE TO OUTREACH (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

10:00 - 12:00pm The Gathering Place, St Athan  
13:00-15:00pm Support Group - Cowbridge- Noah's  
Place Café (accessible via mobile)

### // SATURDAY

12:00-16:00pm VALE Centre Open  
Women's Group Fortnightly

### // SUNDAY

12:00-16:00 CARDIFF 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!