

How Does Recovery Cymru Show Support?



Social groups are useful to support engagement and contact between members. Mentions were made of the music sessions and the cookery socials.



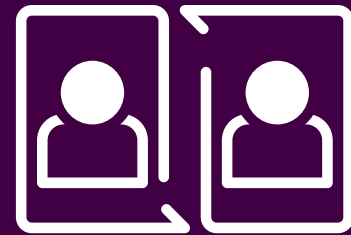
"It's rare that someone will... you know... reach out to you, and that's how it felt."

Recovery Cymru volunteers and staff often contact members to check on their welfare, particularly if the member hasn't been in contact for a while or has requested extra support. A number of members talk about the welfare checks as critical to keeping them on track during challenging times.

"Whenever you need a chat or a cuppa, Recovery Cymru are always there."



Members knowing that they are walking into an environment that is non-judgemental and receive a warm welcome, is a crucial part of the necessary atmosphere to make recovery thrive from the start.



The awareness that all members, volunteers and staff have lived their own journey within recovery, or are peer informed through detailed training. It is for many members one of the most important features of support Recovery Cymru provides.



Recovery Cymru has made available a variety of groups and activities, that reflect the different interests enjoyed by members, and the stages that members are at in their recovery journey.

The essence of our non-prescriptive approach is that members are in a highly supportive, positive environment, where they feel safe, accepted and valued within their recovery family.

"I feel I'm bonding with people in ways I didn't expect to online. You're stronger going out than you were coming in."

This creates a sense of belonging and living as part of an inspiring, joyful family or community. Everyone is invested in healing, and working towards a balanced and empowered life.