

10 Years of Recovery Cymru

What You Told Us Via Our Independent Impact Assessment In 2020

• Est. 2010 •

For 10 years Recovery Cymru's work has embedded into the communities of Wales and beyond, being the first organisation to partner with treatment services to run aftercare and recovery support in Cardiff and Vale. Through Recovery Cymru people have self-defined their recovery, with support by their own peers. Members know they are safe, accepted and valued. It has been the creation of a recovery family.



"It is an organisation that treasures recovery and treats it like a valuable asset that enriches our lives and society. Its philosophy is that we can have a joyful life without alcohol." - Member

"I've got no support network, no family. I know that I can always go to Recovery Cymru and they're going to listen and give me some really good advice." - Member

"100% my recovery is due to Recovery Cymru - without going there I dread to think where I would be. It saved me." - Member

Members have talked about their personal recovery capital. The meaning of having better personal relationships, health and well-being. Recovery Cymru programmes have built not only members self-esteem and confidence, but also making their life skills that much stronger to give them a better sense of independence. There's always the knowledge of a guiding hand through many forms, ranging from support groups to outdoor activities.

"Recovery Cymru is not prescriptive. There is not one way to do this. Recovery Cymru are clear that your journey is as unique as you." Member

"I'm doing so well, and thanks to Recovery Cymru I've got a tool bag that helps me manage my thoughts, feelings & emotions." - Member

"I find the ideas I get from everyone in the groups helps my own ideas grow clearer." - Member



Then COVID-19 appeared. Fears of isolation and relapse in the community began to creep in. However, with the pandemic taking hold across the world, the quick adaptation to this 'new normal' has only led to broadened horizons for Recovery Cymru. Volunteers and staff often contact members to make sure the support is still there through welfare checks. Particularly if the member hasn't been in touch for a while, or if they have requested extra support. Some members describe how critical this has been during lockdowns.

"I live by myself and I have been able to interact with others. This brings an added dimension. The support from the groups online has been even more beneficial for me. It's the sense of community which an isolated person isn't going to get in real life at the moment. It has more impact in the COVID world." - Member

"The guy who supports me phoned three or four times a week when I moved home during lockdown. I was surprised and really thankful for the support." - Member

Many members have expressed that the support groups and 1-2-1 sessions that have continued online, have kept them from feelings of loneliness. There's also been the positive outcome that members have expressed their happiness that their computer skills have increased, making it easier to communicate with those close to them.

With all of our fantastic feedback from members, we have been able to plan for the future of Recovery Cymru with their needs in mind. Over the next five years, we intend to make sure we highlight the following areas for the best of our community:



- Digital growth
- Geographical growth
- The models
- Visibility and marketing
- Programmes and groups
- Outreach and education
- More space due to increased popularity
- Volunteering

"We need to open our community to more people now that we're online. We're not bound by geographic locations." - Volunteer

"The volunteer programme is brilliant – I was impressed with it. There is a comprehensive training programme which was really well handled and professional. There are options for what you want to do." - Volunteer

"We need to be more confident at saying what we can do and what we are good at. We were swift to adjust to being online in Covid." - Volunteer

Recovery Cymru would like to thank all of our members and volunteers for being a part of our recovery family and we look forward to spending the next 10 years showing that recovery is possible, probable and celebrated. We could have not done this without you.

"I know that I wouldn't be where I am today if it wasn't for Recovery Cymru." - Member

"Recovery Cymru always make me think and I eventually change for the better." - Member



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Words from RC's independent impact assessment by Milestone Tweed (2020)