The Recovery Cymru members are the essential elements that build up the recovery community.

Members feedback that the ability to be open and honest about their past has help their recovery the most. Having connections with other members, noticing their fellow members' improvements and the similarities in their journeys is therapeutic for the members. They were humbled hearing others stories and their challenges. Having people around, who have similar problems and issues is important for members' recovery.

The diversity of members' backgrounds and experiences and hearing the many

different routes to recovery is an interesting feature of the community for many members.

The Recovery Cymru approach has a number of component parts which are essential for the approach to work: the members themselves, the peer support and the environment.

Members

Environment

Peer Support

"It's so easy to be honest here! - I'm not afraid of you knowing things that went badly or things I want to happen - I know you want good stuff for me too."

"You show people how to do it, you don't just tell them, you're living examples."

Offering a welcoming, comfortable atmosphere in a nice, well decorated space with good friendly people and an open-door policy, provides the environment for this approach to flourish.

Members feel part of something. They feel trusted, not judged, being challenged to grow, being hopeful, and being human. Listening is a valued and crucial part of our approach which members love. They feel they have not been listened to properly before.

The peer element, 'experts by experience' with everyone around being able to personally relate to experiences of recovery, is in many members' experience the central feature of the Recovery Cymru approach.

If people need support they do not need to wait. There is someone there from the moment they call or the moment they walk through the door who listen. Receiving peer support from the moment they get in touch even though the individual may not be aware of this at the time.