

RECOVERY CYMRU

NEWSLETTER



Ten Years of Peer Support

By Founder & Director, Sarah Vaile

Welcome to the RC Spring / Summer newsletter. We've had some exciting developments since our last newsletter, including celebrating the closing of our tenth anniversary year in a special event including speeches from the First Minister Mark Drakeford, Dr Ed Day UK Gov recovery champion and Professor David Best. We've launched our new strategy (21-26) informed by our members and an independent impact assessment, achieved accreditation of our peer volunteering programme, joined the UK College of Lived Experience Recovery Organisations (CLERO) and are taking part in a National Peer Research Project with Professor David Best. Most of all, we have celebrated the successes and adapted to the challenges of our members and volunteers as they show that recovery is possible, probable and fun.

I am particularly proud of the way our members and volunteers continue to ensure our recovery community is open, thriving and showing that change is possible.

A continued shout out to our trustees and funders who support the magic to happen!



#VolunteersWeek

As restrictions have eased, we jumped at the opportunity to thank our volunteers for their never-ending commitment to our recovery community, with a socially distanced celebratory event. Each volunteer was presented with a Recovery Cymru goodie bag and a certificate of thanks. We also highlighted the work of our Volunteer Co-ordinator Judith Enticott, who has continued to provide training and guidance virtually this past year.



CLERO

COLLEGE OF LIVED
EXPERIENCE RECOVERY
ORGANISATIONS

We are delighted to be part of the Board of the CLERO project. This will be an exciting and challenging way to connect, support and encourage the development of Lived Experience Recovery Organisations around the UK.

Find out more:

<http://www.recoverycymru.org.uk/recovery-vision/>



Voices. Action. Change. Announcement

Recovery Cymru and Kaleidoscope Project, supported by Pobl, are pleased to announce the launch of Voices – Action – Change (V-A-C). A new and exciting one-year project to develop Service User Involvement and Coproduction across the substance misuse treatment landscape in Cardiff and Vale of Glamorgan.

We will work closely with individuals and carers; groups; service providers and the Cardiff and Vale Area Planning Board to develop and coproduce with peers a range of opportunities, enhance access and create robust mechanisms. You can find out more on our website.

"At Recovery Cymru I get to walk during meetings, have mental health hours and can request courses I'd like to go on to improve my work, so I can grow and develop. I'm also reminded to take my annual leave to make sure I have time with my family. It's the first time I've had a work environment that has put my mental health as a priority. I've learned what a vital part of the working world that should truly be."

Learning At Work Week

As always, Recovery Cymru endeavours to strongly focus on the development of the team alongside their work with members. We have been currently studying beginners Welsh together, training new staff members and developing new training for work places. These resources are designed to challenge stigma and increase awareness within businesses about recovery. These are peer-informed, written by experienced programme writers and are also offered in our recovery community. To find out more, visit the 'Training' section on our website.

"Volunteering for me is giving a bit back to society and people. Helping out where I can, and being a service to others and my community."

"For me volunteering is meeting new people, it's a challenge and it's my own recovery. My recovery has always been based on people."

"Volunteering to me is a big part of my recovery journey. It's about being part of the recovery community, giving something back to the community that supported me and continues to support me. It's about helping others in their recovery journey."

Thank you to our members, staff, volunteers and funders.



www.recoverycymru.org.uk