

What can you expect?

Recovery Cymru is a peer-led, non-judgemental, confidential and compassionate recovery community. We empower people to achieve and maintain recovery while supporting others to do the same.

Hope

We believe that everyone has the potential to recover from substance use problems. We also believe that recovery is real and that it should be celebrated.

Respect

We respect everyone's individual journey. We support the many different treatment methods and models that can assist individuals in their recovery journey, and we do not promote one method or philosophy over another. We respect that everyone is different and we see diversity as a learning opportunity.

Honesty

We will be honest and transparent with you, even with difficult conversations. We will tell you what we can and cannot do, so you can make well-informed choices.

Listening

We are here to listen and we will give you time to talk. We will listen to understand more about you, your needs and expectations, to support you in the best way possible. Our aim is to make you feel heard.

Choice

You can always make choices about what your support looks like. We promote the many different pathways to recovery. We believe that recovery is self-defined; it develops over time and we accept that what is right for you today, may change tomorrow. We want to empower you to make the right choices for you, and we will be here to support you with them.

Open access

You will have access to a member of staff who will support you. Even if the person you usually speak to isn't available, you can get support from another member of staff. You can also get information, documents, policies about Recovery Cymru at any point.

Working together

We believe in the reality of recovery and using our shared experiences to empower each other. Your feedback is essential for us in order to grow and shape what recovery looks like alongside you. We are member-led and we have a flat hierarchy. Flat hierarchy means that we all have equal value, no matter if you are on day one or year 10.

What we expect from you

Recovery Cymru is a peer-led, non-judgemental, confidential and compassionate recovery community. We empower people to achieve and maintain recovery while supporting others to do the same.

Respect

We ask that you respect everyone who you interact with, including respecting everyone's individual journey and views.

Honesty

We ask that you are honest and transparent with us, even with difficult conversations. When you are honest with us, we can find the best ways to support you.

Listening

We ask that you take your time to talk and listen, because your views, feedback and involvement are important to us. We ask you to listen to others so we can learn from each other.

Feedback

We welcome your feedback, whether positive or negative and we would like to hear from you to make sure that your experience, as well as the experiences of others are supportive and helpful.

Understanding

We ask you to act in a compassionate way, understanding that other people are on a journey too.

Connection

We ask you to work with other members and volunteers, recognising what a big difference this can make in your own journey, as well as other people's.

For more information visit our website. We can also provide you with printed copies in our centres.