



RC celebrates Andrew and Martin's wedding!

We are thrilled to announce that in October our very own Andrew Sims got married!

Andrew & Martin send their thanks to all the members, volunteers and staff at Recovery Cymru who contributed to their gift and wrote lovely messages in the card they received from the community; "We were so touched at the community's generosity and goodwill – thank you all, so very much – I know..." Said Andrew "I wouldn't be in this position today were it not for all the support I've received from my friends in recovery over the last 4 ½ years. The life I enjoy, and continue to build now is thanks in no small part to the support of the recovery community who walked the journey to wellness with me. Thank you."



A NEW ADDITION TO THE RC FAMILY!

We are delighted to announce that our Director, Sarah has given birth to a beautiful baby girl!

Sally Charlotte Vaile was born 11.49am on 20th September, weighing 7 pounds 14 ounces.

Mum, Dad and daughter are doing fine and we are excited about our new addition to the Recovery Cymru Family!



We are delighted to welcome two new interns to Recovery Cymru – Marica Teggi all the way from Italy, and Tsoi Tu all the way from Sweden – will be with us until Christmas this year!

VOLUNTEER OPPORTUNITY – TRUSTEE

Recovery Cymru is seeking to recruit new Trustees to join their Board and support the development of RC. As a fast-growing, local organisation, you have the chance to make a real difference, both to the organisation and our members. We are looking for people with a range of skills although experience in one or more of the following would be desirable:-

- Service design, delivery, monitoring and evaluation
- Contract and grant management
- HR
- Business and strategic planning
- Marketing and sales
- Training and consultancy
- Funding / fundraising / commissioning knowledge
- Advertising, publicity and promotion



We are particularly looking to fill the roles of HR, income generation & Treasurer. This is a core board role, about which more information can be found on the Charity Commission website.

Time commitment will vary depending on time of year and the sub-projects being worked on but Board meetings are held every six weeks, with some tasks in between. We are also looking for trustee advisors who do not need to sign up as full trustees and attend all meetings but sign up as official advisors; specifically HR. We always welcome applications from people with lived experience of recovery. The closing date for applications is 2nd December 16. Interviews are likely to take place week commencing 12th December. For further information about this role or if you are interested in applying, please request an application pack by email to rachelbayer@recoverycymru.org.uk or printed copies are available in the Recovery Cymru Centres. You may also request an application to be sent to you via post.

We are urgently seeking volunteers for the following roles: *Cookery Social* *Recovery Champions* *Telephone Recovery Support* *Group Facilitators* contact Tim Norval (Cardiff RC - timnorval@recoverycymru.org.uk) or Roxy Newman (Barry RC - roxynewman@recoverycymru.org.uk) for more information!

Follow us on...



The View from the Centre

An awful lot of changes have taken place since the last newsletter three months ago. Our "glorious leader" Sarah has had a beautiful baby girl (the little leader – Sally) and we have welcomed two new people to our staff team: Laura Davies who joins us as Sarah's (sort-of) temporary replacement (Project Coordinator) from outside of the recovery community; and Guy Sully, well known to our Vale members as our Telephone Recovery Support maestro there, who joins us as the first paid worker from the Work It Out project – our very first Communications Project Worker.

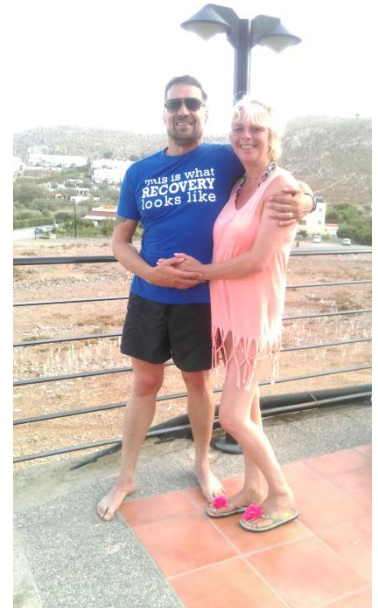
The first cohort have completed the Work It Out project with an Apprentice-style challenge which saw one team produce a (theoretical) profit of over £800 on £100-worth of stock! NewLink Wales have decided to adopt the marketing strategies developed as part of the challenge (not surprising with a bottom line like that) and fortunately nobody was fired by Lindsay "Call me Alan Sugar" Cordery-Bruce!

We had our five-and-a-half year birthday party in September (mainly because we forgot to have a fifth birthday party in March) and were able to look back on the immense growth of our recovery community over the past five short years. The Cardiff Recovery Centre continues to get busier and busier, with daily attendances at the Centre regularly topping 30 and many group attendances of more than a dozen members.

We've adopted a new strategy in the Vale, shutting the Centre there on a Friday to allow Jo to venture out into darkest rural Vale to meet the natives and offer them recovery support in their own towns and villages. Pith helmets optional!

Next time I'll be putting pen to paper like this it'll be 2017, so I'd like to take this opportunity to wish all our members a safe, successful and prosperous New Year. Soon be Christmas!

- Gareth Joseph, centre co-ordinator Cardiff



Our very own Tim and Claire Norval, showing us what recovery looks like, all the way from sunny Rhodes!

WORK IT OUT UPDATE

In August, Work It Out coaches took eleven project participants with difficulties moving back into work as a consequence of previous alcohol or substance misuse. We had the privilege of helping them to learn new skills, improve their confidence and prepare them to have a fighting chance in the employment market. By October, their newfound personalities proved themselves by completing an "Apprentice" style task and being invited to project manage the NewLink Wales Christmas fundraising campaign.

Having completed Work It Out, seven participants are volunteering, two have secured employment contracts and the remaining two are confidently undertaking further training to secure employment in their preferred career fields. Well done everyone.

- Chris Roberts-Clarke - Work It Out Project Coach



New staff member!

We're delighted to announce the first recruitment from our Work it Out Project – Guy Sully!

Guy says – 'Having successfully recovered from long-term alcohol dependence myself, I began volunteering at RC's Barry centre in June of 2015. Initially manning reception I went on to make calls on behalf of the TRS service for one evening a week with the aim of engaging with RC members who cannot, or choose not to, access the centres directly. In the intervening 18 months RC and its staff, members and volunteers have become an important part of my life and, having completed the MILE course earlier this year, I was delighted to be offered a place on the inaugural Work It Out course. The course aims to prepare people recovering from addiction issues to return to employment. At the end of the course a couple of jobs with RC and New Link Wales were on offer to the course participants and, following an interview, I was stunned to be offered the position of Communications Project Worker at RC. The role is part-time and divided between the Cardiff and Vale centres and will involve helping to create, source and coordinate some of the fundraising activities RC needs to finance its operations as well as reaching out and making connections with other individuals and organisations working within this sector. I am more than happy to hear of any ideas people have for fundraising projects, no matter how wild or wacky they may be! And I look forward to working alongside you all over the next six months.'

Appeal for volunteers!

Would you like to volunteer at Recovery Cymru?

We are currently recruiting for

- ❖ Manning the centre/reception
- ❖ Recovery champions
- ❖ Group facilitators
- ❖ Media design
- ❖ TRS (telephone recovery support) volunteers and especially

❖ Cookery social Chefs – do you have any recipes you'd like to share? A flair for cooking? Or would you just like to come along and lend a hand?

If you'd like to get involved with cookery social or anything else, get in touch with Tim Norval at our Cardiff centre on 02920 227019

timnorval@recoverycymru.org.uk

or Roxy Newman at our Barry centre on 01446 734220

roxynewman@recoverycymru.org.uk



Above: Chris Roberts-Clarke and Amanda Greaves at the New Link Wales AGM in October, during which we accepted our award for 'Organisation that Champions New Link Wales'!



Recovery Cymru has recently become involved with Local Giving, which offers bespoke and intensive support that will empower us to connect with supporters and raise funds online. Why don't you take a look at the website:- www.localgiving.org.uk and if you would like to get involved, please contact guysully@recoverycymru.org.uk



We would also like to thank the Cardiff and Vale Health Charity for a grant to help assist with our "Remote Recovery Support" Project enabling us to continue with our TRS programme around Cardiff and the Vale of Glamorgan which is "Supported by Cardiff & Vale Health Charity through the Make It Better Fund Third Sector Grant Scheme".

A little about our new Project Co-Ordinator!

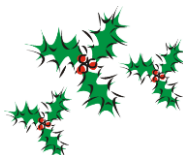
In October this year, we welcomed Laura Davies, who is acting Project Co-Ordinator during Sarah Vaile's maternity leave. 'I moved to Cardiff in 1985 and began work as an IT technician at Bryn Hafren Comprehensive in Barry. My then landlady encouraged me to apply for the maternity cover post for the Electronics tutor at the South Glamorgan Women's Workshop and I began work there in 1986 initially on a short term part-time contract, but the contract lasted until 2013! The Workshop was run as a collective and I took joint responsibility for various operational and corporate roles as well as my main teaching role. I eventually moved away from teaching into a project officer role, developing and managing various funding applications. Between 1999 & 2001, I was involved in a Department for International Development project that provided training & consultancy to the Belarusian Women's Social Initiative. This meant making three trips to Belarus, probably one of the most unnerving, but interesting work times of my life:- hotel prices would change on a daily basis, changing \$50 into roubles filled my whole backpack, open coal fires on the trains and most unnerving having to pay the border guards \$50 to get on the plane back home.

In 2005, the Workshop introduced a flat hierarchy structure in order to manage impending funding cuts and I was promoted to co-director along with a colleague. I have developed, managed and delivered on a very diverse range of projects over the years, from a heritage youth project; a Welsh Government contract for women training in basic construction skills; Microsoft Certified Network Engineer training for women; to a Big Lottery funded project working with teenage mothers. But in all of these, the most important outcomes, I believe were the friendships made and the peer support given and received.

I now live in Penarth, with my partner and a newish rescue Jack Russel dog.

My main achievement last year was repointing the lower brickwork of my house and the whole of the stone garden wall.'

Laura Davies – Recovery Cymru, Project Co-Ordinator



Christmas 2016 at Recovery Cymru

Christmas is nearly here! We are hoping to have our Special Christmas Cookery Social on Wednesday 14th December. If you would like to get involved in any way, please contact Scarlett on 02920 227019 or scarlettwilliams@recoverycymru.org.uk.

We are also hoping to hold a Christmas event on December 23rd, so stay tuned for more details!

The Recovery Cymru centre in Cardiff will be open on Christmas day from 11am-4pm for those of our members who would like to attend – please add your name to the list in reception of our Cardiff centre.

Weekly Groups and Events Guide: Autumn/Winter 2016

CARDIFF RECOVERY GROUPS

// MONDAY

10:00-11:00 Weekend Reflection

13:00-15:00 SMART Recovery

// TUESDAY

10:00-12:00 Volunteering as a Recovery Tool (Prep Group)

13:00-15:00 Relapse Prevention Course

17:00-19:00 Support Group

// WEDNESDAY

10:00-12:00 Self-Help Group

14:30-16:30 Community Development Sessions (Call for info)

18:30-21:00 Cookery Social Group (St John's Church)

// THURSDAY

10:00-12:00 Moving on in my Recovery Course

13:00-15:00 Women's Group

// FRIDAY

10:00-12:00 Craft Group

14:30-16:30 Music Group

// SATURDAY

12:00-16:00 VALE Centre open For Groups & Recovery Support (Call ahead for details)

// SUNDAY

12:00-16:00 CARDIFF Centre Open

***Unless otherwise stated all above groups are held at:**
Cardiff Recovery Centre:-
218 Cowbridge Road East, Canton, Cardiff, CF5 1GX
Tel: 029 2022 7019*

VALE RECOVERY GROUPS

// MONDAY

10:00-13:00pm Craft Group

11:00-12:00 Weekend Reflection

12:30-14:30 SMART group

// TUESDAY

10:00-12:00 Prep Group

10:00-12:00 Peer Moving on in My Recovery

13:00-15:00 Peer Support Group

15:00-15:30 Relaxation

// WEDNESDAY

10:00-12:00 Relapse Prevention

14:00-16:00 Community Development Group (fortnightly)

// THURSDAY

14:00-16:00 Footsteps to Recovery Referral Afternoon

14:00-16:00 Music Group

// FRIDAY

CLOSED DUE TO OUTREACH (accessible via mobile)

// SATURDAY

12:00-16:00 Vale Centre Open

// SUNDAY

12:00-16:00 CARDIFF Centre Open

***Unless otherwise stated all above groups are held at:**
All groups are held at our Vale Recovery Centre:-
232 Holton Road, Barry, CF63 4HS
Tel: 01446 734220*