

# NEWSLETTER

Spring 2016

## Recovery Cymru

Recovering from drug and alcohol problems together.

- Self-help, support, advice and friendship
- Positive and meaningful ways in which to spend time
- New skills, hobbies
- Relapse prevention

www.recoverycymru.org.uk  
218 Cowbridge Road East  
Cardiff

Recovery Cymru is a mutual-aid & peer support community growing in Cardiff, the Vale of Glamorgan & Rhondda-Cynon-Taff for people in or seeking recovery from drug and alcohol problems

Above Andrew Sims with Ellie Prew & Aldona Rybkiewicz (Social Work Students) at the volunteering fair, @CardiffMet



## A Season to be Jolly!

Another triumphant Christmas and new year celebrated with our recovery family! We're so grateful to all the volunteers and staff who made it possible for us to open throughout the season; Christmas day, all the bank holidays and New Year's Eve! Lunch on Christmas day was wonderful and we're grateful to all the local shops and businesses who donated gifts for our members to open! New Year's Eve included music & dancing, a wonderful buffet (pictured left) and a brilliant quiz written by 13yr old Tyler who, with a number of other RC member's children, joined in our celebrations. Our thanks especially to Reverend Jane Sims and the parish of St Mary's Malpas who once again generously funded our Christmas and new year events, which provide a vital safe space for those in our recovery community who are isolated & estranged from loved ones at these times of year.



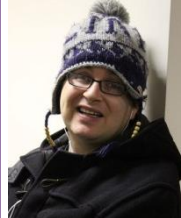
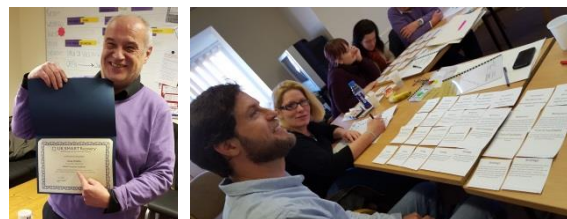
EXCITEMENT in the centres as V2 updated Recovery Stories; The RC Community's members, volunteers and staff sharing their experience of addiction and recovery is hot off the press! Contact us to find out how to get your hands on a copy!



## Volunteer & Staff Training

We're delighted to announce that since Christmas many RC'ers across Cardiff & The Vale have successfully completed training to support our ever-growing programme of groups!

CONGRATULATIONS! SMART training: Alicia L, Dave C, Gareth G, Andrew S, Jan T, Chris R-C, Guy S, Mel M | Peer MOIMR Facilitator Training: Andrew S, Amanda H, Mel M, Debs J, Dave C, Tim N,



How will you grow?



## Recruitment

Recovery Cymru are currently recruiting an experienced full time administrator to join our growing team. This role is Cardiff Based. Please contact rachelbayer@recoverycymru.org.uk for an application pack 01446 734220

## Mum's the Word!

We've been rejoicing in all things maternal here at RC over the last month! We celebrated Mothering Sunday with a fantastic high tea event at the Cardiff centre. We even welcomed 3 generations of one of our families! Our HUGE thanks to Kelly & Linda for the fantastic buffet and to all who donated cakes!



## Recovery Mummy

RC are very proud to announce that we've teamed up with Charlotte Harding from Recovery Mummy to bring you mums a new Baby2Tots group for parents with 0-3's group on Friday mornings from 10am-12noon in the vestry at St John's Church Canton. Please contact the Cardiff centre for more information 029 2022 7019



**Craft Group Welcomes New Facilitator**  
Amanda is our new volunteer Craft Group facilitator and is doing an amazing job! Great to have you on board and thanks for joining the RC family! Amanda also runs a Craft Workshop at RC Cardiff on one Sunday every month. contact the centre for more info!



We are urgently seeking volunteers for the following roles: \*Cookery Social\* \*Recovery Champions\* \*Telephone Recovery Support\* \*Group Facilitators\* contact Tim for more information!

Follow us on...



www.recoverycymru.org.uk





## Farewell Ellie & Aldona

It's always so sad to say goodbye to our students at Recovery Cymru. They are such an important part of our work as they are the future of substance misuse services! We wish you every success and good fortune in your studies and hope you'll hope back to spend time with us soon! X



## FUNDRAISING

You wonderful readers have hiked, run, walked, cycled picked up litter, baked, played music and more all to keep the good ship RC afloat and we're grateful for you every day! This year we're looking for fundraisers and ideas for fundraising – Individual fundraisers to take on a challenge and ideas for group events. Your efforts make a real difference to our community and all funds will go directly to the running costs of the recovery centres. Please contact the centre with your fabulous fundraising ideas ☺



RC's Founder/Director, Sarah, was very pleased to be invited to speak about our work to **Cardiff Ladies Probus**. It was a wonderful afternoon and we're very grateful for the kind donation made to RC's work x



## TREASURER SOUGHT

We're still looking for a treasurer to support Recovery Cymru's finance operations this is voluntary role as a member of the board of trustees. If you think you have what it takes please contact Rachel Bayer on 01446 734220 [rachelbayer@recoverycymru.org.uk](mailto:rachelbayer@recoverycymru.org.uk)

Are you part of an organisation based in the **Vale of Glamorgan**? We want to invite people in the Vale to contact us if they are interested in working together – especially in rural Vale.  
Contact:  
[sarah@recoverycymru.org.uk](mailto:sarah@recoverycymru.org.uk)  
029 2022 7019



Our **BIG Lottery** project comes to an end in May 2016 we will be holding a celebration event to say thanks and well done! – please check out social media for dates etc.



We're really happy to be undertaking a **service user consultation** in **Cwm Taf** to help the Area Planning Board (APB) design their commissioning strategy!



Special Thanks to Mair, Adam, Seren, Arlo & Eira for donating to Recovery Cymru instead of sending Christmas Cards in 2015

RC are involved in the **Recovery Group for Wales** – writing a pilot project to involve service users in auditing services – watch this space and get involved!

## Recruitment & Recent Appointments

We're delighted to announce some changes and an addition to our staff team!

**Andrew Sims** is leaving his role as Administrator & Project Support to take on a new role within RC as Community & Aftercare Worker. Next month marks 3 years since Andrew joined the staff team

**Chris Roberts-Clarke** is taking on sessional work across Cardiff and the Vale

**Katy Benson** is going to be working as a peer support worker with the exciting new 'Buzzin' project at NewLink Wales

**Congratulations ALL!**

We're celebrating These appointments At Cookery Social on 30<sup>th</sup> April 2016 at St John's Church 18:30 Please Join us!



# Weekly Groups and Events Guide: for June 2015

## 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)  
14:00-16:00 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  
18:00-20:00 Social Evening (Check for programme)

### // FRIDAY

10:00-12:00 Craft Group  
13:00-15:00 Women's 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 groups are held at:\*\**

*Cardiff Recovery Centre:- 218 Cowbridge Road East, Canton, Cardiff, CF5 1GX Tel: 029 2022 7019*

## VALE RECOVERY GROUPS

### // MONDAY

10:00-11:00 Weekend Reflection  
11:30-13:30 Craft Group  
14:00-16:00 SMART group

### // TUESDAY

10:00-12:00 Volunteering as a Recovery Tool (Prep Group)  
13:00-13:30 Relaxation  
14:00-16:00 Relapse Prevention

### // WEDNESDAY

10:00-12:00 Family Support Group  
10:00-12:00 Breaking Free Online  
14:00-15:30 Community Development Group

### // THURSDAY

10:00-12:00 Self-Help Group  
14:00-16:00 Music Group  
14:00-16:00 Breaking Free Online

### // FRIDAY

10:00-12:00 Creativity & Self Expression Group (creative writing and storytelling)  
13:00-15:00 Peer Moving On in My Recovery  
13:00-15:00 Keep Wales Tidy

### // SATURDAY

12:00-16:00 Vale Centre Open

### // SUNDAY

12:00-16:00 CARDIFF Centre Open

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