



Above Recovery Cymru, celebrates National Volunteers Week with a celebration of thanks for all our amazing volunteers. Page 2

## EMPLOYMENT OPPORTUNITY – PROJECT COORDINATOR

Would you like to work at Recovery Cymru? We are currently recruiting -  
Maternity Leave Cover - Hours: 37.5 hours per week  
Pay Scale: £26, 326 per annum (SCP 30)

9 month fixed term contract from ASAP following interview (subject to DBS check) to June 2017 (subject to funding reviews).  
The closing date for applications is midday on Monday 15th August 2016. Please contact Rachel.bayer@recoverycymru.org.uk for an application pack. If you require any further information or would like to discuss this role further, please contact Sarah Vaile on 02920 227 019 or sarah.vaile@recoverycymru.org.uk

## Work it Out!

We are pleased to be working in partnership with Job Centre Plus and NewLink Wales to help people in recovery, or those which have been affected by addiction, overcome the barriers they may face when trying to secure sustainable employment. This new and exciting project provides Employment Focussed Recovery Coaching and peer-based social learning sessions in the classroom, real world settings and even on the beach!

40 people will have the opportunity to attend a 10 week programme of support and development, volunteering and work experience within a supported setting to learn the skills needed to move towards employment. At the end of the 10 weeks we will offer candidates the chance of 5 six month, part time, paid employment on trial contracts with NewLink Wales and Recovery Cymru!



### RC WELCOMES A NEW INTERN!

We're delighted to welcome our newest international intern, Federica (who is a little camera shy... but we're on a mission to persuade her to pose in front of the camera before she leaves us!). 'Hi, my name is Federica, I'm 19 years old and I'm a new intern at Recovery Cymru! I come from a little town in the northern area of Italy: Ivrea. I'm currently on a school project, which gives me the opportunity to experience 12 weeks internship with Recovery Cymru (which I started in the second week of July). Experiencing new languages and different cultures has always been my main passion, in my study career and in my hobbies as well. I play rugby sevens, which for the Welsh people seem to be normal, but not for the Italian ones! I live my life singing and for this reason I'm very happy to participate at the Music group in RC. I'm sure I will enjoy my time here in Cardiff and at Recovery Cymru very much, especially time spent with the people who from the beginning have tried to make me feel welcome - teaching me new words and always having a kind smile for me!'

### \*\*\*\*\*UPCOMING EVENTS\*\*\*\*\*

Special cookery socials:

17<sup>th</sup> August – RC AGM (ST John's Church)

7<sup>th</sup> September – RC 5 year celebration & launch of recovery month!

### THANK YOU TO OUR FUNDRAISERS!

Recovery Cymru would like to thank the Welsh Treasury team for completing a triathlon in order to raise funds for Recovery Cymru! It involved a very early start on a Sunday in Cardiff bay Every team member did brilliantly and we are so grateful! Fundraising goes directly to running our recovery community and the Welsh Treasury Team raised over £1000 for RC and Breast Cancer Care!

If you are interested in taking part in a sponsored event, please get in touch.



### THE FAMILY GROWS - WE HAVE GOT A NEW STUDENT!

Hi, I'm Danilo, I'm seventeen and my hobbies are basketball, soccer and reading in fact in Italy I have got my little personal bookcase, I played soccer for nine years and I'm a great fan of Italian and American basketball. I'm come from Italy. Yes, Italy the land of Pizza, Pasta and Caffè'. The city I live in is quite small, it is called Reggio Emilia and is in the North of Italy. But why I'm in Recovery Cymru? I'm here to work for one month for the project called Erasmus plus. My school selected me for my general marks and my behaviour, then I qualified for selection with the province of my city and I was successful. I'm very excited to be here, in the first week I met a lot of new people and kind workers like Andrew and Scarlett, they helped me a lot. The slogan of the Recovery is "Your journey. Your life." this is valid also for me, that is a great journey in where I can improve my English and I can learn a lot about the world of work. I hope this experience will help me to grow and develop my personality and work-force skills.



## AGAINST breast cancer

Recovery Cymru would like to acknowledge and thank Against Breast Cancer, for their help in recycling toner cartridges – working against breast cancer and helping the environment!



Recovery Cymru would like to thank Greggs for kindly donating cakes for our Barry re-launch event on 25th May 2016!

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](mailto:timnorval@recoverycymru.org.uk)) or Roxy Newman (Barry RC - [roxynewman@recoverycymru.org.uk](mailto:roxynewman@recoverycymru.org.uk)) for more information!





## Vale of Glamorgan Centre re-launch



## Thanks for your support @BigLottery!

We had a brilliant day celebrating the re-launch of our recovery programmes and celebration of our 2013-2016 Big Lottery Funded Project which sadly ended in May 2016. We have been delighted with the impact of this grant on growing our community and the opportunities it provided our members and volunteers to achieve and sustain recovery.

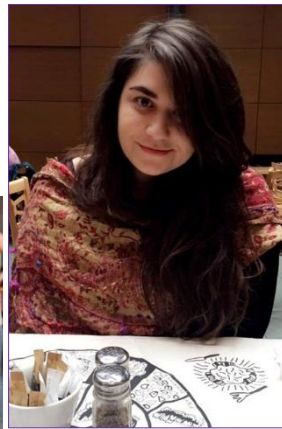


We'd also like to say a big thank you to Starbucks, for donating coffee and bites for our Vale re-lunch on 25<sup>th</sup> May 2016!

Thank you to all our guests and it was wonderful to share these events with Jane Hutt (AM), Mark Drakeford (AM) and representatives from the Big Lottery Fund. Thank you for all your support! If you would like more info about our programmes in the Vale, please contact Jo Simpson.

## Volunteer Week Celebration

We were delighted to host a special cookery social to thank our volunteers and celebrate volunteer week. Without our volunteers our community simply could not operate – well done and THANK YOU each and every one of you!



## New staff member!

In May we welcomed new staff member, Scarlett, who has taken over the administrator role in our Cardiff office.

'I'm Scarlett, and I recently moved to Cardiff from Neath Port Talbot. Everyone has been so warm and welcoming at Recovery Cymru and I'm excited to be a part of a project like RC, that changes lives and gives people hope.

In my spare time I like cooking, walking and spending time in nature.'



Would you like to volunteer at Recovery Cymru? We are currently looking for volunteers in Cardiff and The Vale for the following;  
Manning the centre/reception  
Recovery champions  
Cookery social – chef & Facilitator  
Group facilitators  
Media design  
Fundraising activity organiser  
TRS (telephone recovery support)  
If you think you'd like to volunteer for Recovery Cymru, please contact one of our Volunteer Coordinators below;  
Tim Norval (Cardiff centre) – [timnorval@recoverycymru.org.uk](mailto:timnorval@recoverycymru.org.uk) – 02920 22 7019  
Roxy Newman (Vale centre) – [roxynewman@recoverycymru.org.uk](mailto:roxynewman@recoverycymru.org.uk) – 01446 734220



With Thanks to our Funders  
Cardiff & Vale APB



Cefnogiwr gan Gronfa Gwirfoddoli yr WCVA yng Nghymru  
Supported under WCVA's  
Volunteering in Wales Fund

LLOYDS BANK FOUNDATION  
England & Wales



# Weekly Groups and Events Guide: for June 2015

## CARDIFF RECOVERY GROUPS

### // MONDAY

10:00-11:00 Weekend Reflection  
11:15-11:45 Relaxation  
13:00-15:00 SMART Recovery

### // TUESDAY

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 Group (fortnightly)  
(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  
18:00-20:00 Social Evening (Check for programme)

### // FRIDAY

10:00-12:00 Craft Group  
13:30-15:30 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

10:00-13:00pm Craft Group  
11:00-12:00 Weekend Reflection  
13:00-15:00 SMART group

### // TUESDAY

10:00-12:00 Prep Group  
13:00-15:00 Peer Support Group  
15:00-15:30 Relaxation

### // WEDNESDAY

10:00-12:00 Relapse Prevention  
10:00-12:00 Volunteer Training  
14:00-16:00 Community Development Group  
(fortnightly) (Call for info)

### // THURSDAY

10:00-12:00 Volunteer Prep Group  
14:00-16:00 Footsteps to Recovery Referral Afternoon  
14:00-16:00 Music Group  
14:00-16:00 RC Outreach

### // FRIDAY

10:00-12:00 Creativity & Self Expression Group  
(creative writing and storytelling)  
10:00-12:00- Peer Moving On in My Recovery  
13:00-13:30 Self Guided Relaxation

### // 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*