

Responsibility

Independence

"I've got another job as a support worker. The experience with Recovery Cymru helped me get the job. Being exposed to that working environment was useful."

"You've helped me find something constructive to do with this point in my life. I'm thinking about the future now."

"I have had amazing support from colleagues in Recovery Cymru when I had a wobble in my recovery. They kept me in work otherwise I would have gone off sick. Recovery Cymru has given me the confidence to go back to work."

Stability



Within the recovery community at Recovery Cymru, some members are employed, some are receiving benefits and a number of the members go on to volunteer with Recovery Cymru and then become employed.



Members have also gained skills within the recovery groups and activities. This has been hugely beneficial to their employment prospects, with members talking about having gotten jobs due to being a member of Recovery Cymru.



Our members grow to recognise the importance of work to aid independence and responsibility, stability and health and well-being.



Knowing that they can access a Recovery Cymru group outside work or virtually during a lunchbreak means members can balance their recovery with their employment.