

Members' Increased Health, Wellbeing & Recovery Capital

Attending the activities keeps members healthy, improving both their physical and mental health. Members felt that Recovery Cymru helped them:

- Be more stable
- Keep sober and away from alcohol or other substances
- Maintain the positive changes they were making in their lives

Taking part in Recovery Cymru activities whether as a member, volunteer or staff member gives members purpose in their lives. They reported that they were doing something worthwhile.

“ If I haven't been around for a couple of days, someone rings me and checks in on me. I can't thank you enough. ”

Recovery capital is the total resources that a person has available to find and maintain their recovery. Recovery Cymru members talked openly about the resources they felt they now had and were continuing to build in their lives. They have also talked about their personal recovery capital: having better health and wellbeing as mentioned previously, and other elements in their lives such as:

- Better living accommodation
- Stronger finances and skills
- Increase self-esteem, confidence and purpose
- Increased independence and responsibility

'Standing on your own two feet' is seen as an important development by members. Instead of feeling isolated or alone, they have gained new friendships through Recovery Cymru and family relationships.

Better diet



Better sleep



Reduced Anxiety



Increased Self-esteem



Better Living Accomodation



Better Finances

