

How Does Recovery Cymru Change People's Lives?

Words from RC's independent impact assessment by Milestone Tweed (2020)

"Family sums it up. I am not alone anymore."

"I know that I wouldn't be where I am today if it wasn't for Recovery Cymru."

"I just realised today is the first time in my life I have gone a year without relapsing – the difference... Recovery Cymru!"

"100% my recovery is due to Recovery Cymru - without going there I dread to think where I would be. It saved me."

In 2019-2020, we supported over 473 individuals

We followed 139 of these, of whom 98% felt they were maintaining positive changes

Whilst 83% stated that they had not lapsed / relapsed

There are many stories of how Recovery Cymru's members' lives have changed since they joined Recovery Cymru. Many of the changes have been highly significant – life saving, life altering and life defining changes. Many members have commented on the role of Recovery Cymru within their recovery. Of those members who commented on this, most members strongly attributed their recovery to the support from Recovery Cymru.

Some felt their recovery was wholly attributable to Recovery Cymru and the majority felt it was an equal partnership between themselves and Recovery Cymru, working together towards recovery.

Recovery Cymru members, volunteers and staff commented on the changes they experienced during recovery. These changes can be categorised in three main themes, with some overlapping elements: Members' increased health and wellbeing, building recovery capital and employment.