



A SHINING SPRING AND SUMMER FOR RECOVERY CYMRU

Welcome to our spring/summer newsletter – and what a spring/summer it has been! We are delighted to have started delivering with our partners Barod and Kaleidoscope the new CAVDAS (Cardiff and Vale Drug and Alcohol Services), to transform the way drug and alcohol services are run locally. Peer support and coproduction are central to this and we are very excited!

Our in-person, blended, and online peer support has expanded. We have a new and exciting timetable for you to check out by visiting www.recoverycymru.org.uk.

As always, our peers and volunteers are central to making all this happen and we are currently recruiting new paid posts for people to join the #RCfamily, helping us to show #peerpowercymru and help others to make positive changes to their lives.

Interested or know someone who might be? Please send them our way! September is Recovery Month and we had great fun helping to #swipeoutstigma with both of our Recovery Month events! Keep a look out for our upcoming campaign with Homestart Cymru. Thank you one and all for your continued support of RC 😊



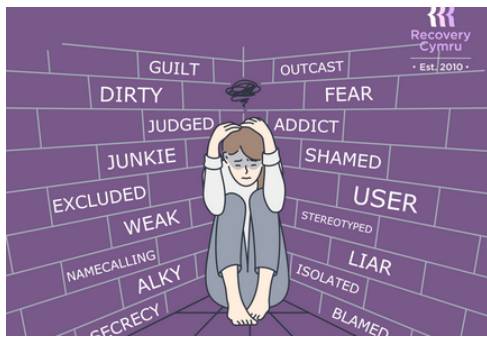
BY FOUNDER
AND
DIRECTOR
SARAH VAILE

#PEER POWER CYMRU



Recovery Cymru is looking for people who have lived experience of substance use and are ready to work, or are looking for an exciting change. As part of our ongoing #PeerPowerCymru campaign, we have fantastic vacancies available.

Explore the vacancies and apply here: [Let's take a look!](#)



#SWIPEOUTSTIGMA CAMPAIGN

This year marked a huge brand new campaign for Recovery Cymru. We know that it is very important for our members that we share our message of hope and understanding to challenge the stigma surrounding alcohol/drug use and recovery.

**"There is a fine line between stigma and ignorance. Education is the answer."
-RC Team Member**

#SwipeOutStigma will be an ongoing campaign that will focus on using the power of lived experience to raise awareness and challenge stereotypes.

There are (and will continue to be) plenty of ways to be involved and support the campaign. You can learn through and share our campaign, ask us to talk at your organisation or attend our training.

Check out our website for all the information and make sure to follow us on social media for up to date information!



PEN Y FAN WALK FOR #SWIPEOUTSTIGMA

This July, our recovery family conquered the Pen Y Fan Recovery Walk 2022 in the name of challenging stigma faced by people with substance use problems and their recovery! Proving the power of peer support by wearing their #PeerPowerCymru t-shirts with pride!

WHAT'S OUT THERE??

'What's Out There??' has had members enjoying great times together, from picnics so we can connect with family and friends, to trekking across some of the most beautiful areas of Cardiff and The Vale. We have even been boating at Cardiff Bay!

We love the social side of our recovery community - get in touch to join us.



OUR RICK ON BBC NEWS!

We are extremely proud of our volunteer Rick for sharing with BBC News his struggles of over 36 years to find his journey to recovery!

His effort to bring awareness to how substance use can impact families will no doubt have made a huge difference to those in our wider community. Watch the video here: [Rick's Interview](#)



RECOVERY RUNNERS ACROSS THE UK!



Our fantastic volunteers did Recovery Cymru proud at our Recovery Marathon.

Our trustee Amanda-Jones Oliver also ran in the London Marathon 2022 for Recovery Cymru.

We thank our fantastic runners for their all their effort, fundraising and support our #SwipeOutStigma campaign.



CAVDAS HAS LAUNCHED!

This summer, CAVDAS was launched! CAVDAS is the brand new alliance between Kaleidoscope, Recovery Cymru & Barod in Cardiff and The Vale of Glamorgan.

Offering specialist drug and alcohol support and interventions for adults, family members, Children, and Young People, putting harm reduction, recovery, and coproduction at the centre.

"I'm looking forward to being able to tell people there is no wrong door and the process of being getting the help they need hopefully being more streamlined." - CAVDAS Team Member

Recovery Cymru is proud to be continuing our strides in challenging stigma, raising awareness of overcoming problems with substance use, and build partnerships with others to create the best possible opportunities for those that need our support.

We are very excited about this new alliance and we welcome all of our new family from CAVDAS as we look forward to a bright future.



THE VOICES OF VAC

Voices Action Change has been working on building mechanisms of meaningful involvement with those with lived and living experience of substance misuse for over a year now. Here we are, at the doorstep of a new chapter where we start our work with CAVDAS.

As always, we will be doing everything we do to put You at the heart of how the system works. Your voice matters and we would love to hear from you! We have regular VAC-tivities, which are open to all and we also offer training and Representative roles if you'd like to give back to the community and build your skills and confidence. For further info and an informal chat, feel free to contact Lilla at lillaver@recoverycymru.org.uk



RC RECOVERY MONTH EVENTS

We had the pleasure of running two events for this year's Recovery Month! We are so grateful that our team member Meirion was willing to tell his story of his lived experience to inspire others.

We also used the events as an opportunity to challenge stigma, and gather together as a recovery community to connect about what recovery means to each of us.

A big thanks to all that came along to the events and we look forward to Recovery Month 2023.

"After what I have been through, it is my recovery that keeps me holding on and the achievements through it that I have made." - RC Team Member

CAVDAS OPEN DAY!

CAVDAS offers the opportunity to join a creative and supportive multidisciplinary team making a difference across Cardiff and the Vale of Glamorgan. CAVDAS currently has vacancies within Peer Recovery, Adult Services, and Children and Young People's teams.

We are hosting an Open Day on Friday 7th October, 10am-2pm at our Cardiff base. Pop along and meet the team and ask any queries you may have about the roles!

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