

SWIPE OUT STIGMA

YOUR #SWIPEOUTSTIGMA UPDATE!

Recovery Cymru aims to challenge the stigma around substance use and recovery. We will show that change is possible, encourage people to seek support, and inspire professionals, employers and the general public to join us and make a difference!

STANDING TOGETHER

By Dorian Dunell

CAVDAS Team Leader Vale

(EDAS & Taith) Team Leader

I have worked with many individuals and family members who were affected by addiction in some way throughout my career in substance use. Every time you walk down the street, sit on a bus, or have a quiet coffee in a café, there will always be someone very close by who has experienced addiction in one form or another.

Addiction can make you feel inferior, hopeless, isolated, and judged, as if you don't matter and only exist. This is not true. You are a mother, brother, father, sister, son, or daughter who is loved by people unconditionally. We should stand together to challenge stigma, be proud of who we are, and what we can achieve, and not allow society to make our past impact our future.

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People are lost to addiction and mental health in this county daily, and the assumption is that this is what it is, but it's not. These are lost, often broken people who matter, and to not be able to acknowledge this is heartbreaking.

We have recently had a day of remembrance for people lost who were our friends, family members, and loved ones, this gave us the opportunity to openly reflect and acknowledge all loved ones, despite how society may make us feel. This was lovely to have been a part of and to see people come together, relate, and share happy stories of loved ones.

For me, one of the most important things is not to allow that voice in your head to make you feel ashamed of who you are. We get made to feel this way enough already.

Let's all stand together, challenge stigma, and continue to hold our heads high and be proud of who we are.





#NOTETOSELF: STRESS, SUBSTANCE USE AND CHALLENGING STIGMA

We have had the wonderful opportunity to work with Home-Start Cymru on the #NoteToSelf campaign! #NoteToSelf was a chance to bring awareness about the relationship between stress and substance use and how it impacts families. We also challenged stigma that may be preventing families from seeking support.

At the beginning of November, we joined forces to go to the St.David's Centre in the heart of Cardiff City Centre. We encouraged the public to write their 'Note To Self' for the future to show how shared our stresses really are and what we can do as a community to support each other.

As a team, we also put together resources such as factsheets on stress hacks and more that you can explore by clicking the button below.



Recovery Cymru is a great place to work, it's a very rewarding job, working within the community and seeing people improve their lives.

-RC Team Member



NEW YEAR, NEW JOB?

Recovery Cymru has been growing! As part of our continued efforts with our campaign #PeerPowerCymru, we have been taking our time to bring into our team fantastic people who are passionate about taking their lived experience of substance use and empowering themselves and others for the better.

There have also been opportunities for people who want to support those who do have lived experience. All have been going through training over the past few weeks and are excited to be a part of our community in 2023.

The recruitment we have achieved is such a meaningful, important part of challenging stigma and we are extremely proud of our growing family.

There are still some roles available! Click the button below to see if you, or someone you know, would be a perfect fit.



www.recoverycymru.org.uk

#SwipeOutStigma
#PeerPowerCymru

