

Here for you with open access telephone, video, text and email seven days a week



RECOVERY CYMRU BLENDED SUPPORT



Mon-Fri 07944 851050 Sat & Sun - Please Check Social Media

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|-------------|---------------------------------|---|-----------------------------|-------------------------|
| MON | 10-11am Weekend Reflection | 1-3pm Women's Group | | 9am-5pm Open Access |
| TUES | 10am-12pm Relapse Prevention | | 5-7pm Peer Support Group | 9am-5pm Open Access |
| WED | 10am-12pm Drop-in | 2-3pm Peer Support Group | | 9am-5pm Open Access |
| THUR | 10am-12pm PMOIMR | 2-3pm Community Activities | | 9am-5pm Open Access |
| FRI | 10am-12pm Recovery Cafe | 2-3pm Weekend Preparation & Relaxation | | 9am-5pm Open Access |
| SAT | 12-4pm Phone Support | 1-3pm WOT Fortnightly | 2-3pm Peer Support Group | |
| SUN | 12-4pm Phone Support | | 2-3pm Peer Support Group | 12pm-4pm Open Access |

Hybrid
 Online
 Centre
 Open Access
 Face-to-Face Activity
 Phone Support

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| Weekend Reflection | The perfect start to the week and a gentle way to build a routine. Weekend reflection is an opportunity to discuss the past weekend and discuss plans and hopes for the forthcoming week. Safe, like-minded, and confidential. |
| Women's Group | A chance to check in, chat, play some games, and have a laugh with ladies in a friendly and safe environment. |
| Relapse Prevention | A 12-week programme offering insights, techniques, and support in managing recovery, lapse, and relapse. Whilst structured it's fully participatory and peer-led. Looks at relapse cycle, triggers, urges and cravings, awareness, and avoidance of high-risk situations, and maintaining your recovery whatever that means to you. |
| Peer Support Group | A peer led chance to check in and discuss whatever is on your mind whether recovery or general life. Content is set by whatever people bring and a chance to support each other with no content or hierarchy. |
| PMOIMR | Our 12-week peer-created and led course that draws on the needs and experiences of UK-wide peer support groups and evolves with them. Dealing with all aspects of life with a recovery focus including loss, mental health, and work-life balance, facing these with peers and those of lived experience gives a maintainable and manageable approach to one's recovery. Designed to start at any point. |
| Community Activities | What activities you may ask? It can be anything! Varying from creative sessions, and wellbeing tasters to learning languages. Advertised weekly.* |
| Recovery Cafe | Come along to share a cuppa, have a check-in and participate in a quiz with peers. An opportunity to relax ahead of the weekend. |
| Weekend Preparation & Relaxation | Having your back when it comes to the struggles the weekend can bring, this group sets you up with the right mindset to navigate social pressures and more, as well as provide a peaceful place to unwind. |
| What's Out There (WOT)? | A fortnightly get-together of members and friends. It alternates between the Vale & Cardiff. As simple as a beach walk to boating down the bay this is an opportunity to make connections, build friendships and expand horizons in a gentle and supportive way. Friends and family welcome.* |
| Open Access | Open all day for drop-in support. |
| Online | Groups and activities that can be accessed via Zoom online only. |
| Hybrid | Join us at our Cardiff Centre or by using zoom online. The choice is yours! |
| Centre | These groups or activities are an opportunity to meet up in person at the centres. |
| Face-to-Face Activity | Taking time out to socialise in person with a range of activities.* |
| Phone Support | Our phone support is available 7 days a week (including bank holidays). Please check social media for any changes in times. |

*** Please check our social media/centre boards/website for details of activities**