



SPRING FORWARD WITH US!

Hello, everyone! As Spring is on the horizon (thank goodness!), it seems like a good time for us to reflect with you on our Autumn/Winter and plans for the year ahead.

I don't know about you, but this Winter has felt quite tough. Lots of winter bugs flying around, change management and negative news cycles in the media. While we acknowledge that, there have also been lots of rays of (Winter!!) sunshine to buoy us up – fantastic stories of recovery, new staff, trustees and volunteers to our brilliant team, partnerships, awards, new ideas and most importantly, listening to what our people have to say.

"I've found myself again and feel alive again."

-RC Member

So, as we take stock and spring forward (see what I did there 😊), we're looking forward to working with our valued partners over the coming months, working with Alcohol Change to publish our peer Bluelight manual and launch our training later in the year; to work with our local Family Drug and Alcohol Court (FDAC), continuing our work with

BY FOUNDER
AND
DIRECTOR
SARAH VAILE



Barod and Kaleidoscope to develop the CAVDAS model, collaborating with the new BPSS (Buvidal Psychological Support Service), research projects with Uni of South Wales and the Welsh Panel and most importantly, with our members and volunteers to ensure recovery is possible, probable and enjoyable!

As always, a massive thank you to all our amazing members, volunteers, staff and trustees who make RC what it is today.

Does our approach 'C.H.I.M.E.' with you?!

Want to know more about how and why our model makes a difference? Please look at our C.H.I.M.E. video on our website...



CONNECTING WITH OUR COMMUNITY

Much of 2022 was coming together to connect with each other as we adjusted to the 'new normal'. We made opportunities to build relationships in our recovery community through our bi-weekly 'What's Out There??' gatherings and our Community Activity every Thursday.

We also engaged our wider community by taking part in local events to discuss stigma, peer support and recovery. RC are grateful for the support the South Wales Police showed us at an event in Gabalfa!

ALCOHOL CHANGE UK ALCOHOL CHANGE BLUELIGHT MANUAL

'The Blue Light project is an initiative to develop alternative approaches and care pathways for drinkers who are not in contact with treatment services, but who have complex needs.'
-Alcohol Change UK

Based on our First Steps work we are contributing our peer addition to the Alcohol Change Bluelight Manual.

You can find more out about the project:
<https://tinyurl.com/3fub3dxj>



AWARD WINNING SUPPORT

Recovery Cymru are thrilled to have won the Bronze Award in the Workplace Wellbeing category for The Mental Health & Wellbeing Awards Wales 2022!

Also, our volunteer team was nominated for CS3S awards for Volunteer Group of the Year 2022 and were honoured to participate.

Being shortlisted in The Award for UK Employer of the Year: Accredited at the Investors in People Awards 2022 made us incredibly proud as a team of our achievements together.

*"Your Peer Mentoring model not only sets the tone and culture for Recovery Cymru, but it is influencing the language, standards and expectations of other providers. This element of influence could be championed by you more."
- Investors In People*

Jo, one of our fantastic volunteers, was chosen as a finalist at the Helpforce Champion Awards 2022!

She makes an invaluable contribution to our recovery community and is extremely deserving of this recognition.

We are grateful for the support of our recovery community and everyone who makes RC possible!

#PEER POWER CYMRU



It has been exciting as we extend our team by recruiting new Peer Recovery and Aftercare Workers, Peer Navigators, Peer Administrators and (part-time) Community Connections Coordinator in CAVDAS roles.

Many have come from being involved as members, engaging in our volunteer programme and being empowered to become part of our staff team! Such a meaningful example of the power of peer support!

Our recruitment is ongoing! Keep up to date with vacancies via our website. Share with anyone you think might be interested!

HOME START #NOTETOSELF CAMPAIGN Cymru



We were delighted to collaborate in a campaign with Home-Start Cymru. The campaign aimed to educate parents, family members and the wider community on the relationship between stress and substance use, and how it can impact families.

We also hoped this shared the RC message of challenging stigma and brought awareness to people accessing HomeStart Cymru who might benefit from Recovery Cymru.



RC ANNUAL GENERAL MEETING!

It was wonderful to take time out with everyone in our hybrid AGM and reflect on how much we had achieved between April 2021-March 2022.

Some of the highlights were talking about RC development through suicide awareness training to motivational speaking, and our involvement with CLERO and setting standards for LEROs across the U.K.

"I've found myself again and feel alive again."

-RC Member

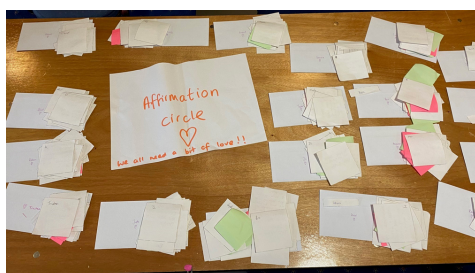
We would like to thank volunteers, team members and our Trustee Susie Boxall for being our speakers for the occasion.

FESTIVE FUN!

In today's fast-paced work environment, the importance of being connected as a team cannot be overstated. With the rise of remote work and the use of technology in communication, it's more important than ever for teams to be connected and stay in touch.



Our get togethers help to foster collaboration and teamwork, build trust and mutual respect, and ensure everyone is on the same page when it comes to our community goals, so that our members get the best support possible!



The favourite part of the day was writing affirmation notes to each other that team members took home. They are a touching reminder of what each person uniquely brings to our recovery community.

Investing in employees' well-being is essential for their productivity, engagement, and overall satisfaction. Our Well-being in the Workplace training provides practical tools and strategies to enhance well-being at work. It covers topics such as stress management, resilience, work-life balance, mindfulness, and healthy habits. Contact us today to learn more about our training and how it can benefit your organisation. Discover how it can benefit your organisation and about our other training packages:

<https://tinyurl.com/4pv9ae4v>

COLLABORATION IS KEY



CAVDAS has opened up opportunities to

work together towards a common goal, fostering creativity and innovation.

We look forward to continuing our journey of building trust and relationships, promoting a positive work environment, and a sense of community.

The VAC Project offers a platform for people with substance use issues,



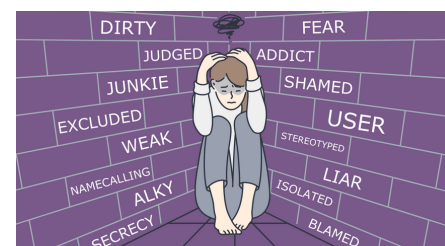
their families, and friends to share their experiences and needs, providing valuable insights for policies, programs and services.

We are thrilled to announce that David Parker, formerly a Peer Recovery and Aftercare Worker, will now be taking the role of VAC Programme and Engagement Coordinator!

Find out more:

<https://tinyurl.com/mpbyzn8z>

#SWIPEOUTSTIGMA



Our #SwipeOutStigma campaign has been a huge part of 2022. By challenging stigma, we can promote empathy, shift the narrative and build a culture of support and recovery.

Explore how you can support our campaign:

<https://tinyurl.com/2p8hdvc3>