

## JUNE 2023



## CELEBRATING THE HEART OF OUR ORGANISATION: VOLUNTEERS WEEK

We had an incredible Volunteers Week celebration! Our volunteers made it truly special with their dedication and enthusiasm. We enjoyed delicious food, refreshing drinks, and engaging conversations. A heartfelt thank you to our amazing volunteers! If you're passionate about making a difference, we invite you to explore volunteering opportunities on our website.



## NEW TRUSTEE SPOTLIGHT

Introducing Simon, Recovery Cymru's newest trustee! After finding life-changing support and community as a volunteer in 2020, Simon's personal journey with alcohol led him to this vital role. Thrilled to ensure RC's peer support thrives, join us in welcoming him. Discover his inspiring bio on our website. Welcome, Simon!



## GROUP GROWTH: CONNECT & THRIVE!

Discover new opportunities to connect and grow! Join our Women's group, a hybrid (online and face-to-face) session every Tuesday, 10am-12pm at 2-10 Holton Rd, Barry. Engage in our Peer support online group every Friday, 6-7pm. Plus, our Relapse Prevention sessions await you every Monday, 10am-12pm at 218 Cowbridge Rd East, Cardiff. Get in touch now to explore further!

# EXPANDING OUR DREAM TEAM AND SHAKING THINGS UP!

Exciting updates! Jude, our Volunteer Coordinator, is moving to the role of CAVDAS Peer Recovery Team Leader — a well-deserved opportunity for growth and we have no doubt you will thrive in the role for the benefit of our staff and the people we support! Congratulations, Jude!

We're also thrilled to welcome Kat as a Recovery Community Peer Worker and Rhys as a CAVDAS Recovery and Aftercare Worker. Together, we're making a difference.



## WORKING WITH THE BUVIDAL PSYCHOLOGICAL SUPPORT SERVICE



We're delighted to be working with the BPSS to offer peer support to people who are receiving Buvidal treatment and accessing psychological therapies. If you think you could benefit or want to learn more, please get in touch!



## CAVDAS PEER TEAM - WHAT'S AVAILABLE

Download a copy by clicking here: [DOWNLOAD](#)



## YOUR VOICE HAS POWER

"The VAC Project is integral in ensuring that people seeking and receiving support can get it as quickly and effectively as possible. It also ensures that services are relevant, accountable, and regularly reviewed." - VAC Programme & Engagement Coordinator

Your voice matters! Together, let's transform service delivery and put service users at the forefront. Join us and make a difference. Contact Dai at 07754 551427 for more information.

### CAVDAS PEER & RECOVERY PROGRAMMES

WHAT'S ON OFFER...

#### 1:1 THERAPEUTIC PEER SUPPORT

- Aftercare
- Alongside treatment
- Maintaining Recovery and exiting treatment
- Face to face
- Phone/text support
- Email
- Weekly, fortnightly or monthly (as needed)

#### AFTERCARE & RECOVERY SUPPORT

COMMUNITY REHAB PROGRAMME

- 6-week intensive aftercare programme including groupwork, 1:1 support, therapeutic interventions and social engagement
- Preparation & Graduate programmes
- Twilight - evening course

STRUCTURED AND LESS STRUCTURED GROUPWORK

- Peer Moving on in My Recovery
- Relapse Prevention
- Peer Support Groups
- Weekend Reflection
- Others - please see website

#### INTRODUCTION TO RECOVERY - 'MAKING CHANGES'

- Chat and a cuppa
- Group work and socials
- 1:1 support

#### HOW TO REFER / JOIN US: CHOOSE THE ONE THAT'S EASIEST FOR YOU!

- Community Connections
- Volunteering
- Social activities & recovery community engagement

- Self/direct - emma.greenhill@cavdas.com / 07944851050
- Via CAVDAS Paris referral - Make a note 'For Peer Team'
- Attend CAVDAS buildings and ask for peer team
- Joint Allocation Meeting

CAVDAS Tel: 0300 300 7000

2-10 Holton Rd, Barry CF63 4HS  
218 Cowbridge Rd E, Cardiff CF5 1GX  
7 St. Andrews Place, Cardiff, CF10 3BE

# SPARKING CONVERSATIONS

Exciting news! Sarah took the stage at Adjuda Mental health and wellbeing roadshow, sparking conversations on innovative approaches for substance use. Guess who she ran into? Our fantastic Trustee Susie, spreading positivity at Cardiff and Vale Recovery and Well-being College!

But wait, there's more! Cullan Mais (VAC Peer) and Sarah Vaile were at the Royal College of Psychiatrists Wales Inaugural Addictions Conference, sharing empowering Buvidal experiences and the power of peer support. Stay tuned for inspiring insights!



## SHARE YOUR STORY

Your story matters! Recovery Cymru invites you to share your lived experience, whether it's your own or as a family member. We believe in the power of personal narratives to challenge the stigma surrounding substance use. By sharing your journey, you can inspire others, provide hope, and create a community of support. We offer various mediums for storytelling - written, visual, or audio - and your anonymity is respected. Reach out to us today for more information on how you can make a meaningful impact. Let your voice be heard!

## BUILDING COMMUNITY CONNECTIONS

Over the past two months, we have witnessed remarkable achievements by our participants. One standout success story is the remarkable engagement of a participant in the St Giles Peer Mentoring Programme. They have embraced the opportunity with enthusiasm and their progress has been nothing short of inspiring. Their positive attitude and dedication are truly "smashing it"

## GETTING OUT THERE WITH 'WHAT'S OUT THERE'?!

Discover the joy of connection and exploration at our fortnightly get-together 'What's Out There?!' From invigorating beach walks to exhilarating boat rides, each outing promises unforgettable adventures. Join us, bring your loved ones, and immerse yourself in our supportive community. Forge lasting connections, create memories, and let the exploration begin! Follow our social media for more details.



07944851050



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Supported by:



# TAKE A LOOK AT WHAT WE HAVE TO OFFER...

## Peer Group Timetable

The Recovery Centre - 218 Cowbridge Rd E, Cardiff CF5 1GX

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>A M</b>	10-11am Weekend Reflection (In person)	10am-12pm Relapse Prevention (Online)	10am-12pm Drop-in (In person)	10am-12pm PMOIMR (Hybrid)	10am-12pm Recovery Cafe (In person)	12-4pm Phone Support	12-4pm Open Access/Phone Support
	10am-12pm Relapse Prevention (In person)						
<b>P M</b>	1-3pm Women's Group (Hybrid)	5-7pm Support Group (Online)	2-3pm Support Group (In person)	1-3pm Community Activities (In person)	2-3pm Weekend Preparation (In person)	1-3pm WOT?? (Fortnightly - In person)	2-3pm Peer Support Group (Online)
					6-7pm Support Group (Online)	2-3pm Support Group (Online)	

Open Access Mon-Fri & Sun

## Peer Group Overviews

<b>Weekend Reflection</b>	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.
<b>Women's Group</b>	A chance to check in, chat, play some games, and have a laugh with ladies in a friendly and safe environment.
<b>Relapse Prevention</b>	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.
<b>Peer Support Group</b>	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.
<b>PMOIMR</b>	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.
<b>Community Activities</b>	What activities you may ask? It can be anything! Varying from creative sessions, and wellbeing tastings to learning languages. Advertised weekly.
<b>Recovery Cafe</b>	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.
<b>Weekend Preparation &amp; Relaxation</b>	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.
<b>What's Out There (WOT)?</b>	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.