

Member Community Survey 2023

Welcome to our annual member community survey. This process is really important for us to gather your views, experiences, challenges, ideas and hopes for the future, all together at the same time. This helps us build the community from what our members are saying.

Please take some time to think about and answer these questions.

Your experience and views are core to our future.

This survey is for RC members and people involved in the peer team within
CAVDAS 😊

Thank you!!

Tick as many as apply to you 😊

Are you an:

- RC Member
- CAVDAS peer support
- Neither

How do you access us?

- Online
- Recovery Centre (218 Cowbridge Rd)
- CAVDAS St Andrews
- CAVDAS 2-10 Holton Road
- Phone
- Txt / Email
- Other

How would you describe the peer support you are involved in (tick as many as you like)?

- A Community
- Friendship
- Service
- Don't Know
- Other (please specify)

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You are part of something and feel connected

0	1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

We give hope and inspiration

0	1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Feeling empowered

0	1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you have any comments or context that you would like to share with us in regard to these scores?

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Section 2

This section is about Recovery Cymru/CAVDAS peer support?

What are the most positive aspects? Tick as many as you like	What can we improve? Tick as many as you like
<input type="checkbox"/> Warm Welcome <input type="checkbox"/> Groups <input type="checkbox"/> Social activities <input type="checkbox"/> Our buildings <input type="checkbox"/> Our access times <input type="checkbox"/> Being involved in something different <input type="checkbox"/> 1:1 Work <input type="checkbox"/> Feeling listened to <input type="checkbox"/> Community <input type="checkbox"/> Having a choice <input type="checkbox"/> Being able to be yourself <input type="checkbox"/> Other (please specify)	<input type="checkbox"/> Warm Welcome <input type="checkbox"/> Groups <input type="checkbox"/> Social activities <input type="checkbox"/> Our buildings <input type="checkbox"/> Our access times <input type="checkbox"/> Being involved in something different <input type="checkbox"/> 1:1 Work <input type="checkbox"/> Feeling listened to <input type="checkbox"/> Community <input type="checkbox"/> Having a choice <input type="checkbox"/> Being able to be yourself <input type="checkbox"/> Other (please specify)
<input type="text"/>	<input type="text"/>

Any comments regarding your answers...

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What would you like more of?

- 1:1 work
- Structured Groups
- Less structured groups
- Social Activities
- Evening Support
- Weekend Support
- Other (please specify)

Weekends have been quiet since we have reopened post covid. What would encourage you to drop in on weekends? What would you like available on weekends? i.e. groups/activities

Our structured groups such as Relapse Prevention and PMOIMR are two hours long. Is this the right length of time?

- Yes
- No
- If not, please explain why.

What were the main issues that you were dealing with when you started accessing us? (Tick as many as you like) think we need to add substance use here

- Substance Use
- Boredom

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- Craving
- Anxiety including social
- Depression/mental health
- Other health problems
- Daily routine/Structure
- Family issues
- Financial problems
- Employment problems
- Finding 'what's next'
- Stress
- Low self-esteem
- Purpose/Meaning in life
- Identity
- Fear
- Isolation
- Childcare
- Stigma and discrimination
- Lack of motivation
- Disempowerment
- Alternative to service provision
- Maintaining recovery
- Other (please specify)

What barriers do you think people have in accessing our support? (perceived or real) i.e. location, accessibility, fear of stigma, cultural issues

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What areas should RC focus on to gain a better understanding and explore more streams of work?

- LGBTQ+
- Cultural Communities
- Diverse Ethnic Communities
- Menopause
- Neurodiversity
- Other (please specify)

If you could say in three words what it is you get from us, what would they be?

On a scale, how would you rate your first interaction with RC/CAVDAS peer team

- | | | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

On a scale of 0-10, how would you rate the support you get from us? (0 is not very much and 10 is a lot)

- | | | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Is there anything else RC could do or offer that would be helpful to you as a member?

Thanks for your Time - it is much appreciated. You make a difference!