

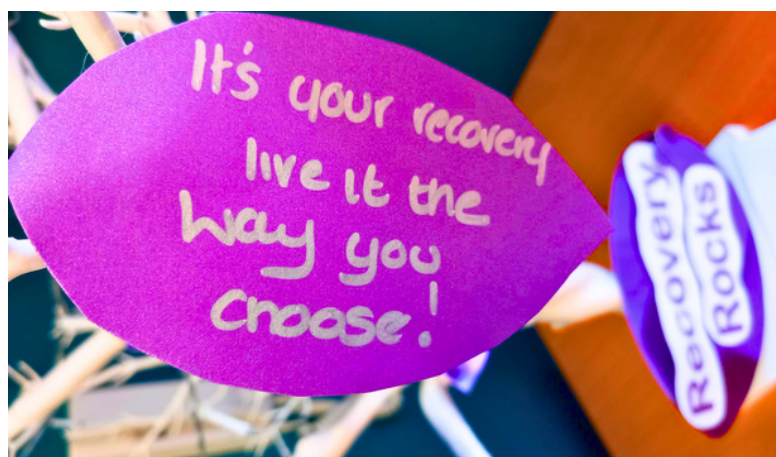
## SEPT-OCT 2023



### EXPRESSING GRATITUDE FOR YOUR PARTICIPATION IN OUR ANNUAL SURVEYS

We would like to extend our heartfelt gratitude to all our valued members, dedicated staff, committed trustees, passionate volunteers, and supportive partners for actively participating in our annual surveys.

Your insights and feedback are invaluable to us. By sharing your thoughts and experiences, you have played a crucial role in helping us understand what we're doing right and where we can improve. This information empowers us to tailor our services to better meet your needs and the needs of our community. More info to follow!



### EXCITING NEWS! RECOVERY ISN'T 5 DAYS PER WEEK SO NEITHER ARE WE!

**Weekends in the Recovery Centre... Join us!**



In collaboration with



**218 Cowbridge Rd E, Cardiff CF5 1GX**  
**Sat & Sun are now 9am-5pm!**

**Supporting You 7 Days per Week, 365 Days per Year!**

- Recovery support, groups, 1:1 support and buddying
- Meet others in or seeking recovery
- Make connections through social activities
- Create new hobbies and interests - you can also volunteer!

What would **you** like on the weekends?

**Let us know!**



Tel: 07944851050  
Email: [info@recoverycymru.org.uk](mailto:info@recoverycymru.org.uk)  
[www.recoverycymru.org.uk](http://www.recoverycymru.org.uk)



In collaboration with CAVDAS, we're delighted to extend our opening to make our recovery space and support available to those who need it when they need it!

Are you someone seeking to make some changes, sustain changes, meet others in recovery, have fun? Are you a family or friend looking to connect with others and support yourself? Join us!!

Are you a professional supporting others - contact us to explore how we can link up!

## LOOK OUT FOR OUR UPCOMING FAMILY AND FRIENDS PEER PROGRAMME WORK!

It's been long overdue for us to expand our peer and Recovery Model to cater to family and friends, in addition to our core member support, as many have requested.

Finally, we are thrilled to introduce Owen, our Family and Friends peer worker, who will join our team in November. Our primary objective is to gain a better understanding of their needs and wants while adapting the RC model accordingly. In line with this, we're planning to launch our first support group before Christmas. These are exciting times, and we're looking forward to serving a broader audience.



## THE FESTIVE SEASON IS APPROACHING: JOIN IN ON THE FUN!

As Autumn is in full swing, the holiday season will soon be upon us. This month, we aim to create schedules and activities that will make the festive season even more special. Stay tuned for upcoming events and opportunities to get involved. Do you have any suggestions? We'd love to hear from you!



## READY TO JOIN OUR FUNDRAISING FUN?

Every little bit helps us make a difference in the lives of those we support. There are many different ways to fundraise, from hosting a bake sale to organising a charity walk or run. Whatever method you choose, we appreciate your efforts in spreading awareness and raising funds to support our recovery community.

Please feel free to reach out to us for more information on how you can get started with your fundraising efforts and visit [www.recoverycymru.org.uk](http://www.recoverycymru.org.uk) to download our fundraising pack. Together, we can make a positive impact in our community.

## LEND A HAND WITH RECOVERY CYMRU'S VOLUNTEER PROGRAM

Are you looking for a meaningful way to give back to the community? Join us in making a difference! We have a variety of volunteer roles available, from supporting our social media efforts to outreach and even helping run groups or manning the reception desk. Volunteering with us is a chance to build new skills and discover new passions. Interested?

Email [info@recoverycymru.org.uk](mailto:info@recoverycymru.org.uk) to learn more about how you can become part of our dedicated team.







## RECOVERY TREES: A HEARTFELT TRIBUTE TO RECOVERY MONTH

During September, we witnessed a beautiful tribute to Recovery Month as our Recovery Trees took root and flourished. These trees graced three special locations - St. Andrews, the CAVDAS Barry Peer Space, and the Recovery Cymru Cardiff Recovery Centre.

What made these trees truly extraordinary was the heartwarming participation of our peers like you. You embraced this opportunity to its fullest, using the trees as a canvas to share your heartfelt contributions. Among the branches and leaves, you penned affirmations that inspired and celebrated recovery milestones that marked significant journeys, and dedicated touching messages to cherished loved ones

The depth of your engagement in this initiative touches our hearts profoundly, and we extend our heartfelt gratitude to each and every one of you. Together, with all of our collective contributions, we've crafted a remarkable art piece that is a true labour of love, created by our peers.

Each leaf represents a story, a triumph, and a symbol of unity. Your leaves, bearing your hopes and dreams, have found a permanent place within this art piece, where they will continue to inspire and remind us all of the incredible strength that resides within our Recovery Cymru community.

## THANK YOU FROM OUR FOUNDER & DIRECTOR SARAH VAILE

Happy October everyone! September was recovery month and what a month it was! We were delighted to share time, activities, voices, events and encouragement with you all, as we celebrated recovery month to raise awareness of recovery and challenge stigma and discrimination, meet new people and explore our partnerships. Thank you for being a part of it with us! A special thank you to the Recovery Cymru and CAVDAS peer team for your work and enthusiasm to make this recovery month one of our best yet.



## REFERRER OPEN HOUSE: FOSTERING COMMUNITY BONDS

In the spirit of Recovery Month, we opened our doors wide to host a heartwarming Referrer Open House event. This special occasion extended a warm invitation to our esteemed referrers, providing them with a unique opportunity to connect with our dedicated staff, enthusiastic members, and committed volunteers. It wasn't just an event—it was a chance for referrers to immerse themselves in the array of services we offer and gain valuable insights into our referral process.

The event was a resounding success, with referrals already coming in the very next day. This marks a promising step towards strengthening our community of support, and we're eager to continue this journey together. Stay tuned for more exciting updates as we forge deeper connections and enrich our community at Recovery Cymru.



### CARDIFF AND VALE RECOVERY COLLEGE SESSION

In the heart of Recovery Month, we had the pleasure of collaborating with the Cardiff and Vale Recovery College to facilitate an inspiring session for our peers. Titled "Who am I in my Recovery?" this session, co-facilitated by Recovery Cymru's own David Driscoll, was a profound journey of self-discovery.

Attendees embarked on an exploration of their identities, considering who they are now, who they are with others, and who they aspire to become. Using the analogy of a gingerbread man, participants pieced together the various aspects of their identity, fostering self-awareness and self-care for overall wellbeing.

The response was overwhelmingly positive, with attendees expressing their enjoyment and gratitude for the enlightening session. Stay tuned for more empowering sessions and opportunities for growth as we celebrate recovery together.



## TRUSTEE CELEBRATION HIGHLIGHTS

Recovery Month was a time of celebration, reflection, and forward-thinking at Recovery Cymru. One of the highlights was our Recovery Month Trustee Celebration, where everyone had the invaluable opportunity to meet our dedicated trustees.

This gathering wasn't just a chance to appreciate the incredible work of our trustees but also a platform to engage in meaningful discussions about the future of Recovery Month. It was a momentous occasion that brought our community together, fostering connections and envisioning a brighter, more vibrant future for recovery. Stay tuned for the exciting initiatives that will emerge from these conversations as we continue our journey of hope and transformation at Recovery Cymru



### MINDFUL EXPLORATION IN NATURE: 'WHAT'S OUT THERE?' AT BUTE PARK

Collaboration often leads to beautiful experiences, and our partnership with Susie Boxall of the Recovery College proved just that. We had the pleasure of co-facilitating a mindful exploration event in the serene surroundings of Bute Park, aptly titled "What's Out There?" This event, co-facilitated by Jude Enticott (CAVDAS Peer Team Lead) and Sarah Vaile (RC's Director), was a delightful journey into the natural environment.

Susie artfully incorporated elements from the College's "While We Were Walking" programme, focusing on the five ways to wellbeing: connecting, being active, taking notice, learning, and giving. Participants had the opportunity to connect with nature in a mindful and enjoyable manner, reflecting on the profound impact of being present in such an environment on their overall wellbeing.



## RECOVERY CYMRU JOINS SENEDD INSIGHT'S CREATING MENTALLY HEALTHY WORKPLACES WALES CONFERENCE

We were thrilled to participate in the Senedd Insight's Creating Mentally Healthy Workplaces Wales Conference, where we had the opportunity to share our experiences and connect with like-minded individuals who are equally passionate about the well-being of our workforce.



## REACHING OUT, SHARING IN: HIGHLIGHTS FROM THE ALCOHOL CHANGE UK CONFERENCE

We had the privilege of sharing stories, and hope, and introducing new programs, including the CAVDAS Peer Navigators' assertive outreach initiative, at the Alcohol Change UK Conference 'Reaching Out'. Visit their website for further insights and details. A huge thank you to Tim Norval and Callum Reynolds for engaging with Sarah, and to all those who shared their remarkable stories!

## **WINNERS OF THE MARSH AWARDS**

Recovery Cymru has been honoured with the esteemed Marsh Awards for Outstanding Community-Led Peer Support in 2023!

This remarkable achievement is a true reflection of the unwavering spirit and dedication of our vibrant community. It wouldn't have been possible without the incredible support and commitment of our dedicated volunteers, valued members, dedicated staff, steadfast trustees, and our cherished partners. Your collective effort and belief in our mission have been instrumental in reaching this milestone, and we extend our heartfelt gratitude to each and every one of you for being an integral part of our inspiring journey.

We also wish to express our deep appreciation to Mind and Marsh Charitable Trust for recognising the profound impact of community-led peer support. Together, we are making a tangible and positive difference in the lives of those who rely on our support and guidance.



# 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)	9am-5pm Open Access/Phone Support	9am-5pm 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 7 Days a Week!

## 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.