

WHAT YOU HAVE TOLD US IN OCTOBER 2023!



WE ASKED: "WHAT HAS BEEN YOUR EXPERIENCE OF
ACCESSING OR BEING IN SERVICES? WHAT'S BEEN GOOD?
WHAT NEEDS IMPROVING? WHAT'S MISSING?"

THE GOOD STUFF:

"Since starting my Volunteer-ship with CAVDAS, I have found a new bounce in my step, passion and achievement are now fuelling my new way of life."

"I love the whole community. It's supportive, friendly and encouraging."

"I have always found people in services to be very friendly and encouraging."

"VAC is certainly getting out there. We're hearing much more about it, which is really reassuring."

"I need structure and to know my next steps. Coming to recovery groups helps so much with that, and that's what keeps me going."

HOT TOPIC THIS MONTH:

Please send us your harm reduction tips and suggestions:

david.parker@cavdas.com

"I'm living in a hostel and have now found myself a job. It takes ages to walk there but I'm looking at bus routes and timetables to sort that out."

"I make a choice to come to recovery groups. Some places I have to go to, to get medicine and other things. Coming to groups is my choice."

"It's great having someone with lived experience to talk to. They are sometimes the only ones that understand."



THE NOT SO GOOD:

"Some of the surroundings at the centres are a bit uninspiring and could be a great opportunity for people to visit more often if improved."

"Some services make you feel like they've got to provide for you, rather than wanting to."

"Could be more variety of groups, they seem to be on a repeat cycle."

"I'm living in a pod at the hostel and it's so bad I've considered leaving."

"People are having difficulty getting medication for complex PTSD. Doctors appear disbelieving and has put off some."

"non substance users are worried about prevalent drug use in hotels. Association could negatively impact when looking for work and housing."

"There is still nowhere near enough support for men's mental health."

"I came into services, gave my details but wasn't called back. When I chased it up, they'd taken my number incorrectly. It's lucky I chased it up. I get that mistakes happen, but I missed the first week of my course."

"Waiting times for detox are far too long."

"Recovery services shouldn't be a 9-5 thing. You need to speak to people and access help outside those hours"

"Are welfare checks being done properly at hostels?"

SUGGESTIONS: WHAT HAVE PEOPLE SUGGESTED THIS MONTH, EITHER VERBALLY OR IN ONE OF OUR SUGGESTION BOXES.

“You need to provide a drug testing service so I can prove I’m clean!”

“All services need to follow Recovery Cymru’s lead and open seven days a week.”

“Support for private rental for those who struggle with literacy is lacking. List of private rental landlords and more appreciation of those having difficulty would help.”

“Hostel food runs may be over policed by the council on food hygiene grounds, but no support is put in place to help either them or the homeless people they serve. This has a massive effect on us and food is getting harder to find.”

“They need to offer more support to families and loved ones.”

“You need to provide more online meetings.”

“24-hour crisis support would be amazing. Recovery isn’t 9-5.”

“Myself and others are finding great difficulty finding housing in Cardiff. You need to help us”

“Doctors appear disbelieving and has put off some. Perhaps they could speak to more people with lived experience and gain some more empathy”