

RECOVERY CYMRU NEWSLETTER

NOV 2023-JAN 2024

**BY FOUNDER
AND DIRECTOR
SARAH VAILE**



Hello lovely people, we are delighted to share our latest newsletter with you. As always, it has been a busy few months. Thank you to everyone who has come on the journey with us.

We are particularly proud of our members, volunteers, staff, and trustees who have helped us enable the recovery community to thrive, maintain our 365-day per year offer, and generally show that recovery is not only possible but probable, and we want it to be fun!

A big shout out to our partners, particularly those in CAVDAS, who are helping us bring a recovery community model into the treatment system. We'd love you to be more involved; if anything catches your interest, please contact us!

SUPPORTING YOUR JOURNEY 7 DAYS A WEEK, 365 DAYS A YEAR!

Explore our latest newsletter for the updated timetable, providing you with information on our upcoming sessions and activities. For any inquiries or additional details, don't hesitate to reach out to us directly or visit our website. Stay connected and informed with all that's happening!



VISIT AND ENJOY OUR REVAMPED RECOVERY CENTRE!

We're thrilled to invite you to experience the recent transformation of our Recovery Centre. Embrace a welcoming and supportive environment designed to foster growth and hope on your recovery journey. Explore our serene Quiet Corner with comfortable chairs, perfect for reflection, and indulge in our brand-new kitchen offering a delightful selection of teas and coffees. Come and enjoy the positive changes that promise an even more enriching recovery experience. We look forward to welcoming you!



A FESTIVE SEASON OF CONNECTION AND SUPPORT

Our centre was lively during the festive season, with members enjoying quizzes and crafts. Tackling Christmas planning, we provided essential support. As the New Year began, our commitment to extra support continued with our NYE Hangout. Thanks to all who joined, making the season brighter with shared moments and encouragement.

COMMUNITY ACTIVITIES AND 'WHAT'S OUT THERE?'



Thursdays, 1-3pm at the Recovery Centre: Our Community Activities offer a space to connect, unwind, and explore interests. From films to jewellery making, there's something for everyone. It's about building a positive and supportive community every Thursday.

We also have 'What's Out There??' (WOT), a bi-weekly Saturday activity from 1-3 pm. Changing every time, members explore scenic beauty, coastal charm, and historic landmarks, such as Bute Park, Barry Island, and Insole Court in Llandaff.

We value member input, so feel free to share your activity ideas with us. Get in touch for more information on how to join in!



EXCITING DEVELOPMENTS IN OUR FAMILY AND FRIENDS PROGRAMME!

Purpose: Offering vital support to those navigating challenges with loved ones facing substance use issues.

Peer-Crafted: Designed with core input from peers, fostering understanding, empathy, and shared experiences.

Weekend Group: A new Sunday (6pm-7.30pm at our Recovery Centre) group for enhanced connection and support.

What's Next: Stay tuned for enriching developments as we unfold this vital programme

Get Involved: Contribute as a volunteer or benefit from the programme.

Contact Us: Reach out at familyandfriends@recoverycymru.org.uk.

Learn More:

Visit Our Website: Explore details at www.recoverycymru.org.uk.

THANK YOU TRUSTEES

Trustee engagement has been crucial to recent successes at Recovery Cymru. Thanks to the Lloyds Bank Foundation Enhance Programme and Eileen Murphy Consultants, our board underwent a productive session refining values and strengthening connections at the trustee away day.

The ongoing Values project, with active participation from staff, members, volunteers and trustees, has become a central space for discovering our core priorities.

Also, a big thank you to trustees Simon and Amanda, who took a leading role in organising a revitalising Staff Wellbeing Day.

RC TRAINING

Unlock a decade of expertise with Recovery Cymru's Tailored Training & Consultancy. Choose from diverse titles like 'Implementing Peer Support' to 'Well-Being in The Workplace' at www.recoverycymru.org.uk. Our customised on-site or online programmes come with comprehensive peer-informed recovery resources. Align your services precisely with the unique needs of your staff and service users. Dive into collaborative learning by emailing info@recoverycymru.org.uk. Explore tailored solutions for impactful training.



RC Message Board!

Get in touch for more info!



INTERESTED IN SHARING YOUR STORY?



UNDERSTAND YOUR JOURNEY BETTER - STORYTELLING CAN BE A RECOVERY TOOL!

- HELP OTHERS IN RECOVERY
- REDUCE STIGMA
- INSPIRE OTHERS

Do you have lived experience, either your own or as a family member? Do you feel ready and able to tell your story? Recovery Cymru wants to hear from you!

We can support you to tell your story - this can be written, using photos or images, a video or audio - you decide. All stories will be treated with respect and care. You can choose to remain anonymous if you prefer.

By sharing your story, you can help break the stigma surrounding substance use and show others that recovery is possible. You'll also be giving hope to those who may be struggling and feeling alone in their journey.

Together, we can create a community of support and hope for people in and seeking recovery.

PLEASE GET IN TOUCH AND WE CAN GIVE YOU MORE INFORMATION

07960 430096

rebeccacashman@recoverycymru.org.uk

www.recoverycymru.org.uk

#SwipeOutStigma
#PeerPowerCymru



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

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

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

- 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



Est. 2010

WE NEED YOUR SUGGESTIONS FOR OUR COMMUNITY ACTIVITIES!



DO YOU HAVE IDEAS OF WHAT YOU WOULD LIKE TO DO FOR OUR COMMUNITY ACTIVITIES EVERY THURSDAY AFTERNOON?

TELL YOUR PEER WORKER OR GET IN TOUCH AT: INFO@RECOVERYCYMRU.ORG.UK OR CALL 02920 227019



Est. 2010

Family and Friends Peer Support Group

Sundays - 18:00 - 19:30



Who We're Here For

Our Peer Support Group is for those struggling with a loved one's substance use or recovery. Whether you're a family member or friend, find understanding, shared experiences, and support here. Join us on the path to recovery together.



What We Cover

- **Sharing Practical Tools:** Explore actionable strategies to navigate challenges.
- **Coping Techniques:** Learn effective ways to cope with the impact of a loved one's substance use.
- **Personal Experiences:** Exchange stories and insights with others facing similar situations.
- **Insightful Discussions:** Engage in meaningful conversations about the recovery journey.
- **Community Understanding:** Connect with a supportive community that truly comprehends your experiences.



Get Involved

- ☎ 02920 227 019 - 07944 851 050
- ✉ familyandfriends@recoverycymru.org.uk
- 🌐 www.recoverycymru.org.uk
- 📍 Cardiff Recovery Centre, CF5 1GX

BUILDING BONDS: A VISIT FROM CORNWALL

A wonderful visit from our Cornwall friends, discussing recovery community building, operations, and partnerships. Connecting with peer staff, Rach, and members from CAVDAS Community Rehab Programme emphasised the importance of linking services with the wider recovery community. This marks the start of a lasting friendship, excited to see Kernow's recovery community flourish!



GLOBAL RECOVERY CONNECTIONS

Recovery Cymru was delighted to host American friends from the University of Denver, part of a collegiate recovery trip. This exchange offered a unique opportunity for our recovery community to share insights globally. Esteemed partners, including Buvidal Psychological Support Service, CAVDAS, and Dr Jan Melichar, provided talks. Special thanks to Dr Ed Day for facilitating this meaningful connection, strengthening collaboration and knowledge exchange in recovery.

RC ROUND UP

- Farewell Andrew; thank you for your contribution to RC and we look forward to working with you in your new role as CAVDAS Children and Young People family worker!!
 - Excitedly welcoming Ann Marie, Rosey & Owen, we look forward to new adventures together!
 - **New Fundraising Adventures:**
 - Be it our new Charity of the Year for businesses, Legacy Pack, or diving into our fundraising pack – you can support us!
 - **More options await at www.recoverycymru.org.uk.**
 - **For more information or fundraising support, email info@recoverycymru.org.uk.**
- Thank you to our Funders!**



RECOVERY CYMRU ANNUAL GENERAL MEETING

From celebrating the community's positive impact to highlighting the achievements of our recovery programmes, we outlined exciting future plans in our Annual General Meeting (AGM)

The session also included discussions on our strategic vision, potential partnerships for community impact, and the powerful sharing of member recovery stories.

If you are interested in partnering or collaborating with us in 2024, please email info@recoverycymru.org.uk.



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
A M	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)						
P M	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)	6-7.30pm Family & Friends Group (In person)

Open Access 7 Days a Week!

Peer Group Overviews

Weekend Reflection	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.
Women's Group	A chance to check in, chat, play some games, and have a laugh with ladies in a friendly and safe environment.
Relapse Prevention	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.
Peer Support Group	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.
PMOIMR	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.
Community Activities	What activities you may ask? It can be anything! Varying from creative sessions, and wellbeing tasters to learning languages. Advertised weekly.
Recovery Cafe	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.
Weekend Preparation & Relaxation	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.
What's Out There (WOT)?	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. *
Family and Friends Group	Our Family and Friends Group provides a compassionate and understanding space for loved ones navigating the challenges of a family member's substance use, fostering support, empathy, and shared experiences.