

SIMON'S JOURNEY FROM SEEKING SUPPORT TO GIVING IT BACK: WHY THIS YEAR'S AGM MEANS SO MUCH

As Recovery Cymru's Annual General Meeting (AGM) approaches on November 7th, we're excited to reflect on the stories and experiences that make our community truly special. For Simon Underhill, one of our trustees, this AGM is a celebration of the journey he's been on—both with Recovery Cymru and within himself.

Simon first came to Recovery Cymru during a difficult time in his life, looking for a lifeline of support. Now, as a trustee, he's giving that lifeline back to others, and he couldn't be more excited to celebrate with the community at this year's AGM.

"What Am I Looking Forward to Most?"

For Simon, this AGM is a reunion and a chance to honor all that Recovery Cymru has accomplished in the past year.



"Recognising the resilience and commitment of our staff and the community as a whole is what I'm most looking forward to."

When Simon first started as a volunteer, it was right in the middle of the pandemic. Recovery Cymru's work shifted online, and he was on the front lines helping to ensure that no one faced those uncertain times alone. That experience showed Simon the power of adaptability and connection, two things he still treasures about Recovery Cymru. "It was a steep learning curve, but incredibly rewarding to know we were still there for people, even through a screen," he recalls. Now, Simon is eager to celebrate the resilience that has brought Recovery Cymru through another year.

‘Being a part of the RC community is a very special thing. The times I have spent with them have left me with a new, positive energy and outlook on the world.’

A Personal Highlight: Launching the Friends and Family Group

Reflecting on the year, Simon is especially proud of the new Friends and Family group. This group has been a powerful resource for those supporting loved ones through recovery. “It’s a shining light for me,” Simon says. “To offer support to friends and family members who are walking alongside someone in recovery—helping them empathise and navigate through tough times—is such an important role.”

Simon’s experience with his own recovery has shaped his empathy and commitment. “Being open about my past isn’t always easy,” he shares, “but if it helps even one person feel less isolated, it’s more than worth it.” His journey through support and giving back embodies the spirit of Recovery Cymru, and he’s thrilled to see the Friends and Family group provide the same empathy and encouragement he once found.

Why Simon Believes the AGM Is Vital for Members and Volunteers

For Simon, attending the AGM is more than just a yearly event—it’s about keeping the community’s spirit strong. “It’s about maintaining our community and building the friendships and working relationships that make Recovery Cymru great,” he says. The AGM is a time to come together, share, and strengthen the bonds that have grown over the years.

Join Us at This Year’s AGM!

Mark your calendar for Recovery Cymru’s Annual General Meeting on Tuesday, 7th November 2024, at 5:30 PM. We’ll be gathering at the Recovery Centre and online, so you can join us in person or from the comfort of home. It’s a chance to celebrate, connect, and look forward to another year of meaningful work together. Don’t forget to RSVP to secure your spot!