

NEWSLETTER

RECOVERY CYMRU: FAMILY AND FRIENDS PEER SUPPORT

Recovery Cymru Family and Friends Peer Support is for anybody who is concerned or affected by somebody else's substance use or recovery. We aim to connect, support, and inform, offering peer support and sharing time, care, and hope in a safe space without judgement.

What We Offer

- A welcoming, non-judgmental space for support.
- 1:1 recovery coaching and telephone/email support.
- Crisis support during operational hours for immediate assistance.

Support Groups at the Recovery Centre (Canton):

- **Wednesdays (Monthly 1:30pm-3:30pm):** Family & Friends Insight Sessions.
- **Sundays (Weekly 6pm-7:30pm):** Family and Friends Peer Support Group.

How You Can Get Involved:

- Do you know someone who could benefit? Share our details and help us connect with those who need support.
- Could you become a referral partner? We welcome new partners to help guide people to the support they need.
- Would you be interested in visiting us or having us come to talk? We'd love to connect with your team and share more about the services we offer.

Let's work together to create lasting change and provide support for those who need it most.

Our First Insight Session: A Great Success!

We recently held our very first monthly Insight Session, which was a fantastic success, thanks to our amazing guest speakers. Jan Llewellyn, Therapeutic Day Programme Coordinator at Pine Ward, provided invaluable insights and shared her extensive knowledge in a way that was clear and accessible.



Chad, a volunteer with Recovery Cymru, shared his inspiring story of recovery, offering real, relatable, and at times, funny moments.

Philippa from Adoption UK shared her feedback:

“

I found Chad inspirational, realistic, and hilarious. Jan was so knowledgeable and was able to explain things in such an accessible way. It was great to learn new, helpful information alongside our usual support for one another. Looking forward to more of these sessions!

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We're excited to welcome Anthony Basco as our next guest speaker for the Insight Session. Anthony will be sharing his powerful journey of lived experience—real talk, real recovery.

Upcoming Group Sessions:

Sunday Group Focus: Natural Consequences: A tough but essential topic for families dealing with recovery. We explore how to balance support with boundaries and recognise the importance of self-care.

Owen, our peer worker, says:

This has been a recurring topic in the group, and it's always met with strong emotions. It's tough, but crucial to recognise that healthy boundaries are key to both supporting our loved ones and protecting our own well-being. The group has really embraced the conversation, sharing experiences and strategies for managing those complex feelings.

#SwipeOutStigma Campaign: January's campaign is dedicated to understanding and breaking down stigma, which can hinder the support you provide your loved ones. Join us in these important conversations to educate, support, and make a change. Your collaboration could make a huge difference!



Find out more about our #SwipeOutStigma Campaign at www.recoverycymru.org.uk

Could Someone You Know Benefit from Sharing Their Story?

We're inviting family members and friends who are supporting loved ones through the use of alcohol and other drugs, or their recovery, to share their stories. Whether in writing, photos, video, or audio, peer stories can make a difference.

By sharing, peers can help others who might feel isolated and challenge the stigma often faced when supporting a loved one.



Do you know someone who might be interested in sharing their journey? Or would your organisation like to collaborate on a storytelling project? We've held creative writing workshops about our experiences in the past and are happy to run more.

We'd love to connect and create a network of shared experiences.

For more information and to get involved, please email our Communications Officer, Bec, at rebeccacashman@recoverycymru.org.uk

Let's make a real impact together!

Please download our storytelling poster and share it across your channels to help us spread the word: [Download Storytelling Poster](#)



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