



• Est. 2010 •

## NEWSLETTER

# RECOVERY CYMRU: FAMILY AND FRIENDS PEER SUPPORT

JULY - AUGUST 2025

**Support for anyone affected by someone else's alcohol or drug use—or their recovery.  
A space to connect, be heard, and feel understood.**

### 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.

### New Community Groups (Vale)

Castleland Community Centre,  
Barry (CF63 4JZ)

- Family and Friends Group –  
Thursdays: 10.15am – 11.45am

### 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 support we offer.

## The Impact of Being Heard

In July's session, we welcomed Chad Clemo and Debbie Lloyd Roberts, who shared honest and powerful stories from both sides of recovery. Chad spoke about his own journey and what it meant to be supported, even when he was not always ready to accept it. Debbie shared the challenges and resilience of supporting someone through addiction, as well as the emotional toll it can take on families.

Their stories brought the room together. We talked about the impact of recovery on relationships, how families can stay connected without losing themselves, and the long process of rebuilding trust. For many of us, it was a reminder that support does not always look neat or tidy, but it does matter.

These sessions continue to offer something unique. You do not need to speak, share, or have the answers. Just showing up can be enough.

In August, we will be joined by Sally Cooper from Headroom for a conversation about psychosis. This is a chance to explore what psychosis actually is, how it can affect people, and how to support someone who is experiencing it.

Join us on Wednesday 27th August from 1.30pm to 3.30pm at the Recovery Cymru Centre in Canton. There is no need to book. If it is your first time or you have been many times before, you are always welcome.

Come along and be part of a space where we listen, learn, and support each other.

# SAVE THE DATE!

## RECOVERY FESTIVAL WALES

ARE YOU INTERESTED IN BEING INVOLVED IN THE FIRST WELSH RECOVERY FESTIVAL HOSTED BY CARDIFF AND THE VALE?

### WHEN AND WHERE?

THURSDAY 11TH SEPTEMBER 2025

11AM-3PM

INSOLE COURT, FAIRWATER ROAD,  
LLANDAFF, CARDIFF, CF5 2LN

### WHAT'S IT ALL ABOUT?

WE'RE BUILDING A GRASSROOTS,  
COMMUNITY-LED RECOVERY  
FESTIVAL RIGHT HERE IN CARDIFF  
TO MAKE RECOVERY VISIBLE,  
CELEBRATE, INSPIRE, CHALLENGE  
STIGMA... AND HAVE FUN!

1. **SAVE THE DATE!**
2. **RUN AN ACTIVITY**
3. **AN ORGANISATION -  
BOOK A STALL!**
4. **VOLUNTEER ON THE DAY**

FREE TICKETS:



### WHAT'S ON?

- ◆ STORYTELLING & VOX POPS—REAL VOICES, REAL JOURNEYS
- ◆ WORKSHOPS & TASTERS—HOLISTIC THERAPIES, CREATIVITY, WRITING, ART, RECOVERY GROUPS, RELAXATION
- ◆ RECOVERY STORIES & PEER POWER—SHARING WHAT KEEPS US GOING
- ◆ ENJOY FREE TREATS AND DRINKS WHILE CONNECTING WITH COMMUNITY
- ◆ THERE'LL BE MUSIC TO KEEP THINGS FUN AND FLOWING
- ◆ SPOTLIGHT ON RECOVERY CITIES—WHAT THEY MEAN AND WHY THEY MATTER
- ◆ STALLS - LEARN ABOUT LOCAL COMMUNITY GROUPS AND SERVICES

**CONTACT: REBECCACASHMAN@RECOVERYCYMRU.ORG.UK**

# Getting Support, Your Way

## Community Groups in the Vale

We've launched two groups at Castleland Community Centre, Barry (CF63 4JZ)—open to anyone in the Vale affected by someone else's alcohol or other drug use.

### **Family and Friends Group, Thursdays from 10:15am - 11:45am**

- Supporting someone through alcohol or drug use can be incredibly hard, but you don't have to face it alone. This group offers support, understanding, and practical ways to navigate what you're going through.

### **Peer Support Group, Thursdays from 1:15pm–2:45pm**

- A peer-led space with no set agenda. Just a chance to check in, talk about recovery, and support one another without pressure or hierarchy.

No need to book. Just come along and be part of it.



We were really pleased to take part in the Aging Well “Meet Your Local Services” event at Llanover Hall on 18th July. It was a brilliant way to meet local people, learn about other services in the area, and let people know what the Family and Friends Peer Support Programme is all about.

Events like this are so valuable. Many people still do not realise that support exists for families affected by someone else's alcohol or drug use. Being there gave us the chance to talk about peer support, the realities families face, and how important it is to feel heard and not judged.

We had great conversations with members of the public, other community services, and professionals who were keen to stay in touch. It was also a chance to raise awareness about our weekly groups, drop-ins, and how people can get involved.

The event had a warm, welcoming feel, with craft tasters, digital support, and information on health, housing, and local history. It was a reminder of how much good is happening quietly in our communities.

Thank you to everyone who came to say hello, ask questions, and share experiences. We are always happy to chat more at [www.recoverycymru.org.uk](http://www.recoverycymru.org.uk).



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# Sundays Are for Saying It Out Loud

Our Sunday support group is a space where people come together to talk honestly about what it means to care for someone using alcohol or other drugs. One of our group members is in recovery himself, and hearing about his journey gives us a clearer picture of what our loved ones might be going through. It reminds us that change is possible, even if it does not happen the way we hoped.

We talk about how stopping use is only the beginning. Recovery is about learning to live differently, and that includes us. We share the anger and frustration that build up, and the guilt that comes with them. We talk about how easy it is to lose ourselves, and how important it is to take up space in our own lives again.

If you work with someone who might benefit, get in touch. If you need support yourself, you can refer yourself. You are welcome here.

## There Is Nothing Shameful About Feeling It All

Stigma tells families to hide their emotions, to stay calm, stay quiet, and carry on. But anger, guilt, and fear are part of the reality when someone you love is using alcohol or other drugs. Through #SwipeOutStigma, we are challenging these ideas and creating space for families to feel what they feel without shame.

**If your organisation would like to be part of this work or collaborate with us on future campaigns, we would love to hear from you.**

## 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](mailto: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](#)**



[familyandfriends@recoverycymru.org.uk](mailto:familyandfriends@recoverycymru.org.uk)  
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