

Recovery Month 2025: September

Get in touch for more details!



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|---|---|--|---|--|--|
| | 1st LAUNCH: COLLECT YOUR RECOVERY CITY PASSPORT! | 2nd CENTRE: WEAR PURPLE FOR RECOVERY MONTH! | 3rd | 4th 1-3PM COMMUNITY ACTIVITY: MAP YOUR RECOVERY CITY | 5th | 6th 1-3PM #SWIPEOUTSTIGMA SPONSORED WALK |
| 7th | 8th | 9th 10AM-12PM COREFLECTION SESSION | 10th 1-3PM REC MONTH VOLUNTEER GROUP | 11th 11AM-3PM - RECOVERY FESTIVAL (INSOLE COURT) | 12th | 13th |
| 14th | 15th HALFWAY THROUGH! SHARE YOUR RECOVERY MONTH PICS! | 16th | 17th | 18th 1-3PM COMMUNITY ACTIVITY: DESIGN A RECOVERY CITY FLAG | 19th 10AM-2PM MUMBLES AND TREATS | 20th 1-3PM RECOVERY COLLEGE RECOVERY WALK |
| 21st | 22nd | 23rd STAFF CELEBRATION TRUSTEE CELEBRATION | 24th | 25th 1-3PM COMMUNITY ACTIVITY: FAMILY AND FRIENDS INSIGHT SESSION | 26th | 27th 10AM-11AM LITTER PICK 11.30-1.30 RC CELEBRATION |
| 28th | 29th | 30th | | | | |



RECOVERY CITY PASSPORT

Pick up your passport and collect stamps by taking part in Recovery Month activities. It is a fun and simple way to connect with others and celebrate the places, people and moments that make recovery part of our city. Everyone who gets their passport signed off will receive a certificate at the end of the month.

COMMUNITY ACTIVITY: MAP YOUR RECOVERY CITY

Add a sticker to show a place in Cardiff or the Vale that's supported your recovery. Write what it means to you and help us build a shared map of where recovery lives.

#SWIPEOUTSTIGMA SPONSORED WALK

A sponsored walk bringing together participants to raise awareness and funds for our recovery community. It's a collective effort to support ongoing recovery initiatives. All are welcome!

CO-REFLECTION SESSION – CANTON LIBRARY

For staff and volunteers who offer peer support in Cardiff or the Vale. Connect, reflect and share experiences in a supportive space with others working in peer roles.

RECOVERY MONTH VOLUNTEER GROUP

A chance to reflect on the past year, explore how we can support the recovery community, and enjoy some fun and refreshments together.

RECOVERY FESTIVAL – ALL ARE WELCOME

Join us for Wales' first-ever Recovery Festival. A day to celebrate recovery, challenge stigma and come together as a community. Everyone is welcome. Get your free tickets at www.recoverycymru.org.uk/recovery-festival



DESIGN A RECOVERY CITY FLAG

What would a Recovery City flag look like? Use colour, words or symbols to show what recovery means to you and help us create a shared symbol of pride and visibility.

MUMBLES AND TREATS

Join us for a day out to Mumbles, Swansea for beach walks and gorgeous ice cream. **Limited to 12 spaces for minibus transport, unless you wish to drive yourself.** Please email dai.parker@cavdas.com for more details or to check availability.

STAFF CELEBRATION

A dedicated event to recognise and celebrate the hard work of staff members involved in recovery efforts. This celebration highlights the importance of the people who support and guide individuals on their recovery journeys. This event is exclusive to staff.

TRUSTEE CELEBRATION

Take the chance to get to know the trustees who play a vital role in overseeing and supporting recovery initiatives. It's a moment to appreciate their contributions and commitment to the cause and for our trustees to connect with the recovery community they support. This event is for all of our recovery community.

MINDFUL WALK WITH THE RECOVERY COLLEGE

Join the Recovery and Wellbeing College for a guided walk through Bute Park, exploring mindfulness in nature and how it can support recovery.





COMMUNITY ACTIVITY: FAMILY AND FRIENDS INSIGHT SESSION

Hear from guest speakers on key topics, explore how we support those affected by someone else’s alcohol or other drug use, and take part in open discussion with others who get it.

LITTER LEGENDS LITTER PICK AND RECOVERY CYMRU CELEBRATION

Join us for a community litter pick to round off Recovery Month, followed by a celebration back at the centre. We will provide everything you need. Just bring yourself and a bit of spirit.