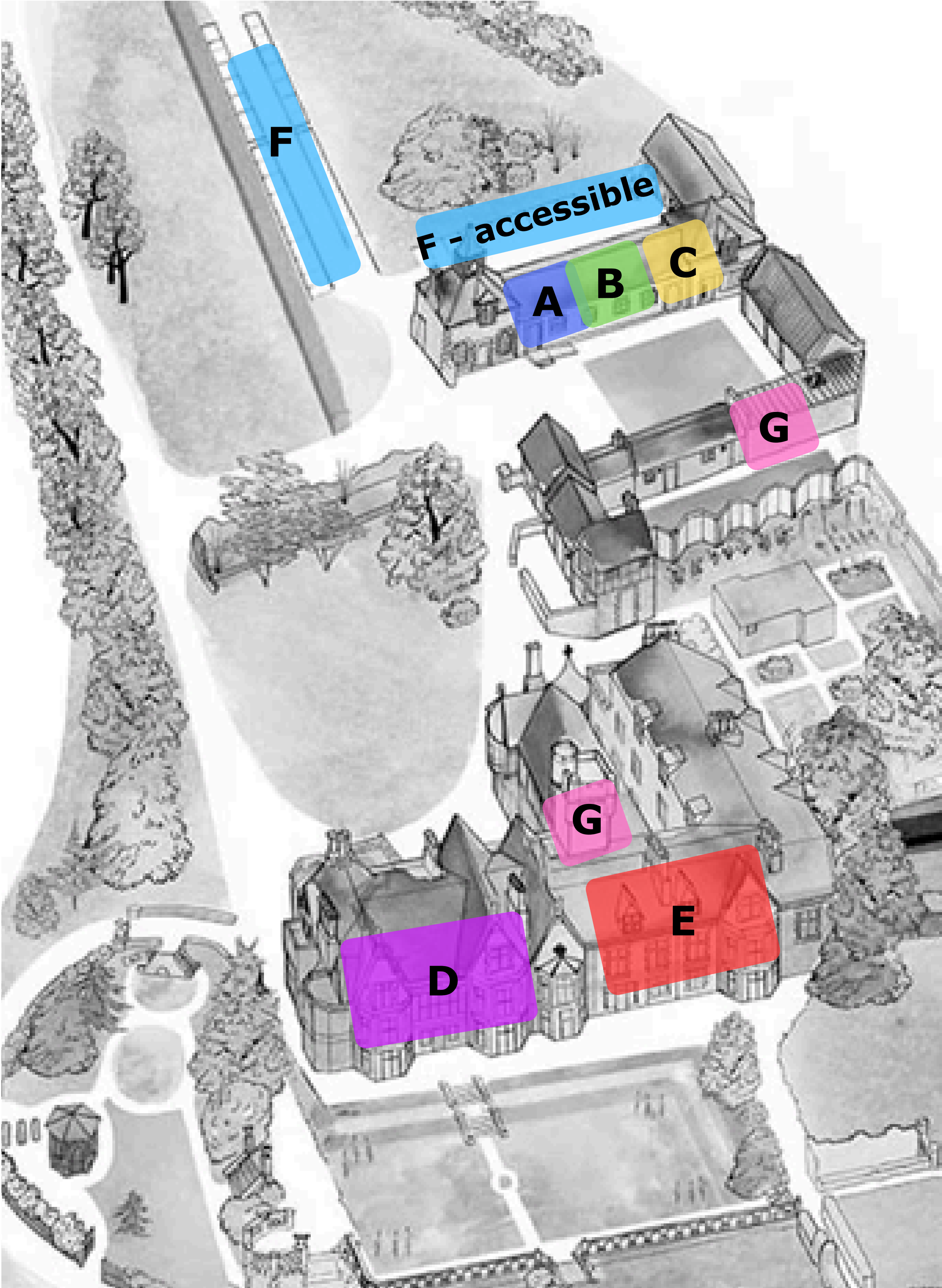


# RECOVERY FESTIVAL WALES: YOUR GUIDE



## **SIGN-UPS TO ACTIVITIES ARE FIRST-COME, FIRST-SERVED!**

### **A) STABLE ONE**

- 11:00am – 1:00pm 1:1 sessions - Indian Head Massage, Reiki and Relaxation Mini Treatments (hands, shoulders etc), Tarot Readings
- 1:05pm – 1:50pm Holistic Pad Work
- 2:00pm – 3:00pm Creative Writing

### **B) STABLE TWO**

- 12:30pm – 1:30pm Neurographic Art
- 1:40pm – 2:30pm Music for Wellbeing
- 2:40pm – 3:30pm Soundbath

### **C) MOTOR HOUSE DOWN**

- 11:15am – 11:45am Peer Recovery Group Taster
- 11:50am – 12:30pm Narcotics Anonymous Taster
- 12:40pm – 1:20pm Cocaine Anonymous “What it is and isn’t” (for professionals)
- 1:30pm – 2:10pm Family and Friends Peer Group Taster
- 2:20pm – 3:00pm Alcoholics Anonymous Taster

### **D) DRAWING ROOM - PLEASE SIGN-IN HERE!**

- 11:00am – 11:20am Choir with No Name
- 11:20am – 11:35am Opening and welcome
- 11:35am – 11:55am Personal recovery stories
- 11.55am - 12:05pm Group picture!
- 12:30pm – 1:30pm No Saints live band
- 1:40pm – 2:15pm Storytelling with Sophie Calon, author of Long Going
- 2:30pm – 2:45pm Personal Recovery story
- 2:45pm – 3:00pm Closing words and reflections

Stalls will also be open in the Drawing Room all day.

### **E) DINING ROOM**

- 11:00am - 3:00pm Communal creative activities - Recovery Maps and Flags  
Facilitated artwork sessions
- 12:00pm onwards Free food available - grab your sandwich pack!
- 12:00 - 2:00pm Drop-in Naloxone Training

Stalls will also be open in the Dining Room all day.

### **F) ON SITE PARKING**

Free parking - please arrive early to secure a parking spot, as spaces are limited.  
There is easy, free parking on local roads and side streets.

### **G) TOILET FACILITIES**

Toilets are opposite Stable One, Stable Two and Motor House Down. There are also toilets in the Mansion.

**PLEASE USE BINS AND SMOKING FACILITIES PROVIDED.**

**THANK YOU TO ALL OUR SPONSORS, ORGANISERS, CONTRIBUTORS AND VOLUNTEERS!**