

RECOVERY CYMRU

NEWSLETTER

DEC 2024 - JAN 2025

Welcome to our first newsletter of 2025! We are delighted to share our news with you. Please get in touch if you would like more info or to connect with us.

FINDING THE GOOD: SUPPORTING SMALL CHARITIES



Recovery Cymru is excited to partner with C3SC for the Finding the Good programme, an event designed to spark conversations about commissioning services in Cardiff. Together with local small charities and third sector groups, we'll be exploring commissioning models, sharing lessons learned, and discussing the unique value grassroots organisations bring to larger contracts.

This session offers practical insights into funding opportunities and challenges, helping small charities think through their finance models while advocating for fairer, more inclusive commissioning practices. We're thrilled to be part of this collaborative effort to support and strengthen our local charity sector.

For more details or to book your place, visit: [**Finding the Good**](#)

SUPPORTING YOUR JOURNEY 7 DAYS A WEEK, 365 DAYS A YEAR!

Explore our latest newsletter for the updated timetable, providing you with information on our upcoming sessions and activities. For any inquiries or additional details, don't hesitate to reach out to us directly or visit our website. Stay connected and informed with all that's happening!

BIG GIVE SUCCESS: £5,442 RAISED!

We're thrilled to announce that our final total for the Big Give was an amazing £5,442! A massive thank you to all our generous donors.

Are you interested in fundraising with us? You can grab our fundraising pack at www.recoverycymru.org.uk and reach out for support—we're here to help!

MOST SIGNIFICANT CHANGE: EXPLORING PEER SUPPORT IN CARDIFF & THE VALE

Recovery Cymru is running a Most Significant Change (MSC) project, a storytelling-based 'lessons learned and evaluative process' project looking at the delivery of peer support in Cardiff and Vale, specifically from the perspective of the peer workforce. We are engaging with people and services involved in the delivery of peer support and the independent recovery community. Funded by the Cardiff and Vale Area Planning Board (APB), the project will help us understand the different types of peer support available locally, the difference it makes, the experiences of the peer workforce, and how we can protect and strengthen peer support. We'll be gathering insights from peer workers, services, and decision-makers through:

- Stories and selection panels to understand real experiences
- Co-reflection sessions to support peer workers
- A published booklet and learning event in April 2025 to share findings

Are you someone who has delivered peer support in the past 12 months? Is your organisation involved in peer delivery? We want you to get involved! This will include sharing your experiences and/or filling out a survey. Please contact Rebecca Cashman at rebeccacashman@recoverycymru.org.uk.

Let's work together to make sure peer support gets the understanding and recognition it deserves!



A FESTIVE SEASON TO REMEMBER AT RECOVERY CYMRU

What a time we had over the festive period at Recovery Cymru! Our stacked timetable was buzzing with energy, packed full of events and activities that brought us all together. From wellbeing meditations to designing our year ahead and making affirmation cards for 2025, we made sure to set a positive tone for the new year.

We also got hands-on with festive crafting, designing cards and decorations that transformed the Recovery Centre into a vibrant hub of holiday cheer. It was heartwarming to see so many of us coming together as a community, making it feel truly special.

But we didn't stop there! We headed out for some fresh air and festive fun with our loved ones during What's Out There??—our trip to St. Fagans to enjoy The Mari Lwyd & Hunting of the Wren performances, where we cozied up by the fire and embraced the magic of the season.

Our evening socials were a hit too, with Karaoke and plenty of nibbles filling the CAVDAS Peer Space in Cardiff and Barry, bringing joy and connection to our communities.

The highlight of it all? New Year's Eve! We stayed open both in person and online, ringing in 2025 together, watching the fireworks until 12.30am with so many of you. It was a moment to remember, and we couldn't have done it without the support of every single one of you who made this festive season so memorable.



A massive thank you to everyone who joined in, volunteered, and supported us through what can be a challenging time for so many. Here's to an even brighter 2025!

WHAT DO YOU NEED OR WANT FROM RC IN 2025?

We'd love to hear from you! Whether it's new activities, more support, or fresh ideas for how we can help you in your recovery journey, let us know what you're hoping for in the year ahead. Your feedback helps shape what we do, so don't be shy—share your thoughts with us!

BRISTOL COLLABORATION VISIT

Last week, Recovery Cymru welcomed a group from Bristol working to establish their own Lived Experience Recovery Organisation. They spent the day exploring our peer support model, programmes, and approach, with sessions covering our work with CAVDAS and the Family and Friends Peer Support programme.

The visit highlighted the value of collaboration and shared learning in recovery. Are you a LERO and interested in visiting us? Get in touch!



A BIG THANK YOU TO OUR FUNDERS AND PARTNERS

Thank you to our funders and partners for your incredible support in 2024. Your contributions have been vital to our work. We look forward to building on this partnership and making an even greater impact in 2025!



TOGETHER IN SUPPORT: WHAT'S AHEAD FOR FAMILY & FRIENDS IN 2025

We've hit the ground running this January, bringing the Family & Friends community closer together and supporting each other as we look ahead to an exciting 2025.

Our first Insight Session was a real hit! Jan Llewellyn from Pine Ward shared her invaluable knowledge, while our own Chad offered an inspiring, down-to-earth recovery story that had everyone laughing and learning. It was a wonderful mix of learning, support, and real-life experiences, and we can't wait for more sessions like this in the future!

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!

”

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.

You can find out more about the groups at www.recoverycymru.org.uk

We want to hear from you! Share your stories—whether in writing, photos, video, or audio—to inspire others. If you or your organisation has a story to share, contact Bec, our Communications Officer, at rebeccacashman@recoverycymru.org.uk. We look forward to hearing from you!



MEET DAI

A CAVDAS PEER RECOVERY & AFTERCARE WORKER WHO'S MAKING A REAL DIFFERENCE

Dai's story is one of growth, connection, and a genuine desire to help others. Having experienced challenges with alcohol from a young age, Dai now uses his lived experience to guide and support others on their own recovery journeys.

"I've been working in many groups, including Relapse Prevention, Moving on in My Recovery, and various Peer Support Groups," Dai shares. "I also started two new groups—one on Friday afternoons and another on Monday mornings—driven by what our members were asking for."

Dai's dedication to the community is evident, especially in his involvement with the successful Cardiff CRP (Community Rehab Programme), where many participants not only competed but graduated, taking significant steps in their recovery. "It's incredible to watch people flourish. I've seen members who were once too nervous to attend groups now contributing regularly. Some even went on to join our volunteering programme, using their own lived experience to support others."

During the festive season, Dai created two hangout sessions in Cardiff and Barry, providing a sober environment for fun, games, and karaoke. "The sessions were a huge success and really showed the importance of creating these opportunities for connection," he says. "They were nights filled with laughter; everyone felt included in a safe space."

But it's not all been easy. Dai points out the difficulty in building a strong recovery community in the Vale. "While many come into the CAVDAS building, it's not an ideal space for fostering community," Dai explains. "There's a real demand for a dedicated recovery centre in the Vale, and I'm hoping we can make that happen."

Looking forward, Dai sees plenty of opportunities for growth. "There's a need for more social activities, and I'm currently trying to organise sober Six Nations sessions at the Recovery Centre," he says. "It's about making recovery a part of everyday life, and that includes fun and social activities."

The successes, though, speak for themselves. "The biggest win was the Christmas hangouts. It really cemented the need for evening sessions and showed that we can bring the community together in a meaningful way. Also, the fact that RC now offers weekend support is a massive step forward."

Dai's work has been a testament to what's possible when lived experience is used to support others. His focus on connection, growth, and joy is making a real difference, and as we move into 2025, we're excited to see how Dai and the community continue to thrive together.

Get Involved: If you're inspired by Dai's journey and want to be a part of the positive change happening in our community, we'd love to hear from you. Whether you want to attend a group, volunteer, or share your story, there's a place for you here. Reach out to us and join the movement!

RC Message Board!

Get in touch for more info!



INTERESTED IN SHARING YOUR STORY?



UNDERSTAND YOUR JOURNEY BETTER - STORYTELLING CAN BE A RECOVERY TOOL!

- HELP OTHERS IN RECOVERY
- REDUCE STIGMA
- INSPIRE OTHERS

Do you have lived experience, either your own or as a family member? Do you feel ready and able to tell your story? Recovery Cymru wants to hear from you!

We can support you to tell your story - this can be written, using photos or images, a video or audio - you decide. All stories will be treated with respect and care. You can choose to remain anonymous if you prefer.

By sharing your story, you can help break the stigma surrounding substance use and show others that recovery is possible. You'll also be giving hope to those who may be struggling and feeling alone in their journey.

Together, we can create a community of support and hope for people in and seeking recovery.

PLEASE GET IN TOUCH AND WE CAN GIVE YOU MORE INFORMATION

07960 430096

rebeccacashman@recoverycymru.org.uk

www.recoverycymru.org.uk

#SwipeOutStigma
#PeerPowerCymru



CAVDAS PEER & RECOVERY PROGRAMMES



WHAT'S ON OFFER...

1:1 THERAPEUTIC PEER SUPPORT

- Aftercare
- Alongside treatment
- Maintaining Recovery and exiting treatment
- Face to face
- Phone/text support
- Email
- Weekly, fortnightly or monthly (as needed)



AFTERCARE & RECOVERY SUPPORT

COMMUNITY REHAB PROGRAMME

- 6-week intensive aftercare programme including groupwork, 1:1 support, therapeutic interventions and social engagement
- Preparation & Graduate programmes
- Twilight - evening course

STRUCTURED AND LESS STRUCTURED GROUPWORK

- Peer Moving on in My Recovery
- Relapse Prevention
- Peer Support Groups
- Weekend Reflection
- Others - please see website

INTRODUCTION TO RECOVERY - 'MAKING CHANGES'

- Chat and a cuppa
- Group work and socials
- 1:1 support

- Community Connections

- Volunteering

- Social activities & recovery community engagement



HOW TO REFER / JOIN US: CHOOSE THE ONE THAT'S EASIEST FOR YOU!

- Self/direct - emma.greenhill@cavdas.com / 07944851050
- Via CAVDAS Paris referral - Make a note 'For Peer Team'
- Attend CAVDAS buildings and ask for peer team
- Joint Allocation Meeting

CAVDAS Tel: 0300 300 7000

2-10 Holton Rd, Barry CF63 4HS
218 Cowbridge Rd E, Cardiff CF5 1GX
7 St. Andrews Place, Cardiff, CF10 3BE

INTERESTED IN VOLUNTEERING?

INFO.VOLUNTEERS@VOL.CAVDAS.COM

FOR MORE INFORMATION, CONTACT GEMMA BROWNHILL, VOLUNTEER CO-ORDINATOR

07483428377

Children and Young People

Peer 2 Peer Harm Reduction

Counselling

Voices. Action. Change.

Independent volunteers

Recovery and Aftercare



Family and Friends Peer Support Programme

VOLUNTEERS NEEDED!



Recovery Cymru's Family and Friends programme provides a safe, confidential space for anyone affected by someone else's substance use or recovery, fostering connection and offering peer support without judgement.

Do you have lived experience of supporting someone with their alcohol and other drug use?

Do you have lived experience of recovery?

Are you interested in supporting others?

TRAINING AND SUPPORT ARE OFFERED AT ALL STAGES

HELP US TO:

- Make others feel less alone
- Give hope, support and a safe space
- Equip people with new insights and skills

We are looking for Volunteers to help us co-facilitate groups and advertise the programme!

READY TO HELP OUT? GET IN TOUCH!

familyandfriends@recoverycymru.org.uk

02920 227 019 - 07944 851 050

www.recoverycymru.org.uk

Recovery Centre, 218 Cowbridge, Road East, CF5 1GX



Gwirfoddoli Cymru Volunteering Wales

TAKE A LOOK AT WHAT WE HAVE TO OFFER...

Peer Group Timetable including Online Options

The Recovery Centre - 218 Cowbridge Rd E, Cardiff CF5 1GX

AM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10-11am Weekend Reflection (In person)	10am-12pm Relapse Prevention (Online)	10am-12pm Self-help Group (In person)	10am-12pm PMOIMR (Hybrid)	10am-12pm Recovery Cafe (Hybrid)	9am-5pm Open Access/ Phone Support	9am-5pm Open Access/ Phone Support
10am-12pm Relapse Prevention (In person)						1pm-3pm Pathways to Growth (In person)
1-3pm Women's Group (Hybrid)	5-7pm Support Group (Online)	1.30-3.30pm Family & Friends: Insight Sessions (Monthly - In person)	1-3pm Community Activities (In person)	2-3pm Weekend Preparation (In person)	1-3pm WOT?? (Fortnightly - In person)	2-3pm Peer Support Group (Online)
		2-3pm Support Group (In person)		6-7pm Support Group (Online)	2-3pm Support Group (Online)	6-7.30pm Family & Friends Support Group (In person)

PM

Open Access 7 Days a Week

Weekend Reflection	The perfect start to the week and a gentle way to build a routine. Weekend reflection is an opportunity to discuss the past weekend and discuss plans and hopes for the forthcoming week. Safe, like-minded, and confidential.
Women's Group	A chance to check in, chat, play some games, and have a laugh with ladies in a friendly and safe environment.
Relapse Prevention	A 12-week programme offering insights, techniques, and support in managing recovery, lapse, and relapse. Whilst structured it's fully participatory and peer-led. Looks at relapse cycle, triggers, urges and cravings, awareness, and avoidance of high-risk situations, and maintaining your recovery whatever that means to you.
Peer Support Group	A peer led chance to check in and discuss whatever is on your mind whether recovery or general life. Content is set by whatever people bring and a chance to support each other with no content or hierarchy.
PMOIMR	Our 12-week peer-created and led course that draws on the needs and experiences of UK-wide peer support groups and evolves with them. Dealing with all aspects of life with a recovery focus including loss, mental health, and work-life balance, facing these with peers and those of lived experience gives a maintainable and manageable approach to one's recovery. Designed to start at any point.
Community Activities	What activities you may ask? It can be anything! Varying from creative sessions, and wellbeing tastings to learning languages. Advertised weekly.
Recovery Cafe	Come along to share a cuppa, have a check-in and participate in a quiz with peers. An opportunity to relax ahead of the weekend.
Weekend Preparation & Relaxation	Having your back when it comes to the struggles the weekend can bring, this group sets you up with the right mindset to navigate social pressures and more, as well as provide a peaceful place to unwind.
What's Out There (WOT)?	A fortnightly get-together of members and friends. It alternates between the Vale & Cardiff. As simple as a beach walk to boating down the bay this is an opportunity to make connections, build friendships and expand horizons in a gentle and supportive way. Friends and family welcome.
Family and Friends Group	Our Family and Friends Group provides a compassionate and understanding space for loved ones navigating the challenges of a family member's substance use, fostering support, empathy, and shared experiences.
Family and Friends: Insight Sessions	A monthly session for family and friends to connect, learn, and gain insights from guest speakers on topics related to supporting loved ones and navigating recovery journeys.
Pathways to Growth	An alternating group offering a 12-week peer-led course, 'Peer Moving On in My Recovery,' addressing life challenges with a recovery focus, and a 6-week structured 'Self-Help Handbook' programme, providing practical tools for personal growth and sustained recovery.
Self-help Group	A 6-week group using the 'Self-Help Handbook' to share practical tools and ideas for tackling challenges and staying on track with recovery, all in a relaxed and supportive space.