

**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):

- **Thursdays (Monthly 1pm-3pm):** 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.

Insight Session: Grief, Recovery, and What We Carry with Sophie Callon

As part of Recovery Month, we welcomed writer and performer Sophie Callon, who gave a moving reading from her book *Long Going*, which explores her father's alcohol use and the grief that followed his passing.



Sophie's words opened up something deep. The group took part in a short writing exercise, using their own experiences as a starting point. What followed was honest, powerful sharing that created a moment of real connection.

It reminded us how storytelling, whether written, spoken, or shared quietly, is part of how we heal.

Next, we will be joined by Vinnie from the Hepatitis C Trust, who will lead our Insight Session on Thursday 30th October from 1.00pm to 3.00pm at the Recovery Cymru Centre in Canton.

All are welcome to come along. No need to book.

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 proud to be part of the first-ever Recovery Festival in Wales, held at Insole Court during Recovery Month. As part of the day, our Family and Friends Peer Support Programme was featured in the programme of taster groups, giving attendees a chance to experience what we offer in a supportive, peer-led space.

Many people still do not realise that families and friends need support too. Being at the festival gave us the chance to talk about the emotional impact of a loved one's alcohol or drug use, and how connection, understanding, and a non-judgemental space can make all the difference.

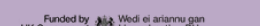
We had great conversations with individuals, organisations, and professionals who were curious to learn more. Some had never heard of a group like ours. Others shared their own experiences of supporting someone and said how much it meant to know something like this exists.

The festival had a real energy to it, with music, food, creativity, and community throughout the day. It was a brilliant reminder of what is possible when recovery is celebrated openly and inclusively.

Thank you to everyone who joined our session or stopped by to talk.



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Sundays Are for Saying It Out Loud

Living on Alert

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 the topics we explored recently was the feeling of always being on alert, waiting for the next crisis. It is a tension that creeps into everything, even on quiet days.

We talked about how recovery, for families, is not about waiting for someone else to change. It is about learning how to keep living your own life in the middle of it all. That means finding ways to manage hope and fear at the same time, and recognising when we have gone into survival mode without realising it.

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

#SwipeOutStigma: Carry On

Stigma tells families to hide how they really feel. Stay calm. Stay quiet. Carry on. But when someone you love is using alcohol or other drugs, the reality often looks very different. Anger, guilt, fear, and shame can take over, and too many families are left feeling like they are not allowed to talk about it.

Through #SwipeOutStigma, we are challenging that. We are making space for the full picture and reminding people they do not have to go through it alone.

If your organisation wants to get involved, we would love to talk.

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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