

March - April 2025

Recovery Cymru Newsletter

Where recovery meets real talk and a decent cuppa.

Read all about:

New groups, new ideas, same RC heart

New peer groups, activities, and plans across Cardiff and the Vale.

What's coming up

Co-reflection sessions for people offering peer support.

The significance of the peer workforce

Stories, reflections, and a new event shaping the future of peer support.

June is all about showing up

Volunteers' Week, Anthony's story, and our Big Give campaign to support those who give their time and heart.



A huge thank you to Porthcawl High School for your incredible £1,000 donation through the First Give programme!

Students researched local issues, chose Recovery Cymru, and created a social action project and presentation to compete for the grant—and they won! We're so grateful for your passion, effort, and support. You've made a real impact.

A lot to be proud of



By Sarah Vaile (Recovery Cymru Founder & Director)

There's such a great energy around RC right now—new groups, fresh ideas, and so many of you getting stuck in and shaping what's next.

We're also looking ahead to some exciting things: a special event to celebrate our peer workforce, and a whole month focused on our incredible volunteers (you'll hear us banging that drum a lot in June!). Alongside our excitement, we also have challenges, losing one of our longest standing volunteers, meeting the needs of a growing community, needing a new building plus funding a small third sector charity. We ride the rollercoaster together, putting our values first and doing the best we can.

Thanks, as always, for being part of this brilliant, dynamic, meaningful community - where everyday is a learning day!

Celebrating the life of Claire White



In loving memory of Claire, our much-missed Recovery Cymru member and volunteer.

Claire's presence, support and dedication meant a great deal to our community. She made a difference to many and will be remembered with respect and care by all who knew her.

New groups, new ideas, same RC heart

Loads has been happening across our peer support groups lately, so here's a quick catch-up:

We've launched new groups in the Vale, including a Peer Support Group and a Family and Friends Group at Castleland Community Centre in Barry. They're up and running every Thursday.

As Owen, our Family and Friends peer worker, put it:

"It's about showing up, being real, and making space for conversations we're not meant to have on our own."

Get the details at
www.recoverycymru.org.uk

There's now a men's group on Saturdays, 10am at our Canton centre. It's a space to connect, talk recovery, or just be around others who get it. Come once, come every week—whatever works for you.

A book club is coming, in memory of Claire White—our brilliant volunteer who always dreamed of starting one. Got ideas for books or how it could work? Let us know.

The Women's Group took a trip to Wesley Community Hall for a garden and craft session with Ali from The Grow Well Project.

As Kat, who runs the group, said:

"These kinds of sessions remind us how important it is to step out of the usual and do something that simply feels good."

If you're part of the Recovery Cymru community and identify as a woman, you're always welcome to join. Got ideas for what you'd love to do next? We're listening.

We've also been mixing things up in our other groups, from stretching it out in yoga with Sarah from Humata Yoga Coaching, to updating our Member Agreement with input from the community in Development Group sessions.



Got ideas to share? Peer support stories to reflect on? Snacks you're willing to bring? Here's what's on the horizon:



Cardiff and Vale
**Recovery &
Wellbeing College**

**Recovery
Cymru**
• Est. 2010 •

Co-reflection sessions – come help shape something new

We've teamed up with the Cardiff and Vale Recovery and Wellbeing College to try out something a bit different. These co-reflection sessions are for anyone offering peer support—staff or volunteer—across Cardiff and the Vale.

We've had two so far, and they've sparked some good, meaningful conversations. The final one is happening:

Thursday 15th May, 10–12pm at the Story Museum of Cardiff (Old Library), The Hayes, CF10 1BH.

It's a chance to connect with others doing peer work, share what's working, reflect on what's hard, and see where it might lead.

Sign up via Eventbrite or drop us a message at info@recoverycymru.org.uk

Evenbrite



What's coming up

Event: The significance of the peer workforce

Over the last few months, 22 people offering peer support across Cardiff and the Vale—staff, volunteers, peers—shared their experiences through our Most Significant Change Project.

Their stories were powerful, personal, and honest. Together, they're helping shape how peer support is understood and valued in our region.

To build on this, we're holding a special event:

The Significance of the Peer Workforce

Thursday 30th May, 10am–1pm
Insole Court, Fairwater Road,
Llandaff, Cardiff, CF5 2LN

This is for anyone connected to peer support—whether you're delivering it, supervising it, commissioning it, or just curious about what makes it work.

What to expect:

- Real recovery stories that stay with you
- Reflections from the project
- Big conversations in small groups
- Launch of our new peer story booklet
- Food, connection, and a few surprises

Lunch is included. Bring yourself. Leave with something more.

To book, email
info@recoverycymru.org.uk
or sign up via Eventbrite.



Funded by

Cardiff & Vale **APB**
Achieving better substance misuse outcomes

June is all about showing up

This June, we're putting the spotlight where it belongs—on the volunteers who keep Recovery Cymru going.

Volunteers aren't just part of what we do. They are what we do. They turn up for groups, keep the doors open, share their stories, and support people through some of the toughest moments of their lives—all with lived experience and a whole lot of heart.

To celebrate Volunteers' Week (2nd–8th June), we'll be shouting loud and proud about what peer support looks like behind the scenes. But we're not stopping there.

We're also taking part in Big Give Small Charity Week from 23rd–30th June, and we're raising £1,000 to support and grow our volunteer programme. Every donation made online during that week will be doubled—turning £1,000 into £2,000.

The campaign message says it all:

Volunteers show up for us. Let's show up for them.

You can get involved by:

- Donating online from 23rd June
- Organising a mini fundraiser
- Spreading the word and cheering us on

Got an idea? Fancy helping out? Email Bec at rebeccacashman@recoverycymru.org.uk.

Let's make this a month of showing up—for the people who always do.



Anthony's way of showing up

Anthony has become a cornerstone of our Family and Friends Peer Support Programme. He volunteers his time co-facilitating groups, supports others through some of their toughest moments, and has shared his journey in ways that have helped break stigma and build connection.

He's spoken at Insight Sessions, contributed to our Most Significant Change Project, and regularly brings honesty, care and dry humour to the room—something you can't train, only live.

As he shared:

"I've gained a whole new perspective facilitating the Family and Friends group—seeing addiction from the outside looking in... It's often challenging and confronting as well, but extremely rewarding."

Anthony's impact reminds us how powerful peer support can be—not just for those receiving it, but for those giving it too.

Our Insight Sessions run monthly on Wednesdays from 1:30–3:30pm in Canton, offering real stories, real reflection, and open conversation. You can explore all of our Family and Friend's groups on our website at www.recoverycymru.org.uk

Thinking of volunteering? Sign up at www.recoverycymru.org.uk

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

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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

Recover



Thank you to our Funders!