

# The First Welsh Recovery Festival!

Wow, what an event! A day of celebration, hope, and inspiration, showcasing the power of connection. We all have more in common than what separates us, breaking down barriers to foster fun, smiles, creativity, and relaxation.

Hosted by Recovery Cymru and partners, we were delighted to welcome approximately 300 people on a rainy Welsh autumn day. The rain didn't dampen the spirit as we shared stories of recovery and hope, with a focus on thriving, not just surviving.

The day included speeches and storytelling workshops, live performances from Choir with No Name and Not Saints band, holistic therapies, and recovery group tasters from Recovery Cymru peer groups, as well as our Family and Friends Peer Support Programme, Alcoholics Anonymous, Cocaine Anonymous, and Narcotics Anonymous. We had 19 stalls from providers across Cardiff, spanning substance use, peer organisations, housing, gambling, public health, NHS, mental health, rehabilitation, criminal justice and more. People loved the opportunity to experience holistic therapies and creative activities on the day - we had massage, spiritual sessions, creative writing, book readings, art, music workshops, a sound bath, neurographic art, and holistic martial arts pad work.



**“I THOUGHT THAT THE WHOLE  
THING WAS BRILLIANTLY  
ORGANISED, REALLY VIBRANT,  
AND EVERYONE WAS SO WARM  
AND WELCOMING.”**



Building the foundations to develop Cardiff and Vale as the first inclusive Recovery region in Wales, Recovery Cymru and its partners are calling on the wider recovery community, including individuals, supporters, community activists, leaders, charities, employers, funders, and the general public. Let's make our region a place that champions inclusive recovery cities, where recovery is visible in everyday life and everyone has a role to play in making it stronger. To sow the seeds, on the day we started a recovery mapping exercise, we pinned places that have been important in the journeys of local people in recovery. We will be taking this out and about with us over the coming months. Please keep a lookout! If you're interested in us running a session for you, please don't hesitate to contact us.

**“CONGRATULATIONS ON A FANTASTIC PIECE OF WORK, A REAL STEP IN THE FIGHT AGAINST STIGMA.”**

As we reflect on an incredible first Welsh Recovery Festival, we are already planning for next year. If you are interested in being a part of it, organising or sponsoring, please sign up here: [Recovery Festival Wales Form](#)

None of this would have been possible without the amazing organisers, contributors, volunteers and sponsors. Something extraordinary was created by a bunch of people coming together to do something positive as a collective. We all played a part and all experienced something good as a result. A good example of what being part of a recovery community is about! THANK YOU ALL.

Also, a special thank you to everyone who attended, including those who were excited, those who were nervous and unsure, those who knew people, and those who attended alone, as well as supporters, organisations, individuals in recovery, and those seeking recovery.

