

Special Edition Newsletter

## Recovery Month 2025 Highlights

From Recovery Festival Wales to our sponsored walk and community activities, here's how we made recovery visible across Cardiff and the Vale.



## Recovery, Connection, Celebration!

What a very special Recovery Month it's been! From Recovery Festival Wales to the sponsored walk, flag making, creative sessions and celebrations across Cardiff and the Vale, recovery has truly been alive and visible everywhere.

The Festival was such a fantastic day for all of us at Recovery Cymru. Seeing so many people come together in one place to celebrate recovery and challenge stigma was incredible. If you'd like to read more about what it meant to us, you can read Sarah's letter here: <a href="https://tinyurl.com/4p6z4jb5">https://tinyurl.com/4p6z4jb5</a>

It's been amazing to see people connect, create and celebrate recovery in their own ways throughout the month. Our members, volunteers and partners have made this all possible, and our team couldn't be prouder of the heart and spirit behind it.

We know there are still challenges ahead. Funding continues to be tough, and with CAVDAS we've outgrown our Recovery Centre and are looking for our next home. But it's people like you, showing up, sharing stories and supporting one another, who remind us why we keep going.

Rachel is currently planning the next exciting steps in our journey. She is organising working groups for our Vale, and also our Family and Friends peer support programme offering. If you'd like to be involved, get in touch!

Thank you for being part of it all. You are what makes Recovery Cymru what it is.

#### Read all about:

Recovery, Connection, Celebration!

Recovery Festival Wales 2025

**Recovery Month 2025** 

Family and Friends
Peer Programme
Insight Session for
November: Hepatitis
C Awareness

## Recovery Festival Wales 2025

On 11th September, hundreds of people gathered at Insole Court for the first-ever Recovery Festival Wales, hosted by Recovery Cymru and its partners. Despite the Welsh rain, the atmosphere was full of energy, music and laughter.

The festival celebrated recovery in all its forms through stories, creativity and connection. The mainstage featured Choir with No Name, Not Saints and author Sophie Calon, while workshops offered tasters of peer support, holistic therapies and creative expression.

Recovery Cymru provided taster sessions of our Peer Support Group and our Family and Friends Peer Support Programme Group, giving people the chance to experience the power of peer connection first-hand. Visitors also enjoyed 19 community stalls, flag making, recovery mapping, art and writing sessions, and free food and refreshments throughout the day.











Around 300 people attended, supported by 15 volunteers and over 20 contributors who helped make the day unforgettable. Together, we showed what recovery looks like in Cardiff and the Vale: visible, valued and celebrated.

The festival also marked the beginning of Cardiff and the Vale's journey toward becoming Wales's first inclusive Recovery Region. Planning for next year is already underway.

"What an incredible event - that level of attendance, in such horrible weather, particularly, is really quite remarkable."

If you are a volunteer, have an activity, would like to be a guest speaker or are an organisation and would like a stall at Recovery Festival Wales 2026, or if you would like to see the highlights from this year's event, visit: **Recovery Festival** Wales 2026

Thank you to everyone who attended and to all those who made the event possible. Your energy, creativity and commitment made the day something truly special.







September was bursting with colour, creativity and community pride. From making flags and mapping recovery to walking, writing and tidying our city, we spent the month showing what recovery really looks like in action, with Recovery Month Passports helping people keep track of their adventures along the way.



Members and volunteers got hands-on designing vibrant Recovery Flags, each one a personal message about hope, growth and how we want the world to see recovery. Our Recovery Map also became a talking point of the month, travelling from the Recovery Centre to Recovery Festival Wales and our staff celebration, filled with pins marking the places across Cardiff and the Vale that have supported people on their journeys.

### **Recovery Month 2025**

We rolled up our sleeves for a community Litter Pick, supported by Keep Canton Tidy as part of the Big Cardiff Tidy campaign from Keep Wales Tidy. It was our way of giving back to the neighbourhoods we're part of while proudly challenging stigma and showing that recovery contributes to the wider community.

Our #SwipeOutStigma Sponsored Walk that theme, bringing continued people together to raise awareness positive steps for change. We also want to give a big thank you to the Cardiff and Vale Recovery and Wellbeing College for joining us for their annual Mindful Nature Walk in Bute Park, always a highlight of the month.









And finally, a special thank you to Sophie Calon, author of Long Going, who joined our Recovery Month Insight Session to read excerpts from her moving memoir about her father's alcohol use and passing. She guided us through a reflective writing exercise that gave everyone the chance to express themselves and find connection through creativity.

Recovery Month reminded us just how strong, compassionate and visible our community is, and that recovery really does live here.

## **Coming Soon!**

# RECOVERY MONTH FAMILY & FRIENDS: SPECIAL MONTHLY INSIGHT SESSION!



#### THURS 30<sup>TH</sup> OCT 2025 ■ 1PM - 3PM

Vinnie brings a powerful story of change. After many years of living with addiction and its challenges, he now works with the Hepatitis C Trust, raising awareness, sharing experience, and helping others feel less alone. He talks openly about what life was like, what helped him move forward, and why Hep C awareness matters.

This session is a chance to learn more about Hep C, ask questions, and hear directly from someone with lived experience. It is also a space to reflect on how these issues affect families, and why understanding and support make a difference.

You will also hear more about Recovery Cymru's Family and Friends Peer Support Programme and how we support people affected by someone else's alcohol or drug use.

INTERESTED IN HEP C AWARENESS AND SUPPORT FOR FAMILIES AFFECTED BY ALCOHOL OR OTHER DRUG USE? COME ALONG.







## **Make a Difference with Recovery Cymru: Volunteer with Us!**

help supports and uplifts our recovery community. We have roles to fit your interests, skills, and schedule!

#### **Volunteering Roles**

- Peer Support: Offer guidance and companionship.
- Event Organisation: Help plan and run community events.
- Admin Support: Assist with office tasks and database management.
- Outreach: Spread awareness and help with social media.

#### **Volunteer Training**

We provide training to equip you with the skills needed, offering personal professional growth.

#### Buddying

 Our buddies, with lived experience, offer friendly support through meet and greets and introductory sessions. It's a rewarding role with great training, perfect for those wanting to support others.

#### **Choose Your Role**

Pick roles that you're passionate about shine. Your and where you can preferences matter.

Join us in making a real impact! Your enthusiasm helps us provide vital support to those in recovery. Become part of our volunteer team today!



## Join Our Family and Friends Peer Support: A Call for Volunteers

Our Family and Friends Peer Support Programme is all about helping those recoverv someone in supported and connected. It's a place where you can learn useful skills in a friendly, safe environment.

We're looking for volunteers to join us! You could help out by co-facilitating groups, sharing your experiences, or even spreading the word about the work we do. Volunteering here is more than just giving time. It's about growing, learning, and being part of a community that lifts each other up.

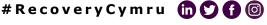
"As a volunteer, you'll find that supporting others also brings clarity and strength to your own life's challenges."

Owen, Family and Friends Peer Worker

By joining us, you'll gain more than you give. You'll pick up new skills, meet people who care just as much as you do, and see the real impact you can have right here in our community.

Interested? We'd love to have you as part of our team. Getting involved could be the start of something great, not just for others but for you too.

#### Thank you to our funders:





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