

Consultancy and bespoke support

Every organisation is different. We offer tailored consultancy to help you:

- Develop recovery-focused policies and systems
- Strengthen wellbeing and inclusion
- Build volunteer and peer pathways
- All participants receive training resources, a certificate and optional follow-up support.



Read to work with us?

Explore more details:



Contact us



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www.recoverycymru.org.uk/training

#RecoveryCymru



• Est. 2010 •

Recovery Cymru Training & Consultancy

Professional, peer-led training on the use of alcohol and other drugs, recovery, and wellbeing.



Who we are

Recovery Cymru is a peer-led recovery community with more than ten years of experience supporting individuals, workplaces and services.

Our training is rooted in lived experience and designed to create lasting change. Sessions are interactive, grounded, and shaped around the realities people face — not theory.

- Delivered in person or online
- Tailored to your needs
- Honest, engaging and practical

Our core courses

Our courses turn experience into action, giving people the tools and confidence to create lasting change.

Delivering Peer Support

Learn what peer support looks like in practice and how to use your experience to help others safely and confidently. Practical, empowering and rooted in recovery values.

Implementing Peer Support in Services

Explore how lived experience can transform services. This course helps teams plan, introduce and sustain peer support that improves connection, engagement and outcomes.

Managing the Use of Alcohol & Other Drugs in the Workplace

Straightforward training that builds the skills to recognise, approach and respond to alcohol and drug use at work. Focused on care, confidence and culture, not blame.

Wellbeing in the Workplace

A short and engaging session that challenges stigma and encourages open conversations. Includes lived experience stories, reflection and practical ways to support wellbeing.

Introduction to Recovery and Lived Experience

An accessible, thought-provoking introduction to what recovery means. Explores how language, lived experience and community shape understanding and change.

Each course sparks change that lasts beyond the session.

