

RECOVERY CYMRU: FAMILY AND FRIENDS PEER SUPPORT

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.

Join our drop-in at the Health Hwb!

Tuesdays | 10 High St, Barry CF62 7DZ | 9am-5pm

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: Hepatitis C Awareness with Vinnie

As part of Recovery Month, we welcomed Vinnie from the Hepatitis C Trust, who shared his story of living with addiction and the challenges that shaped his journey. He spoke openly about what life was like, what helped him move forward, and why Hep C awareness matters for both individuals and families. His honesty created space for questions, reflection, and connection, and helped us understand more about the realities that often sit behind someone's alcohol or drug use.



The group appreciated the chance to hear from lived experience and to explore how Hep C, stigma, and recovery intersect. Sessions like this remind us how valuable real stories are in helping families feel informed and supported.

Next, we will be joined by peers from Voices Action Change. VAC focuses on bringing lived experience into how local alcohol and other drug support is shaped across Cardiff and the Vale. They will share what the project is doing, the community initiatives they run, and the different ways people can get involved in shaping better services.

Join us on Thursday 27th November from 1.00pm to 3.00pm at the Recovery Cymru Centre in Canton.

Getting Support, Your Way

Excited to Announce Our New Drop-In!

We are really pleased to share that our brand new drop-in at the Health Hwb in Barry is now open. This space is for anyone in recovery from alcohol or other drugs, and for anyone who is struggling with the impact of a loved one's use or recovery. It is a place to offload, learn a few tools, and connect with people who genuinely understand what you are going through.

The drop-in runs every Tuesday from 9am to 5pm at 10 High Street, Barry. It is confidential, compassionate, and there is no judgement.

Come along, meet the team, and start building a community with us.



I wish that there were people who could understand what I'm going through.

Sound familiar?

A New Collaboration for Families and Friends



This November marks the start of a new partnership between the Family and Friends Peer Support Programme and the Recovery and Wellbeing College. Together, we are developing a course for anyone who is living with, or worried about, a loved one's alcohol or other drug use.

The aim is simple. We want people to have a place where they can learn, reflect, and understand more about what they are facing. The course will bring together lived experience, practical tools, space to talk, and the chance to explore how to look after yourself while supporting someone else.

This collaboration builds on what both organisations do best. Recovery Cymru offers peer led support and understanding, while the Recovery and Wellbeing College creates welcoming spaces to learn and grow. Bringing these strengths together means families and friends will have access to something supportive, grounded, and genuinely useful.

We will share more details soon, including dates and how to get involved.

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Sundays: Talking About What We Carry

In our recent Sunday Support Group, we have been talking about what recovery means for us as family and friends, not just for the people we care about. Many of us are realising that we also need space to look after our own wellbeing and rebuild parts of our lives that have been put on hold.

A lot of conversation has focused on isolation. It is common to feel alone with a loved one's alcohol or drug use, yet so many of us share the same experiences. When one person speaks honestly, it often gives others the confidence to do the same.

We have also talked about the feeling of walking on eggshells and the strain it places on us. The group gives people a place to speak about that pressure openly and without judgement.

#SwipeOutStigma: Challenging Stigma

Stigma is one of the biggest barriers families face when they are worried about a loved one's alcohol or other drug use. It keeps people quiet, makes them feel judged, and often leaves them carrying everything on their own. Through our #SwipeOutStigma campaign, we are making space for families to be honest about their experiences and feel understood rather than blamed.

In the Family and Friends Programme, we talk openly about the pressure, the isolation, and the emotions people are often told to hide. Every conversation helps break down the shame that surrounds these issues and makes it easier for people to reach out for support.

If your organisation wants to take part in #SwipeOutStigma or work with us to raise awareness, we would love to hear from you.

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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