

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.**

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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.

Shared Sparks: Voices That Shape Services



**Voices.
Action.
Change.**

In December's Shared Sparks session, we were joined by peers from Voices Action Change. They shared how VAC brings lived experience into conversations about alcohol and other drug support, helping shape services so they better reflect the realities people face.

The session gave space to hear what VAC has been working on across Cardiff and the Vale, why having a voice matters, and how people can get involved in influencing change in a way that feels safe and meaningful.

You can find out more about Voices Action Change and their work at www.vac.wales

Our next Shared Sparks session will focus on stopping smoking. We will be joined by Deb Parsons from Help Me Quit on Wednesday 28 January 2026, 1.30pm to 3.30pm, at the Recovery Cymru Centre in Canton. No need to book. Members, volunteers, and others connected to Recovery Cymru are welcome.

Have you recommended our Barry drop-in yet?

We are really pleased to share our drop-in at the Health Hub in Barry. 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?

Working Together to Strengthen Family and Friends Support

The Family and Friends Peer Support Programme works best when we collaborate with other organisations who support people affected by someone else's alcohol or other drug use.

We are keen to work with organisations who want to strengthen the support available to families and friends. That might be through sharing resources, co hosting sessions, guest speaking, or helping us reach people who may not yet know support exists for them.

Collaboration helps us offer more informed, joined up support. It also helps organisations better understand the impact that a loved one's alcohol or drug use can have on the people around them, including family members, friends, carers, and colleagues.

By working together, we can reduce stigma, improve understanding, and make it easier for families and friends to feel seen, supported, and able to access the right help.

If your organisation would like to talk about working with the Family and Friends Peer Support Programme, please get in touch at familyandfriends@recoverycymru.org.uk

We would welcome a conversation about how we can support each other.



familyandfriends@recoverycymru.org.uk
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07944851050



The Tudor Trust



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Sundays: Looking Back and Looking Ahead

In our recent Sunday Support Group, we have been talking about how we approach Christmas and the expectations we carry into it. Many of us shared how we often imagine the worst, yet the day can turn out better than we expect when we allow some flexibility and kindness towards ourselves.

A lot of conversation has focused on reflecting on 2025. People spoke about what they have learned, the boundaries they have set, and the strength they did not always notice at the time. Looking back together helped make sense of a challenging year.

We have also been sharing our hopes for 2026. Rather than big resolutions, people talked about small hopes for steadier days, more space for themselves, and feeling less alone as well.

Swipe Out Stigma: When the Past Gets Triggered

Stigma often shows up in the everyday moments families live with. A comment, behaviour, or reaction can trigger memories of past alcohol or drug use and bring fear, anger, or panic rushing back. These responses are rarely talked about, yet they shape how families cope and connect.

Through our #SwipeOutStigma work, we create space to talk about these triggers and the impact they have. We also explore how changing the way we communicate can reduce tension, from stepping away from shouting, guilt, or pressure, to allowing more space and calmer conversations.

If your organisation wants to support #SwipeOutStigma or work with us to raise awareness, we would welcome a conversation. Working together helps challenge stigma and build understanding for families.

Did You Know We Can Guest Speak at Your Organisation?

The Recovery Cymru Family and Friends Peer Support Programme can offer guest speaking sessions for organisations, teams, and services who want to better understand the impact of alcohol and other drug use on families and the people around them.

We work with you to create a session that fits your organisation. That might include an introduction to our programme, insight into what families and friends experience, and an honest look at how someone else's alcohol or drug use can affect wellbeing, relationships, and daily life.

These sessions can help organisations build awareness, reduce stigma, and feel more confident in supporting people who may be struggling quietly. They can also support staff by offering context and understanding around issues that often go unseen.

We can deliver sessions in different formats, depending on what works best for you, whether that is a short talk, a discussion space, or a more in depth session.

If you would like to explore a guest session or talk through what might work for your organisation, please get in touch at familyandfriends@recoverycymru.org.uk

We would be happy to talk more.



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