



Sundays: Looking Back and Looking Ahead

In our recent Family and Friends Peer Support Programme 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.

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.



CO-REFLECTION SESSION

FOR PEOPLE WHO OFFER PEER SUPPORT IN CARDIFF & VALE

We warmly invite you to join our upcoming Peer Co-Reflection space. For those of you who haven't attended this space yet, these sessions are designed to provide a supportive environment where peer workers connect and reflect.

THURSDAY
15th January 2025

START AT
10:30AM - 12:30PM



REGISTER NOW



WHAT TO EXPECT

- Connect with colleagues across different services and communities.
- Share experiences in a safe, respectful, and collaborative setting.
- Reflect together on challenges and successes in peer practice.
- Build collective wisdom that strengthens our work and wellbeing.

Peer co-reflection is more than just a meeting—it's a chance to come together as a community, celebrate the unique strengths of peer work, and learn from one another.

Family and Friends Guest Talks

The Recovery Cymru Family and Friends Peer Support Programme offers guest speaking sessions for organisations, teams, and services that want to better understand how alcohol and other drug use affects families and the people around them.

We work with you to shape a session that fits your organisation. This can include an overview of our programme, insight into family and friends' experiences, and how someone else's alcohol or drug use can impact wellbeing, relationships, and everyday life.

To explore a guest session, contact familyandfriends@recoverycymru.org.uk



• Est. 2010 •

INTERESTED IN SHARING YOUR STORY?



UNDERSTAND YOUR JOURNEY BETTER - STORYTELLING CAN BE A RECOVERY TOOL!

- HELP OTHERS IN RECOVERY
- REDUCE STIGMA
- INSPIRE OTHERS

Do you have lived experience, either your own or as a family member? Do you feel ready and able to tell your story? Recovery Cymru wants to hear from you!

We can support you to tell your story - this can be written, using photos or images, a video or audio - you decide. All stories will be treated with respect and care. You can choose to remain anonymous if you prefer.

By sharing your story, you can help break the stigma surrounding substance use and show others that recovery is possible. You'll also be giving hope to those who may be struggling and feeling alone in their journey.

Together, we can create a community of support and hope for people in and seeking recovery.

PLEASE GET IN TOUCH AND WE CAN GIVE YOU MORE INFORMATION



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www.recoverycymru.org.uk

#SwipeOutStigma
#PeerPowerCymru



Thank you to our Funders!



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