

# 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.**

Funded by UK Government  Wedi ei ariannu gan Llywodraeth y DU

## 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):

- **Wednesdays (Monthly 1.30pm-3.30pm):** 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 Session with Help Me Quit

In January's Shared Sparks session, we were joined by Deb Parsons from Help Me Quit. Deb talked openly about stopping smoking and why it can feel so difficult, especially when smoking is closely tied to stress, routine, and coping.



The session gave space to explore what quitting smoking can look like in real life, the worries people often have about stopping, and how support can help make change feel more manageable. People appreciated the practical, non judgemental approach and the chance to ask questions in a supportive setting.

You can find out more about Help Me Quit and the support available at [www.helpmequit.wales](http://www.helpmequit.wales)

Our next Shared Sparks session will welcome Neurodivergent Friendly Cardiff on Wednesday 25th February 2026, 1.30pm to 3.30pm, at the Recovery Cymru Centre in Canton. No need to book. This session is open to members, volunteers, and others connected to Recovery Cymru. Get in touch if you would like to come along!

**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.

## **Sharing Family and Friends Support with Dŵr Cymru Welsh Water**

The Family and Friends Peer Support Programme recently had the opportunity to deliver a talk with staff at Dŵr Cymru Welsh Water, sharing information about Recovery Cymru and the support available for people affected by someone else's alcohol or other drug use.

We talked about what family members and friends often carry quietly, the impact this can have on wellbeing, and why people may struggle to ask for support. We also shared how the Family and Friends programme works, what peer support offers, and how creating space for open conversation can help reduce stigma.

Sessions like this help organisations better understand the experiences people may be managing alongside their work. They can support wellbeing, increase awareness, and make it easier for people to access support when they need it.

We welcome opportunities to do similar talks with other organisations or businesses. If you would like us to deliver a session for your organisation, please get in touch at [familyandfriends@recoverycymru.org.uk](mailto:familyandfriends@recoverycymru.org.uk). We would welcome a conversation about how we can support each other.



[familyandfriends@recoverycymru.org.uk](mailto:familyandfriends@recoverycymru.org.uk)  
[www.recoverycymru.org.uk](http://www.recoverycymru.org.uk)  
07944851050



## Sundays: Our Recovery Too

In our recent Sunday Support Group, we have been talking about grief and how it shows up when we support someone else. This includes grief for the past, for changed relationships, and for the life we once imagined. Sharing this has helped people feel less alone in those feelings.

A lot of conversation has focused on our own recovery as family and friends. People spoke about learning to look after themselves, setting boundaries, and recognising that their well-being matters too.

We have also talked about the fear of relapse and how it can sit quietly in the background. Speaking about it together has helped ease isolation.

If you support someone and need space to talk, you are welcome to join us on Sundays.

## #SwipeOutStigma: Beneath the Surface

Stigma often grows out of fear and past experience. Families can find themselves reacting strongly to moments that remind them of earlier trauma or the fear of relapse. These reactions are rarely spoken about, yet they shape how people cope and communicate.

Through our #SwipeOutStigma work, we create space to talk about how fear and trauma can sit beneath everyday interactions. By understanding where reactions come from, families can begin to respond with more compassion for themselves and each other.

If your organisation would like 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.

## Voices That Help Others Step Forward



We know how powerful it can be to hear from other family members and friends who have lived through similar experiences. Stories help people feel less alone, make sense of their own situation, and realise that peer support might be something that could help them too.

We are looking for loved ones who may be willing to share their experiences of supporting someone with alcohol or other drug use. This could be in writing, anonymously, or in conversation. There is no expectation to share everything, just what feels right for you.

By sharing stories, families and friends can help encourage others to reach out, take part in peer support, and feel more confident about stepping into a space where they will be understood.

If you would like to talk about sharing your story or find out more about how it could be used, please get in touch at [familyandfriends@recoverycymru.org.uk](mailto:familyandfriends@recoverycymru.org.uk). We would be grateful to hear from you.

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