

## NEWSLETTER

# 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.



## Insight Session:

## Neurodivergent Friendly Cardiff

In March, Neurodivergent Friendly Cardiff joined us to talk about what it means to be neurodivergent and how Cardiff can become more inclusive.

For many people, the barrier is not motivation. It is environments and services that are hard to navigate, overwhelming, or not built with neurodivergent needs in mind.

Neurodivergent Friendly Cardiff is a citywide initiative focused on understanding, accessible spaces, and clearer information and routes to support, shaped by people with lived experience.



## April Insight Session: Ara Recovery for All

Wednesday, April 29<sup>th</sup> 2026

2.45pm - 4.15pm

## Recovery Cymru Recovery Centre

Ara provides free support, including practical advice and support, self-exclusion support, relapse prevention groups and free counselling for gamblers and affected others.

Come along to learn about the impact of gambling and what confidential support is available. If you're not a member, such as an organisation, a business or a speaker, please contact us 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.

## Spreading the word with General Practitioners



GPs are at the heart of our communities. They are there when people can be vulnerable and need guidance on where to go for support in other aspects of their lives.

That's why the family and friends peer support programme has been taking the opportunity to foster relationships with local GP clusters, by providing educational and awareness guest speaking days.

Now the clusters are:

- Knowledgeable about how to refer to Recovery Cymru
- Informed of what options we can provide for support
- Aware of how to challenge systemic stigma so that the best support can be given

Do you think your organisation would benefit from us being a guest speaker?

Get in touch with Owen at [familyandfriends@recoverycymru.org.uk](mailto:familyandfriends@recoverycymru.org.uk)



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## Sundays: Our Recovery Too

Our Sunday groups are gathering in larger numbers, and the topics being put forward have been particularly powerful over these past months.

In recent groups, members have discussed:

1. Not being responsible for loved one's life choices
2. How do we manage a loved one's alcohol and other drug use lapses
3. Giving ourselves permission to feel whatever we feel

Our groups have been helping us to create peer-informed resources about shame, guilt, and preoccupation. That's the wonderful circle of peer support. Getting support from peers, then supporting others by educating them.

## #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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