

# 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):

- **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 Sessions



In April, the British Red Cross joined us for an Insight Session focused on everyday first aid and what to do in an emergency.

The session explored simple, practical ways to respond when someone is injured or unwell, using everyday objects that people are likely to have around them. It focused on building confidence, staying calm, and knowing how to help while waiting for professional support.

The British Red Cross will be joining us again on Wednesday 24th June, 2:45pm to 4:15pm, for an Introduction to Non-Life-Threatening Scenarios workshop, covering common situations such as burns.

Insight Sessions are open to anyone who wants to learn something new, hear from guest speakers, and connect with others in a welcoming environment.

**Are you interested in running a workshop or being a guest speaker? We'd love to hear from you.**

# 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.

# VOLUNTEERS NEEDED

Do you have lived experience of supporting someone with their alcohol and other drug use?

Are you interested in supporting others?



## Help us to:

- Make others feel less alone
- Give hope, support and a safe space
- Equip people with new insights and skills

## Have you recommended our Barry drop-in yet?

We were delighted to attend the Unpaid Carers Event in Penarth recently and connect with local organisations and community members. It was also a great opportunity to catch up with our fellow recovery peers at Adferiad and share information about the support available across Cardiff and the Vale.

If you are an unpaid carer, or support someone who is, join us on Sunday 12th July when Craig Jacobs from the Unpaid Carers Project will be joining our Family and Friends Support Group to talk about the support, advice, and resources available to unpaid carers in the area.

**We also welcome referrals from organisations, GPs, and support workers. People can refer themselves, or be encouraged to get in touch. Referrals can be made by phone, email, or through the website form at [www.recoverycymru.org.uk](http://www.recoverycymru.org.uk).**

## Trust, Hope and Connection

Our Sunday groups continue to bring people together to share experiences, support one another, and explore the challenges that come with loving someone affected by alcohol or other drug use.

In recent groups, members have discussed:

- Trust and how it can be lost
- Finding hope and things to look forward to in the week ahead
- Building connections with others who understand

We also held our first social gathering before the support group. It was a chance to get to know one another outside of the usual discussions and strengthen the connections that make peer support so valuable.

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## Breaking the Silence Around Family Stigma

Families affected by a loved one's alcohol or other drug use often find themselves carrying experiences that are rarely talked about. Worry, uncertainty, judgement from others, and feeling misunderstood can all take their toll.

That is why we created #SwipeOutStigma. The campaign shines a light on the experiences of family members and loved ones, helping people understand the challenges they face and the support that can make a difference.

By sharing stories, raising awareness, and encouraging conversations, we can help build greater understanding and reduce the stigma that too often keeps people struggling in silence.

If your organisation would like to support #SwipeOutStigma or work with us to raise awareness, we would love to hear from you.

## 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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