

Recovery Month

Get in touch for more details!



Sept
2026

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

	1 Co-reflection Session Sports Wales, National Centre 12:30pm - 2:30pm	2	3	4 Community Activity: Bring Your Own Projects 12:30pm - 2:30pm	5 What's Out There?? Cardiff Bay 1pm -3pm	6
7	8	9 Rust Musical Workshop: Part 1 12pm - 3pm	10	11 Rust Musical Workshop: Part 2 10am - 1pm	12	13
14	15 Halfway through! Share your recovery month pics!	16 Recovery Walk Pen-y-fan 10am Start	17	18 Recovery Month Recovery Quiz and Celebration 12:30pm - 2:30pm	19 What's Out There?? Cosmeston Lakes 1pm -3pm	20 Family & Friends Recovery Month Celebration 6pm - 7.30pm
21	22	23	24 Family and Friends Open Afternoon 1pm - 4pm	25 Recovery Month Development Group 12:30pm - 2.30pm	26	27
28	29	30 Insight Session 2:45pm - 4.15pm Recovery Social 5pm - 8pm	Thank you to our funders           			

079444 851 150

info@recoverycymru.org.uk