

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 Rust Musical Workshop: Part 1 12pm - 3pm	9	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           		

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- **1st September – Co-reflection Session**

A chance to reflect, share learning and connect with others through peer experience.

- **4th September – Community Activity: Bring Your Own Projects**

Bring along something you're working on and enjoy a relaxed afternoon creating alongside others.

- **5th September – What's Out There?? Cardiff Bay**

Get out, explore Cardiff Bay and spend some time connecting with others.

- **8th September – RUST Musical Workshop: Part 1**

Get involved in a creative musical theatre workshop exploring recovery through performance.

- **11th September – RUST Musical Workshop: Part 2**

Continue creating, performing and exploring recovery through musical theatre.

- **15th September – Halfway Through: Share Your Recovery Month Pics**

Show us what Recovery Month has looked like for you so far using the hashtag #RecoveryMonthRC

- **16th September – Recovery Walk: Pen-y-fan**

Take on Pen-y-fan with us for a day of walking, fresh air and good company.

- **18th September – Recovery Month Quiz and Celebration**

Test your knowledge, have some fun and celebrate Recovery Month with us.

- **19th September – What's Out There?? Cosmeston Lakes**

Join us for a trip to Cosmeston Lakes and an afternoon outdoors with the RC community.

- **20th September – Family & Friends Recovery Month Celebration**

An evening bringing family and friends together to connect and celebrate Recovery Month.

- **24th September – Family and Friends Open Afternoon**

Drop in to meet the team, find out about Family & Friends support and learn how to get involved.

- **25th September – Recovery Month Development Group**

Share your ideas and help shape what Recovery Month and future activities could look like.

- **30th September – Insight Session**

Sarah Vaile, Director of Recovery Cymru, will be sharing the history of RC. How and why our community started and what she sees for the future.

- **30th September – Recovery Social**

Finish Recovery Month with an evening of good company, connection and a chance to unwind.

● = Wider community are welcome to participate