

RECOVERY CYMRU NEWSLETTER

JAN-APRIL 2024

**BY FOUNDER
AND DIRECTOR
SARAH VAILE**



Hi everyone, welcome to our latest newsletter! We hope you enjoy reading about all things RC. Thank you to everyone who makes this possible! I am particularly delighted to introduce our brand-new self-funded Family and Friends Peer Support Programme.

The programme has been a long-awaited offer, but we needed to wait until the time was right – and now is that time! As always – if you'd like to connect with us on any of our work or know someone who would, please get in touch.

SUPPORTING YOUR JOURNEY 7 DAYS A WEEK, 365 DAYS A YEAR!

Explore our latest newsletter for the updated timetable, providing you with information on our upcoming sessions and activities. For any inquiries or additional details, don't hesitate to reach out to us directly or visit our website. Stay connected and informed with all that's happening!

HOW TO REFER YOURSELF OR SOMEONE ELSE TO RECOVERY CYMRU

Thinking about joining Recovery Cymru or know someone who could benefit from our support? Referring yourself or someone else is simple and straightforward.

- **Visit Our Website:** Start by visiting our website where you can find detailed information about the support we offer. There's a specific section dedicated to referrals. Visit www.recoverycymru.org.uk
- **Contact Us Directly:** Call us at 07944851050 or email at info@recoverycymru.org.uk. Our friendly team is here to guide you through the process and answer any questions.

Remember, seeking help is a brave and positive step towards recovery. Whether it's for you or someone you care about, we're here to support you every step of the way.

Ready to take that step? Refer today and join the Recovery Cymru community.



RECOVERY CENTRE REFURBISHMENT NEARLY DONE!

Big thanks to everyone for your patience during our refurb! We're thrilled to see the Recovery Centre being used more already. The improvements are almost complete, and it's looking fantastic.

Drop by and check out the changes—we're excited to welcome you back into a fresher, better space!



Emma recently completed the 'Understanding Neurodiversity' course through The Cardiff and Vale Recovery & Wellbeing College, and she's buzzing about how it's boosted her support here at Recovery Cymru. You can explore the Recovery College here: <https://cavuhb.nhs.wales/recovery-college/>

Here's what Emma has to say about working with us:

"Upon starting at RC, I was asked how I work best, a question posed to everyone to ensure inclusivity. RC has also offered suggestions to improve my focus, some of which I hadn't considered before but have proven highly effective for me.

**MEET EMMA:
A CHAMPION OF
NEURODIVERSITY
AT RECOVERY
CYMRU**

Not only is she acing her courses, but Emma's also been a whiz at shaking things up with our daily operations. She's streamlined how we handle end-of-day (EOD) tasks and set up a new system to track work, making everyone's day run a little smoother.

Additionally, RC accommodates my sensory needs by allowing me to use headphones and music, enabling me to work in a quiet space when necessary."

Recovery Cymru is making sure employees have what they need to be their best. Whether it's helping us focus better or just making sure we feel included, it's all about support here!



RECOVERY CYMRU IS SHORT LISTED AT THE CHARITY GOVERNANCE AWARDS 2024

Big news! Recovery Cymru has been shortlisted for the Charity Governance Awards in the 'From Systemic Challenge to Meaningful Change' category! It's a proud moment for us at Recovery Cymru as we continue to transform lives and communities. Discover why we are shortlisted:

<https://www.charitygovernanceawards.co.uk/>

WELCOMING RACHEL MARSHALL AND INTRODUCING WENDY WOO

We were thrilled to welcome Rachel Marshall from The Lloyds Bank Foundation - one of our amazing funders. Great discussions about our work with CAVDAS and a fun introduction to our newest team member, Wendy Woo the water cooler!



**CELEBRATING LOVE:
CONGRATULATIONS TO OUR
TRUSTEE AMANDA AND HER
HUSBAND SIMON!**



Everyone at Recovery Cymru sends their warmest wishes for a life filled with joy and love. Here's to many wonderful years ahead for both of you!

RC Message Board!

Get in touch for more info!



INTERESTED IN SHARING YOUR STORY?



UNDERSTAND YOUR JOURNEY BETTER - STORYTELLING CAN BE A RECOVERY TOOL!

- HELP OTHERS IN RECOVERY
- REDUCE STIGMA
- INSPIRE OTHERS

Do you have lived experience, either your own or as a family member? Do you feel ready and able to tell your story? Recovery Cymru wants to hear from you!

We can support you to tell your story - this can be written, using photos or images, a video or audio - you decide. All stories will be treated with respect and care. You can choose to remain anonymous if you prefer.

By sharing your story, you can help break the stigma surrounding substance use and show others that recovery is possible. You'll also be giving hope to those who may be struggling and feeling alone in their journey.

Together, we can create a community of support and hope for people in and seeking recovery.

PLEASE GET IN TOUCH AND WE CAN GIVE YOU MORE INFORMATION

07960 430096

rebeccacashman@recoverycymru.org.uk

www.recoverycymru.org.uk

#SwipeOutStigma
#PeerPowerCymru



CAVDAS PEER & RECOVERY PROGRAMMES



WHAT'S ON OFFER...

1:1 THERAPEUTIC PEER SUPPORT

- Aftercare
- Alongside treatment
- Maintaining Recovery and exiting treatment
- Face to face
- Phone/text support
- Email
- Weekly, fortnightly or monthly (as needed)

AFTERCARE & RECOVERY SUPPORT

COMMUNITY REHAB PROGRAMME

- 6-week intensive aftercare programme including groupwork, 1:1 support, therapeutic interventions and social engagement
- Preparation & Graduate programmes
- Twilight - evening course

STRUCTURED AND LESS STRUCTURED GROUPWORK

- Peer Moving on in My Recovery
- Relapse Prevention
- Peer Support Groups
- Weekend Reflection
- Others - please see website



INTRODUCTION TO RECOVERY - 'MAKING CHANGES'

- Chat and a cuppa
- Group work and socials
- 1:1 support

- Community Connections
- Volunteering
- Social activities & recovery community engagement



HOW TO REFER / JOIN US: CHOOSE THE ONE THAT'S EASIEST FOR YOU!

- Self/direct - emma.greenhill@cavdas.com / 07944851050
- Via CAVDAS Paris referral - Make a note 'For Peer Team'
- Attend CAVDAS buildings and ask for peer team
- Joint Allocation Meeting

CAVDAS Tel: 0300 300 7000

2-10 Holton Rd, Barry CF63 4HS
218 Cowbridge Rd E, Cardiff CF5 1GX
7 St. Andrews Place, Cardiff, CF10 3BE

Family and Friends Peer Support VOLUNTEERS NEEDED!



WANT TO DO SOMETHING THAT REALLY MATTERS?

Join us and make a big difference in the lives of families dealing with the impact of alcohol and other drugs. It's a chance to help people feel supported, break down stigma, and build a stronger, more understanding community.

HAVE YOU BEEN THERE FOR SOMEONE BATTLING SUBSTANCE ISSUES?

KEEN TO HELP OTHERS WALKING THE SAME PATH?

Your experience is invaluable to us! By volunteering, you'll provide emotional support, share vital info, and make others feel less alone. This kind of help is a game-changer—it brings hope and real comfort to families. Plus, you'll meet great people, learn a lot, and feel awesome for making such an impact.

READY TO HELP OUT? GET IN TOUCH!

familyandfriends@recoverycymru.org.uk

02920 227 019 - 07944 851 050

www.recoverycymru.org.uk

Recovery Centre,
218 Cowbridge
Road East, CF5 1GX



WE NEED HELP WITH:

- Running group chats
- Getting the word out
- Helping with events
- Talking about our cause



Est. 2010

Family and Friends Peer Support Group Sundays - 18:00 - 19:30



Who We're Here For

Our Peer Support Group is for those struggling with a loved one's substance use or recovery. Whether you're a family member or friend, find understanding, shared experiences, and support here. Join us on the path to recovery together.



What We Cover

- **Sharing Practical Tools:** Explore actionable strategies to navigate challenges.
- **Coping Techniques:** Learn effective ways to cope with the impact of a loved one's substance use.
- **Personal Experiences:** Exchange stories and insights with others facing similar situations.
- **Insightful Discussions:** Engage in meaningful conversations about the recovery journey.
- **Community Understanding:** Connect with a supportive community that truly comprehends your experiences.



Get Involved

02920 227 019 - 07944 851 050

familyandfriends@recoverycymru.org.uk

www.recoverycymru.org.uk

Cardiff Recovery Centre, CF5 1GX

NAVIGATING NEW PATHS WITH LIAM: OUTREACH THAT REACHES FURTHER

We're thrilled to shine the spotlight on Liam, the dedicated CAVDAS Peer Navigator. Liam has a crucial role, particularly in reaching out to those often overlooked, including individuals experiencing homelessness.

His efforts go beyond the usual as he ventures into the community and we're also rolling out hostel drop-ins, ensuring that no one is left behind and gently encouraging more people to take steps towards recovery and support.

It could be the perfect setting to reintroduce them to the support systems available at RC. This month is particularly exciting as we're launching a new initiative with Liam at the helm.

Join us every Wednesday morning at St John's Church, from 11 am to 1 pm, for a warm cuppa and a friendly chat. It's a fantastic opportunity not just to learn about the services at Recovery Cymru but also to discuss what might be keeping people from engaging with these supports.



"I FIND IT INCREDIBLY REWARDING TO BRING A BIT OF HOPE AND PRACTICAL SUPPORT TO PEOPLE WHO MIGHT FEEL FORGOTTEN.

IT'S ABOUT MORE THAN JUST OFFERING SUPPORT; IT'S ABOUT BUILDING TRUST AND RELATIONSHIPS," SAYS LIAM.

GEMMA'S DAY OUT WITH THE VALE CRP CREW!

Our very own Gemma from the Community Connections Coordinator Team recently led a fabulous outing with participants from the CAVDAS Vale Community Rehab Programme (CRP). It was a day to remember!

Starting with seven eager attendees, our first Vale CRP session turned out to be a massive hit. Not only did they enjoy the activities planned for the day, but the group also celebrated a fantastic milestone—four of our attendees graduated from the programme! It's a brilliant achievement, and we couldn't be prouder.

The day was filled with laughter, camaraderie, and plenty of fun. It's moments like these that truly highlight what our support is all about—community, connecting with others, and a good bit of fun along the way.

Big cheers to Gemma and the passionate CRP team for making it all happen—and to everyone who participated! You've shown what we can achieve together, and it's nothing short of inspiring.

Can't wait for the next one! Here's to many more successful outings and achievements.



FROM CONVERSATIONS TO CONNECTIONS: VALE'S UNPAID CARERS EVENT



A big shout-out to Owen, our fabulous Recovery Cymru Family and Friends Programme Peer Worker! Owen recently attended the Unpaid Carers event in the Vale of Glamorgan, where he was busy making connections and sharing the great work we do at Recovery Cymru.

It's not just about spreading the word; it's about building real relationships. Owen met heaps of fantastic people, learned about their needs and discussed how our support can fit into their lives.

But that's not all—Owen also explored potential partnerships with other organisations. We're all about joining forces to provide even better support for our community. **So, if you're part of an organisation or know one that could synergise with us, let's chat!**

INSIDE OUR COMMUNITY: HOW RC PEER WORKERS MAKE A DIFFERENCE

Our peer workers at Recovery Cymru have been making waves in how they support our members. Their approach? Simple: believe in people until they can believe in themselves. Our team's calm, supportive approach has been a lifeline for many of our members. They are known for their patient and encouraging manner, often reminding us all about the strength we have inside.

One of our members shared how a peer worker was there for them in a moment of doubt, helping them see that they could still find new paths forward even when things seemed tough.

“THANK YOU RECOVERY CYMRU FOR THE SUPPORT HAVING FAITH AND BELIEF IN ME, AND ENCOURAGING ME TO BELIEVE IN MYSELF - EVEN WHEN I FELT THAT DOORS AND OTHER PATHWAYS WERE BEING CLOSED TO ME WHEN I FIRST REACHED OUT FOR SUPPORT,” THEY SAID.

NEW TRAINING!
Developing & Implementing Peer Support for People in 'Pre-recovery'

PRE-PURCHASE NOW!

LAUNCHING SUMMER 2024!

Building on Alcohol Change UK Bluelight Training and Recovery Cymru's First Steps Programme

Contact us for more info: training@alcoholchange.org.uk

Each full-day course costs £795 per session to run online

www.recoverycymru.org.uk www.alcoholchangeuk.org.uk

RC ROUND UP

- Farewell Ceri and Rosey; thank you for your contributions to RC and we wish you good luck in your future endeavours!
- A joint effort of Alcohol Change UK and RC means you have the opportunity to take part in **brand-new training!** Your organisation can pre-purchase Developing & Implementing Peer Support for People in 'Pre-recovery' today! Get in touch for more info.
- **New Fundraising Adventures:**
- Be it our new Charity of the Year for businesses, Legacy Pack, or diving into our fundraising pack – you can support us!

JOIN OUR RECOVERY COMMUNITY FOR CRAFTY THURSDAYS AT RECOVERY CYMRU!

Every Thursday from 1-3pm, Kat and Jo are sparking joy and creativity at the Recovery Centre with our Community Activities session. It's not just about having fun; it's about making connections, exploring creativity, and discovering more about ourselves and our shared values.

From the soothing rolls of clay to the intricate folds of origami, each week offers something different. These sessions are a great way to relax, meet new friends, and learn new skills, all in a supportive and friendly environment.

Even our Trustees and our inspiring Founder and Director, Sarah Vaile, have been joining in. Sarah's been guiding some fantastic discussions on the future values and directions for our Recovery Community. It's all about growing together and reinforcing the bonds that make Recovery Cymru a special place.

So, why not break up your week with a bit of creative flair? Whether you're a master crafter or a curious beginner, come on down. **We'd love to see you there – let's create something great together!**



DISCOVER 'WHAT'S OUT THERE??' WITH KAT EVERY OTHER SATURDAY!

Ready for a bit of adventure every other Saturday? Kat's got you covered with our bi-weekly outing, 'What's Out There??' from 1-3 pm. It's your chance to get out, stretch your legs, and see some local sights with good company.

We've been visiting places like Barry Island and Romilly Park, and each trip has been absolutely delightful. Whether it's feeling the sand between your toes or enjoying the greenery at the park, these outings are perfect for getting a breath of fresh air and making memories with fellow members of the Recovery Cymru community.

Don't miss out! Join Kat this Saturday for another exciting exploration. Bring along your walking shoes, pack a smile, and let's find out together 'What's Out There??'



Thank you to our Funders!



TAKE A LOOK AT WHAT WE HAVE TO OFFER...

Peer Group Timetable

The Recovery Centre - 218 Cowbridge Rd E, Cardiff CF5 1GX

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	10-11am Weekend Reflection (In person)	10am-12pm Relapse Prevention (Online)	10am-12pm Self-help Group (In person)	10am-12pm PMOIMR (Hybrid)	10am-12pm Recovery Cafe (Hybrid)	9am-5pm Open Access/ Phone Support	9am-5pm Open Access/ Phone Support
	10am-12pm Relapse Prevention (In person)						1pm-3pm PMOIMR (In person)
PM	1-3pm Women's Group (Hybrid)	5-7pm Support Group (Online)	2-3pm Support Group (In person)	12.30-1.30pm Family & Friends Support Group (Online)	2-3pm Weekend Preparation (In person)	1-3pm WOT?? (Fortnightly - In person)	2-3pm Peer Support Group (Online)
				1-3pm Community Activities (In person)	6-7pm Support Group (Online)	2-3pm Support Group (Online)	6-7.30pm Family & Friends Support Group (In person)

Peer Group Overviews

Open Access 7 Days a Week

Weekend Reflection	The perfect start to the week and a gentle way to build a routine. Weekend reflection is an opportunity to discuss the past weekend and discuss plans and hopes for the forthcoming week. Safe, like-minded, and confidential.
Women's Group	A chance to check in, chat, play some games, and have a laugh with ladies in a friendly and safe environment.
Relapse Prevention	A 12-week programme offering insights, techniques, and support in managing recovery, lapse, and relapse. Whilst structured it's fully participatory and peer-led. Looks at relapse cycle, triggers, urges and cravings, awareness, and avoidance of high-risk situations, and maintaining your recovery whatever that means to you.
Peer Support Group	A peer led chance to check in and discuss whatever is on your mind whether recovery or general life. Content is set by whatever people bring and a chance to support each other with no content or hierarchy.
PMOIMR	Our 12-week peer-created and led course that draws on the needs and experiences of UK-wide peer support groups and evolves with them. Dealing with all aspects of life with a recovery focus including loss, mental health, and work-life balance, facing these with peers and those of lived experience gives a maintainable and manageable approach to one's recovery. Designed to start at any point.
Community Activities	What activities you may ask? It can be anything! Varying from creative sessions, and wellbeing tasters to learning languages. Advertised weekly.
Recovery Cafe	Come along to share a cuppa, have a check-in and participate in a quiz with peers. An opportunity to relax ahead of the weekend.
Weekend Preparation & Relaxation	Having your back when it comes to the struggles the weekend can bring, this group sets you up with the right mindset to navigate social pressures and more, as well as provide a peaceful place to unwind.
What's Out There (WOT)?	A fortnightly get-together of members and friends. It alternates between the Vale & Cardiff. As simple as a beach walk to boating down the bay this is an opportunity to make connections, build friendships and expand horizons in a gentle and supportive way. Friends and family welcome. *
Family and Friends Group	Our Family and Friends Group provides a compassionate and understanding space for loved ones navigating the challenges of a family member's substance use, fostering support, empathy, and shared experiences.