September 2026
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Recovery Cymru
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Recovery Cymru

NEWSLETTER



What a Recovery Month!

From climbing Pen-y-Fan to exploring recovery stories through theatre, September was full of memorable moments, new experiences and plenty of laughs.

A huge thank you to every member, volunteer, trustee and member of staff who joined in and made the month such a good one!

We made it up Pen-y-Fan!



A huge well done to everyone who took on Pen-y-Fan with us.

It was a tougher community activity than most, but that was part of the fun. Getting out together, challenging ourselves and realising you can do more than you thought is exactly why these days matter.

And yes, everyone smashed it.

Recovery stories, told differently







Creative Recovery Labs brought RUST to the centre for two wonderful theatre workshops.

Members and volunteers got stuck into improvisation and movement, stretched their confidence and explored recovery stories through creativity and performance.

We are very grateful to have had something so inspiring for our recovery community!

New Sounds, New Connections





Members, volunteers, trustees and staff had a truly unique time with Wild Rhythm, finishing Recovery Month with shared stories and an immersive sound walk.

Using hydrophones, microphones and bio-acoustic technology, we tuned into the rhythms and vibrations of plants, trees, insects and underwater life.

A memorable experience to round off the month together.

A phenomenal turnout for our Family & Friends Open Afternoon!



Our Family & Friends Open Afternoon brought together people seeking support, familiar faces and local organisations keen to learn more about the programme.

We made new friends, reconnected with long-term ones, and had brilliant conversations with professionals, including Emma and Natalie from Cardiff Council and Social Services, about how much support families and friends need.



A big thanks to everyone who came along. Missed out? We'd love to hear from you!

familyandfriends@recoverycymru.org.uk

Looking back and looking ahead

Dementia Friendly Barry Community

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Wednesday, 28th Oct 2026
2.45pm - 4.15pm
Recovery Cymru, 218 Cowbridge Road East, Cardiff, CF5 1GX

For our September Insight Session, founder and director Sarah Vaile shared the story of Recovery Cymru, from how our community began to where we are today and what the future could look like.

Next up: Would you recognise when someone might need a different approach because of dementia?

Dementia Friendly Barry will join us to explore the signs of dementia, how it affects everyday life, and how we can better understand and respond to someone whose behaviour or communication might be misunderstood.

Members, volunteers, professionals, other organisations and anyone interested in learning more are welcome! Bring your questions and join the conversation.

Planning to come? Get in touch and let us know so we can expect you!

A big THANK YOU to Claire from Taff Housing Association!



When Claire from Taff Housing Association visited our Family & Friends Open Afternoon, she chatted with Kat about our activities and the cost of everyday supplies.

Kat mentioned our Amazon Wishlist, where people can donate items we need. Claire went away and bought everything on it!

We were genuinely blown away by such a generous, practical way to support our community.

We can't thank you enough, Claire! We'll be putting together a new Wishlist soon, so watch this space.

Recovery College Open Day



Founder and Director Sarah Vaile and volunteer Chad spent time with some of our favourite people at the Cardiff & Vale Recovery and Wellbeing College Open Day during Recovery Month.

The College offers free courses around mental health, wellbeing and recovery, co-produced by people with lived experience. The Open Day was a chance to see what's coming up, catch up with familiar faces and introduce more people to what Recovery Cymru does.





Would you like Recovery Cymru to guest speak, provide training or collaborate on something with your organisation? We'd be delighted to work with you!

Help Keep Recovery Cymru Open 365 Days a Year!

We're here every day, staying open past midnight on New Year's Eve and reopening on New Year's Day!

Volunteer, fundraise or donate. Just £2 a month adds up!

Find out more: www.recoverycymru.org.uk

Stay Connected

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