



Recovery Festival Wales

Year: 2025

Introduction and Purpose

On Thursday, 11th September 2025, Recovery Cymru and partners hosted the first Recovery Festival Wales at Insole Court, Cardiff.

Timed for National Recovery Month, the event was designed to:

- Make recovery visible in our communities
- Celebrate the achievements of people in recovery
- Challenge stigma around alcohol and other drug use
- Showcase Cardiff as a developing Recovery City, where recovery is visible, valued, and celebrated every day

This grassroots, community-led festival brought together people in recovery, families and friends, volunteers, local organisations, and wider partners.

Achievements and Impact at a Glance (Approx)

- **300+ people** attended the festival
- **15 volunteers** gave their time and skills
- **19 organisations** ran stalls
- **23 contributors (33 individuals)** facilitated creative activities, holistic treatments, music performances and recovery story speakers.
- **5 different** recovery group 'tasters' were facilitated, including peer recovery, family and friends support and 12-step fellowship



FESTIVAL IN ACTION



Highlights

- The day was packed with music, stories and creativity. From the Choir with No Name and No Saints, to recovery storytellers and author Sophie Calon, the mainstage kept the crowd inspired.
- Workshops offered tasters of peer support, family and friends groups, and 12-step fellowships, alongside creative writing, art, music and holistic wellbeing sessions.
- Community stalls, flag-making and the Recovery City map celebrated local recovery. Free food and refreshments kept the festival welcoming, while Eternal Media captured voices of recovery to share beyond the day.

OUTCOMES AND SIGNIFICANCE

The festival showed that recovery is visible in Cardiff, sparking conversations and breaking down stigma. It created new connections across communities and highlighted the strength of partnership working. Attendees left inspired, with greater awareness of recovery pathways in Cardiff and the Vale.

This momentum feeds into our wider ambition to develop Cardiff and Vale as Wales's first inclusive Recovery region. A festival video will be released later this year, and planning for 2026 has already begun.

Organisations, businesses and individuals are invited to sponsor, partner or volunteer.

Learning for the Future

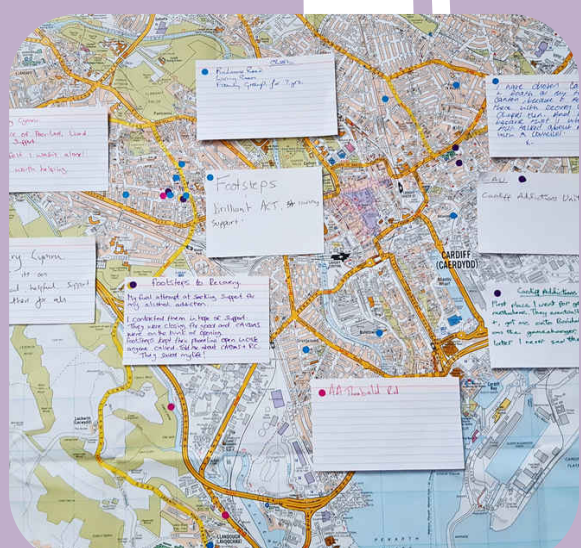
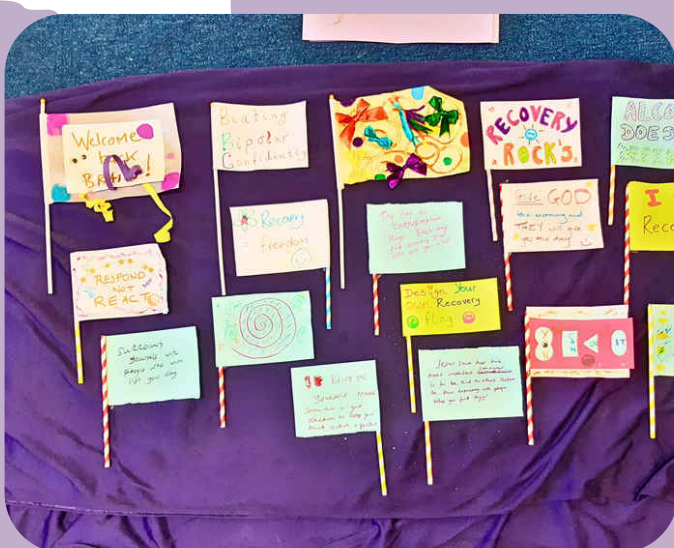
Interactive activities and peer group tasters proved highly engaging, while strong interest in volunteering signals a clear opportunity to build sustainability.

THANKS AND CLOSING NOTE

The Recovery Festival Wales 2025 was hosted by Recovery Cymru in Cardiff and made possible by the commitment of funders and sponsors, the time and energy of volunteers, and the input of organisations, facilitators, performers, and staff. These contributions created a day that inspired hundreds, challenged stigma, and made recovery visible across Wales.

Planning for the next Recovery Festival Wales is already underway. If you or your organisation would like to contribute, sponsor, or help shape the event, please sign-up via our online form: [**Recovery Festival Wales Form**](#)

“What an incredible event - that level of attendance, in such horrible weather, particularly, is really quite remarkable.”



“I will be honest, I normally never attend events, but today was something special and definitely would encourage another one for sure.”