

YOU'RE INCLUDED!



At **Adferiad Recovery** we want you to enjoy your life to the full. We can help people with mental health and/or addiction problems to:

- meet new people and make new friends.
- help identify your aims and get help from trained coaches.
- connect to your local community.
- take part in fun activities, such as cookery, gardening, music, art and much more.
- build your confidence and new skills.
- access funding for courses like Food Hygiene and CSCS cards.
- earn certificates to show what you can do.
- volunteer for great causes, such as local charities.
- consider job searches and relevant work experience.

...and much more!

We will work around you - you're in charge!

We could help you, if you're:

- **25 or over.**
- **live in Cardiff.**
- **not currently in work.**

For more information,
please contact:

 david.miller@adferiad.org.uk

 07971 776 381

*Let us help you get what you want out of **YOUR** life!*



www.adferiad.org.uk



**ADFERIAD
RECOVERY**

Adferiad Recovery provides support for vulnerable people in Wales with particular focus on individuals with mental health problems, substance misuse, or with co-occurring and multiple complex needs.

Registered company in England and Wales, No. 2751104. Limited by guarantee. Charity number: 1039386.



**Cronfa Gymdeithasol Ewrop
European Social Fund**

WcVA

Active
Inclusion
Fund

CgGC

Cronfa
Cynhwysiant
Gweithredol