



Voices – Action – Change (V-A-C) is an exciting project developing Service User Involvement and co-production across the substance misuse treatment landscape in Cardiff and Vale of Glamorgan.

“Let’s bring in the human element and see behind the stats.”

- Service user about personal stories

WHAT OUR VAC REPRESENTATIVES (REPS) ARE DOING

- Participating in interview panels to support the recruitment of future providers
- Talking about VAC in education settings to start conversations
- Co-facilitating training to help others develop their skills
- Working collaboratively with the APB to support blood borne virus testing and treatment
- Reaching out to people with lived or living experiences to get everyone’s voices heard

“...build services in each area with the right representation running each service.”

– Service user about diversity

UPCOMING VAC-TIVITIES

- Weekly drop-ins on Thursdays from 3 pm till 4 pm at St John’s Church in Cardiff (3 St John Street, Cardiff, CF10 1GJ meet us by the back entrance of Cardiff Indoor Market if you are unsure where to come)
- VAC Zoom meeting – 19th of May 1 pm till 2 pm – contact Lilla for the link
- VAC Rep 1-day training – 10th of June from 9:30 am
- VAC Zoom meeting – 13th of June from 11 am till 12 pm – contact Lilla for the link
- VAC face-to-face event – 17th of June at 10 am, meeting at St John’s Church in Cardiff
- We will also see you out and about, in Cardiff and the Vale, please feel free to stop us and say hi!

COULD YOU BE OUR NEXT VAC REPRESENTATIVE?

Do you have lived or living experience of substance misuse or support someone who does? Share your views, give back, and support others!

We offer training, support, rewards, and a community where you can make a difference!



VAC CONTRIBUTION

We are proud to have been able to contribute to the Cardiff and Vale Population Needs Assessment of 2022, where we raised awareness of the topics and needs you told us about!

Some highlights:

"Service user feedback to Voices Action Change identified that often jargon and acronyms are used in conversations as well as printed material, which service users struggle to understand and engage with."

"The need for dual diagnosis support was echoed in engagement work conducted by Voices Action Change, as well as support and training for people in recovery around managing emotions."

"Voices Action Change engagement work has also identified that many service users do not have a phone and are unsure how to use online platforms, which forms a barrier to accessing online support, in particular during COVID-19."

"As part of engagement work, people wanted to receive feedback on how their comments had been used, and how their experiences had effected change."

The whole document is available here: [Whole document](#) or you can ask us to print you a copy

Voices Action Change (VAC) is a project working to ensure people who use, or could use substance misuse services, as well as families/loved ones are involved at the heart of how services are designed, run and reviewed.

We would love to hear from you. Whether you are a person with lived or living experience, a service provider or a loved one, your voice matters!

If you are a service provider, please share our VAC news with your service users. If we can help, with anything, please get in touch!

Do you have an issue or question you would like Representative views on? Please get in touch and we can help facilitate that.

If you believe yours or others views are missing, help connect us to them!

Stay in touch:



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Call/text/Whatsapp
Lilla at 07946053907



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