

Llais Cenedlaethol
Pobl ag Anableddau Dysgu yng Nghymru



The National Voice of People
with Learning Disabilities in Wales

Self Advocacy Directory

All Wales People First

PO Box 1988

Newport

Gwent

NP19 1DT

<https://allwalespeople1st.co.uk/>

Group name	Roaring Mon Self Advocacy (Anglesey)
Group address	NWAAA, 14a Llys Onnen, Parc Menai, Bangor, LL57 4DF
Contact email	enquiry@nwaaa.co.uk
Website	https://nwaaa.wales/gwynedd-project/
Tel number	01248 670852

Logo



Area covered	Anglesey is part of North Wales Advice & Advocacy Association (NWAAA).
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Group name Blaenau Gwent

Group address Tre-Rhondda Chapel
The Strand
Ferndale
RCT
CF43 4LY

Contact email enquiries@rctpeoplefirst.org.uk

Website <https://rctpeoplefirst.org/>

Tel number 01443 757954

Logo



Area covered Whole of Blaenau Gwent

Groups & Activities Main group meets monthly on Tuesdays in Ebbw Vale; three other groups in Ebbw Vale & Brynmawr meet monthly

Funded by Blaenau Gwent County Borough Council

Group name	Bridgend (People First Bridgend)
Group address	People First Bridgend 28 and 32 Apollo Business Village, Heol Persondy, Aberkenfig Bridgend CF32 9RF
Contact email	info@peoplefirstbridgend.co.uk
Website	https://www.peoplefirstbridgend.co.uk/
Tel number	01656 668314
Logo	
Area covered	Bridgend County Borough
Groups & Activities	<ul style="list-style-type: none"> • Various self advocacy groups • Training for professionals • Summer school for college starters • Independent Advocate
Funded by	Bridgend County Borough Council

Group name	Caerphilly People First
Group address	Bargoed YMCA Aeron Place Gilfach Bargoed CF81 8JA
Contact email	caerphillypf@hotmail.co.uk
Website	https://www.facebook.com/Caerphilly-People-First-115936772073/
Tel number	01443 834444
Logo	
Area covered	Caerphilly County Borough Council
Groups & Activities	<ul style="list-style-type: none"> • Meets monthly • Learning Disability awareness training, • Safeguarding training
Funded by	Caerphilly County Borough Council

Group name Cardiff People First

Group address Canton House
435 Cowbridge Road East
Canton
Cardiff
CF5 1JH

Contact email info@CardiffPeopleFirst.org.uk

Website <http://cardiffpeoplefirst.org.uk/>

Tel number 029 20231555

Logo



Area covered Cardiff

- Groups & Activities
- Standing up, Speaking out: meets monthly
 - Community Voices Group
 - Pink Ladies Group: meets monthly
 - Men in Black: meets monthly
 - Golden Oldies
 - Young People First

Group name Carmarthenshire People First

Group address 16 Spilman Street
Carmarthen
Carmarthenshire
SA31 1JY

Contact email sarah@carmarthenshirepeople1st.co.uk

Website [http://
www.carmarthenshirepeoplefirst.co.uk/](http://www.carmarthenshirepeoplefirst.co.uk/)

Tel number 01267 234635


Logo



Area covered Carmarthenshire

Groups & Activities

- Fortnightly women's group
- Fortnightly men's group
- Skills Swap group
- Independent Advocate
- Training
- Health Advocate

Group name	Ceredigion (Our Voice our Choice)
Group address	9 Tabernacle Flats Powell Street Aberystwyth SY23 1RQ
Contact email	ourvoiceourchoiceceredigion@gmail.com
Website	
Tel number	07930164701
Logo	
Area covered	Whole of Ceredigion
Groups & Activities	Monthly meetings in Aberaeron (Prince of Wales public house)
Funded by	Grant funded

Group name Conwy Connect

Group address Canolfan Marl
Off Broad Street
Llandudno Junction
LL31 9HE

Contact email Catherine@conwy-connect.org.uk

Website <https://www.conwy-connect.org.uk/home-3>

Tel number 01492 536486

Logo



Area covered County of Conwy

Group name Denbighshire Self Advocacy

Group address

Contact email enquiry@nwaaa.co.uk

Website www.nwaaa.wales

Tel number 01248 670852

Logo



Area covered Denbighshire.

Groups & Activities Prestatyn: monthly self advocacy group
Denbigh: monthly self advocacy group
Ruthin: monthly drop in
Rhyl: monthly LGBT drop in
Denbighshire is part of North Wales Advice & Advocacy Association (NWAAA).

Group name Dolfeurig Self Advocacy Group

Group address

Contact email enquiry@nwaaa.co.uk

Website <https://nwaaa.wales/gwynedd-project/>

Tel number 01248 670852

Logo



Area covered Dolfeurig is part of North Wales Advice and Advocacy Association (NWAAA)

Group name Tea at Three

Group address

Contact email enquiry@nwaaa.co.uk

Website <https://nwaaa.wales/gwynedd-project/>

Tel number 01248 670852

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Area covered Tea at Three is an online self-advocacy group for anyone with a learning disability in Gwynedd. The group meets via Zoom.

Group name	Merthyr People First
Group address	Tre-Rhondda Chapel The Strand Ferndale RCT
Contact email	enquiries@rctpeoplefirst.org.uk
Website	https://rctpeoplefirst.org/
Tel number	01443 757954
Logo	



Cwm Taf People First

Group name Menter Fachwen

Group address

Contact email enquiry@nwaaa.co.uk

Website <https://nwaaa.wales/gwynedd-project/>

Tel number

Logo



Area covered Menter Fachwen is part of North Wales Advice and Advocacy Association (NWAAA)

Group name Mold Self Advocacy Group

Group address

Contact email enquiry@nwaaa.co.uk

Website <http://www.nwaaa.wales>

Tel number 01248 670852

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Group name Monmouthshire People First

Group address

Contact email rachel.staphnill@bridgescentre.org.uk

Website

Tel number 07879 332820

Logo



Further information

Group Name Rainbow Gogs Yr Enfys

Group Address

Contact email enquiry@nwaaa.co.uk

Website <http://www.nwaaa.wales>

Telephone Number

Logo



Further information For everybody who lives in North Wales is LGBT+, has a learning disability or a learning disability and autism. Currently meets on Zoom once a month.

Group name	Neath Port Talbot (Part of West Glamorgan People First)
Group address	Your Voice Advocacy PO Box 737 Swansea SA1 9RS
Contact email	sandimitchell@yourvoiceadvocacy.org.uk
Website	
Tel number	01792 646573 /07534056109.

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Area covered	Neath & Port Talbot
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Groups & Activities	Limited activities at present whilst the group looks for funding.
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Group name Newport People First

Group address 137 Commercial St
Newport
(above Kaspas)

Contact email info@newportpeoplefirst.org.uk

Website [https://www.facebook.com/
newportpeoplefirst.org.uk/](https://www.facebook.com/newportpeoplefirst.org.uk/)

Tel number 07796429829

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Group name	Pembrokeshire People First
Group address	Portcullis House Old Hakin Road Merlins Bridge Haverfordwest Pembrokeshire SA61 1XE
Contact email	info@pembrokeshirepeople1st.org.uk
Website	http:// www.pembrokeshirepeople1st.org.uk/
Tel number	01437 769135
Logo	
Area covered	Pembrokeshire - but deliver IPA services in Ceredigion
Groups & Activities	There is a specific website for PPF's activities here: https://www.ppfsessions.org.uk/home
Funded by	Grant funding; earned income, small amount of service level agreement; project funding

Group name Powys People First

Group address Brecon Citizen Advocacy
11 Lion Yard
Brecon
Powys
LD3 7BA

Contact email powyspeoplefirst@hotmail.co.uk

Website <http://www.powyspeoplefirst.org/>

Tel number 01874 622240

Logo



Area covered Powys

Group name Prestatyn Self Advocacy

Group address

Contact email enquiry@nwaaa.co.uk

Website <https://nwaaa.wales/self-advocacy/>

Tel number 01248 670852

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Area covered

Groups & Activities Self advocacy group meets on the last Thursday of the month between 6-8 pm at the Leisure centre Prestatyn [not NOVA]

Group name Rhondda Cynon Taf People First

Group address Tre-Rhondda Chapel
The Strand
Ferndale
RCT
CF43 4LY

Contact email enquiries@rctpeoplefirst.org.uk

Website <https://rctpeoplefirst.org/>

Tel number 01443 757954

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Area covered Rhondda Cynon Taff

Groups & Activities Monthly groups in:
Llwynypia
Treforest
Cynon Valley
Regional Group (Cwm Taff) meets every three months

Funded by Rhondda Cynon Taff Council

Group name Torfaen People First

Group address Nant Bran
Upper Cwmbran Road
Cwmbran NP44 1SN

Contact email TorfaenPeopleFirst@outlook.com

Website <https://www.facebook.com/pages/category/Community/Torfaen-People-First-147096838689645/>

Tel number 07762837825

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Group name	Vale People First
Group address	The Bridge Between Community Centre Heol y Llongau Barry CF63 4AR
Contact email	lizdavidson1072@gmail.com
Website	http://www.valepeoplefirst.org.uk/
Tel number	07844 541711

Logo



Further info	Vale People First also have an Inclusion Officer—Joanne Price—and she can be contacted on: vp1stonline@gmail.com
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Group Name	West Glamorgan People First
Group Address	Your Voice Advocacy PO Box 737 Swansea SA1 9RS
Contact email	sandimitch- ell@yourvoiceadvocacy.org
Website	https://www.facebook.com/ pg/yourvoiceadvocacy/ photos/?ref=page_internal
Tel Number	01792 646573 07534056109

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Areas covered	Swansea, Neath and Port Talbot
Groups and Activities	Part of yourvoiceadvocacy.org

Group name Wrexham (SOUL Self Advocacy Group)

Group address

Contact email enquiry@nwaaa.co.uk

Website

Tel number 01978799370

Logo



Area covered SOUL is part of North Wales Advice and Advocacy Association (NWAAA)