

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://linktr.ee/allwalespeople1st>**

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

All Wales People First is the united voice of self-advocacy groups and all people with learning disabilities in Wales. It shares knowledge and information to achieve equal rights and a positive image.

Group Name Advance Brighter Futures

Group Address 3 Belmont Road  
Wrexham  
LL13 7PW

Contact email [info@abfwxm.co.uk](mailto:info@abfwxm.co.uk)

Website [https://  
www.advancebrighterfutures  
wrexham.co.uk/](https://www.advancebrighterfutureswrexham.co.uk/)

Tel Number 01978 364777

Logo



Areas covered Wrexham and Flintshire

Groups and Activities





Group name Bridgend (People First Bridgend)

Group address People First Bridgend  
Office 32, Apollo Business Village  
Heol Persondy  
Aberkenfig  
Bridgend  
CF32 9RF

Contact email [info@peoplefirstbridgend.co.uk](mailto:info@peoplefirstbridgend.co.uk)

Website <https://www.peoplefirstbridgend.co.uk/>

Tel number 01656 668374

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Area covered Bridgend County Borough

Groups & Activities Self-advocacy group meetings  
Independent Professional Advocacy  
Disability Awareness Training  
Easy Read  
Facebook page:  
<https://www.facebook.com/peoplefirstbridgend>

Funded by Bridgend County Borough Council

Group name Caerphilly People First

Group address Bargoed YMCA  
Aeron Place  
Gilfach  
Bargoed  
CF81 8JA

Contact email [enquiries@caerphillypeoplefirst.org](mailto:enquiries@caerphillypeoplefirst.org)

Website <http://www.caerphillypeoplefirst.org.uk/>

Tel number 01443 834444

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Area covered Caerphilly County Borough Council

Groups & Activities

- Meets monthly
- Learning Disability awareness training,
- Safeguarding training

Facebook page:

[https://www.facebook.com/  
CaerphillyPeopleFirst](https://www.facebook.com/CaerphillyPeopleFirst)

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](mailto:info@CardiffPeopleFirst.org.uk)

Website <https://linktr.ee/cardiffpeoplefirst>

Tel number 029 20231555

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Area covered Cardiff

Groups & Activities Facebook page:  
[https://www.facebook.com/  
CardiffPeopleFirst](https://www.facebook.com/CardiffPeopleFirst)

Group name Carmarthenshire People First

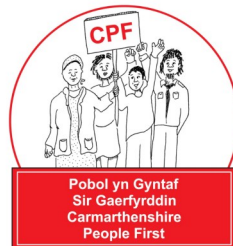
Group address 16 Spilman Street  
Carmarthen  
Carmarthenshire  
SA31 1JY

Contact email [info@carmarthenshirepeoplefirst.co.uk](mailto:info@carmarthenshirepeoplefirst.co.uk)

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

Tel number 01267 234635

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Area covered Carmarthenshire

Groups & Activities Self Advocacy activities: see update on FB page <https://www.facebook.com/carmspeoplefirst>

Training and preventative service: ring the number above

Group name Ceredigion (Our Voice our Choice)

Group address PO Box 281  
Aberystwyth  
SY23 9BY

Contact email ourvoiceourchoiceceredigion@gmail.com

Website

Tel number 07930 164701

Logo



Area covered Whole of Ceredigion

Groups & Activities Facebook page gives information:  
<https://www.facebook.com/Ourvoiceourchoiceceredigion>

Funded by Grant funded

Group name Conwy Connect

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

Contact email Through 'contact us' page on website

Website [https://www.conwy-connect.org.uk/  
about](https://www.conwy-connect.org.uk/about)

Tel number 01492 536486 . Message and WhatsApp to  
07925 966009

Logo



Area covered County of Conwy

Activities See their Facebook Page:  
<https://www.facebook.com/CC4LD>

Group name Denbighshire Dragons

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

Contact email Through 'contact us' page on website

Website [https://www.conwy-connect.org.uk/  
about](https://www.conwy-connect.org.uk/about)

Tel number 01492 536486 .

Logo



Area covered Denbighshire.

Groups & Activities

Group Name Flintshire: Advance Brighter Futures

Group Address 3 Belmont Road  
Wrexham  
LL13 7PW

Contact email [info@abfwxm.co.uk](mailto:info@abfwxm.co.uk)

Website [https://  
www.advancebrighterfutures  
wrexham.co.uk/](https://www.advancebrighterfutureswrexham.co.uk/)

Tel Number 01978 364777

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Areas covered Flintshire and Wrexham

Groups and Activities

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

Logo



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 Maerdy Community Centre  
Park Place  
Maerdy CF43 4DD

Contact email enquiries@rctpeoplefirst.org.uk

Website <https://rctpeoplefirst.org/>

Tel number 01443 757954

Logo



Activities Facebook page gives information:  
<https://www.facebook.com/RCTPeopleFirst>

Area covered: Merthyr.  
Merthyr People First is part of Cwm Taf People First

Group name Menter Fachwen

Group address

Contact email [enquiry@nwaaa.co.uk](mailto: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 Monmouthshire People First

Group address Bridges Centre  
Drybridge Park  
Monmouth  
NP25 5AS

Contact email andy.ward@bridgescentre.org.uk

Website

Tel number 07788606268

Logo



Further information Ask to join their Facebook Group:  
[https://www.facebook.com/  
groups/470959071708829](https://www.facebook.com/groups/470959071708829)

Group Name Rainbow Gogs Yr Enfys

Group Address

Contact email enquiry@nwaaa.co.uk

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

Telephone Number

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Proud to be

North Wales Learning Disabled &  
LGBT+  
Self-advocacy Group

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  
Your Voice Advocacy

Group address Your Voice Advocacy  
Forge Fach Community Centre  
Hebron Road  
Clydach  
Swansea SA6 5EJ

Contact email [billwilliams@yourvoiceadvocacy.org.uk](mailto:billwilliams@yourvoiceadvocacy.org.uk)  
Website <https://www.yourvoiceadvocacy.org.uk/>  
Tel number

Logo



Area covered Neath & Port Talbot

Groups & Activities Facebook page gives more information  
<https://www.facebook.com/yourvoiceadvocacy>

Group name Newport People First

Group address 137 Commercial St  
Newport  
(above Kaspas)

Contact email [info@newportpeoplefirst.org.uk](mailto:info@newportpeoplefirst.org.uk)

Website <https://www.facebook.com/newportpeoplefirst.org.uk/>

Tel number 07796429829

Logo



Activities Facebook page gives information:

<https://www.facebook.com/newportpeoplefirst.org.uk>

Group name Pembrokehire People First

Group address Portcullis House  
Old Hakin Road  
Merlins Bridge  
Haverfordwest  
Pembrokehire  
SA61 1XE

Contact email [info@pembrokehirepeople1st.org.uk](mailto:info@pembrokehirepeople1st.org.uk)

Website [http://  
www.pembrokehirepeople1st.org.uk/](http://www.pembrokehirepeople1st.org.uk/)

Tel number 01437 769135

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Area covered Pembrokehire - but deliver IPA services in Ceredigion

Groups & Activities There is a specific website for PPF's activities here:  
<https://www.ppfsessions.org.uk/home>  
<https://twitter.com/pembspeople1st>  
[Pembrokehire People First \(@pembspeople1st\) • Instagram photos and videos](#)

Funded by Grant funding; earned income, small amount of service level agreement; project funding

Group name Cwm Taf People First

Group address Maerdy Community Centre  
Park Place  
Maerdy  
CF43 4DD

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  
See their Facebook page:  
<https://www.facebook.com/RCTPeopleFirst>

Funded by Rhondda Cynon Taff Council

Group name Torfaen People First

Group address Maerdy Community Centre  
Park Place  
Maerdy  
CF43 4DD

Contact email enquiries@rctpeoplefirst.org.uk

Website <https://rctpeoplefirst.org/>

Tel number 014430757954

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Area covered Torfaen People First is managed by Cwm  
Taf People First

Groups & Activities See their Facebook page:  
[https://www.facebook.com/  
groups/1344074942977007](https://www.facebook.com/groups/1344074942977007)

Funded by

Group name Vale People Matter

Group address

Contact email Zoe.Mouti@innovate-trust.org.uk

Website

Tel number

Logo



Further info Vale People Matter can be contacted via their Facebook page

<https://www.facebook.com/groups/532396139955539/>

Group Name West Glamorgan People First

Group Address Your Voice Advocacy  
Mond Suite, Forge Fach  
Centre, Hebron Road  
Clydach, Swansea  
SA6 5EJ

Contact email billmitch-  
ell@yourvoiceadvocacy.org.uk

Website [https://  
www.yourvoiceadvocacy.org.  
uk/](https://www.yourvoiceadvocacy.org.uk/)

Tel Number

Logo



Areas covered Swansea, Neath and Port Talbot

Groups and Activities Facebook page:  
[https://www.facebook.com/  
yourvoiceadvocacy](https://www.facebook.com/yourvoiceadvocacy)

Group Name Wrexham: Advance Brighter Futures

Group Address 3 Belmont Road  
Wrexham  
LL13 7PW

Contact email [info@abfwxm.co.uk](mailto:info@abfwxm.co.uk)

Website [https://  
www.advancebrighterfutures  
wrexham.co.uk/](https://www.advancebrighterfutureswrexham.co.uk/)

Tel Number 01978 364777

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Areas covered Wrexham and Flintshire

Groups and Activities