

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

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 Roaring Mon Self Advocacy
(Anglesey)

Group address NWAAA, 14a Llys Onnen, Parc Menai,
Bangor, LL57 4DF

Contact email roaringmonselfadvocacy@gmail.com
Website [https://www.facebook.com/
roaringmonselfadvocacy](https://www.facebook.com/roaringmonselfadvocacy)

Tel number

Logo



Area covered Anglesey

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

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

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

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

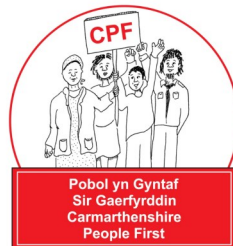
Group address 16 Spilman Street
Carmarthen
Carmarthenshire
SA31 1JY

Contact email info@carmarthenshirepeoplefirst.co.uk

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

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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

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Area covered County of Conwy

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

Group name Denbighshire Self Advocacy

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>

Tel number 01492 536486 . Message and WhatsApp to
07925 966009

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Area covered Denbighshire.

Groups & Activities Prestatyn: monthly self advocacy group
Denbigh: monthly self advocacy group
Ruthin: monthly drop in
Rhyl: monthly LGBT drop in

Group Name Flintshire: Advance Brighter Futures

Group Address 3 Belmont Road
Wrexham
LL13 7PW

Contact email 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

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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

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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

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

Contact email andy.ward@bridgescentre.org.uk
Website
Tel number 07788606268
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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
Website <https://www.yourvoiceadvocacy.org.uk/>
Tel number

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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

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

Tel number 07796429829

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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

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 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

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Area covered Powys

Activities See Facebook page:
<https://www.facebook.com/powyspeoplefirst>

Group name Prestatyn Self Advocacy

Group address Conwy Connect
Canolfan Marl
Off Broad St
Llandudno Junction

Contact email <https://www.cc4ld.org.uk/contact-us>

Website <https://www.cc4ld.org.uk/>

Tel number **Phone**
01492 536486

Message or What's App
07925 966009

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

Funded by Rhondda Cynon Taff Council

Group name Torfaen People First

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

Contact email jenny@rctpeoplefirst.org.uk

Website <https://rctpeoplefirst.org/>

Tel number 07539763877

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Area covered Torfaen People First is managed by Cwm
TafPeople 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 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 07866 564741

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Further info Vale People First also have an Inclusion Officer—Joanne Price—and she can be contacted on:
vp1stonline@gmail.com
Facebook page: <https://www.facebook.com/selfad>

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

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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

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