



We are an independent charity run by and for adults with a Learning Disability and/or Autism.

It is a safe space where people feel included.

We run different projects daily to support our members.

Contact us

01437 762524

[info@pembrokeshire people1st.org.uk](mailto:info@pembrokeshirepeople1st.org.uk)





WhatsApp
Group



Campaigns Group

We are given the opportunity to voice our opinions about issues that affect us.

Monday - 11am - 1pm

Citizen Champions

James Dash -

Regional Citizen Champion

Lucy Hinksman-

Easy Read and Communication
Champion

Courtney Poupard -

Equality Champion

Rhys Eynon -

Champion of the Arts and Community



Moving On

We focus on helping our members become more independent out in the community. It helps members develop friendships and learn new skills.

Tuesday/Wednesday - 10am - 3pm



Gaming Club

Our Gaming Club is aimed at members getting together to develop social skills in a relaxed and fun environment.

Thursday - 12pm - 3pm

Wellbeing Group

Our Wellbeing Group meets once a week in Johnston and discuss topics related to our wellbeing and health.

Thursday -

10am - 11.30am



Mor

Mor is a creative enterprise. We make everything in small batches in our workshop in Letterston. If you would like to visit get in touch. We would love to show you around.





Stay social

Stay Social is a drop in social group attended by members with different abilities where we all have fun, play games, have lunch and catch-up.

Thursday - 12pm - 2.30pm

Training Project

We deliver Autism and Learning Disability Training. The course is co-produced and delivered by our members who share real life lived experiences and stories.



Coaching

We offer members 1:1 coaching sessions. These can be done online or face to face.

1:1 Benefit Support Advocacy Lite

Our Benefit Support service offers members a chance to have support with benefits, assessments etc.

