



**YOUR VOICE  
ADVOCACY &**  
WEST GLAMORGAN PEOPLE FIRST

# New Year New ME!

**2026**





**This year I will**

**Try something new**



**Make a healthy change**



**Face a fear**



**Get moving**



**Get a goal**



**Something for you**

## How did each month go?

			
<div>January</div> <div>1</div>			
<div>February</div> <div>2</div>			
<div>March</div> <div>3</div>			
<div>April</div> <div>4</div>			
<div>May</div> <div>5</div>			
<div>June</div> <div>6</div>			
<div>July</div> <div>7</div>			
<div>August</div> <div>8</div>			
<div>September</div> <div>9</div>			
<div>October</div> <div>10</div>			
<div>November</div> <div>11</div>			
<div>December</div> <div>12</div>			