



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?

			
January 			
February 			
March 			
April 			
May 			
June 			
July 			
August 			
September 			
October 			
November 			
December 			