



Advocacy Matters (Wales) Voices Group

# NEWSLETTER

Winter 2025

## Would you like to join the Voices Group?

### Who can join?

Anybody who has been supported by one of our Independent Advocates.

### How often does the group meet?

We usually meet twice a month for about an hour and a half.

### What does the group do?

- **We have fun!!**
- We tell people about advocacy.
- Help raise money.
- Interview people who want to work with Advocacy Matters Wales.
- Help with the Christmas party.
- Help with quality reviews
- Take part in consultations
- Plan information to put on our website
- Go to events
- Sometimes we go on trips to places like Barry Island and Ely Fire Station.



### To find out more contact:

Advocacy Matters Wales

02920 233 733

or email:

[info@advocacymatterswales.co.uk](mailto:info@advocacymatterswales.co.uk)

# Meet Laura, the new Advocacy Matters Wales Independent Advocate



## How long have you worked for Advocacy Matters Wales?

I started in June 2025

## What do you do in your job?

- I listen to people and support them to get their views across.
- I help people prepare for Assessments.
- I help them access support they are entitled to.
- Sometimes I chase up calls/ emails for our clients from professionals they are communicating with, especially if they are not getting any responses or not being asked to participate in decisions that affect their life.

## What kind of music do you like?

I like all kinds of music including loud and fast such as Dance, Rock, and Disco music. I do love Michael Jackson and Miley Cyrus. When I am in the car, I usually prefer classical or chill out music to relax me.

## What food do you like ?

Cheese is my favourite, but I love all kinds of food.

## Where do you go on holiday ?

Bulgaria is one of my favourite places. My last holiday was in Tunisia.

**Do you like animals?** Yes I love them! My favourite are horses but I haven't got one. I have a cat called Kitty Poppins.

## What would you do if someone that came to the office became ill?

If I thought they were seriously ill I would call an ambulance. If they had a minor illness or injury, I would do my best to help them if I thought I knew what to do.

## What work did you do before you became an advocate with Advocacy Matters Wales?

I was an Independent Mental Health Advocate, I helped people to understand their rights, communicate their views and wishes when detained under the Mental Health Act.

Before that I used to manage a night club in Cardiff helping people to stay safe and have fun.

## What work do you have planned?

- I have cases where I work with people who need advocacy support to help them understand the social care processes.
- I have other clients that want me to help amplify their voice and represent their opinions during meetings.
- As I am still learning, I also join other advocates to see how they work.

**To find out about advocacy visit our website and watch our video**

[www.advocacymatterswales.co.uk](http://www.advocacymatterswales.co.uk)



*Thank you for joining us Laura*

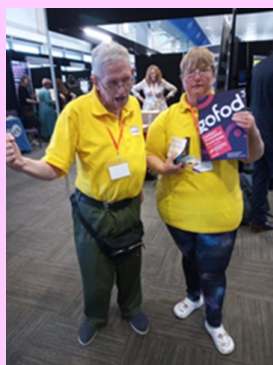
# A visit to Cardiff Football Stadium for Gofod 3!

## What does Gofod 3 mean?

Gofod is the Welsh word for “space”.

Charities like Advocacy Matters Wales are part of what is called “The 3rd Sector”.

Gofod 3 is an event that gives space to 3rd sector groups to talk about things that are important to them.



Pete and Jo at Gofod 3

## The Voices Group visited the Gofod 3 event in June.

They spoke to lots of organisations to tell them about advocacy and to find out how the organisations might help Advocacy Matters Wales Clients.

The group are now inviting people from the different organisations to come to tell us more about how people with Learning Disabilities or on the Autism Spectrum might benefit from their work.

# A new home for the Voices Group!



Monmouthshire Building Society

The Voices Group now meet regularly in the community

rooms at Monmouthshire Building Society in Queen Street. The staff look after us very well and we are very happy to call it our new home!



**PHOTO:** Janina, Pete, Karen from Monmouth Building Society and Mike.

# Goodbye and thank you.

## Remembering Veronica



We are very sad to say goodbye to our friend Veronica who passed away in February. She has been a valued member of the Voices Group for many years. Here are some of our memories and thoughts about her.

"We loved her pink hair!" "She loved going to a café for a latte"

"She loved going to the Christmas Party" "She was always smiling"

"She loved dancing" "She enjoyed taking part in our meetings"

"She was a shining light in the group"

"We will all miss you Veronica, love Janice, Mike, Pete, Jo and Sandra"



We were very sad to lose our lovely Voices Group member, Veronica.

We have made a tribute page on the website sharing some of our thoughts and memories of her.

We were sorry to say goodbye to Meghan, who has been an advocate with Advocacy Matters Wales for many years, and has helped lots of people to make their lives better. We wish you good luck in your new job!



## Help Advocacy Matters Wales by becoming one of our members!

Advocacy Matters (Wales) is looking for new members. Members are an important part of our organisation. They help to make sure our organisation works well and runs properly.

- Membership is open to anyone who supports the work of Advocacy Matters.
- Members can attend general meetings (once a year).
- Members can vote at general meetings on things like appointing members of the management committee.

If you want to become a member, contact us with your details.

## Advocacy Matters (Wales)

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