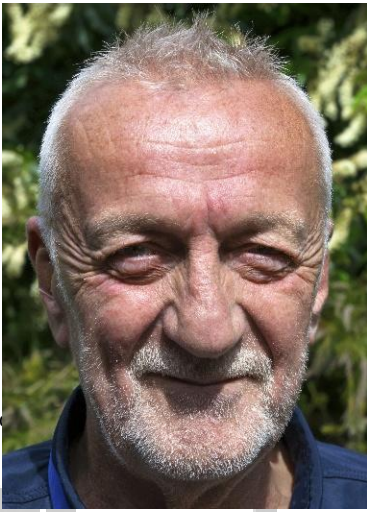


WHO TO LOOK FOR WHEN YOU GET THERE & HOW TO GET IN TOUCH IF YOU NEED TO



← **RICK STEPHENS** →
Founder & Director

Former Service User, Rick is very close to starting his fourth year of recovery following more than 30 years of problematic alcohol use including nine years as a dependent drinker.

📞 07368 542841

✉️ rick@phoenixheroes.cymru



↑
← **JACOB MORGAN** →
Volunteer Activity Co-ordinator

Jacob is currently engaged as a Service User with CAVDAS, having lived experience with alcohol dependency. He spends his time engaging with & helping deliver Phoenix Heroes diversionary activities. Jacob is also close to completing his training to become a volunteer CAVDAS.

📞 07504 522275

✉️ jacob@phoenixheroes.cymru



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