

CARERS SUPPORT GROUPS IN PEMBROKESHIRE

January 2012

All the groups below are open to carers to attend. It is worth phoning the contact number for the group to check the details of the meeting before making a special journey. The support groups are informal, occasionally organise social events, welcome new members and most of the groups welcome ex-carers. Many carers value the chance to share their knowledge and experience with other people in similar situations.

If you are a carer and you cannot find a group to suit you, please contact Nicole van Schie, Carers Development Worker on 01437 771196



Name of Group	Contact Person	Who the group is for	When & where the group meets
Ubiquitous Pembrokeshire Carers	Sandy Williams 01348 874815 e.neasham@btinternet.com	All carers living in Pembrokeshire	Contact Sandy or Myra for details
Dementia Social Group Haverfordwest	Gill Springett 01646 692 329 Pembrokeshire@alzheimers.org.uk	Carers of people with dementia/Alzheimers and their cared for	The 4th Wednesday of each month from 10am till midday at the Albany Hall in Haverfordwest
Dementia Support Group Narberth	Gill Springett 01646 692 329 Pembrokeshire@alzheimers.org.uk	Carers of people with dementia/Alzheimers and their cared for	The 3 rd Tuesday of each month from 10.30am to 12.30pm at the Queen's Hall in Narberth
Dementia Social Group Fishguard	Gill Springett 01646 692329 Pembrokeshire@alzheimers.org.uk	Carers of people with dementia/Alzheimers and their cared for	The 1 st Tuesday of each month from 10.30am to 12.30pm at St Teresa Convent, Marine Walk
Dementia Support Group Milford Haven	Gill Springett 01646 692 329 Pembrokeshire@alzheimers.org.uk	Carers of people with dementia/Alzheimers and their cared for person	Drop-in at the Alzheimer's Society Offices, on the 2 nd Tuesday of each month from 10.30am to 12.30pm.
Memory Café (support group in North Pembs)	Penny Muir 01646 692 329 Pembrokeshire@alzheimers.org.uk	For people with dementia, incl. Alzheimer's, and their carers	Memory Café at Castell Malgwyn. 1 st Thursdays of month, 2-4pm
Memory Café (support group in South Pembs)	Nigel Dufresnoy 01646 692 329 Pembrokeshire@alzheimers.org.uk	For people with dementias, incl. Alzheimer's, and their carers.	Memory Café at the Picton Centre, Haverfordwest. 3rd Thursday of month, 10.30am to 12.30pm
Mid + West Wales ME group	Helena Mallett 01348 881249 Helena@marshcottage.net	Carers and sufferers of ME	Every 1 st Wednesday of the month, 11 till 1pm at Letterston Village Hall
Parent Carers High Support Needs Group	Carol Mason 01834 831833 Gwyneth Woolley 01834 812834 www.highsupportneeds.org.uk highsupport@tiscali.co.uk	Parents and carers of children and adults with learning disabilities welcome	Flexible social outings/ meetings every 3 weeks Contact Carol or Gwyneth for details or visit website
Parkinson's Disease Society	Sybil Lancaster 01646 690063 Islwyn Bevan 01646 600852	Carers of/and people who have Parkinsons Disease	The 4th Saturday of the month H'west and Drop-in day Wednesdays the HOPE Centre, Neyland
Pembrokeshire Cancer Support Centre	Barbara Miller 01646 683078 Pembrokeshirecancersupport@btinternet.com	People with cancer and their carers, Barbara will make home visits	Support on an individual basis, can link in with groups. Mon-Fri 9 – 4.30, any other time answer phone.
Hafal Narberth Drop-in	Bethan Lynam 01834 844177 tri@hafal.org	People with mental health problems and their carers	Bethesda Chapel schoolroom, every Thursday 10 am till 3 pm
TRI Hafal Carers Support	Heather Flowers tri@hafal.org 07966876108 01834 844177	Carers of people with mental health problems	At TRI Hafal Tenby For details contact TRI

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Mental Health Carers Support Group	Sabine 01348 881320 sabineroberts@googlemail.com Joy & Allan Ross 01646 687113 Fred 01646 697268	Carers of people with mental health problems	The 2 nd Wednesday of each month in Haverfordwest at PAVS, 36-40 High Street
Parent Action Group	Helen Williams 01437 741228 helenhaverhill@hotmail.com	Mainly carers of children and young people with disabilities	Quarterly at Action for Children, Hawthorn Rise Haverfordwest
Special Interest Group in Autism (SIGA)	Sue Benbow 01646 684872 rivendellb@tiscali.co.uk Helen Brandrick 07825 564499 Helen.1234@fsmail.net sigaenquiries@live.co.uk	Parents of children and young people with autism	Every half-term Meet in Pembroke Dock Community School
Parents TLC	Gill Lee-Munson 01437 774200	Parents of children with life-threatening or long-term illnesses	1 st Thursday of each month at the Child Health Unit, Withybush Hospital
Haverfordwest Carers Support Group	John Fisher (CMHT) 01437 773219	Carers of older people with dementia (incl. Alzheimers)	1 st Monday of every month at the Canolfan Bro Cerwyn – Room 2
Headway Pembrokeshire	Carol 01646 622977, Vicci 02921 921813, Caroline Husecker Carly.max@virgin.net	People with head injuries, their friends and carers	2 nd Thursday of every month at 6.30pm, for location please contact group
Withybush Pain Support Group	Caroline John 01437 766589 nigelandcaroline@btinternet.com	For people who suffer chronic pain/disease and their carers	1 st Thursday of every month in Haverfordwest & last Thursday of every month in Fishguard
Haverfordwest Parent Support Group	Andrea Blakemore andielou32@aol.com phone 07935724794	Parents of children with additional needs	Meet 1x month at Action for Children, (761330) Hawthorn Rise, Haverfordwest
Direct Payment Recipient Group Pembs	Welsh office is on 0800 783 8397 info@therowan.org with “Pembs DP Recipient group” in subject.	Anyone receiving or linked to Direct Payments in Pembrokeshire	Every 6 weeks in the Picton Centre, Haverfordwest between 11am and 1pm
Communication Support Group (Stroke Association)	Glenys Richards-Jones 07717 275764 richards-jones@tiscali.co.uk	For people who have experienced a stroke and their carers	Meet each Wednesday 2pm -4pm, St Patrick’s Hall, Pembroke Dock
Pembrokeshire Sibling Group	Elizabeth Edwards edwards@elzbtangha.orangehome.co.uk 01834 891446	Support for young carers-siblings of a child with disability	Contact for details
Pembrokeshire Mind Young Carers	Lorraine West 01437 769982 07966736390 Lwestpembsmind@aol.com	Support for young carers whose parents have mental health problems	Contact for details
Mind Pembroke Dock Support Group	Angela Corfield 01437 769982 - 07967 815967 angelapembsmind@aol.com	Carers of, and those who suffer with mental health issues.	Every 4 th Tuesday between 11-00 am and 1-30pm at 54A Bush Street, Pembroke Dock
Breathe Easy Haverfordwest	Adrian Bailey, British Lung Foundation, 01792 455764 adrian.bailey@blf-uk.org	People with lung conditions, their carers and families	Haverfordwest Leisure Centre (St Thomas Green) on the fourth Tuesday of the month from 2-4 pm.
National Autistic Society Pembrokeshire Branch	Lisa Phillips 01646 690079 / 07425 622363 leonie545@yahoo.co.uk Facebook group: http://www.facebook.com/home.php?sk=group_194543070582675	People affected by autism, with or without diagnosis. Parents, carers, people with ASD/ Aspergers welcome.	Approximately last Thursday of each month at different venues around the county. Contact Lisa or Leonie for more details, or join our Facebook group.
Multiple Sclerosis Society (Pembs)	Richard and Dawn Gau 01437 762174	Any person affected by the M.S. condition	Contact telephone number 01437 762174