

## CARERS SUPPORT GROUPS IN PEMBROKESHIRE

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 very informal, have a mixture of speakers and discussions, occasionally organise social events and welcome new members. 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 the Carers Development Worker on 01437 771196 or 769422.

<b>Name of Group</b>	<b>Contact Person</b>	<b>Who is the group for</b>	<b>When and where does the group meet</b>
Outreach Support Group	Maureen Canton 01437 767762 <a href="mailto:maureencantoncal@hotmail.com">maureencantoncal@hotmail.com</a>	Any carer or ex-carer living in Pembrokeshire	The 1 <sup>st</sup> Tuesday of each month at Meyler House, Haverfordwest. From 2 till 4 pm.
Ubiquitous Pembrokeshire Carers	Sandy Williams 01348 874815 <a href="http://www.ubiquitouspembrokeshirecarers.org.uk">www.ubiquitouspembrokeshirecarers.org.uk</a>	All carers living in Pembrokeshire	The 2 <sup>nd</sup> Tuesday of each month at the Cricket club, Dale Road, Haverfordwest. From 1 pm
Havenhurst Carers Group	Steve Hughes (CPN) 01646 699257 or Beryl Noyce 01834 813908 <a href="mailto:Pembrokeshire@alzheimers.org.uk">Pembrokeshire@alzheimers.org.uk</a>	Carers of elderly people with dementia (incl. Alzheimers) and other mental health problems.	The 3 <sup>rd</sup> Thursday of each month in Havenhurst Residential Home, Milford Haven at 2pm
Narberth & Tenby Carers Support Group	Judie Wood (CPN) 01834 861379 Beryl Noyce 01834 813908 <a href="mailto:beryl.noyce@virgin.net">beryl.noyce@virgin.net</a>	Carers of elderly people with dementia (incl. Alzheimers) and other mental health problems.	The 1 <sup>st</sup> Tuesday of each month at Narberth Health Centre, usually from 2 pm
Pembrokeshire Parent Carers High Support Needs Group	Carol Mason 01834 831833 Gwyneth Woolley 01834 812834 <a href="http://www.highsupportneeds.org.uk">www.highsupportneeds.org.uk</a> <a href="mailto:highsupport@tiscali.co.uk">highsupport@tiscali.co.uk</a>	Parents and Carers of children and adults with learning disabilities and other carers are welcome	Flexible social outings/ meetings every 3 weeks - contact Carol or Gwyneth for details or visit website
Pembrokeshire Parent/Carers Association	Pat Jameson 01646 683053 Felicity Pritchard 01646 694898 <a href="mailto:felypritchard@tiscali.co.uk">felypritchard@tiscali.co.uk</a>	Carers and parents of people with learning disabilities	Monthly, alternating between Milford Haven, town hall and Pembroke Dock. Please contact for more details.
Parkinsons Disease Society	Sybil Lancaster 01646 690063	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 <a href="mailto:Pembrokeshircancersupport@btinternet.com">Pembrokeshircancersupport@btinternet.com</a>	People with cancer and their carers	Support on an individual basis at present, but can link in with groups if wanted. Mon-Fri 9 – 4.30, any other time answer phone
Mental Health Carers Support Group 'Carers in Mind'	Pat Morgan 01646 698966 Helen Hughes 01646 601149 Allan & Joy Ross 01646 687113 <a href="mailto:gareth.roberts3@btinternet.com">gareth.roberts3@btinternet.com</a>	Carers of people with mental health problems	The 2 <sup>nd</sup> Wednesday of each month in Haverfordwest at PAVS, 36-40 High Street

Parent Action Group	Dee Polacz 01437 764569 <a href="mailto:dee.polacz@nch.org.uk">dee.polacz@nch.org.uk</a>	Mainly carers of children and young people with disabilities	Quarterly at the Children's Centre Haverfordwest
Special Interest Group in Autism (SIGA)	Sue Bendow 01646684872 <a href="mailto:rivendellb@tiscali.co.uk">rivendellb@tiscali.co.uk</a> Helen Brandrick 07825564499 <a href="mailto:Helen.1234@fsmail.net">Helen.1234@fsmail.net</a> <a href="mailto:sigaenquiries@live.co.uk">sigaenquiries@live.co.uk</a>	Parents of children and young people with autism	Every half-term
Parents TLC	Gill Lee-Munson 01437 762885 01437 773988 Box no 2885 ( for messages)	Parents of children with life-threatening or long-term illnesses	1 <sup>st</sup> Thursday of each month at the Child Health Unit, Withybush Hospital
Fishguard & District Special Needs Leisure Club	<a href="mailto:emma.richards@hotmail.co.uk">emma.richards@hotmail.co.uk</a> <a href="mailto:jaynelewis1@aol.com">jaynelewis1@aol.com</a>	Families of children with special needs	Various locations for coffee/lunch/meetings Activities for children on regular basis
Haverfordwest Carers Support Group	Hayley Vaughan (CMHT) 01437 773219	Carers of older people with dementia (incl. Alzheimers) and other mental health problems	1 <sup>st</sup> Monday of every month at the Canolfan Bro Cerwyn – Room 2
Fishguard & St Davids Carers Group	Angela Dowson 01646 699258 Joanne Philips 01348 872289	Carers of older people with dementia (incl Alzheimers) and other mental health problems	Last Wednesday of the month 3pm at Ty-Bran bungalow, Fishguard.
Headway	Judith Queenborough 01239 682367	People with head injuries, their friends and carers	2 <sup>nd</sup> Thursday of every month at 6.30pm Haverfordwest Rugby Club
Withybush Pain Support Group	<a href="mailto:nigelandcaroline@btinternet.com">nigelandcaroline@btinternet.com</a>	For people who suffer chronic pain/disease and their carers	1 <sup>st</sup> Thursday of every month in Haverfordwest & last Thursday of every month in Fishguard
Pembroke Carers Group	Cath Weathall 07799891367	Carers of elderly people with mental health problems	Last Thursday of each month – new group so phone for details
Young Adult Carers Group	Alison Silk 01437 779188 <a href="mailto:al.youngcarers@btinternet.com">al.youngcarers@btinternet.com</a>	Young adult carers 18+	New group – phone for details
Haverfordwest Parent Support Group	Andrea Blakemore <a href="mailto:andielou32@aol.com">andielou32@aol.com</a> phone 07935724794	Parents of children with additional needs	Meet 1x month at NCH (764569) Merlins Court, Winch Lane Haverfordwest
Direct Payment User Group Pembs	Rhodri Dixon 0800 783 1755 Nicole van Schie 01437 563157 <a href="mailto:dpuserspembs@yahoo.co.uk">dpuserspembs@yahoo.co.uk</a>	Anyone receiving or linked to Direct Payments in Pembrokeshire	Every 6 weeks in the Picton Centre, Haverfordwest between 11am and 1pm
TRI Hafal Carers Support	Heather Flowers	Carers of people with mental health problems	At TRI Hafal Tenby For details 01834 844177
Communication Support Group (Stroke Association)	Glenys Richards-Jones 07717 275764 <a href="mailto:richards-jones@tiscali.co.uk">richards-jones@tiscali.co.uk</a>	For people who have experienced a stroke and their carers	Meet each Wednesday 2pm -4pm St John's Hall, Pembroke Dock

### Other support for carers

Looking after me	<a href="http://www.eppwales.org">www.eppwales.org</a> <a href="mailto:epp@carmarthenlhb.wales.nhs.uk">epp@carmarthenlhb.wales.nhs.uk</a> Claire Norman 01554 744492	Looking after Me is a free course for adults who care for someone with a long term illness or disability
Carers Emergency Card Pembrokeshire	British Red Cross 01792 772146	Emergency card for carers, supported by Pembrokeshire Crossroads, Pembrokeshire County Council and British Red Cross