

## CARERS SUPPORT GROUPS IN PEMBROKESHIRE

June 2010

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 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 Nicole van Schie, Carers Development Worker on 01437 771196



Name of Group	Contact Person	Who is the group for	When and where does the group meet
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 in Nolton Haven from 2 till 4 pm. Contact for details
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
Dementia Support Group Haverfordwest	Denise Day 01646 692329 <a href="mailto:Pembrokeshire@alzheimers.org.uk">Pembrokeshire@alzheimers.org.uk</a>	Carers of people with dementia (including Alzheimers)	The 4 <sup>th</sup> Wednesday of each month from 10 till 12pm at the Albany Hall in Haverfordwest
Dementia Support Group Narberth	Denise Day 01646 692329 <a href="mailto:Pembrokeshire@alzheimers.org.uk">Pembrokeshire@alzheimers.org.uk</a>	Carers of people with dementia (including Alzheimers)	The 3 <sup>rd</sup> Tuesday of each month at the Queen's Hall Narberth from 10.30 till 12.30pm
Dementia Support Group Fishguard	Denise Day 01646 692329 <a href="mailto:Pembrokeshire@alzheimers.org.uk">Pembrokeshire@alzheimers.org.uk</a>	Carers of people with dementia (including Alzheimers)	The 1 <sup>st</sup> Tuesday of each month at Treboeth Dwrbach, Fishguard from 10.30 till 12.30pm
Dementia Support Group Milford Haven	Denise Day 01646 692329 <a href="mailto:Pembrokeshire@alzheimers.org.uk">Pembrokeshire@alzheimers.org.uk</a>	Carers of people with dementia (including Alzheimers)	Drop-in Alzheimer's Soc offices the 2 <sup>nd</sup> Tuesday of each month from 10.30 till 12.30pm
ME group Mid + West Wales	Helena Mallett 01348 881249 <a href="mailto:Helena@marshcottage.net">Helena@marshcottage.net</a>	Carers and sufferers of ME	1 <sup>st</sup> 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 <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 people 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 in Milford Haven, town hall or Pembroke Dock. Please contact for more details.
Parkinson's Disease Society	Sybil Lancaster 01646 690063 Islwyn Bevan 01646 600852	Carers of/and people who have Parkinson's Disease	The 4th Saturday of the month H'west, every Wednesday the HOPE Centre, Neyland
Pembrokeshire Cancer Support Centre	Barbara Miller 01646 683078 <a href="mailto:Pembrokeshirecancersupport@btinternet.com">Pembrokeshirecancersupport@btinternet.com</a>	People with cancer and their carers,	Individual support and can link in with groups. Mon-Fri 9 – 4.30, any other time answer phone
Hafal Narbeth Drop-in	Heather Flowers or Rhiannon Luke 01834 844177, <a href="mailto:tri@hafal.org">tri@hafal.org</a>	People with mental health problems and their carers	Bethesda Chapel schoolroom, every Thursday 10 till 3 pm
TRI Hafal Carers Support	Heather Flowers <a href="mailto:tri@hafal.org">tri@hafal.org</a> 07966876108 01834 844177	Carers of people with mental health problems	At TRI Hafal Tenby For details contact TRI
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	Helen Williams 01437 741228 <a href="mailto:helenhaverhill@hotmail.com">helenhaverhill@hotmail.com</a>	Mainly carers of children and young people with disabilities	Quarterly at Action for Children, Hawthorn Rise Haverfordwest

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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 Meet in Pembroke Dock Community School
Parents TLC	Gill Lee-Munson 01437 774200	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	Jayne Lewis <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)	1 <sup>st</sup> Monday of every month at the Canolfan Bro Cerwyn – Room 2
Headway Pembrokeshire	<a href="mailto:headwaypembrokeshire@hotmail.co.uk">headwaypembrokeshire@hotmail.co.uk</a> Caroline Husecker <a href="mailto:Carly.max@virgin.net">Carly.max@virgin.net</a>	People with head injuries, their friends and carers	2 <sup>nd</sup> Thursday of every month at 6.30pm, for location please contact group
Withybush Pain Support Group	Caroline John 01437 766589 <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 – 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 Action for Children,(761330) Hawthorn Rise, Haverfordwest
Direct Payment User Group Pembs	Rhodri Dixon 0800 7831755 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
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 Patrick's Hall, Pembroke Dock
Pembrokeshire Sibling Group	Elizabeth Edwards 01834 891446 <a href="mailto:Sdavid@dcomms.net">Sdavid@dcomms.net</a>	Support for young carers-siblings of a child with disability	Contact for details
Pembrokeshire MIND Young Carers	Lorraine West 01437 769982 07966736390 <a href="mailto:Lwestpembsmind@aol.com">Lwestpembsmind@aol.com</a>	Support for young carers whose parents have mental health problems	Contact for details
Breathe Easy Haverfordwest	Adrian Bailey, British Lung Foundation, 01792 455764 <a href="mailto:adrian.bailey@blf-uk.org">adrian.bailey@blf-uk.org</a>	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.