

SERVICES AVAILABLE TO CARERS



Organisation	Contact number	What it provides and who it is for
Services for carers of adults		
Crossroads Mid and West Wales, Haverfordwest	Sharon Houghton 01437 764639 mid.westwales@crossroads.org.uk	Provide Respite Care for carers. Our aim is to provide a reliable, tailored service, for each carer and the person they care for.
Alzheimer's Society Pembrokeshire	Katherine Clegg 01646 692329 Pembrokeshire@alzheimers.org.uk	Project providing befriending and respite care for people with dementia (incl. Alzheimer's) who have carers
Age Concern Pembrokeshire	Jane Slade & Karen Butler 01437 769207 or 769972 karen@acpembs.org.uk	Befriending for older people who have carers (+possibility of assessment of needs)
Hafal	Rhiannon Luke Heather Flowers Carers support 01834 844177 tri@hafal.org	Befriending/community support for people with mental health problems who have carers + carers support project
Pembrokeshire Mind	Angela Corfield 01437 769982 angelapembsmind@aol.com	Befriending and drop-in for people with mental health problems who have carers
Circles	Lyndsay Bone 01348 831056	Circles of support for people with learning disabilities
Parkinson's Disease Soc., Pembs & Derwen	Vicky Riddle, Maud Jones 08442253716/3784 vriddle@parkinsons.org.uk	Information & Support for people with Parkinson's and their carers
Cartrefi Cymru	01437 761922 or Jill Nicolson 01656 655606	Providing support to carers of adults with learning disabilities
Services for Young Carers		
Pembrokeshire Sibling Group	Elizabeth Edwards 01834 891446 Edwards@elzbtangha.organgehome.co.uk	Support for young carers who are siblings of a child with a disability
Young Carers Forum	Nadine Farmer 01646 680863 Nadine.farmer@pembrokeshire.gov.uk or Melanie Richards 01437 776534 Melanie.richards@pembrokeshire.gov.uk	Forum and activity days for young carers aged 8 years and over. Events run 4 times a year.
Young Carers in Mind	Lorraine West 01437 769982 07966736390 Lwestpembsmind@aol.com	Support for young carers whose parents have mental health problems

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Services for parents/carers of children with disabilities		
Barnardos	Deirdre Connell 01646 687064 Deirdre.connell@barnardos.org.uk	A range of support for parents of children with disabilities
Pembrokeshire Autistic Summer School	Sue Benbow 01646 684872 suebenbowpdcs@yahoo.co.uk	Project providing summer school activities for children with ASD Based at Pembroke Dock
Clybiau Plant Cymru Kids' Clubs	Jane Cristofaro 07973 159954 janec@clybiauplantcymru.org Gill Cripwell 07970 182673 gillc@clybiauplantcymru.org	Supported school club places for children with special needs
Pembrokeshire Activity Scheme	Kathy.sjacob@pembrokeshire.gov.uk	Holiday activity schemes
Services for all carers		
Looking after me (need 6 to 8 to put on course)	www.eppwales.org epp@carmarthenlhb.wales.nhs.uk 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/Crossroads 01792 772146	Emergency card for carers, supported by Pembrokeshire Crossroads, Pembrokeshire County Council and British Red Cross
Cars for Carers	RSVP desk 01437 768195 cars4carersrsvp@csv.u-net.com John & Denise 01646 685952	Community transport for carers
WRVS Befriending Scheme	Susan Meister 01437 563167 susanmeister@hotmail.co.uk	Befriending scheme helps older people with practical low-level support at home and encouraging social participation.
Mencap Cymru's Wales Learning Disability Helpline and West Wales Regional officer	Helpline 0808 808 1111 Regional Officer - Alli Maskell 07887 850 293 alli.maskell@mencap.org.uk	Freephone helpline weekdays 10am-6pm and 10am-4pm weekends. Regional Officer provides local information for people with a learning disability & carers incl. home visits, benefits advice and benefit checks
Carers Development Worker	Nicole van Schie 01437 771196 Nicole.vanschie@pavs.org.uk	Developing services and support for carers as set out in the Carers Strategy Action plan