

## YOUNG CARERS SUPPORT IN PEMBROKESHIRE

March 2010

All the groups below are open to young 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. Many young carers value the chance to share their knowledge and experience with other people in similar situations.

If you are a young carer and you cannot find a group to suit you, please contact Nicole van Schie, Carers Development Worker on 01437 771196 or 769422.



Name of Group	Contact Person	Who is the group for	When and where does the group meet
Pembrokeshire Sibling Group	Elizabeth Edwards <a href="mailto:edwards@elzbthangha.orangehome.co.uk">edwards@elzbthangha.orangehome.co.uk</a> 01834 891446 <a href="mailto:sdavid@gotadsl.co.uk">sdavid@gotadsl.co.uk</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
Young Carers Forum	Mel Richards 01437 776534 <a href="mailto:Melanie.richards@pembrokeshire.gov.uk">Melanie.richards@pembrokeshire.gov.uk</a> Nadine Farmer 01646 680863 <a href="mailto:Nadine.farmer@pembrokeshire.gov.uk">Nadine.farmer@pembrokeshire.gov.uk</a>	Activities for and consultation of Young Carers	School half term holidays. Contact for details.