

## CARERS SUPPORT GROUPS IN PEMBROKESHIRE

April 2013

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 also. 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
North Carers Support Group	Nina Williams on 01348 811463 <a href="mailto:nina@ninawilliams.plus.com">nina@ninawilliams.plus.com</a> Jim Bowen on 01239 841236 for directions	All carers in the North of the county	Meets every second Friday of the month from 10 till 12.30 at Clynyfw in Abercych.
National Autistic Society Pembrokeshire Branch	Lisa Phillips 01646 690079 / 07425 622363 <a href="mailto:leonie545@yahoo.co.uk">leonie545@yahoo.co.uk</a> Facebook group: <a href="http://www.facebook.com/home.php?sk=group_194543070582675">http://www.facebook.com/home.php?sk=group_194543070582675</a>	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.
Special Interest Group in Autism (SIGA)	Mrs Ainsworth 01646 684872 <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
Haverfordwest Memory Café	Nigel Dufresnoy 01646 692329 <a href="mailto:Nigel.dufresnoy@alzheimers.org.uk">Nigel.dufresnoy@alzheimers.org.uk</a>	For people with dementia, incl. Alzheimer's, and their carers	The 4 <sup>th</sup> Wednesday of the month from 2-4pm at Crundale Hall
Narberth Carers Group (Alzheimer's Society)	Katherine Clegg 01646 692329 <a href="mailto:Pembrokeshire@alzheimers.org.uk">Pembrokeshire@alzheimers.org.uk</a>	Carers and person they care for with dementia / Alzheimer's	The 3 <sup>rd</sup> Tuesday of the month from 10.30-12.30 at the Queen's Hall in Narberth
Fishguard Memory Café	Nigel Dufresnoy 01646 692329 <a href="mailto:Nigel.dufresnoy@alzheimers.org.uk">Nigel.dufresnoy@alzheimers.org.uk</a>	For people with dementia, incl. Alzheimer's, and their carers	The 1 <sup>st</sup> Tuesday of the month from 2-4pm at Goodwick Scout Hut
Milford Haven Memory Café	Nigel Dufresnoy 01646 692329 <a href="mailto:Nigel.dufresnoy@alzheimers.org.uk">Nigel.dufresnoy@alzheimers.org.uk</a>	For people with dementia, incl. Alzheimer's, and their carers	The 2 <sup>nd</sup> Monday of the month from 2-4pm at the church of the Holy Spirit, Hakin
Pembroke Carers Group (Alzheimer's Society)	Katherine Clegg 01646 692329 <a href="mailto:Pembrokeshire@alzheimers.org.uk">Pembrokeshire@alzheimers.org.uk</a>	Carers and person they care for with dementia / Alzheimer's	The 4 <sup>th</sup> Tuesday of the month 2-4pm at the Foundry House (21C) in Pembroke
Saundersfoot Memory Café	Nigel Dufresnoy 01646 692329 <a href="mailto:Nigel.dufresnoy@alzheimers.org.uk">Nigel.dufresnoy@alzheimers.org.uk</a>	For people with dementia, incl. Alzheimer's, and their carers	The 1 <sup>st</sup> Wednesday of the month from 2-4pm at St Brides Hotel and Spa

<b>Name of Group</b>	<b>Contact Person</b>	<b>Who the group is for</b>	<b>When &amp; where the group meets</b>
Singing for the brain	Nigel Dufresnoy 01646 692329 <a href="mailto:Nigel.dufresnoy@alzheimers.org.uk">Nigel.dufresnoy@alzheimers.org.uk</a>	For people with dementia, incl. Alzheimer's, and their carers, family, friends	Every 1 <sup>st</sup> Monday of the month from 2-4 pm at Crundale Hall
Memory Café (support group in North Pembs)	Penny Muir 01646 692 329 <a href="mailto:Pembrokeshire@alzheimers.org.uk">Pembrokeshire@alzheimers.org.uk</a>	For people with dementia, incl. Alzheimer's, and their carers	Memory Café at Emlyn Arms in Newcastle Emlyn 1 <sup>st</sup> Thursdays of month, 2-4pm
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 welcome	Flexible social outings/ meetings every 3 weeks Contact Carol or Gwyneth for details or visit website
Parkinson's Disease Society	Islwyn Bevan 01646 600852 Norman Gray 01646 684336	Carers of/and people who have Parkinsons Disease	Drop in day every Wednesday from 10 till 3 at 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, Barbara will make home visits	Support on an individual basis. Mon-Fri 9 – 4.30, any other time answer phone.
Pembrokeshire Cancer Support Crymych	Barbara Miller 01646 683078	Cancer patients and their carers	Drop in sessions in Narberth and at Crymych surgery. Contact Barbara for details.
TRI Hafal Carers Support	Heather Flowers 07966876108 01834 844177 <a href="mailto:tri@hafal.org">tri@hafal.org</a>	Carers of people with mental ill health	At TRI Hafal Tenby For details contact Heather
Mental Health Carers Support Group	Sabine 01348 881320 <a href="mailto:sabineroberts@googlemail.com">sabineroberts@googlemail.com</a> Joy & Allan Ross 01646 687113 Fred 01646 697268	Carers of people with mental health problems	The 2 <sup>nd</sup> Wednesday of each month in Haverfordwest at PAVS, 36-40 High Street
Parents TLC	Teresa Blayney 01437 761330 <a href="mailto:teresa.blayney@actionforchildren.org.uk">teresa.blayney@actionforchildren.org.uk</a>	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
Headway Pembrokeshire	Barbara Moules 01348 875313 Carol Bateman 01646 622977 <a href="mailto:cpembs@btinternet.com">cpembs@btinternet.com</a> Caroline <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
Direct Payment Recipient Group Pembrokeshire	Welsh office on 0800 783 8397 or 01267 245579 <a href="mailto:jane.williams@therowan.org">jane.williams@therowan.org</a>	Anyone receiving of or linked to Direct Payments in Pembrokeshire	Every 6 weeks on a Wednesday 11am - 1pm in Haverfordwest. Contact for venue.

Name of Group	Contact Person	Who the group is for	When & where the group meets
Stroke Association Support Group	Gilly Reason-Jones 07799436025 <a href="mailto:Gillian.Reason-Jones@stroke.org.uk">Gillian.Reason-Jones@stroke.org.uk</a>	For people who have experienced a stroke and their carers	Meet Wednesdays from 2 till 4pm St John's Hall, Pembroke Dock and Thursdays, Town Hall in Milford Haven
Fishguard & District Stroke Club	Michael Lewis 01348 840282 <a href="mailto:tLewis989@btinternet.com">tLewis989@btinternet.com</a>	For people who experienced a stroke and their carers	Contact for details or visit website <a href="http://www.fldstrokeclub.webbeden.co.uk">www.fldstrokeclub.webbeden.co.uk</a>
Pembrokeshire Young Carers Project	Charlotte Phillips 01437 761330 <a href="mailto:charlotte.phillips2@actionforchildren.org.uk">charlotte.phillips2@actionforchildren.org.uk</a>	Support and services for young carers	Contact for details
Pembrokeshire Sibling Group	Elizabeth Edwards <a href="mailto:edwards@elzbtangha.orangehome.co.uk">edwards@elzbtangha.orangehome.co.uk</a> 01834 891446	Support for young carers-siblings of a child with disability	Contact for details
Pembroke Dock Social Club	Angela Corfield 01437 769982 - 07976 815967 <a href="mailto:angelapembsmind@aol.com">angelapembsmind@aol.com</a>	Carers of, and those who suffer with mental health issues.	Every 4 <sup>th</sup> Tuesday between 11-00 am and 1-30pm at 54A Bush Street, Pembroke Dock
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) every 4 <sup>th</sup> Tuesday of month from 2-4 pm.
Ubiquitous Pembrokeshire Carers	Sandy Williams 01348 874815 <a href="mailto:e.neasham@btinternet.com">e.neasham@btinternet.com</a>	All carers living in Pembrokeshire	Meeting monthly for lunch and quarterly at Action for Children. Contact Sandy or Myra for details
Multiple Sclerosis Society (Pembs)	Richard and Dawn Gau 01437 762174	Any person affected by the M.S. condition	Contact telephone number 01437 762174