



Time Out for Carers Projects

Name of Group	Contact	Location & Time	Activities
Camomile Club	Cherry Evans Cherry_Evans@outlook.com 07535 826773	3 rd Wednesday of every month, 2pm-4pm at St Davids Rugby Club	Live music, Arts & Crafts, Cuppa & a Chat
Crymych Community Council	Jo Hobson joanne.hobson@pavs.org.uk	Every two weeks from 23 rd January on a Tuesday morning at Y Stiwdio and Canolfan Hermon	Monthly care & share meeting & activity + cared for provision
Havard Stables CIC	Benny Rossi bennyrossi@btinternet.com 07919 984099	Havard Stables, Newport, Pembrokeshire SA42 0JR Thursday 1 – 3pm or Friday 9.30 – 11.30 from January to end of March for 2 hour sessions 6 hour sessions can be arranged on a Sunday to suit	2 hour or 6 hour sessions with horses to include horse care and a lesson or trek on the mountain. You don't have to ride, there will be other non-riding activities in the stables.
Pobl Tir Mor CIC	Ben Manning ben@pobl-tirmor.wales 07909 943269	Creative /nature inspired activities for carers & cared for	Creative / nature inspired activities for carers & cared for
Milford Haven Community Society	Jodie Crolla jcrolla@milfordhavenschool.co.uk	Milford Haven School	Young Carers Hobby Fayre will feature four different sessions from December 2023 through to March 2024
Span Arts	Celeste Ingrams info@span-arts-org.uk 01834 869323	Starts 1 st February, every Thursday for 8 weeks. 10am -12.30	Creative Skills
Span Arts Holiday Project	Celeste Ingrams info@span-arts-org.uk 01834 869323	February Half Term, Narberth	Creative Activities
Tenby Connects	Anne Draper annedraper@hotmail.com	18 x Weekly wellbeing sessions for carers and cared for people, which will include nutrition, mindset and health	Weekly wellbeing sessions for carers and cared-for people, which will include nutrition, mindset and health
VC Gallery	Stephanie Cross 01646 685688	Fridays 11am - 2pm	Fun Art Sessions 1:1 Archery Sessions