



Pembrokeshire is 'Caring about Equality' this Carers Week (9-15 June 2025)

Carers Week is an annual campaign that aims to raise awareness about caring, highlight the challenges faced by unpaid carers, and recognise their valuable contributions to families and communities across the UK. The campaign also encourages individuals who may not perceive themselves as having caring responsibilities to identify as carers and access the essential support they need.

The initiative comes to life thanks to thousands of individuals and organisations that unite to offer support for carers, organise activities, emphasise the crucial role carers play in our communities, and bring attention to the importance of caring.



This year's campaign, titled "**Caring About Equality**," will focus on highlighting the disparities and disadvantages faced by unpaid carers across the UK, such as an increased risk of poverty, social isolation, and difficulties with mental and physical health. It's heartbreaking to see carers of all ages miss out on important opportunities in their education, careers, and personal lives simply because of their responsibilities to care for others. Let's come together for Carers Week 2025 to support one another and advocate for a fairer society. Together, we can ensure that carers are truly valued, recognised, and supported in the vital roles they play.

You can find out more about Carers Week and how to get involved at www.carersweek.org

If you live in Pembrokeshire and recognise yourself as an unpaid carer, or know someone who does, there is support available:

- Young Carers Service delivered by **Action for Children** – 01437 633488. [West Wales Support Services | Services | Action for Children](#)
- Carers Support Pembrokeshire delivered by **Carers Trust Crossroads West Wales** - 0300 0200 002 or carerssupportpembs@ctcww.org.uk

This information is also available online at www.carerssupportwestwales.org





What is happening in Pembrokeshire for Carers?

To recognise the important contributions and value of unpaid carers, Carers Week in Pembrokeshire is being celebrated by various organisations: Carers Support Pembrokeshire (CTCWW), Action for Children, PAVS, Pembrokeshire County Council (PCC), Hywel Dda University Health Board, and several voluntary and community groups are offering a range of free activities throughout the county for unpaid carers, which include:

To apply for a **Carers Recognition card**, contact:

Young Carers Card - Contact Action for Children by telephone 01437 633488 or send an email to Anne.Manning@actionforchildren.org.uk.

[Young Carers ID Card | Services | Action for Children](#)

Adult Carers Recognition Card – Contact Carers Support Pembrokeshire - 0300 0200 002 or carerssupportpembs@ctcww.org.uk

- Pembrokeshire Supported Employment Programme will be offering unpaid Carers a free hot drink and cake in their cafes across Pembrokeshire **when they present with their Carers Recognition Card** – Cafes listed below.
 - 🚦 Scolton Manor (Edie's Tea Room & The Station Shop) + No.5, Riverside, Haverfordwest.
- Pembrokeshire County Council is promoting their offer of free parking all year round for Carers at Scolton Manor, when Carers and Young Carers present at the Station Shop **with their Carers Recognition card**.
- The Pembrokeshire Community Connectors will be in various locations across the County with information about what's on in the community.
- Hywel Dda UHB Investors in Carers team are organising an information stand in Withybush General Hospital & South Pembs Hospital foyer.
- Pure West Radio programme "Community Hour" broadcast on the 25th of May will cover Carers Week.
- PCC has funded PACTO to enhance community transport for unpaid carers. Pembrokeshire Country Cars now offers two weekly journeys for unpaid carers, subject to the availability of a volunteer driver and a valid carer's card. Unpaid carers can travel free when accompanying the person they care for, and young carers can join the adult they support. For details, contact Simon Rickard at 07585 997091 or pembshub@royalvoluntaryservice.org.uk.

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Here are the details of some of the activities taking place

Monday 9 th June	Tuesday 10 th June	Wednesday 11 th June	Thursday 12 th June	Friday 13 th June
ASD Family Help Parent/Carer Social Group 10 to 11.30 am The Old Chapel, Lower Frog Street, Tenby	Keeping Well roadshow 10 am to 3 pm VC Gallery, Pembroke Dock <ul style="list-style-type: none"> • Health Care services • Community hub • Occupational Therapies • Community alarms and technology • Blood pressure testing • Carers information 	ASD Family Help Parent/Carers Social Group 10 to 11.30 am Lord Nelson Hotel Milford Haven	Pembrokeshire Coast National Park Free Social Accessibility Walk 11 am to 1 pm The walk will meet at 11am @ Cwm-y-Eglwys carpark. Cwm-yr-Eglwys Beach Public Toilets - Google Maps Explore the Pembrokeshire Coast National Park with our wheelchair-friendly walks, open to all in a relaxed, sociable setting. For more information, please contact: Amber Manning 07931 612351	Carers Support Pembrokeshire Wellbeing and Information Day 11 am to 3 pm Haverhub, Haverforwest <ul style="list-style-type: none"> • 11.30 Money Matters • 12.30- 3pm Complementary Therapy Tasters • VR Manual Handling sessions • Free refreshments
Cooking on a budget 10 to 11 am VC Gallery, Pembroke Dock Practical tasty and cost-effective meals with Kate Smith, Hywel Dda Community Nutrition Practitioner	Fishguard Community Connector Drop-in 12 to 3.30 pm Fishguard Town Hall Join Julie to discover the various activities, services, and support available in the area.	Wellbeing Wednesday 10 am to 4 pm VC Gallery, Pembroke Dock Join a local wellbeing walk, seated exercise group or art session for unpaid carers	Online: HDUHB Digital Inclusion Webinar Session: Digital Accessibility 10 to 11.30 am Explore resources and the amazing accessibility tools built into devices along with apps that can empower individuals with hearing loss, vision loss and speech challenges	Beginners' yoga session with Pembroke Yoga and Coffee, and a light bite afterwards at Westgate Café 10 am start for approx. 2 hours 87 Main Street Pembroke Call Louise to register on 07990 678219

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<p>Online: Oil Pastel workshop 11 am to 12 pm</p> <p>To register: https://www.carersuk.org/wales/help-and-advice/your-health-and-wellbeing/me-time-sessions/</p>	<p>Online: Power of Attorney with Damian Lines 11 am to 12.30 pm</p> <p>To register: https://www.carersuk.org/wales/help-and-advice/your-health-and-wellbeing/me-time-sessions/</p>	<p>Botanical Dye workshop Designed to support unpaid carers' wellbeing and self-care 10.30 am to 3 pm Stackpole Estate Please email abi.makepeace@gmail.com to book (min 6 participants)</p>	<p>Online: 1 to 2pm Dwr Cymru</p> <p>Are you a carer or being cared for by someone? You may be eligible for a cheaper water bill and free support services from Welsh Water? To register: https://www.carersuk.org/wales/help-and-advice/your-health-and-wellbeing/me-time-sessions/</p>	<p>Coffee Morning Clynfyw Farm Clynfyw Community Benefit Society Abercych, SA37 0HF. www.clynfyw.co.uk</p> <p>10.30am to 12.30pm</p>
		<p>Knit and Natter Tea Party Join Community Connector Mia</p> <p>Pembroke Dock Library 1.30 to 3.30pm</p>	<p>Bongo Clive 12.30 pm to 4 pm VC Gallery, Pembroke Dock</p> <p>FUN with DRUMS and a good old sing along followed by Cream tea</p>	<p>Online: Craft group Join Community Connector Jo on Zoom 3pm to 4.45 pm To register, email Jo.brookman-lloyd@pavs.org.uk</p>
		<p>Camomile Club</p> <p>Live Music with Jade Hughes with songs from the 60s 70s & 80s Tea & Refreshments 2 to 4 pm Crug Glas Country House SA62 6XX</p> <p>Please contact Gill on 07349 983324 for tickets at £10</p>		

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- To know more about or to advertise Carers Events throughout the year in Pembrokeshire, join the Carers WhatsApp group (contact Joey.ayris@mencap.org.uk) and join the “What’s On” newsletter (contact angela.reid@pavs.org.uk)
- There are also activities happening across Ceredigion and Carmarthenshire for carers who live near county borders. More information can be found on the Carers Support West Wales website www.carerssupportwestwales.org



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