

## Time Out for Carers – What's on?

| Organisation Name                   | What's on                                                                                                                                                                                                                                                                                                      | When/Where                                                                                                                                                         | Email contact details                                                                        | Tel number   | Contact Name       |
|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------|--------------------|
| ASD Family Help                     | Connecting unpaid Carers/Parents together to enable them time out for fun, chat, getting active and learning new skills. All within a friendly environment.                                                                                                                                                    | 21st Jan 10am-12 @ Pennar Community Hall<br>16th Feb 10am-12 @ Haverfordwest Fire Station HQ<br>2nd March 10:30am-12 @ Scolton Manor, Edies Tea Room<br>Venues TBC | <a href="mailto:melissa@asdfamilyhelp.org">melissa@asdfamilyhelp.org</a>                     | 07384 733658 | Melissa Hutchings  |
| Havergardd                          | Carers in Nature Project - including foraging walks, bushcraft, nature and sound work sessions                                                                                                                                                                                                                 | Haverfordwest                                                                                                                                                      | <a href="mailto:havergardd@gmail.com">havergardd@gmail.com</a>                               | 07425 050768 | Polina Henderson   |
| Hubberston & Hakin Community Centre | Community Centre Carers Support Project - providing a combination of carers information provision, self-help groups, coffee bar drop in, group activities, social gatherings and Community Transport                                                                                                           | Hubberston                                                                                                                                                         | <a href="mailto:jelpot1@icloud.com">jelpot1@icloud.com</a>                                   |              | Peter Llewellyn    |
| Milford Haven Community Society     | Young Carers Project - A range of activities focused on respite, wellbeing, reducing isolation and building confidence.                                                                                                                                                                                        | For young carers attending Milford Haven School                                                                                                                    | <a href="mailto:accounts@milfordhavenschool.co.uk">accounts@milfordhavenschool.co.uk</a>     |              | Laura Walter-Jones |
| Pembrokeshire People First          | Short break sessions, including wellbeing activities, accessible outings and Stay Social sessions. Includes Music & Mindfulness activities & creative sessions.                                                                                                                                                | Haverfordwest                                                                                                                                                      | <a href="mailto:info@pembrokeshirepeople1st.org.uk">info@pembrokeshirepeople1st.org.uk</a>   |              | Becky Lewis        |
| Pembrokeshire Young Onset Dementia  | Sessions for individuals with young onset dementia to take part in age-appropriate activities that help to maintain skills, increase self-confidence and independence, improve mental and physical wellbeing, reduce social isolation, and enable them to continue enjoying life to the best of their ability. |                                                                                                                                                                    | <a href="mailto:Pembsyoungonsetdementia@outlook.com">Pembsyoungonsetdementia@outlook.com</a> |              | Cherry Evans       |

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| Pobl Tir Mor CIC       | Breaks to provide a range of co-production, wellbeing, and respite breaks for unpaid and parent carers, including opportunities to connect with peers and support projects, alongside tailored activities such as overnight spa stays, creative and nature-based workshops, meals, wellbeing sessions, outdoor activities, and new trial experiences designed to meet carers' individual needs and interests. |                                                                                                      | <a href="mailto:info@pobltirmor.wales">info@pobltirmor.wales</a>                                                                                      | 07391<br>059086 | Dilys Burrell                |
| Redberth Croft CIC     | Monday Morning Reset sessions - Activities will include gardening and growing activities within our community market garden, animal-assisted wellbeing sessions with our rescue ponies and small animals, conservation activities, seasonal crafts, countryside walks, refreshments, and informal peer support.                                                                                               | Mondays 9am- 12 noon @ Redberth Croft, Redberth                                                      | <a href="mailto:Redberthcroft@gmail.com">Redberthcroft@gmail.com</a>                                                                                  | 07762<br>904577 | Rachel                       |
| Silbers CIC            | Sessions, where unpaid carers can book free one-hour holistic wellbeing sessions, including massage, reiki, reflexology, sound therapy, bodywork and kinesiology, while the person they care for safely participates in supervised greenwood woodworking and creative activities such as small woodcraft projects, group bench building and crafts.                                                           |                                                                                                      | <a href="mailto:James@silberscic.org.uk">James@silberscic.org.uk</a>                                                                                  |                 | James Silbers                |
| Tea Dewi               | Monthly sessions (provided by 2 groups) with art, yoga, music and games. Also support towards Christmas meal & entertainments and New Year Celebration meal.                                                                                                                                                                                                                                                  | Wednesdays 2-4pm on the 2nd & 3rd Weeks of the month, between Sept and March @ St David's Rugby Club | <a href="mailto:andrewcwmwdig@aol.com">andrewcwmwdig@aol.com</a> / <a href="mailto:annie.halliwell@btinternet.com">annie.halliwell@btinternet.com</a> |                 | Gill Leese / Annie Halliwell |
| TenderNest Healing CIC | Wellbeing day retreats for unpaid carers in Pembrokeshire. Short breaks to support physical and emotional wellbeing.                                                                                                                                                                                                                                                                                          | Clynfyw Care Farm, Boncath, SA37 0HF                                                                 | <a href="mailto:shahnaz@tendernest.org.uk">shahnaz@tendernest.org.uk</a>                                                                              | 07500<br>800251 | Shahnaz Scully               |

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| The Tenby Project CIC | Short breaks sessions for 25 - 30 carers and cared for inc. nutrition, wellbeing & craft activities                       | Tenby                                                                                                                                                               | <a href="mailto:annedraper@hotmail.com">annedraper@hotmail.com</a>       |              | Anne Draper  |
| Urdd Gobaith Cymru    | Two weekend retreats for 24 Young carers from Pembs at Urdd Centre, Pentre Ifan                                           |                                                                                                                                                                     | <a href="mailto:delungibby@urdd.org">delungibby@urdd.org</a>             |              | Delun Gibby  |
| Windswept CIC         | Sessions every Monday of the 6-week summer holiday. A mix of beach games, rock pooling and water sports. 10am-4pm Ages 8+ | Dale Booking<br>Link: <a href="https://windswept.sailia.com/?folderID=12156&amp;sessionID=6554">https://windswept.sailia.com/?folderID=12156&amp;sessionID=6554</a> | <a href="mailto:Sarah@windswept.community">Sarah@windswept.community</a> | 07861 887260 | Sarah West   |
| Y Ffilltir Sgwar      | Bore Coffi/Coffee Mornings for carers including activities and music                                                      | Mondays 10am-12 @ Bro Preseli Community Care Hub, SA41 3SJ                                                                                                          | <a href="mailto:info@yfilltirsgwar.org">info@yfilltirsgwar.org</a>       | 07779 876180 | Sue Warfield |

