



UK Government  
Llywodraeth y DU

## 'Catalysts for Care' Directory of Home Care, Home Help and Support Services in Pembrokeshire

### About the directory

This directory contains a list of small, independent care and support services in Pembrokeshire – known as 'micro-enterprises'. Being small (most are sole traders / self-employed) means that they can provide the time and consistency to build a real understanding and relationship with the people they support.

The directory has been put together by the Catalysts for Care project (a partnership between PAVS, PLANED, Pembrokeshire County Council and Community Catalysts) to support the development of care and support enterprises in Pembrokeshire. The purpose of this directory is to provide more choice for people to find a personal, local care or support service that works for them.

### How do I decide if a micro-enterprise would be a good option for me?

Micro-enterprises can be a good option for people if you:	Things to consider:
<b>Are looking for consistency and continuity in your support.</b> Micro-enterprises are often sole traders so you have the opportunity to build an understanding and rapport with the same person.	Most micro-enterprises are exempt from registration with the Care Inspectorate Wales (CIW). <b>As such, you must be happy to direct and control your support.</b> This means discussing and agreeing your support plan and service agreement contract with the micro-enterprise, and telling them if you want things to change.
<b>Want support for periods of time that suit you.</b> You will agree with the micro-enterprise the regular weekly hours of support to be provided. Micro-enterprises can sometimes offer flexibility to adjust their hours to suit your needs going forward.	You will be engaging with a small, independent service. <b>Therefore, it is <u>your responsibility</u> to interview the micro-enterprise and make appropriate checks</b> to decide that you are happy with the service and that it can meet your needs. See p.2 for a list of suggested checks to make when you meet / interview a micro-enterprise.
<b>Have a clear idea about the support that you want</b> and are happy to direct the micro-enterprise to provide this.	Whilst a micro-enterprise will support you to arrange cover if they are sick or unable to make a visit for any reason, <b>you must be happy that there is a suitable contingency plan in place</b> before the service commences.

### How do I know that these services are safe, legal, well run and high-quality?

All enterprises on this directory have committed to a [code of practice](#) demonstrating that their service is safe, legal, well-run and high-quality. To achieve the code of practice, enterprises can access free support via the Catalysts for Care project.

Whilst enterprises commit to a code of practice, it is important to note that **neither the Catalyst for Care project or its partners formally accredit or approve the services on this list. The Catalyst for Care project and its partners are unable to guarantee the quality or satisfaction of any services provided by any enterprise on this directory or accept any liability for any services provided by any enterprise listed on this directory.** We welcome customer feedback and reserve the right to remove enterprises who do not meet the code of practice. Any feedback can be sent to [lee.james@planed.org.uk](mailto:lee.james@planed.org.uk) / 07535 810003.

As you will be engaging with a small, independent service, it is your responsibility to make appropriate checks and decide that you are happy with the service. See below for a list of suggested checks / questions to ask.

### Suggested checks / questions to ask the micro-enterprise:

- How does the enterprise ensure they can provide safe support?
  - Do they have Public Liability Insurance and any other necessary insurances?
  - Do they have Disclosure and Barring Service (DBS) checks?
  - Do they have appropriate experience and training to support your needs and wishes?
  - How do they assess and manage risks?
  - Do they have policy guidelines on health and safety, safeguarding and GDPR / data protection?
  - Does the service need to be registered with the Care Inspectorate Wales (CIW)? If not, why not?
  - Do they have any references or customer testimonials?
- Is there a service agreement contract to agree everyone's rights and responsibilities? This should include:
  - The cost, what is included in this, how the payment will be made and will I receive an invoice or receipt?
  - What happens if the worker is sick or wants to arrange leave?
  - How do we discuss and agree what support will take place? Is there a support plan to document this?
  - How do I tell you if I'd like my support to change?
  - How would I make a complaint?
  - What is the notice period for ending the agreement?

- Does the enterprise have the right employment status?

Some micro-enterprises are set up as small limited businesses, but most are sole traders / self-employed. If you decide to use the services of a sole trader, it is your responsibility to check their employment status. You can do this by asking for their 'Unique Tax Reference' number, asking them to complete the [HMRC check employment status tool](#), or calling the HMRC on 0300 200 3300

#### How do I use the directory?

If you are interested in a service, please get in touch with them directly to have a chat about whether they can meet your needs, the cost of the service, and their availability. You can then meet them to make the appropriate checks suggested above and to discuss and agree the support you would like and when this will take place, before signing the service agreement contract together.

If you are eligible to receive care and support funded by Pembrokeshire County Council, you can talk to your social worker about whether a [Direct Payment](#) would be a suitable way to purchase your assessed care and support from a micro-enterprise.

**Please scroll down a page to see the 'Home Care, Home Help and Support Services'**

## ‘Catalysts for Care’ Directory of Home Care, Home Help and Support Services in Pembrokeshire

### Home Care, Home Help and Support Services

[View where these services are based on a map of Pembrokeshire.](#)

\* Enterprises that can provide personal care

Service name and contact details	Description of service and more info	Area	Availability
<b>Wildflowers*</b>  Call Claire on: 07956 817464  Email: <a href="mailto:claire@enrichwithwildflowers.co.uk">claire@enrichwithwildflowers.co.uk</a>	<p>Wildflowers provides a specialised respite and enrichment provision for the cared for and their carers, as well as companionship and support.</p> <p>Founded and run by Claire, a Registered Adult Nurse, each person is approached as an individual with an emphasis on developing connection through creativity. Claire has specific experience in community and hospice settings, as well as palliative and dementia specific roles. Claire has spent the majority of her nursing career working in community settings and is dedicated to empowering people to live their lives according to their wishes.</p> <p>Wildflowers focuses on enrichment activities to improve quality of life and wellbeing. This may include life story work, reminiscence, spending time with animals and in nature, crafts, gardening, walking – all dependent on the individual and their wishes and needs. Wildflowers can also support with the essential activities of daily living as required.</p> <p>More info at: <a href="https://linktr.ee/enrichwithwildflowers">https://linktr.ee/enrichwithwildflowers</a></p>	Based on the borders of Ceredigion, Carmarthenshire and Pembrokeshire	Please enquire

<p><b>PAH Home Services</b></p> <p>Call Paul on: 07931 573754</p> <p>Email: <a href="mailto:paulhobson@gmx.com">paulhobson@gmx.com</a></p>	<p>My name is Paul and I have experience of mild dementia with my mother and neurodiversity within my family.</p> <p>My self-employed services include, companionship, light gardening work, support for travel to appointments and social /sporting activities, including community-based groups or clubs.</p> <p>I can support with shopping, preparing some light meals and assistance with dealing with correspondence, I don't provide personal care or medication.</p> <p>I have a van for light removals or decluttering please enquire for costs for this service.</p>	<p>Abercych and the surrounding areas</p>	<p>Available</p>
<p><b>Heart of the Home*</b></p> <p>Call Lara on: 07419 997701</p> <p>Email: <a href="mailto:hothwales@gmail.com">hothwales@gmail.com</a></p>	<p>My name is Lara and 'Heart of the Home' is a sole trader micro-enterprise I have set up to provide a complete bespoke care service for people in their own homes.</p> <p>I have experience in Dementia, Parkinson's, Diabetes, end of life care, post-operative and bed bound care, as well as care for people who are just at that time of life when they have to slow down and need a little extra support.</p> <p>My services include personal care, wound care and medication, food prep, housekeeping, light gardening, shopping, appointments, socialising and companionship. I love to care for people's pets too! Day and night visits are available, including overnight.</p> <p>I offer a holistic approach to care to ensure the very best quality of life possible for both the individual and their loved ones.</p>	<p>North Pembs and Ceredigion - Cilgerran, Eglwysrwrw, up to Newport, Cardigan and surrounds.</p>	<p>Some availability, including nights.</p>

<p><b>Sian's Support Service*</b></p> <p>Call Sian on: 07446 057608</p> <p>Email: <a href="mailto:maehrlein8@aol.com">maehrlein8@aol.com</a></p>	<p>I am a sole trader with 9 years' experience of working with people of all ages and a range of disabilities. I can help support you in your home and the community. I can help you shower, cook and prepare meals, shop, fill in forms and help with budgeting and many other things. I would love to help you live and enjoy your life the way you want to.</p> <p>More info at: <a href="https://www.facebook.com/Sians-Support-Service-776828009014231">www.facebook.com/Sians-Support-Service-776828009014231</a></p>	<p>St Dogmaels, Cilgerran and 5 mile radius</p>	<p>At full capacity</p>
<p><b>Ruth's Care and Support*</b></p> <p>Call Ruth on: 07980868994</p> <p>Email: <a href="mailto:daviesruth@live.co.uk">daviesruth@live.co.uk</a></p>	<p>As a sole trader, qualified nurse and Soul Midwife, I offer a bespoke, person-centred service to people with needs for care, support and companionship. I have an especial interest in Dementia and end of life care.</p> <p>I offer day respite care to people experiencing dementia, working with and alongside family and loved ones who have a caring role, as well as with individuals who live alone. The support can include personal care, companionship and helping the individual to engage with meaningful activities tailored to their individual interests.</p> <p>As a Soul Midwife, my aim is to support individuals with a terminal diagnosis in any way I can, in order to facilitate the best possible quality of life and a gentle and peaceful death. This involves offering emotional, practical and spiritual support to family and loved ones, in accordance with their own needs and beliefs. The support is offered to people at any time from diagnosis of a palliative condition through to the last days and hours until death. It can include day respite for loved ones, listening to and talking about any fears or anxieties surrounding death and dying, practical planning advice and offering gentle therapeutic techniques when appropriate, as well as providing personal care. More info at: <a href="https://www.facebook.com/Ruths-Care-and-Support-103502545475631">www.facebook.com/Ruths-Care-and-Support-103502545475631</a></p>	<p>North Pembrokeshire, Carmarthenshire and Ceredigion</p>	<p>Some availability – please enquire</p>

<b>Hope at Home</b>  Call Tessa Hope: 077720 99517  Email: <a href="mailto:misstesshope@gmail.com">misstesshope@gmail.com</a>	<p>Sole trader (Tessa) providing a friendly and flexible support service for all ages including teens, new mothers and older people.</p> <p>Support includes help with light house work and organising your home, preparing meals, shopping, picking up prescriptions, and accessing the community / hobbies.</p> <p>More info at: <a href="https://www.facebook.com/Hope-At-Home-111145037476802/">www.facebook.com/Hope-At-Home-111145037476802/</a></p>	Only covering Newport and Dinas.	At full capacity
<b>Claire Sharkey Care*</b>  Call Claire on: 07866 196621  Email: <a href="mailto:claire_sharkey@hotmail.co.uk">claire_sharkey@hotmail.co.uk</a>	<p>I am an experienced sole trader offering a flexible home care service, including: personal care, cleaning, cooking, dog walking, gardening, shopping and appointments (I am happy to drive clients).</p> <p>I have extensive experience supporting people in their own homes, including Dementia care, bed care and palliative care. I have had training in Counselling and Family Therapy. I am also a Shiatsu and massage practitioner and happy to be part of rehabilitation after stroke or injury.</p>	Newport and the surrounding areas	Unable to take any enquiries until late July 2021
<b>Shan Jones Care*</b>  Call Shan on: 07518 576047  Email: <a href="mailto:shani.run@gmail.com">shani.run@gmail.com</a>	<p>I am an experienced sole trader offering a person-centred, holistic approach to care by considering each client's individual needs to enhance quality of life and wellbeing.</p> <p>I can support with personal care, preparation of meals, shopping, housework, companionship, social activities, hobbies, exercise and outdoor therapy including light gardening.</p> <p>My knowledge and experience includes working within a clinical setting, palliative care, as well as care at home. I have a Diploma in Health and Social Care, and qualifications in Palliative Care, Nutrition to support Health and Wellbeing, Culinary Medicine and Massage Therapy.</p>	Newport and the surrounding areas	Currently at full capacity

<p><b>Where Care Matters (Sue Warfield)</b></p> <p>Call Sue on: 07779 876180</p> <p>Email: <a href="mailto:Sue.Warfield@outlook.com">Sue.Warfield@outlook.com</a></p>	<p>I am a sole trader (Sue Warfield) supporting living at home including pets, household chores, gardening, shopping and companionship / activities.</p>	<p>Crymych and the surrounding areas</p>	<p>Some availability – please enquire</p>
<p><b>Where Care Matters (Paul Scott)*</b></p> <p>Call Paul on: 07969 961286</p> <p>Email: <a href="mailto:pdscott21@hotmail.com">pdscott21@hotmail.com</a></p>	<p>My name is Paul and I am a sole trader with 14 years' experience in person centred care. For the last 8 years, I have been working with the elderly with dementia.</p> <p>My support services include: personal care including help with medication, washing, bed bound clients and pressure sore prevention; end of life support; and 'home help' including housekeeping, food prep, appointments and form filling.</p> <p>Each person is different, as are their needs, and I will work with you on a case by case basis, helping you to enjoy your time at home.</p>	<p>Crymych and the surrounding areas</p>	<p>Availability Mon-Fri 10-6pm, but currently fully booked on the weekends</p>
<p><b>Care &amp; Support with Jemma*</b></p> <p>Call Jemma on: 074134 62526</p> <p>Email: <a href="mailto:jemmab1992@outlook.com">jemmab1992@outlook.com</a></p>	<p>Hello my name is Jemma. I am a sole trader providing care and support to individuals to help them remain independent in their own homes.</p> <p>I have 9 years of experience working in the care sector and have worked in a variety of settings within that time.</p> <p>I offer a wide range of services including personal care. The support I provide depends on the needs of the client. Please get in touch to discuss your requirements or for further information.</p> <p>More info: <a href="https://www.facebook.com/profile.php?id=100085352855112">www.facebook.com/profile.php?id=100085352855112</a></p>	<p>Fishguard / Goodwick and surrounding areas</p>	<p>Limited availability - please enquire</p>



<p><b>Lucy's Home Help*</b></p> <p>Call Lucy on: 07368 209436</p> <p>Email: <a href="mailto:lucybask49@gmail.com">lucybask49@gmail.com</a></p>	<p>Hello! My name's Lucy and I'm a sole trader providing care and support to individuals with a variety of needs within their own home. I have 5 years' experience within the care sector, most of which with adults with learning disabilities but also with the elderly and people living with Dementia.</p> <p>The services I am able to offer include personal care, shopping, domestic tasks and others. If you feel I may be a good fit, please contact me to discuss further.</p> <p>More info: <a href="https://www.facebook.com/helpwithlucy">www.facebook.com/helpwithlucy</a></p>	<p>Fishguard / Goodwick and surrounding areas</p>	<p>Only available on evenings and Saturday's (all day)</p>
<p><b>Companionship Care</b></p> <p>Call Julie on: 07572 423895</p> <p>Email: <a href="mailto:Pembscompanioncare@gmail.com">Pembscompanioncare@gmail.com</a></p>	<p>Feelings of loneliness and social isolation can play a significant role in mental and physical health. With companionship and care, especially for those feeling socially isolated perhaps through illness or a loss of social connections, there can be an improvement in feelings of happiness and positivity. This can lead to an enhancement in health and wellbeing.</p> <p>Whilst I don't provide personal care I do provide emotional support and can help you with your home activities including cooking, gardening and social outings. I can also help you with your paperwork and form filling. Working alongside your personal care assistants I will have the time to consider your health and wellbeing holistically, not merely from a personal care or medical perspective.</p>	<p>Fishguard / Goodwick and surrounding areas</p>	<p>No availability</p>

<p><b>Caring for You*</b></p> <p>Call Tracey on: 07762 186139</p> <p>Email: <a href="mailto:Caringforyoutwo@gmail.com">Caringforyoutwo@gmail.com</a></p>	<p>Hello my name is Tracey I am a retired Adult/Children's Nurse of 40 years. I have experience in working with children and young people; supporting with their physical and emotional needs. I also have experience supporting the elderly with Dementia and Parkinson's to be able to continue living at home.</p> <p>My support will be bespoke to your current needs which may include: personal care, companionship, shopping, domestic tasks, meal preparation, support with appointments and supporting the family.</p> <p>Look forward to hearing from you.</p>	<p>Fishguard / Goodwick and surrounding areas</p>	<p>Available</p>
<p><b>Here For You Home Help*</b></p> <p>Call Emma on: 07855 555026</p> <p>Email: <a href="mailto:e.skeate_hereforyouhomehelp@hotmail.com">e.skeate_hereforyouhomehelp@hotmail.com</a></p>	<p>A sole trader (Emma Skeate) home support service personal to you. Here for you in your hour of need, providing a quality service with a holistic approach to maximise wellbeing and help ease the struggles of day-to-day living.</p> <p>Services I provide are: Lower level personal care, companionship, sleep-in service/waking nights, meal preparations (level 2 food hygiene certificate), exercise/keeping fit companion, light domestic duties, house de-cluttering/organising, light garden duties, dog walking, chaperoning for excursions/appointments/shopping, and agreed &amp; tailored activities such as; arts and crafts, games, reading, writing, cooking.</p> <p>I have extensive experience and training as a carer working with elderly, disabled and end of life, and as a healthcare professional within a clinical setting providing support to all ages and abilities. <a href="#">Click here to see a flyer with more info</a></p>	<p>St Davids, Solva, Croesgoch, Newgale and surrounding areas.</p>	<p>No availability except sleep ins</p>

<b>Coastal Companions</b>  Sharon: 07972539697 Bill: 07957313785	<p>A partnership enterprise with over fifty years of experience offering a bespoke service centred on companionship, care and support.</p> <p>This is to include a service to benefit the family as well as the supported individual, light domestic duties and outings to attend appointments or for shopping purposes. We will work closely alongside families who have a caring role, providing them with an opportunity to receive some much needed respite and emotional support.</p>	St David's and the surrounding areas (within a ten mile radius)	Limited availability but please feel free to contact us
<b>PJB Bespoke Home Help Services*</b>  Call Paul on: 07931 616860  Email: <a href="mailto:pjbhomehelpservices@gmail.com">pjbhomehelpservices@gmail.com</a>	<p>Highly qualified and experienced sole trader providing a person-centred bespoke home help service.</p> <p>Support includes personal care, benefits advice, medical appointments, shopping and companionship.</p> <p>More info at: <a href="https://www.facebook.com/PJB-Bespoke-Home-Help-Services-101943144950507">www.facebook.com/PJB-Bespoke-Home-Help-Services-101943144950507</a></p>	Roch, St Davids, Croesoch, Fishguard & Goodwick, Haverfordwest and surrounding areas	At full capacity
<b>Cwtch Care Pembrokeshire*</b>  Call Rosie on: 07779 007769  Email <a href="mailto:cwtchcarepems@gmail.com">cwtchcarepems@gmail.com</a>	<p>My name is Rosie Bell and I am a sole trader and registered nurse with over 14 years of experience. Most recently I have been working in the community as a specialist Dementia nurse and currently work on the Frailty Unit in Withybush General Hospital. I have a passion for working with people with Dementia and elderly people to enrich their quality of life and promote healthy living and wellbeing. I work with each person's individual needs and wherever possible incorporate exercise, engagement with nature and being outdoors.</p> <p>My service includes assistance with personal care, cooking and meal preparation, housework, shopping, support to pursue hobbies and interests and attending appointments.</p>	Roch and surrounding area within a 10 mile radius	At full capacity

<p><b>One 2 One Care*</b></p> <p>Call Georgie on: 07851 672669</p> <p>Email: <a href="mailto:g.skeates74@gmail.com">g.skeates74@gmail.com</a></p>	<p>Hello, My name is Georgina (Georgie) and I am a sole trader with 18 years' experience in a variety of care environments including nursing, Dementia and palliative care, and have a level 3 Diploma in Health and Social Care. I provide care for children and adults with disabilities and the elderly. I can tailor your care to suit your needs and ensure you receive the individual care you or your loved ones require, thus helping you stay independent in your own home and providing you with the choices to be involved in how your care is received.</p> <p>I offer all aspects of personal care, I am trained in manual handling and experienced in the use of equipment that may need to be used. I am also able to provide support with laundry, gardening, pet care, socialisation and companionship, anything that is required to keep you independent in your own home.</p> <p>I am also a qualified Foot Health Practitioner and able to take care of all your feet and hand needs including massage.</p> <p>More info at: <a href="https://www.facebook.com/One-2-One-Care-IndependentPersonal-Assistant-359951597899570">www.facebook.com/One-2-One-Care-IndependentPersonal-Assistant-359951597899570</a></p>	<p>Newgale and the surrounding areas</p>	<p>Please enquire</p>
<p><b>JW Home Help and Support</b></p> <p>Call Julie on: 07967 122494</p> <p>Email: <a href="mailto:jw.homehelp@yahoo.com">jw.homehelp@yahoo.com</a></p>	<p>My name is Julie. I am a sole trader offering a friendly and reliable support service in your home and out in the community.</p> <p>Services include light housework, meal prep, shopping, companionship and help with social outings/hobbies.</p>	<p>Newgale, Solva, Roch, Haverfordwest and surrounding areas</p>	<p>Some availability – please enquire</p>

<p><b>Helping Hands Support Services*</b></p> <p>Call Lorna on: 07792 279108</p> <p>Email: <a href="mailto:helpinghandslbf@gmail.com">helpinghandslbf@gmail.com</a></p>	<p>I run Helping Hands Support Services as an experienced and highly qualified sole trader offering bespoke and person-centred support services. I offer a wide range of care and support, including personal care, domestic chores, companionship, inclusion and respite.</p> <p>I have experience in supporting individuals with learning disabilities, physical disabilities and mental health issues; and specialise in supporting people living with Dementia. I provide tailored support to help you stay living independently in your own home.</p>	<p>Crundale and Haverfordwest areas</p>	<p>At full capacity but please feel free to enquire as my availability changes</p>
<p><b>With a Little Help*</b></p> <p>Call Sharmain on: 07398 716433</p> <p>Email: <a href="mailto:shar1010@hotmail.com">shar1010@hotmail.com</a></p>	<p>I am a sole trader (Sharmain) providing care and companionship in the comfort of your own home and out in the community. Support includes respite, shopping, appointments, food preparation and personal care. I have experience in supporting people with learning disabilities, mental health needs and Dementia.</p> <p>For further information please see:  <a href="https://www.facebook.com/With-a-little-help-102810581889447">www.facebook.com/With-a-little-help-102810581889447</a></p>	<p>Haverfordwest and surrounding areas</p>	<p>At full capacity</p>
<p><b>Share the Care with Laura*</b></p> <p>Call Laura on: 07375 670771</p> <p>Email: <a href="mailto:sharethecarewithlaura88@outlook.com">sharethecarewithlaura88@outlook.com</a></p>	<p>This service is made up of Laura and four other personal assistants providing a bespoke service to an array of individuals, offering that personal touch.</p> <p>Support can include personal care, home help, companionship and support to access the community.</p> <p>More info at: <a href="https://www.facebook.com/ShareTheCare88">www.facebook.com/ShareTheCare88</a></p>	<p>Haverfordwest and surrounding areas</p>	<p>Limited day time availability</p> <p>Availability for adhoc respite</p> <p>Availability for sleep in nights</p>

<p><b>Care and Companionship with Emma*</b></p> <p>Call Emma on: 07710 268380</p> <p>Email: <a href="mailto:careandcompanionshipwithemma@gmail.com">careandcompanionshipwithemma@gmail.com</a></p>	<p>Hello, my name is Emma. I am a sole trader offering a tailored 1-1 care &amp; home support service catering to individual needs. I have over 12 years' experience working in Health and Social Care settings, including extensive experience working with clients with Dementia, MS and Learning Difficulties.</p> <p>I want to help clients access their local community, offer companionship and give a helping hand where they need it in order to promote independence within their home. Please get in touch for a friendly, informal chat.</p> <p>More info at: <a href="https://www.facebook.com/Care-and-Companionship-with-Emma-Independent-Personal-Assistant-176201162392766/">www.facebook.com/Care-and-Companionship-with-Emma-Independent-Personal-Assistant-176201162392766/</a></p>	<p>Haverfordwest and surrounding areas</p>	<p>Some availability – please enquire</p>
<p><b>Support by Alison*</b></p> <p>Call Alison on: 07972 869610</p> <p>Email: <a href="mailto:alisonjames2408@gmail.com">alisonjames2408@gmail.com</a></p>	<p>Hi, my name is Alison. I am a sole trader with a number of years' experience as a carer, support worker and foster carer. I have supported people of all ages and with various needs. I have a level 3 Diploma in Health &amp; Social Care and have completed many other training courses over the years.</p> <p>I can offer support with personal care, companionship, cleaning, laundry, preparing meals, attending appointments or socialising within the community.</p> <p>The support I can provide very much depends on the needs of the individual and I am very happy to discuss this in further detail.</p>	<p>Haverfordwest and surrounding areas</p>	<p>At full capacity</p>

<b>Pembs Family Friend</b>  Call Rachel on: 07791 001170  Email: <a href="mailto:pembsfamilyfriend@gmail.com">pembsfamilyfriend@gmail.com</a>	<p>Sole trader (Rachel) providing an outcomes focused support service for adults and children based on client's individual needs and requirements.</p> <p>The range of services include, but are not limited to, companionship, light housework, shopping, accompanied walks and trips, (with or without family pets!), food preparation, reading and chatting, assistance completing forms and overnight stays in client's homes.</p>	Haverfordwest and the surrounding areas	At full capacity
<b>All About You: Care, Support and Behaviour Therapy*</b>  Call Zena on: 07481828478  Email: <a href="mailto:enquiries.allaboutyou@gmail.com">enquiries.allaboutyou@gmail.com</a>	<p>I am a sole trader with over 20 years-experience working with older adults, mental health illness, developmental disorders, dementia and end of life care. I have a degree in Applied Psychology and a Masters in Applied Behaviour Analysis (ABA).</p> <p>I offer a wide range of care, support and behaviour therapy services, which include personal care (washing, dressing, toileting, showering), companionship (either within the home or within the community), support with cleaning and housework, and ABA therapy.</p> <p>More info at: <a href="https://www.facebook.com/allaboutyoucommunitysupport">www.facebook.com/allaboutyoucommunitysupport</a></p>	Haverfordwest and surrounding areas, including, Milford Haven, Pembroke, Pembroke Dock	At full capacity
<b>KP Home and Care Services</b>  Call Kelly on: 07305 651161  Email: <a href="mailto:kpcare22@outlook.com">kpcare22@outlook.com</a>	<p>Hello, my name is Kelly, a sole trader support worker with many years of experience working in the care sector. I aim to provide practical support to people in their own homes to help remain as independent as possible.</p> <p>I can provide non-personal care ranging from domestic services, welfare calls, shopping, light gardening, companionship, exercise or walking buddy, assistance to access hobbies and interests.</p> <p>For info at: <a href="https://www.facebook.com/profile.php?id=100082070559220">www.facebook.com/profile.php?id=100082070559220</a></p>	<p>Haverfordwest and surrounding areas</p> <p>Also Fishguard and the surrounding areas on Tuesdays</p>	At capacity but enquiries always welcome

<p><b>Golden Years Help and Support*</b></p> <p>Call Helen on 07868 608225</p> <p>Email:  <a href="mailto:goldenyearsperms@outlook.com">goldenyearsperms@outlook.com</a></p>	<p>My name is Helen; I have many years' experience working in nursing and residential homes and in the community alongside adults with varying needs and disabilities.</p> <p>I am a sole trader providing care and support to individuals in their own homes, to help them remain happy and independent. I am offering person centred care and support including housekeeping, companionship, food prep, personal care and assistance with medication, respite for families, accessing local community and attending appointments.</p> <p>The support I can provide depends on the individual and their needs.</p>	<p>Haverfordwest and surrounding areas</p>	<p>Available</p>
<p><b>Forever Caring*</b></p> <p>Call Sara on: 07840 814082</p> <p>Email:  <a href="mailto:forevercaringwithsara@outlook.com">forevercaringwithsara@outlook.com</a></p>	<p>Hello, my name is Sara. I am delighted to introduce my micro support service 'Forever Caring'.</p> <p>Having worked in care for 14 years I have met and supported many wonderful individuals. My experience spans a wide range from young adults to elderly support with a range of different care and support needs. These include support with Dementia, Parkinson's, MS, Motor neurone, Learning Disabilities, Autism, ADHD, ODD, Epilepsy, Downs Syndrome with much more.</p> <p>I love getting into the community and taking part in lots of different activities. I thoroughly enjoy arts and crafts, crochet, cooking and baking as well as activities out of the house such as walks, visiting the beach, playing golf, cinema visits and much more that our beautiful Pembrokeshire has to offer.</p> <p>Forever Caring offers support from childhood, young adult and elderly. I can offer support from companionship, home help and cooking/shopping through to personal care.</p> <p>More info: <a href="https://www.facebook.com/profile.php?id=100086235324787">www.facebook.com/profile.php?id=100086235324787</a></p>	<p>Haverfordwest and surrounding areas</p>	<p>Available – please enquire</p>



<p><b>Hardy's Home Help*</b></p> <p>Call Hardy on: 07491 623303</p> <p>Email:  <a href="mailto:Hardijs.madzulis@inbox.lv">Hardijs.madzulis@inbox.lv</a></p>	<p>My name is Hardy and I have more than 5 years' experience working in the Social Care sector. As sole trader, I offer care and support to help you to live independently in your own home. This includes all aspects of social care: morning routine, shower, personal care, administration of medication, preparing meals, socialising, light fitness classes to maintain physical shape (according to the physiotherapist's recommendations), and gardening (I have all the necessary equipment).</p> <p>I also have extensive experience in organising trips and leading tourist groups, and offer 'Travel Therapy': support to organise and accompany you on bespoke trips.</p>	<p>Haverfordwest and surrounding areas</p>	<p>Available, please enquire</p>
<p><b>Rainbow Care &amp; Support*</b></p> <p>Call Hannah on: 07508 769879</p> <p>Email:  <a href="mailto:rainbowcarewithhannah@outlook.com">rainbowcarewithhannah@outlook.com</a></p>	<p>Welcome to my micro support service: 'Rainbow Care &amp; Support'. I have over 12 years' experience in care / support ranging from children, younger adults and older adults, all with different care and support needs including Dementia, Epilepsy, Mental Health, Down Syndrome, Learning Disabilities, Autism, ADHD, and ODD.</p> <p>I offer a bespoke service to individuals with that personal touch. I can offer companionship; home help including cooking / shopping / cleaning; personal care including assistance with medication; and respite for families.</p> <p>More info: <a href="https://www.facebook.com/profile.php?id=100087125147849">www.facebook.com/profile.php?id=100087125147849</a></p>	<p>Haverfordwest and Milford Haven area</p>	<p>Available - please enquire</p>

<b>Home Call*</b>  Call Mary on: 07897 157736  Email: <a href="mailto:Fugglefly@gmail.com">Fugglefly@gmail.com</a>	<p>'Home Call' home help and domestic services is a sole trader (Mary) offering a wide range of personalised services to help and support you in your home.</p> <p>This includes personal care, support with medication and manual handling, support with activities and socialisation, cleaning, light house work, shopping and companionship.</p> <p>I aim to support individuals with living in their own homes as independently as possible in a person-centred way.</p>	Johnston and the surrounding areas	Some availability – please enquire
<b>TLC Home Support*</b>  Call Natasha on: 07470 042629  Email: <a href="mailto:n.viggers.tlc@outlook.com">n.viggers.tlc@outlook.com</a>	<p>My name is Natasha Viggers, known as Nat to most people. I have worked in care for over 12 years varying from learning disabilities, palliative and reablement. I have also worked in South Pembrokeshire hospital on the ward and with District Nurses.</p> <p>The services I can offer include companionship, accompanying to appointments, shopping, outings, household chores, personal care, welfare checks, sleep ins, respite in own homes and meal planning/prepping.</p>	Rosemarket and the surrounding areas	My availability is Monday to Friday and alternate weekends
<b>Care &amp; Support with Laura*</b>  Call Laura on: 07899 910568  Email: <a href="mailto:laurabcare@gmail.com">laurabcare@gmail.com</a>	<p>A sole trader support service for elderly people in Pembrokeshire. I offer a friendly, professional service to help people to live independently in their own homes. Services include: personal care, assistance with medication, house work, food preparation, help with pets, companionship and much more.</p> <p>I have a level 5 NVQ in leadership for health and social care services and a wealth of experience in care and hospitality.</p>	Tiers Cross and the surrounding areas	Monday to Friday from 1300 onwards incl. overnight sleeps

<p><b>Sue's Assistance*</b></p> <p>Call Sue on: 07967 762251</p> <p>Email: <a href="mailto:suzystone1971@yahoo.co.uk">suzystone1971@yahoo.co.uk</a></p>	<p>I am a sole trader (Sue) with 30 years of experience in health and social care. I have worked with adults from the age of 18 to older persons with physical, emotional and mental health needs, learning disabilities, and autism.</p> <p>I can help with your personal care needs, including assistance with medication; daily household duties, including cooking and cleaning, form filling and appointments; companionship and outings so family carers can have a little bit of down time; and palliative support, both to you and your family.</p> <p>I also offer manual handling training to achieve the 'All Wales Passport' scheme, and bespoke equipment training to suit your environment.</p> <p>More info at: <a href="https://www.facebook.com/Sues-Assistance-110623741103263/">https://www.facebook.com/Sues-Assistance-110623741103263/</a></p>	<p>Milford Haven and surrounding areas</p>	<p>At full capacity</p>
<p><b>CARE 4 U*</b></p> <p>Call Rachel on: 07791 014817</p> <p>Email: <a href="mailto:care.4u@outlook.com">care.4u@outlook.com</a></p>	<p>My name is Rachel, I am a sole trader with 19 years' experience in care. This includes working in the community with district nurse teams and the 'care at home' team, as well as in the hospital. I have particular experience in Dementia, Reablement, end of life care, the elderly and chronic conditions.</p> <p>I offer all aspects of care from personal care to food preparation, cleaning, attending appointments, assistance with shopping and companionship.</p> <p>I know how hard accepting help can be. My aim is to help people to keep as much independence as possible, whilst allowing them to keep their dignity. All my care is individual to you and I am happy to work with you so you get the care that best suits your needs.</p> <p>Also, I am a Welsh speaker and happy to communicate in Welsh.</p>	<p>Milford Haven, Haverfordwest and the surrounding areas.</p> <p>However, I am happy to cover more rural areas north of the county. I am a Welsh speaker and appreciate the need for some people preferring Welsh speakers.</p>	<p>Some limited availability please enquire</p>

<p><b>S&amp;A Buddies Ltd.</b></p> <p>07377222759</p> <p>Email: <a href="mailto:sabuddies17@yahoo.com">sabuddies17@yahoo.com</a></p>	<p>S&amp;A Buddies is a community companion company offering support and assistance with daily living and accessing the community.</p> <p>Tasks we can assist with include: companionship, cleaning, meal prep, check/welfare calls, shopping, prescription collection, assistance with appointment attendance, and assistance to access hobbies/interests.</p> <p>The service is not specific for age, its available for anyone looking for assistance or support with non-personal care needs.</p> <p>More info at: <a href="http://www.sabuddies.co.uk/">www.sabuddies.co.uk/</a> and <a href="https://www.facebook.com/SandABuddies">www.facebook.com/SandABuddies</a></p>	<p>Pembrokeshire</p> <p>(Milford Haven based)</p>	<p>Open for new customers</p>
<p><b>Better Together*</b></p> <p>Call Ellen on: 07896 302644</p> <p>Email: <a href="mailto:ellenmariearmstrong@gmail.com">ellenmariearmstrong@gmail.com</a></p>	<p>Hello my name is Ellen, I'm 35 years young! I am a Pembrokeshire girl and come from a large family, many of which have a background in support work and nursing, so I guess you can say it's in the blood. I have worked within the community since 2015 and never looked back. I picked up my skills and training working for a private care company and then for Hywel Dda.</p> <p>I am trained in personal care, dementia care, palliative care, re-ablement, wound care, catheter care and stoma care to name a few; but I can also offer companionship, household duties, hospital/shopping escort and much more.</p> <p>I am a kind, compassionate person with a positive outlook on life. If you think I could be the helping hand you need then please don't hesitate to contact me. References on request.</p>	<p>Milford Haven and the surrounding areas</p>	<p>Available – please enquire</p>

<b>Jay's Home Support Services*</b>  Call Jay on: 07377357208  Email: <a href="mailto:j.rogers.hss@gmail.com">j.rogers.hss@gmail.com</a>	<p>Hi, I'm Jay, a sole trader with experience in support work and domiciliary care.</p> <p>My home support services include: Dementia care; assisting with daily tasks, including food preparation, light gardening and home maintenance; personal care, including support with medication and manual handling; befriending and assisting with socialising; and promoting independent living.</p>	Milford Haven and the surrounding areas	At full capacity
<b>Ali Houghton Personal Care and Assistance*</b>  Call Ali on: 07966 530243  Email: <a href="mailto:heart2hearthealing@ymail.com">heart2hearthealing@ymail.com</a>	<p>Experienced sole trader offering personal care and assistance, including companionship, shopping, laundry meal preparation, trips out and respite. I promote independent living enabling you to remain at home longer.</p> <p>More info at: <a href="https://www.facebook.com/Ali-Houghton-Personal-Care-and-Assistance-109543457553090">www.facebook.com/Ali-Houghton-Personal-Care-and-Assistance-109543457553090</a></p>	Milford Haven and the surrounding areas	Some availability
<b>SJ Care *</b>  Call Sarah on: 07305 959906  Email: <a href="mailto:sjcare.pembs@gmail.com">sjcare.pembs@gmail.com</a>	<p>Hi my name is Sarah. I provide a personalised individual support service within the community as a sole trader, SJ Care.</p> <p>The support I offer includes personal care, supporting with medication, companionship, support to appointments, accessing the community and social groups, light cleaning, welfare checks, shopping and dog walking. I also offer a sit in service if families need a break for a few hours.</p> <p>I have worked in the local care sector for 17 years, mainly with older adults with dementia, Parkinson's, stroke, mental health and learning disabilities. I have a QCF level 5 in Adult Care and Management, and up-to-date mandatory training, including moving and handling. I promote independence and pride myself on providing an outcome focused service. Please call or email me if you have any questions or would like to know more about my service.</p>	Milford Haven and the surrounding areas	No availability but welcome enquiries

<p><b>Reconnect Respite &amp; Support*</b></p> <p>Call Joanne on: 07932 884137</p> <p>Email: <a href="mailto:reconnectrespice@gmail.com">reconnectrespice@gmail.com</a></p>	<p>Having supported people for over 20 years in various fields, I have developed a true passion for equal opportunities and support in the community. I use a holistic and person-centred approach, customising my services to each individual and their family's needs.</p> <p>I have extensive experience working 1-1 with individuals with autism as well as those with complex additional needs and challenging behaviour. Understanding what each person requires to feel secure, safe, happy and fulfilled has been paramount.</p> <p>I am able to offer the opportunity for family carers to recharge and reconnect with other aspects of their own independent lives, assured that their loved ones are happy, safe and cared for.</p> <p>Services include, but are not limited to:</p> <ul style="list-style-type: none"> <li>• Specialised support for individuals with AUTISM</li> <li>• Overnight respite within your own home (single or multiple nights up to a week).</li> <li>• Accompanied support for family holidays</li> <li>• Companionship, housekeeping, gardening, appointments, meal planning and preparation, errands and outings</li> <li>• Personal care</li> </ul> <p>I am able to support all ages and abilities, and am trained in basic medication administration, manual handling, basic first aid and hold a level 3 QCF in Health and Social Care. If you have any questions or want more information, please don't hesitate to contact me.</p>	<p>Milford Haven/ Neyland/ Haverfordwest for support.</p> <p>All of Pembrokeshire for respite.</p>	<p>Hours available – please enquire</p> <p>Short term respite only</p>
---	--	--	--

<p><b>Pete's Sessional Support</b></p> <p>Call Pete on: 07975 756875</p> <p>Email: <a href="mailto:petes.sessional@gmail.com">petes.sessional@gmail.com</a></p>	<p>Are you in receipt of Direct Payments for additional support for your child?</p> <p>I offer a bespoke sessional support service for families with children and young people with disabilities and / or additional learning needs by providing short term respite care and support, tailored to your child's needs and at a frequency that suits you.</p> <p>I have over 10 years' experience of working with children and young people in residential care settings, in the community and as a foster carer.</p> <p>Whether you need me to provide support for your child in your family home or to take them out for activities or appointments, call me on 07975756875 or email <a href="mailto:petes.sessional@gmail.com">petes.sessional@gmail.com</a></p>	<p>Based in Milford Haven but open to enquiries within Pembrokeshire</p>	<p>At full capacity</p>
<p><b>Earth Angel Care Services*</b></p> <p>Call Susanne on: 07791 542459</p> <p>Email: <a href="mailto:susanne.ferris8@gmail.com">susanne.ferris8@gmail.com</a></p>	<p>Hello! My name is Susanne and I'm a sole trader providing care and support to individuals with a variety of needs within their own home. I have 2 years' experience within the care sector looking after the elderly and people living with Dementia.</p> <p>The services I can offer include companionship, accompanying to appointments, shopping, outings, household chores &amp; cleaning, prescription collections, personal care, welfare checks, sleep ins, respite in own homes, including support with medication and manual handling and meal planning/prepping. I am happy to work with you in order to get the best care plan suitable to you and your needs.</p>	<p>Milford Haven and the surrounding areas</p>	<p>Available</p>

<p><b>Community Lifeline Support</b></p> <p>Call Sarmil on: 01267 240598</p> <p>Email: <a href="mailto:helpdesk.CLS@outlook.com">helpdesk.CLS@outlook.com</a></p>	<p>As a sole trader and experienced educator, I humbly offer to share my years of experience providing individualised support gained from being a naturally responsive father, son, and supply educator. I have highly relevant professional experience gained from working in industries like hospitality, care environments, education, and my current role as a youth worker with the recently created young adult services at Mind Pembrokeshire, Haverfordwest.</p> <p>I am always guided by the idea that I should always look for ways to go the Extra Mile while seeking an inclusive and contemporary approach to supporting individuals. This broadens my ongoing desire to provide socioculturally responsive, authentic, family - or client - tailored support. And this provides me with the required skills and experience to confidently offer support services including:</p> <ul style="list-style-type: none"> <li>- Housekeeping, meal preparation, laundry, shopping, picking up prescriptions and yard general maintenance work.</li> <li>- Social, recreational, and well-being support services by accessing community age and appropriate local facilities and resources.</li> <li>- Supplemental extra services can be provided on short notice, such as a sleep-in.</li> </ul> <p>More info: <a href="https://www.facebook.com/Community.Lifeline.Support">https://www.facebook.com/Community.Lifeline.Support</a></p>	<p>Milford Haven and the surrounding areas</p>	<p>Available</p>
<p><b>Brighter Days</b></p> <p>Call Yamit on: 07718162891 or Sara on: 07528854299</p> <p>Email: <a href="mailto:brighterdays85@outlook.com">brighterdays85@outlook.com</a></p>	<p>Brighter Days is a Partnership of Yamit Hayman and Sara Harding. We aim to provide a service base on a person-centred approach, with experience in Palliative Care, Dementia, Domiciliary and Care Home settings.</p> <p>We help people of all age groups who need a helping hand in the home or getting out and about to enjoy life. Please call or email for more info.</p>	<p>South Pembrokeshire</p>	<p>Available – please enquire</p>



<p><b>Carole's Care &amp; Respite*</b></p> <p>Call Carole on: 07776 231385</p> <p>Email: <a href="mailto:carole123ward@btinternet.com">carole123ward@btinternet.com</a></p>	<p>I am a sole trader offering a flexible, tailored, 1:1 home support service to both individuals and families. I have a range of experience in social care – most recently as a social worker in the learning disabilities team and prior to this, working in residential care and supporting families with end-of-life care.</p> <p>The services I offer include sleeping and waking nights, either on an ad hoc basis or for regular nights each week; and I work closely with families who have caring responsibilities to offer extended periods of respite for up to a week or more. During respite breaks, I provide all care and support required, as well as undertaking light domestic duties, providing companionship, emotional support, meal preparation and shopping.</p> <p>Please get in touch for an informal chat about either your current or future needs.</p>	<p>Based in Llanstadwell, but happy to discuss - generally available across Pembrokeshire.</p>	<p>Some availability</p>
<p><b>Stanbury's Support Services*</b></p> <p>Call Julie on: 07931 639530</p> <p>Email: <a href="mailto:stanburysss1979@gmail.com">stanburysss1979@gmail.com</a></p>	<p>I am a sole trader (Julie) with 5 years' experience working in care and support services. I have experience working with older people, people living with Dementia, those living with mobility issues, and adults with learning disabilities.</p> <p>I work with clients in their own homes to assist them live as independently as possible. I work with the individual to design their care plan and help them reach their own personal goals.</p> <p>I offer person-centred care, including assistance with personal care, support with cleaning, meal prep, appointments and companionship.</p> <p>For more info, go to: <a href="https://www.facebook.com/Stanburys-support-services-101822671976344">www.facebook.com/Stanburys-support-services-101822671976344</a></p>	<p>Pembroke Dock and the surrounding areas</p>	<p>No availability</p>

<p><b>Bee Happy Care*</b></p> <p>Call Louvane on: 07756085882</p> <p>Email: <a href="mailto:beehappycare03@gmail.com">beehappycare03@gmail.com</a></p>	<p>Pembrokeshire born and bred, I am a sole trader (Louvane) with 28 years' experience within the care sector - working within both health and domiciliary care. I hold several qualifications including NVQ level 2 and 3, understanding Health and Social Care and Level 2 in counselling.</p> <p>Bee Happy Care can offer a range of care needs to suit you as an individual, whether its personal care, companionship or just help with daily tasks such as cleaning and shopping. Here at Bee Happy, person-centred care is at the top of my priority which is why the care provided is tailored to you.</p>	<p>Pembroke Dock and surrounding areas.</p>	<p>Available – please enquire</p>
<p><b>Colin's Care*</b></p> <p>Call Colin on: 07873 139902</p> <p>Email: <a href="mailto:colinnicholas87@gmail.com">colinnicholas87@gmail.com</a></p>	<p>My name is Colin, a sole trader support worker with 14 years' experience working within the care sector. I've worked with people from young adults to older people and have provided support with mental health, learning difficulties and physical disabilities, as well as support to older people who need a bit of help with daily activities such as odd jobs around the house or shopping etc.</p> <p>I offer person-centred support and companionship to help people to live independently within their own home, access local services and activities, and promote independence. The services I can offer include but are not limited to: personal care, incl. medication; companionship, trips out and help to access the community; appointments and shopping; light house work; gardening; pet walking and supporting with pets.</p> <p>More info at: <a href="https://www.facebook.com/Colins-care-106649432082404">www.facebook.com/Colins-care-106649432082404</a></p>	<p>Pembroke and the surrounding areas</p>	<p>Has availability – please enquire</p>

<b>Grove Home Help*</b>  Call Jade on: 07496 198315  Email: <a href="mailto:grovehomehelp@yahoo.com">grovehomehelp@yahoo.com</a>	A sole trader (Jade) with experience supporting adults and teenagers with Additional Learning Needs. Offering a friendly, reliable and caring service to yourself or a family member, tailored specifically to individual needs.  Services offered include help with shopping, accessing appointments or social events/hobbies, food preparation, cleaning/organising, companionship and some personal care.	Pembroke and the surrounding areas	Has availability – please enquire
<b>Home Help / Care*</b>  Call Tracy on: 07969 373526  Email: <a href="mailto:tracythomas321@btinternet.com">tracythomas321@btinternet.com</a>	I'm a sole trader providing help and some care for you to manage and keep independent in your own home.  My services include light housework, meal prep, shopping and companionship, and assistance with some personal care.	Canaston Bridge and the surrounding areas, incl. Narberth	Has availability – please enquire
<b>Comfy Care*</b>  Call Angela on: 079731 256149  Email: <a href="mailto:angela@comfycare.org.uk">angela@comfycare.org.uk</a>	Comfy Care is me, Angela. I have had many years' experience with all types of care needs. I am based in Central Pembrokeshire with my husband and 2 springer spaniels.  As a Dementia Ambassador I specialise in caring for those with Dementia. I am more than happy to provide companionship, shopping trips, days out and trips away. I have a wheelchair adapted vehicle for trips out to the seaside with easy access for the more able bodied. As well as light housekeeping, cooking and pet care, I am happy to provide personal care as required.  Comfy Care in your own home.	Canaston Bridge and the surrounding areas	Has availability – please enquire

<p><b>Side-by-Side</b></p> <p>Call Claire on: 07761 096305</p> <p>Email: <a href="mailto:claire@sidebysidecare.co.uk">claire@sidebysidecare.co.uk</a></p>	<p>My name is Claire and my self-employed service is called Side-By-Side, Wellbeing &amp; Support. I am I have just over 10 years' experience in the care sector: 5 as a community carer and nearly 6 with the British Red Cross, supporting people in their homes.</p> <p>The service I am offering is one, I believe, this area is crying out for. For instance, someone who is willing to come and sit with an older person, talk to them, make them a cup of tea or light lunch and make their bed. I am equally happy taking someone out, just for a drive in the car, to a group or activity or accompany them to an appointment where, if requested, I can make notes to use as a reminder afterwards. I am also able to offer support to learn how to use a digital tablet or laptop, assistance to use Zoom / Facetime or to complete online shopping.</p> <p>I have a great deal of experience supporting people living with Dementia, having been a Dementia Champion with the Alzheimer's Society. Although I am not offering personal care or medication support, I am able to provide a 'checking-in' service for people who have recently come to the end of their care package or been discharged from hospital. This is something that I have been asked for repeatedly in the past by families.</p> <p>I work with the individual (and their family if appropriate) to create a support experience which is unique to them, offering what they want in the way they want it.</p> <p>My motto, and the whole ethos of Side-By Side, is a quote which has been attributed to Albert Camus, and reads          "Do not walk behind me, I may not lead.          Do not walk in front of me, I may not follow.          Just walk beside me and be my friend."</p>	<p>Based in Llanddewi Velfrey and cover approximately a 15-mile radius from St Clares, but am willing to travel to anywhere in Pembrokeshire or Carmarthenshire on a one-off basis.</p>	<p>Available</p>
---	--	---	------------------

<p><b>K R Companion*</b></p> <p>Call Keren on: 07462 122310</p> <p>Email: <a href="mailto:reeskeren@yahoo.co.uk">reeskeren@yahoo.co.uk</a></p>	<p>K R Companion is a sole trader (Keren Rees) providing a caring, friendly and supportive personal service for all ages and differences.</p> <p>My service can assist in all home care needs so you can stay independent in your own home. This can include shopping, cleaning, organizing paperwork, appointments, meal prep, dog walking and accessing your local community and hobbies. I will also consider personal care needs.</p> <p>This service is not age specific and I have extensive experience in learning differences, mental health and dementia needs.</p>	<p>Narberth and the surrounding area</p>	<p>At capacity</p>
<p><b>Mary's Care*</b></p> <p>Phone: 07568 727148</p> <p>Email: <a href="mailto:gil1969@protonmail.com">gil1969@protonmail.com</a></p>	<p>I started working in the care sector as a domiciliary carer back in 2008. Over the years I've worked in a variety of settings including residential homes and private homes. I have experience working with clients living with Dementia, MS, Parkinson's, Depression, Anxiety, OCD, Diabetes I and II, end-of-life, incontinent, cathetered clients as well as with bed-bound and wheelchair clients needing help with transfers and hoisting. In the past I've also worked as a housekeeper for private clients, I consider myself an all-around type of Carer.</p> <p>I can provide a range of services including: support with all aspects of personal care including medication and help with mobility and transfers using appropriate equipment – but not hoisting; home help including light cleaning, cooking, laundry, dog walking; companionship and support to access activities such as walks; sleeping nights; and other tasks of similar nature.</p> <p>I am professional, reliable, compassionate and trustworthy.</p>	<p>Based near Narberth but open to enquiries from any part of Pembrokeshire</p>	<p>Available Monday-Friday and some Saturdays and Sundays</p>

<p><b>Help at Home Ltd.</b></p> <p>Call Charlie on: 07585 152541</p> <p>Email: <a href="mailto:helpathome7@yahoo.com">helpathome7@yahoo.com</a></p>	<p>Small limited company helping you to manage your home.</p> <p>Our support includes cleaning, organising, shopping, laundry, gardening, light decorating, companionship, reflexology and massage services, as well as around the clock assistance and overnight support. We support a variety of people including those living with Dementia.</p> <p>See our Facebook page for more info and examples of our support: <a href="https://www.facebook.com/helpathomewithmichelle/">www.facebook.com/helpathomewithmichelle/</a></p>	<p>Tenby and the surrounding areas</p>	<p>Open for new customers</p>
<p><b>Mary's Home Help</b></p> <p>Call Mary on: 07708 473289</p> <p>Email: <a href="mailto:maryo164@hotmail.co.uk">maryo164@hotmail.co.uk</a></p>	<p>A sole trader offering a friendly and reliable home support service for clients who need a helping hand to maintain their independence and continue to be active and social in their community.</p> <p>I can support with activities such as cleaning, laundry, spring-cleaning, light gardening, shopping, meal preparation, assistance with paperwork and arranging appointments, as well as accompanying clients to medical appointments and social activities.</p> <p>I am a Member of the National Association of Care and Support Workers and my aim is to provide a bespoke service which is client centred and outcome focused to ensure each client receives the support needed to achieve their own goals.</p>	<p>Tenby / Penally and surrounding villages eg Manorbier, Jameston, St. Florence, New Hedges, Pentlepoir, Kilgetty</p>	<p>Mon, Tues, Wed and some weekends</p>

<p><b>Network Counselling &amp; Care</b></p> <p>Call Darren on: 07827 448158</p> <p>Email:  <a href="mailto:networkcounselcare@gmail.com">networkcounselcare@gmail.com</a></p>	<p>Hi my name is Darren and have worked in the care sector for 25 years in various roles. I offer two types of services: home help &amp; support and counselling.</p> <p>My home help &amp; support services include community support, pursuing leisure interests, support in the home and handy work projects. All my work is needs led with the emphasis on empowering whoever I support.</p> <p>Regarding my counselling support, I am a fully qualified humanistic psychotherapist, fully insured and a member of the National Counselling Society. My theory is grounded in that, we all have the necessary tools to achieve and overcome obstacles in our lives we just need the right space to feel valued and listened too, this then allows to develop personal growth, self-expression and in doing so minimising negative feelings.</p> <p>I have worked as a bereavement counsellor for 4 years and have a degree in Mental Health &amp; Counselling/Psychology and have a Level 4 Diploma in Person-Centred Therapy.</p> <p>I can do face to face sessions, walking therapy, telephone and online work in Pembrokeshire, Ceredigion and Carmarthenshire.</p>	<p>I work mainly in the South of the county with a 20-mile radius of Tenby and can provide telephone / online counselling support.</p>	<p>I have availability</p>
--	--	--	----------------------------

<p><b>Free To Be Me</b></p> <p>Call Sarah on: 07949 087111</p> <p>Email: <a href="mailto:sarahfreetobeme@gmail.com">sarahfreetobeme@gmail.com</a></p>	<p>Free To Be Me provides bespoke support including companionship, chores, meal planning, out-door activities and social trips, for vulnerable people needing support.</p> <p>Based in Saundersfoot and willing to travel up to 30 mins drive, Free To Be Me was founded by Sarah, an experienced carer to her family alongside her career teaching and as a Physiotherapist working with adults with learning disabilities. Sarah has recently passed the Group A Safeguarding Module (Social Care Wales).</p> <p>Under the direction of the client or family member, Sarah is happy to agree enrichment, companionship and activity services aimed at helping clients enjoy life and feel more like themselves again. Sarah brings energy and enthusiasm having helped many living with stroke, type 2 diabetes, dementia, learning difficulties, autism, sensory processing difficulties, head injuries, reduced mobility, hospice at home and mental health.</p> <p>A qualified teacher of adults with a passion for healthy eating and lifestyle, Sarah supports people to adopt more positive routines, nutrition and movement, mindful of a person-centred approach; affording dignity and respect. Sarah has experience in home settings, shared living homes, care homes and hospices. Respite for carers can be a challenge. Sarah can give you a break, knowing that your cared-for is in compassionate hands.</p> <p>More info:</p> <ul style="list-style-type: none"> <li>• <a href="https://freetobeme.my.canva.site/">https://freetobeme.my.canva.site/</a></li> <li>• <a href="https://www.facebook.com/freetobemesupport">https://www.facebook.com/freetobemesupport</a></li> <li>• <a href="https://www.instagram.com/sarah.freetobeme/">https://www.instagram.com/sarah.freetobeme/</a></li> </ul>	<p>Saundersfoot and the surrounding areas</p>	<p>Available - please enquire</p>
---	---	---	-----------------------------------



<b>Home Support Pembrokeshire*</b>  Call Jo on: 07903 233350  Email: <a href="mailto:info@homesupportpembs.co.uk">info@homesupportpembs.co.uk</a>	<p>Sole trader support service for elderly people in Pembrokeshire. This support could be in the home (personal care, cleaning, laundry, gardening, decorating, dog walking), as well as support accessing the community (appointments, shopping, companionship).</p> <p>More info at: <a href="http://www.homesupportpembs.co.uk/">www.homesupportpembs.co.uk/</a> and <a href="https://www.facebook.com/homesupportpembs">www.facebook.com/homesupportpembs</a></p>	All areas within a 5 mile radius of Saundersfoot	Please enquire for current availability
<b>Chats and Chores*</b>  Call Sheila on: 07854 662406  Email: <a href="mailto:sheila.beynon3012@gmail.com">sheila.beynon3012@gmail.com</a>	<p>A sole trader (Sheila) providing a friendly home help and companionship service to support the family to have a break from their caring role.</p> <p>Professional help with day-to-day domestic tasks to help people to live independently in their own homes, such as light housework, meal prep etc., as well as some personal care.</p>	Tavernspite and the surrounding areas	Currently at full capacity.
<b>Support in Your Home Ltd.</b>  Call: 07538 416389  Email: <a href="mailto:admin@supportinyourhome.co.uk">admin@supportinyourhome.co.uk</a>	<p>Support in Your Home is a professional and experienced support service that helps the individual maintain independence. We aim to deliver a bespoke service to ensure the needs and wishes of each person are met in a relaxed and friendly atmosphere.</p> <p>Our qualified and fully insured team offers support in the south Pembrokeshire and east Carmarthenshire areas including meal preparation, shopping, errands, cleaning and laundry, companionship, welfare check in's, support in the community, and more.</p> <p>More info at: <a href="https://www.facebook.com/supportinyourhome">www.facebook.com/supportinyourhome</a> and <a href="http://www.supportinyourhome.co.uk/">www.supportinyourhome.co.uk/</a></p>	South Pembrokeshire and east Carmarthenshire	Have availability

<p><b>Prime Support 4 You*</b></p> <p>Call Jane on: 07341442010</p> <p>Email: <a href="mailto:janejones11@hotmail.com">janejones11@hotmail.com</a></p>	<p>Hello, my name is Jane. I have nearly 30 yrs. experience in all aspects of care ranging from elderly care, Dementia, home care, supported living, Cancer, palliative care, brain injury, and nursing care.</p> <p>My aim is to look after a small number of people and to give them the time they deserve, providing that personal touch.</p> <p>My sole trader service will include companionship, personal care, domestic tasks, assistance to appointments and shopping.</p> <p>Hope to meet you soon.</p>	<p>Based in Carmarthen and serving east Pembrokeshire as far as Narberth and Tenby.</p>	<p>Open for new customers</p>
--	--	---	-------------------------------

**See below for 'Wellbeing and Community Services**



## **‘Catalysts for Care’ Directory of Wellbeing and Community Services in Pembrokeshire**

### **About the directory**

This directory contains a list of small, independent care and support services in Pembrokeshire. It has been put together by the Catalysts for Care project, a partnership between PAVS, PLANED, Pembrokeshire County Council and Community Catalysts CIC to support the development of care and support enterprises in Pembrokeshire. The purpose of this directory is to provide more choice for people to find a personal, local care or support service that works for them.

### **How do I know that these services are safe, legal, well run and high-quality?**

All enterprises on this directory have committed to a code of practice demonstrating that their service is safe, legal, well-run and high-quality. The code of practice was co-designed by various health and social care professionals in Pembrokeshire in March 2020. You can view the code of practice at: [www.planed.org.uk/catalysts-for-care-directory-of-care-and-support-services-in-pembrokeshire/](http://www.planed.org.uk/catalysts-for-care-directory-of-care-and-support-services-in-pembrokeshire/)

Whilst enterprises commit to a code of practice, it is important to note that neither the Catalyst for Care project or its partners formally accredit or approve the services on this list. The Catalyst for Care programme and its partners cannot guarantee the quality or satisfaction of any services provided by any enterprise on this directory or accept any liability for any services provided by any enterprise listed on this directory. We welcome customer feedback and reserve the right to remove enterprises who do not meet the relevant code of practice. Any feedback can be sent to [lee.james@planed.org.uk](mailto:lee.james@planed.org.uk).

### **How do I use the directory?**

If you are interested in a service, please get in touch with them directly to have a chat about whether they can meet your needs, the cost of the service, and their availability. It is important to remember that you are purchasing services directly from them so you should make sure they are right for you. You can use the relevant code of practice (see link above) as a guide to what to look for in a service. As a starter we would expect all enterprises to have relevant insurance and policy guidelines covering areas such as safeguarding, confidentiality and complaints, as well as following Covid-19 guidance from Public Health Wales. Enterprises providing ‘Home Care, Home Help and Community Support Services’ should also have enhanced DBS checks; a process to assess your needs and plan how you’d like to be supported; and a contract of service agreeing your arrangement of support.

## Wellbeing and Community Services

Service name and contact details	Description of service and more info	Area	Availability
<b>Downsizing Diva</b>  Call Sarah on: 07388 909790  Email: <a href="mailto:info@downsizingdiva.org">info@downsizingdiva.org</a>  Website: <a href="http://www.downsizingdiva.org">www.downsizingdiva.org</a>	<p>I am a self-employed organiser and de-clutterer. Working with my customers, I am flexible in meeting the needs of individuals and carers to become organised in their homes, relieving stress and creating a calm environment to live.</p> <p>My support includes organising, decluttering, moving support and post bereavement clearing. In addition to our sessions, I offer support via email or messenger services.</p> <p>Through supporting people in their homes in many different capacities, for over 12 years I have formulated my 'Reducing, Zoning &amp; Refining' approach to becoming tidy and organised. I am kind, patient, and respectful and really enjoy the results of working closely with my customers meeting their needs.</p> <p>I am a member of the Association of Professional Declutterers and Organisers (APDO).</p> <p>Please see my website for more information:  <a href="http://www.downsizingdiva.org">www.downsizingdiva.org</a></p>	<p>In person, I can cover a 20-mile radius of Pembroke Dock, and further for multiple sessions in a day.</p> <p>Online I cover the whole of the UK via Zoom, WhatsApp, Face-time or Skype.</p>	<p>In-person: seven days a week, 9 am – 6 pm.</p> <p>Online: 8 am – 9 pm</p>
<b>Codds Foot Clinic</b>  Call Ellie on: 07454 000243  Email: <a href="mailto:ecfoothealthpractitioner@gmail.com">ecfoothealthpractitioner@gmail.com</a>	<p>I am a self-employed mobile foot health practitioner visiting all my patients within their home environments.</p> <p>I offer treatments including: nail trimming. Thickened, fungal, ingrowing toenails, corns, callus, hard skin and verruca.</p> <p>More info:  <a href="https://www.facebook.com/profile.php?id=100066575961334">www.facebook.com/profile.php?id=100066575961334</a></p>	Pembrokeshire	Available – please enquire

<p><b>Earnurse</b></p> <p>Call Ann on: 01437762942</p> <p>Email <a href="mailto:annroach@earnurse.com">annroach@earnurse.com</a></p>	<p>I am a qualified nurse who has undertaken additional training in ear care and wax removal using the gold standard water free micro-suction method.</p> <p>The service is mobile so can be carried out in the comfort of your own home within the Pembrokeshire area.</p> <p>Out of hours and weekend appointments available on request.</p> <p>I carry out ear examinations, pictures of the findings can be shown to you at the time of appointment, wax removal if needed, hearing screening service all of which is covered by ENT , audiology back up to enable a review of any unusual findings.</p> <p>More info: <a href="https://www.facebook.com/profile.php?id=100090635719410">www.facebook.com/profile.php?id=100090635719410</a></p>	<p>Pembrokeshire</p>	<p>Available – please enquire</p>
<p><b>Clynfyw Care Farm CIC</b> Clynfyw Farm Abercych, Pembrokeshire SA37 OHF Telephone 01239 841236 <a href="mailto:jim.clynfyw@gmail.com">jim.clynfyw@gmail.com</a> Telephone 01239 841236</p>	<p>Clynfyw offers day services for vulnerable people, those with learning disabilities and/or in recovery from mental health issues. We use nature as a therapeutic tool for learning, fun engagement and environmental/social benefit. We run projects including apple juicing, growing, charcoal making, vermicompost and virtual care farming. We are an accredited ASADAN training provider. We work with other groups helping build community resilience against present challenges such as climate change.</p> <p>We offer supported tenancies to people living in cottages on the farm. We also offer respite holidays for those looking for short supported breaks.</p>	<p>We operate in North Pembrokeshire, North Carmarthenshire and Southern Ceredigion.</p>	<p>We currently have space for one new tenant in our supported cottages on the farm. Currently taking enquiries for day services.</p>

	For more information visit our website - <a href="http://www.clynfyw.co.uk">www.clynfyw.co.uk</a>		
<b>Pembrokeshire Mencap Ltd (Stackpole Walled Garden)</b> Stackpole Estate Pembroke SA71 5DJ  <a href="mailto:info@stackpole-walledgardens.co.uk">info@stackpole-walledgardens.co.uk</a> 01646 661442 Manager – Debbie Drewett	Horticultural work experience and training for adults with learning disabilities. <ul style="list-style-type: none"> <li>• Opportunity to develop your own vegetable plot</li> <li>• Opportunity to develop independence</li> </ul>	Delivered at: Stackpole Walled Garden SA71 5DJ  Transport: (Currently not available due to Covid-19 restrictions) can be provided from Haverfordwest, Milford Haven, Pembroke, Pembroke Dock	Open for new customers - Referral via social services (CTLD)
<b>Form Filling Pembrokeshire</b>  Call Mary on: 07970 542110  Email: <a href="mailto:formfillingpembrokeshire@gmail.com">formfillingpembrokeshire@gmail.com</a>	<p>My hope is to make light work of those difficult forms for you, be they benefit related or other. I can also help to write a difficult letter; help if you have a complaint; support with Power of Attorney; or help point you in the right direction if I am unable to tackle your issue.</p> <p>This is run and offered by myself alone, with individual cases treated on a one to one basis in an appropriate setting. Advice is based on more than 20 years of experience. Please note all contact will be totally confidential and tailored to the individual. I hold a DBS Certificate.</p>	Cardigan and the surrounding areas, incl. North Pembrokeshire	Available

<p><b>Henry Hedgepodge Academy of Art Cheese + Pickles Therapeutic Studio</b> The Green Shed, Merlin's Bridge, Haverfordwest, Pembrokeshire SA61 1XE</p> <p>Deborah Withey, lead expressive arts + creative therapies practitioner and trainer</p> <p>Email: <a href="mailto:cheesepicklesstudio@gmail.com">cheesepicklesstudio@gmail.com</a> Call: 07572 025 413 Twitter @cheeseanpickles Linked In: <a href="http://www.linkedin.com/in/deborah-withey/">www.linkedin.com/in/deborah-withey/</a></p>	<p>Henry Hedgepodge Academy of ART is an expressive arts on referral school and studio where the creative and therapeutic process of art making is employed to enhance the well-being of individuals of all ages, learning differences and health conditions. The work in the studio and online is held as a confidential safe space for self-expression through the mediums of visual art, writing, play, and drama, for healing, transformation, rejuvenation, self-discovery, creative learning and exploration.</p> <p>Key areas of support through the arts are: Trauma-experienced children and adults, bereavement, children in care, those with eating disorders, gender dysphoria and gender transition, ASC, low self-esteem, aphasia, chronic pain.</p> <p>For more info, go to: <a href="http://www.henryhedgepodge.com">www.henryhedgepodge.com</a></p>	<p>ALL areas online, and face2face in my studio at the Green Shed in Haverfordwest</p>	<p>Taking new clients online and face2face in the studio and group work is online through my studio or with 'OnlineEventsCPD'</p>
<p><b>Scatterbrain Coaching</b> <a href="mailto:anita@scatterbraincoaching.co.uk">anita@scatterbraincoaching.co.uk</a> 07879 276631</p>	<ul style="list-style-type: none"> <li>• 8-week coaching programme for parents of children with ADHD to give them support in how to support their child</li> <li>• Coaching for students with ADHD to help them develop study techniques as well as organisation and time management strategies</li> <li>• Coaching for women with inattentive ADHD who would like help learning to organise and manage their time</li> </ul> <p>More information at: <a href="https://www.facebook.com/Scatterbraincoaching.co.uk">www.facebook.com/Scatterbraincoaching.co.uk</a></p>	<p>Online Face to face: Pembrokeshire, Ceredigion, Carmarthenshire</p>	<p>Open for new customers</p>

<p><b>Silbers CIC</b>  <b>Out of School</b>  <b>Nature-Based Provision</b></p> <p>James Silbers  <a href="mailto:james@silberscic.org.uk">james@silberscic.org.uk</a></p> <p>Tel: 01437 532 957 /07985929669</p>	<p>Our provision was developed for school children with executive functioning difficulties: ADHD, the disorganised ones, always late, can't plan, daydreamers, cannot sit still, the ones close to being excluded from school.</p> <p>The children will be:</p> <ul style="list-style-type: none"> <li>• designing part of an educational space and/or garden</li> <li>• finding out their strengths and weaknesses in executive skills</li> <li>• learn to risk assess</li> <li>• learn basic carpentry skills and/or gardening skills</li> <li>• and have a lot of fun</li> </ul> <p><a href="http://www.silberscic.org.uk">www.silberscic.org.uk</a></p>	<p>Pembrokeshire,  Ceredigion,  Carmarthenshire</p>	<p>Open for new customers</p>
<p><b>Silbers CIC</b>  <b>Live Wire</b>  <b>Nature-Based Family Therapy Programme</b></p> <p>James Silbers  <a href="mailto:james@silberscic.org.uk">james@silberscic.org.uk</a></p> <p>Tel: 01437 532 957 /07985929669</p>	<p>Early intervention service for families at risk of breakdown run over 3 days. Residential programs also available.</p> <p>Taking families into 17 acres of beautiful countryside they are supported to repair relationships and learn more useful way to communicate.</p> <p>Each day includes:</p> <ul style="list-style-type: none"> <li>• parents' therapy group</li> <li>• children's nature based sessions</li> <li>• children/parents 'sessions</li> <li>• Coaching in a parenting approach that works – Nurtured Heart Approach</li> </ul> <p><a href="http://www.silberscic.org.uk">www.silberscic.org.uk</a></p>	<p>Pembrokeshire,  Ceredigion,  Carmarthenshire</p>	<p>Open for new customers</p>



<p><b>Silbers CIC</b>  <b>Adoption Therapeutic Weekend Programs</b>  (3 weekend sessions)</p> <p>James Silbers  <a href="mailto:james@silberscic.org.uk">james@silberscic.org.uk</a></p> <p>Tel: 01437 532 957 07985929669</p>	<p>We take the parents and young person away together to an uplifting outdoor environment where they are given a unique opportunity to build on their strengths and build family relationships.</p> <p>A typical day includes:</p> <ul style="list-style-type: none"> <li>• Parents therapy group</li> <li>• young people therapy group</li> <li>• Parents as adults' group (wellbeing for parents)</li> <li>• Parenting approach that works (Nurtured Heart Approach)</li> <li>• Increased wellbeing of parents and children</li> <li>• Helping adoptive families fall in love with each other</li> </ul> <p><a href="http://www.silberscic.org.uk">www.silberscic.org.uk</a></p>		<p>Open for new customers</p>
<p><b>Gap in the Hedge Therapy Service</b></p> <p><a href="mailto:shonamaria@yahoo.com">shonamaria@yahoo.com</a></p> <p>Tel: 01437 532 957</p>	<p>I am an Integrative Child Psychotherapist (UKCP reg). I specialize in working with families that have experience trauma, emotional and behavioural issues including children who are aggressive towards parents. My therapy room is set in the woods allowing for outdoor and indoor work.</p> <p>I work flexibly according to the need of each family/individual offering:</p> <ul style="list-style-type: none"> <li>• 1:1 psychotherapy for children, young people and adults</li> <li>• Therapeutic behavioural management training for parents using the 'Nurtured Heart Approach'</li> <li>• Nurtured Heart Approach parenting groups</li> <li>• Nature based family work</li> </ul>	<p>Face to face  Pembrokeshire,  Ceredigion,  Carmarthenshire</p>	<p>Open for new customers</p>

