



‘Catalysts for Care’ Directory of Care and Support Enterprises 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/

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.

How do I use the directory?

If you’re 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.

‘Catalysts for Care’ Directory of Care and Support Enterprises in Pembrokeshire

Home Care, Home Help and Support Services

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

* Enterprises that can provide personal care

Service name and contact details	Description of service and more info	Area	Availability
<p>Wildflowers*</p> <p>Call Claire on: 07956 817464</p> <p>Email: claire@enrichwithwildflowers.co.uk</p> <p>Facebook: @enrichwithwildflowers</p> <p>Instagram: enrichwithwildflowers</p> <p>Twitter: @enrichwild</p>	<p>A sole trader and registered nurse, Claire provides a unique service catering for those with dementia and palliative care needs, their loved ones and carers. Wildflowers offers highly individualised respite day care within the client’s own home, with a focus on enrichment activities to improve quality of life and wellbeing. Each client is treated as an individual with an emphasis on developing a connection through creativity. This may include storytelling and life story work, interactions with animals, and time spent in nature.</p> <p>More info at: www.facebook.com/enrichwithwildflowers and www.enrichwithwildflowers.co.uk</p>	<p>The borders of Pembrokeshire, Ceredigion and Carmarthenshire</p>	<p>Open for new customers</p>
<p>Hope at Home</p> <p>Call Tessa Hope: 077720 99517</p> <p>Email: misstesshope@gmail.com</p>	<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: https://www.facebook.com/Hope-At-Home-111145037476802/</p>	<p>Newport and the surrounding areas incl. Dinas, Fishguard, St Dogmaels, Cilgerran, and Crymych. All north Pembrokeshire considered.</p>	<p>Open for new customers</p>

<p>Coastal Companions</p> <p>Sharon: 07972539697 Bill: 07957313785</p>	<p>A partnership enterprise with almost 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>	<p>St David's and the surrounding areas (within a ten mile radius)</p>	<p>Open for new customers, but not on Tuesday mornings.</p> <p>Please contact us for further details as we may be able to signpost to other providers.</p>
<p>PJB Bespoke Home Help Services*</p> <p>Call Paul on: 07931616860</p> <p>Email: pjbhomehelpservices@gmail.com</p>	<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: www.facebook.com/PJB-Bespoke-Home-Help-Services-101943144950507</p>	<p>Roch, St Davids, Croescoch, Fishguard&Goodwick, Haverfordwest and surrounding areas</p>	<p>Currently at capacity and not taking on any new customers.</p>
<p>Side by Side*</p> <p>Call Maria on: 07860241996</p> <p>Email: sidebysidecymru@gmail.com</p> <p>Facebook: www.facebook.com/Sidebysidepemb</p> <p>Twitter: @sidebyside_pemb</p>	<p>Side by Side is a sole trader (Maria) offering a friendly, flexible, personal support service, taking a proactive approach to enable people to access their own community and live safely in their own home.</p> <p>Services offered include shopping support, meal preparation, dog walking, supporting with basic computing skills, outdoor activities, animal interaction and light gardening duties. I also specialise in creative therapy, such as capturing memories with photography.</p> <p>This service not for a specific age or need, as I have extensive knowledge and experience supporting people with SEN, learning</p>	<p>Letterston and surrounding area including Fishguard, Newport and St. David's</p>	<p>Open for service at present, however due to high demand there is limited availability.</p> <p>Please contact me to discuss your needs further.</p>

<p>Instagram: @sidebysidepems</p>	<p>differences, anxiety, social and mental difficulties including dementia.</p> <p>Support is available with Direct Payment, budgeting and pooling your funds with others.</p> <p>For further information please go to: www.facebook.com/Sidebysidepems</p>		
<p>Ali Houghton Personal Care and Assistance*</p> <p>Call Ali on: 07966 530243</p> <p>Email: heart2hearthealing@ymail.com</p>	<p>Experienced sole trader offering personal care and assistance, including companionship, shopping, meal preparation, trips out and overnight stays.</p> <p>More info at: www.facebook.com/Ali-Houghton-Personal-Care-and-Assistance-109543457553090</p>	<p>Simpsons Cross and the surrounding areas, incl. Haverfordwest and St. David's</p>	<p>Currently only available on Tuesdays and Thursdays.</p>
<p>S&A Buddies Ltd</p> <p>07377222759</p> <p>Email: sabuddies17@yahoo.com</p>	<p>S&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: www.facebook.com/SandABuddies</p>	<p>Pembrokeshire (Milford Haven based)</p>	<p>Open for new customers</p>

<p>Home Call*</p> <p>Call Mary on: 07897157736</p> <p>Email: Fugglefly@gmail.com</p>	<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 cleaning, light house work, shopping and companionship.</p>	<p>Johnston and the surrounding areas</p>	<p>Only available from 08.15am for 2 hours alternate days of week, eg. Mon, Tues, Sat, first week, Wed, Thursday and Friday, second week. Get in touch to enquire.</p>
<p>KG Support and Assistance*</p> <p>Call Kevin on: 01646 661240 or 07761004222</p> <p>Email: kevgeary1234@gmail.com</p>	<p>Sole trader (Kevin) with ten years' experience in care and support services. I offer care and support to people of all ages, including people living with Dementia and mobility issues. My service includes support with appointments, shopping, cleaning, meal prep and companionship.</p> <p>As an ex-solider and involved with local veteran charities, I am particularly passionate in providing support to veterans and their families, and helping them to link up with local support available.</p> <p>For more info, go to: www.facebook.com/KG-Support-and-Assistance-103000658256844</p>	<p>Based in Stackpole and serving south Pembrokeshire</p>	<p>Open for new customers</p>
<p>Help at Home</p> <p>Call Michelle on: 01834 844616 (please leave a message if no answer) or 07849 075126</p> <p>Email: helpathome7@yahoo.com</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: www.facebook.com/helpathomewithmichelle/</p>	<p>Tenby and the surrounding areas</p>	<p>Open for new customers</p>

<p>Home Support Pembrokeshire</p> <p>Call Jo on: 07903 233350</p>	<p>Sole trader support service for elderly people in Pembrokeshire. This support could be in the home (cleaning, laundry, gardening, decorating, dog walking), as well as support accessing the community (appointments, shopping, companionship).</p> <p>More info at: www.homesupportpembs.co.uk/ and www.facebook.com/homesupportpembs</p>	<p>All areas within a 10 mile radius of Saundersfoot</p>	<p>Open for new customers</p>
--	--	--	-------------------------------

Wellbeing and Community Services

Service name and contact details	Description of service and more info	Area	Availability
<p>Clynfyw Care Farm CIC Clynfyw Farm Abercych, Pembrokeshire SA37 OHF Telephone 01239 841236 jim.clynfyw@gmail.com 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>For more information visit our website - www.clynfyw.co.uk</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>

<p>Pembrokeshire Mencap Ltd (Stackpole Walled Garden) Stackpole Estate Pembroke SA71 5DJ</p> <p>info@stackpole-walledgardens.co.uk 01646 661442 Manager – Debbie Drewett</p>	<p>Horticultural work experience and training for adults with learning disabilities.</p> <ul style="list-style-type: none"> • Opportunity to develop your own vegetable plot • Opportunity to develop independence 	<p>Delivered at: Stackpole Walled Garden SA71 5DJ</p> <p>Transport: (Currently not available due to Covid-19 restrictions) can be provided from Haverfordwest, Milford Haven, Pembroke, Pembroke Dock</p>	<p>Open for new customers - Referral via social services (CTLD)</p>
<p>Form Filling Pembrokeshire</p> <p>Call Mary on: 07970 542110</p> <p>Email: formfillingpembrokeshire@gmail.com</p>	<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; 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>	<p>Flexible 10-15 mile radius of Wolfscastle</p>	<p>Availability: Monday, Tuesday and Thursday 09.00 - 18.00. Messages can be left. Due to current restrictions we all need to be careful. New clients very welcome.</p>

<p>Henry Hedgepodge Academy of Art Cheese + Pickles Therapeutic Studio 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: cheesepicklesstudio@gmail.com Call: 07572 025 413 Twitter @cheeseanpickles Linked In: www.linkedin.com/in/deborah-withey/</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: www.henryhedgepodge.com</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>Scatterbrain Coaching anita@scatterbraincoaching.co.uk 07879 276631</p>	<ul style="list-style-type: none"> • 8-week coaching programme for parents of children with ADHD to give them support in how to support their child • Coaching for students with ADHD to help them develop study techniques as well as organisation and time management strategies • Coaching for women with inattentive ADHD who would like help learning to organise and manage their time <p>More information at: www.facebook.com/Scatterbraincoaching.co.uk</p>	<p>Online Face to face: Pembrokeshire, Ceredigion, Carmarthenshire</p>	<p>Open for new customers</p>

<p>Silbers CIC Out of School Nature-Based Provision</p> <p>James Silbers james@silberscic.org.uk</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"> • designing part of an educational space and/or garden • finding out their strengths and weaknesses in executive skills • learn to risk assess • learn basic carpentry skills and/or gardening skills • and have a lot of fun <p>www.silberscic.org.uk</p>	<p>Pembrokeshire, Ceredigion, Carmarthenshire</p>	<p>Open for new customers</p>
<p>Silbers CIC Live Wire Nature-Based Family Therapy Programme</p> <p>James Silbers james@silberscic.org.uk</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"> • parents' therapy group • children's nature based sessions • children/parents 'sessions • Coaching in a parenting approach that works – Nurtured Heart Approach <p>www.silberscic.org.uk</p>	<p>Pembrokeshire, Ceredigion, Carmarthenshire</p>	<p>Open for new customers</p>

<p>Silbers CIC Adoption Therapeutic Weekend Programs (3 weekend sessions)</p> <p>James Silbers james@silberscic.org.uk</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"> • Parents therapy group • young people therapy group • Parents as adults' group (wellbeing for parents) • Parenting approach that works (Nurtured Heart Approach) • Increased wellbeing of parents and children • Helping adoptive families fall in love with each other <p>www.silberscic.org.uk</p>		<p>Open for new customers</p>
<p>Gap in the Hedge Therapy Service</p> <p>shonamaria@yahoo.com</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"> • 1:1 psychotherapy for children, young people and adults • Therapeutic behavioural management training for parents using the 'Nurtured Heart Approach' • Nurtured Heart Approach parenting groups • Nature based family work 	<p>Face to face Pembrokeshire, Ceredigion, Carmarthenshire</p>	<p>Open for new customers</p>

