



'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:
<p>Are looking for consistency and continuity in your support. Micro-enterprises are often sole traders so you have the opportunity to build an understanding and rapport with the same person.</p>	<p>You must be happy to direct and control your support. This means discussing and agreeing your support plan with the micro-enterprise and telling them if you want things to change.</p>
<p>Want support for periods of time that suit you. 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.</p>	<p>You will be engaging with a small, independent service. As such, it is your responsibility to interview the micro-enterprise and make appropriate checks to decide that you are happy with the person (including that you relate to them on a personal level) and happy with the service. See p.2 for a list of suggested checks to make when you meet / interview a micro-enterprise.</p>
<p>Have a clear idea about the support that you want and are happy to direct the micro-enterprise to provide this.</p>	<p>Whilst a micro-enterprise will support you to arrange cover if they are sick or unable to make a visit for any reason, you must be happy that there is a suitable contingency plan in place before the service commences.</p>

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@planned.org.uk.

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'

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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
<p>Sian’s Support Service*</p> <p>Call Sian on: 07446 057608</p> <p>Email: maehrlein8@aol.com</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: www.facebook.com/Sians-Support-Service-776828009014231</p>	<p>St Dogmaels, Cilgerran and 5 mile radius</p>	<p>At full capacity</p>
<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>Newcastle Emlyn and the surrounding areas</p>	<p>At full capacity</p>

<p>Ruth's Care and Support*</p> <p>Call Ruth on: 07980868994</p> <p>Email: daviesruth@live.co.uk</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: www.facebook.com/Ruths-Care-and-Support-103502545475631</p>	<p>North Pembrokeshire, Carmarthenshire and Ceredigion</p>	<p>Some availability – please enquire</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: 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>At full capacity</p>

<p>Claire Sharkey Care*</p> <p>Call Claire on: 07866 196621</p> <p>Email: claire_sharkey@hotmail.co.uk</p>	<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>	<p>Newport and the surrounding areas</p>	<p>Unable to take any enquiries until late July 2021</p>
<p>Shan Jones Care*</p> <p>Call Shan on: 07518 576047</p> <p>Email: shani.run@gmail.com</p>	<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>	<p>Newport and the surrounding areas</p>	<p>Currently at full capacity</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>At full capacity</p>
<p>Side by Side*</p> <p>Call Maria on: 07860241996</p> <p>Email: sidebysidecymru@gmail.com</p> <p>Facebook: www.facebook.com/Sidebysidepembs</p> <p>Twitter: @sidebyside_pemb</p> <p>Instagram: @sidebysidepembs</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 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/Sidebysidepembs</p>	<p>Letterston and surrounding area including Fishguard, Newport and St. David's</p>	<p>At full capacity</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>At full capacity</p>
<p>Helping Hands Support Services*</p> <p>Call Lorna on: 07792 279108</p> <p>Email: lornaandbilly@googlemail.com</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 Dementia, learning disabilities, physical disabilities and mental health issues. I provide tailored support to help you stay living independently in your own home.</p>	<p>Crundale and Haverfordwest areas</p>	<p>Availability during afternoons, evenings and nights (no mornings)</p>
<p>With a Little Help*</p> <p>Call Sharmain on: 07398 716433</p> <p>Email: shar1010@hotmail.com</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: www.facebook.com/With-a-little-help-102810581889447</p>	<p>Haverfordwest and surrounding areas</p>	<p>At full capacity</p>

<p>Share the Care with Laura*</p> <p>Call Laura on: 07908543571</p> <p>Email: Laura.Long88@outlook.com</p>	<p>I am a sole trader with 16 years' experience in care. I have set up my micro enterprise to provide a bespoke service to an array of individuals, offering that personal touch.</p> <p>I have experience in working with all age groups, with a range of illnesses, conditions and disabilities, my specialist areas being Dementia and Autism. Support includes personal care, companionship and support to access the community.</p> <p>More info at: www.facebook.com/ShareTheCare88</p>	<p>Haverfordwest and surrounding areas</p>	<p>At full capacity</p>
<p>Care and Companionship with Emma*</p> <p>Call Emma on: 07710 268380</p> <p>Email: emaj13347@gmail.com</p>	<p>Hello, my name is Emma. I am a sole trader offering a tailored 1-1 care & 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: www.facebook.com/Care-and-Companionship-with-Emma-Independent-Personal-Assistant-176201162392766/</p>	<p>Haverfordwest and surrounding areas</p>	<p>Limited space due to high demand but please feel free to contact me to discuss your requirements further.</p>

<p>Support by Alison*</p> <p>Call Alison on: 07972 869610</p> <p>Email: alisonjames2408@gmail.com</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 & 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>Open for new customers – please enquire</p>
<p>Gentle Hands with Geraldine*</p> <p>Call Geraldine on: 07449 822292 / 01437 751285</p> <p>Email: gez.george@yahoo.co.uk</p>	<p>Hi, I'm Geraldine, a sole trader with 40 years' experience as a care and support worker. I have a nursing background and specialise in Dementia care.</p> <p>I offer all aspects of personal care and support with everyday living enabling people to be as independent as possible. I can also provide live-in care.</p>	<p>Haverfordwest and the surrounding areas</p>	<p>At full capacity</p>
<p>Marcus Care and Support*</p> <p>Call Marcus on: 07958 303231</p> <p>Email: hawk2611@btinternet.com</p>	<p>I am an experienced carer providing a friendly support service, as well as a gardening / handy man service.</p> <p>My support can include personal care, help with medication, taking clients to appointments, picking up prescriptions, gardening, dog walking, shopping and companionship.</p> <p>I can support older people, people with learning difficulties, support with mental health and adults / young adults with Autism.</p>	<p>Haverfordwest and the surrounding areas</p>	<p>Open for new customers – please enquire</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>Currently available evenings after 4.30; and 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>Sue's Assistance*</p> <p>Call Sue on: 07967762251</p> <p>Email: suzystone1971@yahoo.co.uk</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: https://www.facebook.com/Sues-Assistance-110623741103263/</p>	<p>Milford Haven and surrounding areas</p>	<p>At capacity</p>

<p>Pride Care and Support*</p> <p>Call Lou Anne on: 07726 231098</p> <p>Email: pride.care2021@gmail.com</p>	<p>Hello, my name is Lou Anne. I have started my own micro-enterprise as a sole-trader based in Milford Haven. I provide support to people within their own homes and in the community. Support includes domestic tasks; personal care, including medication administration; shopping; going out in the community; help looking for jobs, companionship and more.</p> <p>I have 7 years' experience in the care sector providing support to people with Autism, Learning Difficulties, Dementia, Palliative Care, Mental Health and more. I am fully trained in all mandatory training, as well as other qualifications including NVQ level 2 in Health and Social Care.</p> <p>More info at: www.facebook.com/pridecareandsupport</p>	<p>Milford Haven and the surrounding areas</p>	<p>Open for new customers</p>
<p>Support with Emma</p> <p>Call Emma on: 07707 243842</p> <p>Email: emma1978richardson@outlook.com</p>	<p>I have a passion for supporting people in the community. I help to run a community games morning in Milford Haven, and have now set up my self-employed enterprise: 'Support with Emma'.</p> <p>The support I can offer will depend on your needs, but could include befriending / companionship, cleaning, shopping and dog walking.</p> <p>I am really looking forward to getting to know you and how I can support your wellbeing.</p>	<p>Milford Haven and the surrounding areas</p>	<p>Open for new customers</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.sabuddies.co.uk/ and www.facebook.com/SandABuddies</p>	<p>Pembrokeshire</p> <p>(Milford Haven based)</p>	<p>Open for new customers</p>
<p>Stanbury's Support Services*</p> <p>Call Julie on: 07931 639530</p> <p>Email: stanburys1979@gmail.com</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 overnight support and person-centred care, including assistance with personal care, support with cleaning, meal prep, appointments and companionship.</p> <p>For more info, go to: www.facebook.com/Stanburys-support-services-101822671976344</p>	<p>Pembroke Dock and the surrounding areas</p>	<p>Currently at capacity.</p>

<p>Cherish Lives Ltd.*</p> <p>Call Audrey on: 07933 286566</p> <p>Email: CherishLivesCare@outlook.com</p>	<p>Cherish Lives is a family company and our core values are based on treating our clients with trust, warmth and respect as we would wish our own family to be treated. We value all the individuals accessing our services and our aim is to provide our clients with an exceptional level of care and support.</p> <p>We provide a range of home based services such as personal care including preparing, serving and feeding food or drink, bathing, dressing; and general domestic duties including shopping and basic maintenance and gardening tasks. We provide companionship and are able to accompany individuals on social, domestic or pleasure trips.</p>	<p>Pembroke Dock and the surrounding areas</p>	<p>Open for new customers / enquiries</p>
<p>Grove Home Help*</p> <p>Call Jade on: 07496 198315</p> <p>Email: grovehomehelp@yahoo.com</p>	<p>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.</p> <p>Services offered include help with shopping, accessing appointments or social events/hobbies, food preparation, cleaning/organising, companionship and some personal care.</p>	<p>Pembroke and the surrounding areas</p>	<p>At capacity</p>
<p>K R Companion*</p> <p>Call Keren on: 07462 122310</p> <p>Email: reeskeren@yahoo.co.uk</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>Help at Home Ltd.</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 (personal care, 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>At capacity</p>
<p>Prime Support 4 You*</p> <p>Call Jane on: 07341442010</p> <p>Email: janejones11@hotmail.com</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

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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/

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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
<p>Downsizing Diva</p> <p>Call Sarah on: 07388 909790</p> <p>Email: info@downsizingdiva.org</p> <p>Website: www.downsizingdiva.org</p>	<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 & 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 confidential, fully insured, a member of the Association of Professional Declutterers and Organisers (APDO), DBS checked and ICO registered.</p> <p>Please see my website for more information: www.downsizingdiva.org</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>

<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</p> <p>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</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>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>Linked In: www.linkedin.com/in/deborah-withey/</p>	<p>For more info, go to: www.henryhedgepodge.com</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 James Silbers james@silberscic.org.uk 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. 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>
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