



Pembrokeshire Mental Health Directory 2018

For more information, or to send an addition or amendment to the Mental Health Directory please contact:

WWAMH

18 Queen Street

Carmarthen

Carmarthenshire

SA31 1JT

01267 245572

director@wwamh.org.uk



Pembrokeshire Mental Health Directory

Adult Mental Health

Organisation	Address	Telephone/Email/Website	Service Provided
ACTivate your life courses.		Tel: 01437 8334429 Email: ACT.hdd@wales.nhs.uk	Activate your life is a psychology course that will help you to understand your mind. The course is based on a relatively new approach to therapy – Acceptance and Commitment (ACT). ACT helps people overcome their suffering using ‘mindfulness’ and by helping you to understand how to live in accordance with you own important values. The course is all about having a better life.
Adlerian Society of Wales	56A St James Street Narbeth SA67 7DA	Tel: 01834 860330 Email: office@adleriansocietywales.org.uk Website: www.adleriansocietywales.org.uk	The Society is not only a counselling and training centre, but also a Charity. The Charity itself is funded through donations, room hire, membership etc. The income we generate through these activities helps fund low cost counselling, Community Wellbeing Hubs and our Welcome Visitor Project, working with the elderly, offering social interaction and support in Car Homes and in their own homes.
Advocacy West Wales		For referrals to the community mental health service in Pembrokeshire : Tel : 01437 762935 For referrals to the IMHA Service : Tel: 01437 839174 Email: imha@advocacywestwales.org.uk Website: advocacywestwales.org.uk	Independent advocacy for people with serious mental health problems. Referral required. Community service. Monday to Friday 9am to 5pm and Saturday 9am to 3pm.



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Age Concern Pembrokeshire		Tel: 01437 769207 or Tel: 01437 769972 Website: www.acpembs.org.uk	Support and befriending for older people.
Age Cymru	37 Merlins Hill Haverfordwest SA61 1PE	Tel: 01437 769972 Email: office@acpembs.org.uk Free Advice Line : 0800 055 6112 8am to 7pm – 365 days a year. Website: www.acpembs.org.uk	Monday to Thursday 9am to 4pm – call in, email or phone. Range of services for older people (60+). Free confidential information and advice on welfare benefits and entitlements. Also be supported by our befriending scheme and carer support programme. Hospital discharge scheme, advocacy, befriending. Active ageing and Healthy Living Project. Odd job schemes. Loan of mobility aids, and home safety checks. Support for carers. Age resource desk for people aged 50+.
Alzheimer's Society Pembrokeshire		Tel: 01646 692329 Website: www.alzheimers.org.uk	Support and befriending for people with dementia and their carers.
CALL		Tel: 0800 132 737 Website: www.callhelpline.org.uk	24 hour 7 day a week confidential helpline.
Care and Repair	Meyler House St Thomas Green Haverfordwest SA61 1QP	Tel: 01437 766717 Email: CareRepair@pembs-ha.co.uk Website: www.pembs-cr.co.uk	Monday to Thursday 9am to 5pm and Friday 9am to 4.30pm. Not for Profit organisation. Help for elderly people for home repairs, improvements and adaptations.



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Careers Wales		Website: www.careerswales.com	Provides specialist adult guidance advisers who are trained to help with your personal and career development needs. Their qualified advisers can help you to make the right choices for your future. Individual appointments are available with an Adult Guidance Advisor who will listen to what you want and discuss your options in a practical and positive way.
Carers Development Worker		Tel: 01437 771196	Developing services for carers.
Carers Emergency Card Service		Tel: 01554 745480 Tel: 01792 772146	Emergency card service for carers.
Carers Support		Contact : Heather Flowers Tel : 01834 844177 Mob: 07966876108	
Citizens Advice Bureau (CAB)	43 Cartlett Haverfordwest SA61 2LH 38 Meyrick Street Pembroke Dock SA72 6UT	Tel: 03444 772020 (Monday to Friday 10am to 4pm) Haverfordwest CAB Tel: 01437 763242	Haverfordwest CAB Thursday and Friday 9am to 4pm for appointment only. Monday 10am to 12 noon and 1pm to 3pm Tuesday 10am to 1pm Wednesday 10am to 1pm Pembroke Dock CAB Tuesday 9am to 4pm for appointment only.



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	<p>Town Hall Milford Haven SA73 3JW</p> <p>PATCH Milford Haven SA73 3LD</p> <p>Memorial Hall High Street St David's SA62 6SD</p> <p>Town Hall Market Square Fishguard SA65 9HE</p> <p>Meddygfa Wdig Main Street Goodwick SA64 0BN</p>	<p>Website: www.citizensadvice.org.uk</p>	<p>Provides general housing advice, improving current housing conditions, welfare benefits, debt and financial health checks. Providing information and advice. Profile services, volunteering information and campaigns.</p> <p>Helps people resolve their money, legal and other problems by providing information and advice. Profile, services, volunteering information and campaigns.</p>
<p>CLIC (Hafal)</p>	<p>Hafal Head Office Unit B3 Lakeside Technology Park Phoenix Way Llansamlet Swansea SA7 9FE</p>	<p>Tel: 01792 816600</p> <p>Email: David.vice@hafal.org</p> <p>Email: Jacki.chard@hafal.org</p> <p>Website: Hafal.org/clic</p>	<p>Clic is Hafal's new online community for people with a mental illness and their carers.</p> <p>Our safe and positive online space gives you the chance to : Chat and make friends as loneliness can be a huge issue with people with mental illness and their carers.</p> <p>Give support to and receive support from people with similar experiences.</p> <p>Being able to communicate in either English and Welsh.</p> <p>Get helpful information and contacts.</p>



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Community Connectors	36-38 High Street Haverfordwest SA61 2DA	Tel: 01437 769422 Email: Communityconnectors@pavs.org.uk Website: www.pavs.org.uk	<p>Improving connections for people in Pembrokeshire.</p> <p>Supporting you to live well day to day.</p> <p>Connecting you to information, local services and activities.</p> <p>A free confidential service for anyone in Pembrokeshire.</p> <p>WE can support you to take positive steps to improve your health and well being, increase your social interaction and help you enjoy a more independent life within your community.</p> <p>Through having meaningful conversations and a one to one person centred service, we can provide information on local activities, services and groups to suit your individual interests and widen your social network.</p>
Community Drug and Alcohol Team (CDAT)	Haven Way Fort Road Pembroke Dock SA72 6SX	Tel: 01646 690327 Email: substancemisuse@pembrokeshire.gov.uk	<p>Monday to Friday 9am to 5pm.</p> <p>Consultation assessment, care coordination, substitute prescribing, community detox, access to inpatient detox and residential rehabilitation. Structured support, care planned treatment and carers assessments.</p>
Community Mental Health Service (CMHS)	Bro Cerwyn Centre Fishguard Road Haverfordwest SA61 2PZ	Tel: 01437 773157 Tel: 01437 762935 for referrals to the CMHS.	<p>Monday to Friday 9am to 5pm.</p> <p>Community Mental Health Service.</p>
Crossroads		Tel: 01437 764639	<p>Provides respite care for carers.</p>



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<p>Dementia Support Groups</p>		<p>Tel: 01646 692329</p>	<p>Support for carers.</p>
<p>DEWIS (Centre for Independent Living – CIL)</p>	<p>Suite 3B Cedar Court Haven's Head Business Park Milford Haven SA73 3LS</p>	<p>Tel: 01646 629123 Email: advocacy@dewiscil.org.uk Website: www.dewiscil.org.uk/advocay</p>	<p>Generic Advocacy Service for Pembrokeshire.</p> <p>Service can be accessed free of charge if over 18 years, live in Pembrokeshire, have a learning disability, physical disability, a sensory impairment, you are a carer, you are a vulnerable adult due to age, health condition or assessed need including autism, ASD, dementia, mental health issues and an acquired brain injury. Persons must be in receipt of Social Services in Pembrokeshire or eligible to receive a service under the Fair Access to Care (FACS) criteria that priorities eligibility for care and support within the NHS and Community Care Act.</p>
<p>Dyfed Drug and Alcohol Service (DDAS)</p>	<p>First Floor Allied House Ebenezer Row Haverfordwest SA61 2JP</p>	<p>Tel: 0808 808 2234</p>	<p>An all in one substance misuse service for Pembrokeshire.</p> <p>DDAS provides services to :</p> <p>Drug and alcohol users including those on the criminal justice system.</p> <p>The families, partners, carers and friends of drug and alcohol users.</p> <p>Professionals from organisations such as GPs and their surgery staff, probation workers, social workers, hospital staff, police and staff employed in housing support services and other social care organisations.</p> <p>DDAS is a single point of contact telephone line and email address</p>



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			<p>for referrals and advice.</p> <p>DDAS offers the following support and interventions for adults with substance misuse issues : Engagement, Treatment, Recovery Service, Criminal Justice Services, Service User Involvement, Family and Carer Support, Training and Professional Advice and Partnership Working.</p>
Elliotts Hill	<p>Crowhill Road Haverfordwest SA62 6HT</p>	<p>Tel: 01437 764720</p> <p>Email: info@elliottshill.com</p> <p>Website: www.elliottshill.co.uk</p>	<p>Monday to Friday 8.30am to 6.30pm and Saturday 9am to 1pm.</p> <p>Assisted living facility in Camrose.</p> <p>Supported living, community outreach, learner centre, residential care home, supporting people with complex needs, short breaks.</p> <p>Phone or email for referral form. Residential Private Care Home.</p>
Fishguard and Goodwick Dial a Ride		<p>For enquiries and booking:</p> <p>Tel: 0800 7831584</p> <p>Open during office hours Monday to Thursday.</p> <p>The Booking Line is closed on Saturdays for last minute cancellations or changes to Saturday journeys, please call The Green Dragon Bus directly on:</p> <p>Tel: 0845 6860242</p>	<p>Running on Thursdays and Saturdays from 9.30am to 4.30pm. Ride free with your concessionary travel pass or pay a fare if you have not got a pass. Anyone who is unable to access public transport can use this service, for any reason.</p> <p>Book your journey by calling free phone 0800 7831584 up to a week in advance. Bookings must be made by 12 noon on the day before you want to travel.</p> <p>We will pick you up from your door at the agreed time. We use wheelchair accessible vehicles and our driver can give passengers assistance.</p> <p>There is no set route or timetable, we can pick you up anywhere in Town Centre, Lower Town Penyraber, Scloddau, Stop and Call, Dyffryn, Maesgwynne, Manorowen and Harbour Village.</p>



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Fishguard Friday Flyer		For enquiries and booking: Tel: 0845 6860242	Running on Fridays between 9am and 4.30pm. Also serves Mathry, Strumble Head, Letterson, Dinas and Trecwn areas.
Forces Line		Tel: 0800 7314880 Website: www.forcesline.org.uk	Monday to Friday 10.30am to 7.30pm. Free confidential help for individuals who have served in the forces and their friends and family.
FRAME (Blue Sky)	Old Hakin Road Merlin's Bridge Haverfordwest SA61 1XF	Tel: 01437 779442 Email: info@frameltd.co.uk Website: www.pembrokeshire-frame.org.uk	Monday to Friday 9am to 4pm and Saturday 10am to 1pm. Phone or call in. Provides therapeutic training within all aspects of horticulture. Provides work and training opportunities for people with disabilities in shops warehouses, distribution, workshops and administration. FRAME provides around 80 people a week with the opportunity to practice work and train in new skills.
Gwalia	The Bridge St Lawrence Hill Hakin Milford Haven SA73 3LE	Tel: 01646 698820 Email: Annette.brenchley@gwalia.com	Monday to Friday 9am to 5pm. Although can be flexible to meet needs. Specialist floating support schemes for domestic abuse, young persons and ex-offenders. Referrals for domestic abuse scheme can be made from any statutory or voluntary agency or self referrals. Referrals for young people can be self referrals or from social services and housing. Referrals for ex-offenders scheme via Wales Probation Trust or



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			<p>Prison Link Cymru.</p> <p>Pre tenancy support, resettlement and tenancy sustainability. Through each stage service users are supported and empowered to overcome the barriers that prevent progression, thus allowing them to achieve safe, socially inclusive and independent lifestyles.</p>
Hafal Supporting People		<p>Email: pembscommunity@hafal.org</p> <p>Website: www.hafal.org.uk</p>	<p>Hafal provides support that is flexible enough to meet the needs of each individual to enable them to maintain their tenancies, preventing homelessness and admission to hospital.</p> <p>Referral from the CMHT only</p>
Hafal Pembrokeshire Family Support		<p>Tel: 0796 6876 108</p> <p>Email: frances.wray@hafal.org</p>	<p>Provides one to one support, a telephone helpline and group support for carers of people with serious mental illness. Services include emotional support, practical advice and signposting to other services</p> <p>Referral: Carers can self refer and also via CMHT and GP</p>
Hafal Crossroads	<p>Crossroads House 37 Merlin's Hill Haverfordwest SA61 1PE</p>	<p>Tel: 01437 764639</p> <p>Email: crossroads@hafal.org</p> <p>Website: www.hafal.org/crossroads</p>	<p>A member-led charity working to improve the lives of unpaid carers by giving them time to have a break away from their caring responsibilities.</p> <p>Our core service is the provision of replacement care in the home, delivered by trained carer support workers to give unpaid carers a break.</p>
Hafal Tenby Resource Initiative	<p>St Asaph Trafalgar Road Tenby</p>	<p>Tel: 01834 844 177</p> <p>Email: tri@hafal.org</p>	<p>The project provides information about Hafal services in the area that can help problem solve and gives access to advice and mutual support groups. Training sessions are organised at Tenby Resource Initiative and in outreach groups.</p> <p>Referral: Carers, CMHT, GP. Primary Care Team or self referral</p>



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Hafan Cymru	3 Corner House Haverfordwest SA61 1BW	Tel: 01437 769564 Email: enquiries@hafancymru.co.uk	Accessible 24 hours for refuge referral and emergencies. Staff available in the refuge during office hours. Housing and support for women and children who have experienced domestic abuse.
	8 High Street Haverfordwest SA61 2DA	Tel: 01437 768671 Website: www.hafancymru.co.uk	Self referral, friends, family members, agency or support worker via telephone.
Havenhurst Unit	Sandhurst Road Milford Haven SA73 3JU	Tel: 01646 692118	Staffed 24 hours. Residential, respite and day care for older service users. Referral via telephone.
Haverfordwest Carers Support Group		Tel: 01437 773219	Carers support.
HEADWAY	Merlin's Court Winch Lane Haverfordwest SA61 2ET	Tel: 07958 105596 Tel: 01646 622977 or Tel: 02921921813 Email: Headwaypembrokeshire@hotmail.co.uk Website: www.headway.org.uk	Support group for people with head injuries and their carers. Meetings monthly on 2 nd Thursday of each month in Pembrokeshire MIND between 6.30pm and 8.30pm. A lively branch of brain injury survivors and family carers. Our aim is to promote awareness and understanding of all aspects of brain injury and provide information, support and services to survivors, their families and carers. In addition Headway will campaign to reduce the incidence of brain injury.



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Help for Heroes		Email: Wales.supporthub@helpforheroes.org.uk Website: www.helpforheroes.org.uk	A network of professionals and partners who not only help serving members of the Armed Forces, but also ex-Servicemen and women and their families. This is achieved through physical and emotional rehabilitation and recovery. The charity also identifies new career opportunities and offers financial and welfare support.
Infoengine		Website: www.en.infoengine.cymru	<p>Infoengine is the directory of third sector services in Wales.</p> <p>Infoengine highlights a wide variety of excellent voluntary and community services that are able to provide information and support so that you can make an informed choice.</p> <p>Infoengine is provided by Third Sector Support Wales, a partnership of County Voluntary Councils and Wales Action for Voluntary Action.</p> <p>Voluntary service at your fingertips. Thousands of services registered. Access on the go via mobile and tablet. Services regularly updated.</p> <p>Your service can be registered for free.</p>
IWAN		Website: www.iwan.wales.nhs.uk/hafan	<p>Local primary mental health support services in Carmarthenshire, Ceredigion and Pembrokeshire run by Hywel Dda University Health Board.</p> <p>Services for people with common, mild to moderate mental health problems.</p> <p>Information, awareness and wellbeing now.</p>
Jobcentre Plus	16-20 Quay Street Haverfordwest SA61 1BH	Tel: 0345 6043719 Minicom: 08456088551	Combined jobsearch and benefits service for people of working age. Personal advisers assist with jobsearch activities and benefits claims. Access to Jobpoint terminals for information on job vacancies. Part of the Department for Work and Pensions.



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Key Steps	Pembrokeshire FRAME Merlins Bridge Haverfordwest SA61 1JF	Tel: 01437 779442 Email: pauljones@frameld.co.uk	Monday to Friday 9am to 4pm and Saturday 10am to 1pm. Supporting people in training, voluntary work and paid employment. Deliver training to develop skills or introduce new ones. Offer support in the workplace environments. Improve confidence and independence. Help with understanding and completing benefits applications and other forms. Aid in CV writing, job searches and applications. Offer advice, guidance and support.
Local Primary Mental Health Support Service (LPMHSS)		Tel: 01437 834429	The LPMHSS is a service for people with common mild to moderate mental health problems such as anxiety, depression and/or stress. The service is delivered in the community and can only be accessed by a GP referral, or through a stress control course which is accessed by self referral. We offer a variety of services including mental health assessment and advice, support and signposting to other relevant services, stress management course and a range of psychological interventions.
Mental Health Carers Support Group		Tel: 01348 881320 Tel: 01646 687113 or Tel: 01646 697268	Support for carers of people with mental health problems.
Milford Haven Support Group		Tel: 01646 699257	Support for carers of elderly people with mental health problems.
Milford House Centre	Dartmouth Street Milford Haven	Tel: 01646 698197	Staffed Monday to Friday 9am to 5pm.



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	SA73 2AH	Website: www.carehome.co.uk	Supported accommodation for adults. Referral only through assessment with Community Mental Health Service.
Mind	The Old Wool Market Quay Street Haverfordwest SA61 1BG	Office: Tel: 01437 769982 Resource Centre: Tel: 01437 763626 Email: mindpembs@aol.com Website: www.pembrokeshiremind.org.uk	Monday 10am to 1pm Tuesday 10am to 1pm Wednesday 1pm to 6pm Thursday 10am to 1pm Friday 10am to 1pm Saturday 1pm to 4pm Sunday 1pm to 4pm Drop in centre for people with mental health problems. Befriending , carers support, food in mind, information, music in mind, resource centre, specialist library and supported housing.
Mindful Future		Email: Jo.swift@mindfulfuture.wales	Free 8 week course funded by Wales National Lottery Awards for All. Accredited by Breathworks. Learn how to deal with stressful situations by coming back to what is happening right now. Change your relationships towards stress and problems in your life. We will come to a venue of your choice to run an introductory taster session where participants can sign up for the free 8 week course.
National Debtline		Tel: 0808 8084000 Website: www.nationaldebtline.co.uk	Free confidential money advice and debt advice via self referral via telephone line. Monday to Friday 9am to 9pm and Saturday 9.30am to 1pm.
NHS Direct		0845 46 47	NHS Direct Wales is part of the National Health Service.



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<p>Wales</p>		<p>Website: www.nhsdirect.wales.nhs.uk</p> <p>You can look for your nearest doctor or dentist, or look up things like cancer, asthma or pregnancy.</p>	<p>We are a telephone helpline.</p> <p>You can ring us for advice if you are not feeling well, or for information on any health problem you have.</p> <p>You might ring NHS Direct if:</p> <p>When you are not sure if you need to see your doctor or if you just need advice to look after yourself at home.</p> <p>When you want to know more about an illness that you have.</p> <p>When you have a question about your health or about a member of your family's health.</p>
<p>Parkinson's Carers Support</p>		<p>Tel: 0844 2253716</p> <p>Website: www.parkinsons.org.uk</p>	<p>Support for carers and people who have Parkinson's disease.</p>
<p>PATH (Pembrokeshire Action for The Homeless)</p>	<p>1 Corner House Barn Street Haverfordwest SA61 1BW</p>	<p>Tel: 0800 7835001</p> <p>Tel: 01437 765335</p> <p>Email: path@pembrokeshirecaresociety.org.uk</p> <p>Website: www.pembrokeshirecaresociety.co.uk</p>	<p>Staffed Monday, Tuesday, Thursday and Friday 10am to 4pm and Wednesday 10am to 3pm.</p> <p>PATH provides people who are at risk of homelessness with advice, assistance and advocacy to enable them to secure safe and affordable accommodation. They offer a range of services that can help people secure and/or maintain a tenancy, including resettlement packages, debt advice, crisis intervention, starter packs for rough sleepers or new tenants, band schemes, travel warrant schemes and more.</p> <p>Referral drop in or ring for an appointment.</p>



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Pembrokeshire College	Haverfordwest Pembrokeshire SA61 1SZ	Tel: 01437 753000 Email: admissions@pembrokeshire.ac.uk Application form on line: www.pembroekshire.ac.uk/onlineform/enrolorm/formb.php	The county's largest provider of a wide range of post-16 education and training. Courses for young people and adults – A levels, apprenticeships, degrees, part time and evening classes. College open term times.
Pembrokeshire Association of Voluntary Services (PAVS)	36-38 High Street Haverfordwest SA61 2DA	Tel: 01437 769422 Email: enquiries@pavs.org.uk Website: www.pavs.org.uk	Monday to Thursday 9am to 4.30pm and Friday 9am to 4pm. Voluntary services providing support, information and advice, volunteering opportunities, personal development, careers and education.
Pembrokeshire Carers Support		Tel: 01834 844177 Mob: 07966 876108	Support worker for carers.
Pembrokeshire Counselling Service		Tel: 01437 768708 Email: contact@pembrokeshirecounsellingservice.org Website: www.pembroekshirecounsellingservice.org	It is a confidential counselling service available to anyone over the age of 16 years throughout Pembrokeshire. Our counsellors all have appropriate training and receive regular supervision. No fees are charged but donations are valued and necessary to support our charitable organisation. Suitable venues are located across Pembrokeshire and you can be seen by counsellors for up to 6 sessions.



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			To discuss whether we are the right service to help you leave your details on our answer phone or send us your information via our web site or by email and an experienced counsellor will contact you within a few working days
Pembrokeshire County Council – Homelessness prevention and advice team	County Hall Haverfordwest SA61 1TP	<p>Tel: 01437 764551 Out of hours emergencies :</p> <p>Tel: 0845 6015522</p> <p>Email: Hp&ateam@pembrokeshire.gov.uk</p> <p>Website: www.pembrokeshire.gov.uk</p>	<p>Monday to Friday 10am to 4pm. Phone, call in, make and appointment or write.</p> <p>Assessment of entitlement to housing for people who are threatened with homelessness.</p> <p>Housing provided for people considered in priority need of housing. Temporary accommodation may be available, while enquiries are made about eligibility.</p> <p>Housing advice and information for private and council tenants and homeless people.</p>
Pembrokeshire Cruse	PO Box 34 Haverfordwest SA61 1YS	<p>Tel: 0800 2884700</p> <p>Email: westwales@cruse.org.uk</p> <p>Website: www.crusebereavementcare.org.uk</p>	<p>Monday to Friday 10am to 12 noon. Answerphone at all other times.</p> <p>Support for those suffering with grief.</p>
Pembrokeshire Money in Mind	Citizens Advice Pembrokeshire County Office 43 Cartlett Haverfordwest	<p>Adviceline 0344 477 2020</p> <p>Email: outreach@pembscab.org</p>	Caseworker service to clients with mental health issues or learning disabilities particularly relating to the areas of debt and welfare benefits.



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<p>Pembrokeshire People First (PPF)</p>	<p>SA61 2LH Portcullis House Old Hakin Road Haverfordwest SA61 1XE</p>	<p>Tel: 01437 769135 Email: Karen@pembrokeshirepeople1st.org.uk Website: www.pembrokeshirepeople1st.org.uk</p>	<p>Monday to Friday 9am to 4pm.</p> <p>Non profit organisation. Independent charity run by and for adults with learning disabilities and/or autism. Member led projects – PPF runs training, consultations and audits for organisations, businesses and the statutory sector. Training is delivered by our members who are experts by experience. They are fully trained and what they deliver is impacting eg Learning Disability awareness, Advocacy in Your Work, Equality and Diversity, Values and Attitudes, Autism awareness and What good support looks like. PPF can also develop bespoke training needs that are fun, interactive and get results.</p> <p>We work across Wales and our fees are very reasonable.</p> <p>Experienced in consulting with people with different needs and communication styles and use a mix of games, drama and other tools to find out what you Need to know.</p> <p>We can train your members, staff and volunteers.</p> <p>There is also Easy Read where we can turn your leaflets, booklets and documents into an accessible format. We do this together with a group of members, who understand how different things can be to understand and how to make it easier.</p> <p>Support, advice and training for adults for adults with learning difficulties.</p> <p>Anyone can make a referral for any of the projects or drop in and chat to one of the members.</p>
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Pembrokeshire Social Services	County Hall Haverfordwest SA61 1TP	Tel: 01437 764551 Hospital based services : Tel: 01437 773259 Out of hours emergencies: Tel: 087708 509508 Website: www.pembrokeshire.gov.uk	Monday to Friday 9am to 5pm. Range of social services for children and families, older people, people with disabilities, learning difficulties and mental health problems through specialist teams.
Pembrokeshire Women's Aid (Refuge)	PO Box 201 Haverfordwest SA61 1BF	Tel: 01437 769564 24 hour telephone service. Website: www.welshwomensaid.org.uk	Non profit organisation. Open 24 hours, 7 days a week. Safe accommodation, information and support for women and children suffering with domestic abuse. Provides counselling and advice.
R.A.B.I		Confidential helpline: 0808 2819490 Email: grants@rabi.org.uk	
Reconnect In Nature	The Haven Llandysillio Clunderwen SA66 7UR	Email: reconnectcymru@gmail.com Website: Reconnectinnature.org.uk	Reconnect in Nature is a free 5 week course in the Summer aimed at improving people's mental health, wellbeing and confidence. Come and join us in Withybush Woods and come and see how nature has a positive impact on our wellbeing. Meet new friends in a supportive Environment. Learn camp craft skills.



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			<p>Engage in nature awareness through nature art and nature writing. Enjoy in the peace of the woods. And have fun outdoors.</p> <p>Throughout the course we will explore the theme of Summer and as a group we will focus on something different each week such as nature art or camp craft skills.</p> <p>Most of all it will be a space where everyone feels comfortable and tune into their surroundings.</p>
SAMARITANS	1 Albert Street Haverfordwest SA61 1BG	<p>Tel: 116 123 - free to call</p> <p>Tel: 0808 164 0123 – free to call (Welsh language line)</p> <p>Email: jo@samaritans.org</p> <p>Website: www.samaritans.org</p>	<p>Talk to us any time you like, in your own way – about whatever is getting to you.</p> <p>Telephone helpline operating emotional support for anyone in crisis. Offers a listening and befriending service to people who are isolated, feel in despair or who are suicidal. Open for drop in visits.</p> <p>National local rate number can also put callers through without a delay to their nearest unengaged branch.</p>
Shelter Cymru	43 Cartlett Haverfordwest SA61 2LH	<p>Telephone advice: 034507555005 Monday to Friday 9.30am to 4.30pm.</p> <p>Tel: 01437 763242</p> <p>Website: www.sheltercymru.org.uk</p>	<p>Provides general housing advice.</p> <p>Non profit organisation. People and homes charity in Wales – to ensure everyone in Wales has a decent home.</p> <p>Offers free and confidential and independent advice. Provides information, advice and support to help people identify their best options.</p>
Shelter Cymru		Tel: 01554 899371	Networking event at Queens Hall in Narbeth every Wednesday



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<p>Cyngor 50+ Advice Project</p>		<p>Email: fiftyplus@sheltercymru.org.uk</p>	<p>morning.</p> <p>Advice for 50+ project funded by The Big Lottery Fund.</p> <p>The project can assist anyone over 50 in Pembs and Carms with a housing or housing related issues by helping people address issues before they reach crisis point. Help with issues eg rent arrears, mortgage arrears, debt management and the effect of the welfare reform with the change from DLA to PIP payments and assisting in appeal decisions.</p> <p>Can provide financial health checks with SU's and see if savings can be made and ensure they receive all other benefits and support they are entitled to with specialist advisors from the project.</p>
<p>Stop Smoking Service</p>	<p>Mind Pembrokeshire The Old Wool Market Quay Street Haverfordwest SA61 1BG</p>	<p>Tel: 01437 769982</p> <p>Email: stopsmokingpembsmind@hotmail.com</p>	<p>If you are serious about giving up smoking Mind in Pembrokeshire is offering a free Stop Smoking Service to people who face mental health problems.</p> <p>Join the service and give up smoking in a safe and friendly environment with one to one sessions.</p> <p>Please contact a Staff Member for a Referral Form if you are interested or contact the email address or phone number.</p>
<p>Stress Control Courses</p>		<p>Tel: 01437 834429</p> <p>Email: Stresscontrol.pembs.hdd@wales.nhs.uk</p>	<p>Stress control is a four session course. It is for people who want to learn better ways to get on top of their problems such as depression, anxiety, panic, poor sleep and low self confidence.</p> <p>Stress control is a class and not a group therapy so you don't have to talk about your problems. You can just turn up, sit back and learn some great ways to control stress.</p> <p>Stress is common, therefore there may be lots of people in the group.</p>



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Supporting People and Pets through Opportunity and Training (SPPOT)	36-38 High Street Haverfordwest SA61 2DA	Tel: 01437 767648 Mob: 07962 220625 Email: sppotdog@gmail.com	Social enterprise based in Haverfordwest which aims to bring the needs of people together with the needs of dogs, through the provision of quality driven training, volunteering opportunities, services and events.
The DPJ Foundation		Confidential helpline: 0800 587 4262 Text: 07860 048799 Email: contact@thedpjfoundation.com	
The Expert Patient Programme (EPP) and Looking After Me Programme (LAM)		Tel: 01554 744492 Website: www.eppwales.org	Courses run by the Expert Patient Programme Wales led by trained tutors who themselves have past experience of long term health conditions or being in a caring role. The courses look at relaxation techniques, exercise, healthy eating, communicating and planning for the future.
The National Exercise Referral Scheme (NERS)		Tel: 029 20468600 Email: enquiry@wlga.gov.uk Website: www.wlga.wales/ners-mental-health	The NERS is a Public Health Wales (PHW) funded scheme targeted at clients at risk of developing a chronic disease. The scheme is centrally co-ordinated by Welsh Local Government Association (WLGA). NERS is an evidence-based high intervention incorporating physical and behavioural change techniques to support referred clients to make lifestyle changes to improve their health and wellbeing.



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			<p>The aims are to :</p> <ul style="list-style-type: none"> Offer high quality NERS across Wales To increase the long term adherence of clients to physical activity. To improve the physical and mental health of clients. To determine the effectiveness of the intervention in increasing clients activity levels and improving their health. <p>The guidance supports a partnership approach between the CMHT and NERS. Safe community-based exercise opportunities suitable to meet the needs of clients with enduring mental health problems.</p>
Tir Dewi		<p>Confidential helpline 0800 121 4722</p> <p>Email: mail@tirdewi.co.uk</p>	
Ubiquitous Pembrokeshire Carers		<p>Tel: 01348 874815</p>	<p>Support for all carers in Pembrokeshire.</p>
VC Gallery	<p>30 High Street Haverfordwest SA61 2DA</p> <p>26 Bridge Street Haverfordwest SA61 2AD</p>	<p>Tel: 01437 765873</p> <p>Email: admin@thevcgallery.com</p> <p>Website: www.thevcgallery.com</p>	<p>Opening hours Monday to Friday 9.30am to 5.00pm.</p>