

GENERAL CONTACT SHEETS

General Contact Sheets

Advice for Registering with G.P.s

The Mid and West Wales Business Service Centre

The Oldway Centre,

36 Orchard Street

Swansea SA1 5AQ

☎ (01792) 458066

Age Concern Pembrokeshire

A charitable organisation that helps older people in Pembrokeshire. Providing information, befriending, hospital homecoming and odd job services through volunteers.

2a Holloway

Haverfordwest SA61 2JL

☎ (01437) 769972

Alzheimer's Society

Beryl Noyce (Chair of local Branch)

Highlands

Sandyhill Road

Saundersfoot SA69 9PL

☎ (01834) 813908 or 07815 803534

e-mail: beryl@bnoyce.freeserve.co.uk

Alzheimer's Society (Local Office)

Havenhurst,

Sandhurst Road,

Milford Haven SA73 3JU

☎ (01646) 699258

E-Mail: pembs-branch@alzheimers-society.fsnet.co.uk

Office open Monday - Friday 10 to 3 pm

Barnardos Family Link (Pembrokeshire)

Arranges family based respite/short breaks and sessional support workers following assessment from your Child Care Social Worker

3 Bush St

Pembroke Dock SA72 6XB

☎ (01646) 687064

Benefits Enquiry Line

☎ 0800 882200

Minicom 0800 243355

British Epilepsy Association

☎ 0808 8005050

British Humanist Association

1 Gower Street

London WC1E 6HD

☎ 020 7079 3580

Fax: 020 7079 3588

Email: info@humanism.org.uk

British Gas

National Gas Care

☎ (0845) 955 5404 (Local call rate)

British Telecom

Produce a guide for people with disabilities and the elderly. Ring 150 for a copy.

Cancer BACUP

3 Bath Place
Rivington Street
London EC2A 3JR

☎ (0207) 696 9003 (*please also see Pembrokeshire Cancer support group*)

Care Standards Inspectorate for Wales

Provides details of long or short term private and local authority residential homes.

First Floor
Meyler House
St Thomas Green
Haverfordwest SA61 1QP

☎ (01437) 769111

Carers Development Worker

PAVS
36/38 High Street
Haverfordwest SA61 2DA

☎ (01437) 769422

Carers Line:

☎ 0808 8087777

CARERS SUPPORT GROUPS IN PEMBROKESHIRE

All the groups below are open to carers to attend. It is worth phoning the contact number for the group to check the details of the meeting before making a special journey. Most of the groups are very informal, have a mixture of speakers and discussions, occasionally organise social events and welcome new members. Most of the groups welcome ex-carers. Many carers value the chance to share their knowledge and experience with other people in similar situations. If you are a carer and you cannot find a group to suit you, please contact the Carers Development Worker on 01437 771196.

Name of Group	Outreach Support Group
Contact Person	Dave Watkin 01437 769701
Who is the group for	Any carer or ex-carer living in Pembrokeshire
When and where does the group meet	The 1st Tuesday of each month at Meyler House Haverfordwest

Name of Group	North Pembrokeshire Carers Support Group
Contact Person	David Cryer 01348 872265 Patricia Nathan 01348 873928
Who is the group for	All carers living in North North Pembrokeshire
When and where does the group meet	The 2nd Wednesday of each month - every other month at Wintern Day Centre

Name of Group	Carers Support Group
Contact Person	Frances Rayner 01646 699257 or Beryl Noyce 01646 699258
Who is the group for	Carers of elderly people with mental health problems
When and where does the group meet	The 3rd Thursday of each month in Havenhurst Residential Home Milford Haven at 2pm

Name of Group	Narberth & Tenby Carers Support Group
Contact Person	Jackie Aitken 01834 861379 Beryl Noyce 01646 699258
Who is the group for	Carers of elderly people with and other mental health problems in South Pembrokeshire
When and where does the group meet	The 1st Tuesday of each month at Narberth Health Centre

Name of Group	Pembrokeshire Parent Carers High Dependency Needs Support Group
Contact Person	Carol Mason 01834 831833 Dave Watkin 01437 769701 website - www.highsupportneeds.org.uk
Who is the group for	Parents and Carers of children and adults with learning disabilities
When and where does the group meet	Flexible social outings/meetings every 3 weeks - contact Carol or Dave for details

Name of Group	Pembrokeshire Parent/Carers Association
Contact Person	Joan Ward 01646 636388 Pat Jameson 01646 683053
Who is the group for	Carers and parents of people with learning disabilities
When and where does the group meet	The 3rd Wednesday of each month, alternating between Milford Haven and Pembroke

Name of Group	Parkinsons Society
Contact Person	Sybil Lancaster 01646 690063
Who is the group for	Carers of people who have Parkinsons
When and where does the group meet	The 4th Saturday of the month - and every Wednesday at the HOPE Centre

Name of Group	Pembs Cancer Support Centre
Contact Person	Barbara Miller 01646 683078
Who is the group for	Carers of people with cancer
When and where does the group meet	Support on an individual basis at present but can link in with groups if wanted

Name of Group	Mental Health Carers Support Group 'Carers in Mind'
Contact Person	Ann Waide 01348 840310 Allan & Joy Ross 01646 687113
Who is the group for	Carers of people with mental health problems
When and where does the group meet	The 2nd Wednesday of each month in Haverfordwest Mind Resource Centre

Name of Group	Parent Action Group
Contact Person	Ann Barker 01348 873968
Who is the group for	Mainly carers of children and young people with disabilities
When and where does the group meet	Quarterly at the Children's Centre Haverfordwest

Name of Group	Special Interest Group in Autism (SIGA)
Contact Person	Helen Brandrick 0791 7774630 Helen Williams 01437 741228
Who is the group for	Parents of children and young people with autism
When and where does the group meet	Every half-term

Name of Group	Attention Deficit Hyperactivity Disorder (ADHD) Support Group
Contact Person	Olivia Davies 01437 765705
Who is the group for	Carers of children and young people with ADHD
When and where does the group meet	The 1st Tuesday of each month in the Glen, Haverfordwest

Name of Group	Parents TLC
Contact Person	Gill Lee-Munson 01437 762885 01437 773988 Box no 2885 (messages)
Who is the group for	Parents of children with life-threatening or long-term illnesses
When and where does the group meet	1st Thursday of each month at the Child Health Unit, Witybush Hospital

Name of Group	Fishguard & District Special Needs Soccer & Leisure Club
Contact Person	Mandi Foot 01348 873797 Nina Williams 01348 872381
Who is the group for	Families of children with special needs
When and where does the group meet	Various locations for coffee/lunch/meetings. Activities for children on regular basis

Name of Group	Haverfordwest Carers Group
Contact Person	Vicky Richards 01437 773382
Who is the group for	Carers of older people with mental health problems
When and where does the group meet	1st Monday of every month at the Canolfan Bro Cerwyn - Room 2

Name of Group	Fishguard & St Davids Carers Group
Contact Person	Angela Dowson 01646 699258 Joanne Philips 01348 872289
Who is the group for	Carers of older people with mental health problems
When and where does the group meet	Last Wednesday of the month 3.00pm at Ty-Bran bungalow

Name of Group	Headway
Contact Person	01437 765764
Who is the group for	People with head injuries, their friends and carers
When and where does the group meet	2nd Thursday of every month at the Haverfordwest Rugby Club

Name of Group	Pembroke Carers Group
Contact Person	Cath Weathall 0779 9891367
Who is the group for	Carers of elderly people with mental health problems
When and where does the group meet	1st Monday of each month - new group so phone for details

Name of Group	Young Adult Carers Group
Contact Person	01437 779188
Who is the group for	Young adult carers 18+
When and where does the group meet	New group - phone for details

Carers Wales

This is the 'national voice' of carers in Wales.

River House

Ynysbridge Court

Gwaelod y Garth

Cardiff CF15 9SS

☎ (02920) 811370

E-mail: info@carerswales.org.uk

website: www.carerswales.org.uk

Cars for Carers

This scheme has been set up by RSVP (a volunteer scheme) to provide transport for carers who do not have access to their own transport and unable to use public transport. To book their journey (24 hours notice will be needed)

please contact

Rachel Evans ☎ (01437) 768195

E-mail: cars4carersrsvp@csv.org.uk

Chemists

Look in Yellow pages under "Chemists and dispensing" for your nearest Chemist.

Childline Cymru

Freephone: 0800 1111

Chiropodists

Look in Yellow Pages for a list of private chiropodists.

Circles Network Wales

Pontford's Dam Farm

Coventry Road

Cawston

Rugby

Citizens Advice Bureaux

19 Cartlett

Haverfordwest

☎ 0845 1202939

10 Meyrick Street,

Pembroke Dock

☎ (01646) 683805

Clybiau Plant Kids Club

Unit 9 Haverfordwest Business Centre

Merlins Court

Haverfordwest

Community Learning Centres

Bloomfield Narberth

Redstone Road,

Narberth,

Pembrokeshire SA67 7EP

☎ (01834) 860293

Fishguard C.L.C

Ropewalk,
Fishguard,
Pembrokeshire SA65 9BN
① (01348) 872488

Tenby C.L.C

Greenhill Avenue
Tenby,
Pembrokeshire SA70 7LB
① (01834) 843297

Haverfordwest C.L.C

Off Dew Street,
Haverfordwest,
Pembrokeshire SA61 1ST
① (01437) 764869

Milford Haven C.L.C

St Peter's Road,
Milford Haven,
Pembrokeshire SA73 2BU
① (01646) 693727

Neyland C.L.C

St Clements Road,
Neyland,
Pembrokeshire SA73 1SH
① (01646) 601219

Pembroke Dock C.L.C

Meyrick Street,
Pembroke Dock
Pembrokeshire SA72 6AT

☎ (01646) 682668

Preseli Crymych C.L.C.

Ysgol Y Preseli
Crymych
Pembrokeshire SA41 3QH

☎ (01239) 831455

Community IT Learning

Bloomfield Centre,
Redstone Road,
Narberth,
Pembrokeshire SA67 7EP

☎ (01834) 861712

For information on the day/evening classes in your area

Compassionate Friends

If you have lost a child of any age.

7 days a week 10.00am - 4.00pm and 6.30pm - 10.30pm

☎ 0845 232304

Contact a Family

Support for families who care for children and young people with disabilities.

Freephone: 0808 808 3555

Wales Office: (02920) 498001

Monday - Friday 10.00am to 4.00pm

Continence Foundation Helpline

For information and advice on the practical and emotional aspects of incontinence.

☎ (0207) 831 9831

Helpline Monday - Friday 9.30 to 1.00pm

Email: continence-help@dial.pipex.com

COUNSELLING SERVICES**Cruse Bereavement Care**

A national charity providing counselling, information, and support for those suffering from bereavement.

Pembrokeshire Cruse : ☎ (01437) 891006 7 - 9 pm

Cruse Cymru Bereavement Line: ☎ (0870) 1671677

Cruse Cymru: ☎ (02920) 886913

Pembrokeshire Counselling Service

Voluntary and confidential counselling service throughout Pembrokeshire

☎ (01437) 541325

Relate Mid and West Wales

A confidential counselling service who people who have difficulties or anxieties in their marriage or adult relationship

Ty Merthyr,

Little Water Street

Carmarthen SA31 1ER

☎ (01267) 236737

The Samaritans

Listening ear in confidence to anyone in distress

1 Albert Street, Haverfordwest SA61 1TA

☎ (08457) 909090

Cremation Society

Brecon House

Albion Place

Maidstone ME14 5DZ

☎ 01622 688292/3

Dementia Careline

For carers of elderly people with memory problems

☎ (02920) 529848

Dentists

Look in Yellow pages under 'Dental Surgeons' - some dentists do not take NHS patients, so check when ringing

Diabetes UK Careline

☎ (0845) 1202960

Diabetes UK (Cymru)

☎ (02920) 668276

Disability Law Service

They publish a free booklet called 'Guidelines for Wills and Trusts', they will also give advice over the telephone or by letter.

Monday - Friday 10.00am to 1.00pm - 2.00pm to 5.00pm

39-45 Cavell Street

London E1 2BP

☎ (0207) 7919800

Fax: 0207 7919802

Minicom: 0207 7919801

e-mail: advice@dls.org.uk

District Nurses

Contact via your GP

ERIC (Formerly Enuresis Resource and Information Centre)

For advice and practical help for children or young adults on bed wetting.

☎ (0117) 9603060

Family Centres

Carousel Family Centre

15/16 Colley Court

Monkton

Pembrokeshire

☎ (01646) 621728

The Dolphins

9 Haven Drive,

Hakin,

Milford Haven

☎ (01646) 690043

Section 13

Haverfordwest Family Centre
515 Hywel Road
Haverfordwest
☎ (01437) 760464

Jugglers
Neyland CEC
Neyland
Pembrokeshire
☎ (01646) 602799

The Orchard
15-16 Larch Road
The Mount Estate
Milford Haven
☎ (01646) 698562

Pennar Family Centre
Old School
Pennar
Pembroke Dock
☎ (01646) 684447

Yo Yo Family Centre
(A joint project with Barnardos)
24 - 26 Hamilton Court
Pembroke Dock
☎ (01646) 682503

Free Spirit Travel Insurance

Offers insurance policies specially designed for people with health problems.

Hamilton Barr House

Bridge Mews

Bridge St

Godalming

Surrey GU7 1HZ

☎ 0845 230 50000

Hafal (formerly NSF)

Suite 2C

William Knox House

Brittanic Way

Neath SA10 6EL

☎ (01792) 816600

Local contacts for Hafal:

Tenby Resource Initiative

‘St Asaph’

Trafalgar Road

Tenby SA70 7DN

☎ (01834) 844177

Bethesda Chapel School Rooms

Main Street

Narberth

Tuesday 2.00pm - 5.00pm and Thursday 10.00am - 3.00 pm

☎ (01834) 844177

Hospice Information

Information about home nursing and respite care for people with cancer or terminal illness.

Hospice House

34-44 Britannia Street

London WC1 9JG

☎ (0870) 903 3903

E mail: info@hospiceinformation.info

Independent Living Fund

These funds provide money for you to employ private personal assistance. For further information please contact:

Independent Living Funds

PO Box 7525

Nottingham

NG2 4ZT

☎ (0845) 601 8815

E-mail: funds@ifl.org.uk

Leonard Cheshire Foundation

Provides residential care in over 80 homes for people with disabilities and care at home services for people in their own homes.

Director of Services

31 Millbank

London SW1P 4QD

☎ (0207) 8028200

Fax (0207) 8028250

Macmillan Cancer Relief

Patient Welfare Dept
89 Albert Embankment
London SE1 7UQ

① (0207) 840 7840

Macmillan Nurses

The Macmillan Nurses and Clinical Nurse Specialist in Palliative Care offer advice, guidance, support, and supervision in relation to the care of individual patients and their carers/family. The Clinical Service Manager/Nurse Advisor (Cancer and Palliative Care) manages the 3 Clinical Nurse Specialists. Two are based in the community, and one is based at Withybush General Hospital.

① 0808 808 2020

Community Macmillan Nurse (North)
Winch Lane Medical centre, Haverfordwest

① (01437) 774296

Community Macmillan Nurse (South)
Tenby Cottage Hospital, Tenby

① (01834) 843111

Macmillan Nurse, Clinical Nurse Specialist, Palliative Care Ward 10,
Withybush Hospital, Haverfordwest, SA61 2PZ

① (01437) 773019

Manic Depression Fellowship (Wales)

Mutual support meetings for people with manic depression, their relatives, friends and others who care.

Manager for Wales - Barbara Parnell

1 Palmyra Place

Newport NP20 4EJ

☎ (Helpline) 08456 340080

Fax: 08456 340081

E-mail: info@mdfwales.org.uk

Mencap Cymru

☎ 02920 747588

☎ 0808 8000 300

Mencap Cymru Pembrokeshire

A MENCAP in Wales project in partnership with Pembrokeshire Social Care promoting the principles of the All Wales Strategy. The Project aims to identify and develop community resources, networks and services providing a range of valued and purposeful activities for people with learning disabilities. The Project is involved in a wide variety of areas including vocational, leisure, education, training and volunteering and employment.

Contact: Project Manager, Riverside, Woodbine Terrace, Pembroke

☎ (01646) 621208

Fax: (01646) 622399

Mind (Mental Health Charity)

The Old Wool Market, Quay Street,
Haverfordwest SA61 1BG

☎/Fax: (01437) 769982

E-mail: pembsmind@aol.com

Natural Death Centre

Offers information on woodland burials, cardboard coffins, living will and looking after someone dying at home. A handbook is available for a charge.

6 Blackstock Mews

Blackstock Road

London N4 2BT

☎ (0871) 288 2098

E-mail: ndc@alberyfoundation.org

NCH Children's Centre

The centre offers advice, support and information to families who are caring for a child who is disabled or who has special needs.

Pembrokeshire Children's Centre

Unit 6 Merlin's Court

Winch Lane

Haverfordwest SA61 1SB

☎ (01437) 764569

Fax: (01437) 779155

E-mail: wapcdc@mail.nch.org.uk

NHS Direct Wales:

☎ 0845 4647 (an interpreter service is available in languages other than English and Welsh)

Website: www.nhsdirect.wales.nhs.uk

NSPCC Cymru

☎ 0800 8005000

Opticians

Look in Yellow pages - remember to check on charges before making an appointment

Parent Line

For parents under stress

☎ (0808) 800 2222

Website: www.parentlineplus.org.uk

Parkinsons Disease Society

This group meets on the 4th Saturday of every month at the Conference Centre, Fishguard Road, Haverfordwest and is for carers and the cared for.

☎ (01646) 690063 Sybil Lancaster

Paul Sartori Foundation/Hospice Care

The foundation is a lead specialist provider of palliative care in Pembrokeshire.

Nurses Team

31 Haven Road,

Haverfordwest SA61 1DU

☎ (01437) 763223

Fax: (01437) 765755

E-mail: enquiries@paulsartori.wales.org

Drop in visits are also acceptable without any specific referral

Pembrokeshire Association of Voluntary Services

36/38 High Street

Haverfordwest SA61 2DA

☎ (01437) 769422

E-mail: enquiries@pavs.org.uk

Website: www.pavs.org.uk

Pembrokeshire Association of Voluntary Services - Volunteer Bureau

For advice on voluntary work opportunities. The bureau holds a comprehensive database of volunteering vacancies throughout the county.

36/38 High Street
Haverfordwest SA61 2DA

☎ (01437) 769422

Pembrokeshire Care and Repair 2000 Ltd

The agency works with older people, and people of any age with a disability who need advice about housing options if they are owner occupiers, or live in privately rented accommodation. Help is given to consider what housing options may be the most appropriate in individual circumstances and advising on grant applications. If there is a decision to proceed with a housing grant application, the agency can assist with a grant application. Help is also given to find suitable building contractors. Where help is required with a Disabled Facilities Grant, the service is offered in consultation with the Community Occupational Therapists.

Meyler House,
St. Thomas' Green,
Haverfordwest

☎ (01437) 766717

Hours: Office hours Monday to Friday, 9.30am to 4.30pm.
Answerphone at all other times

Referrals: Accepted from all sources provided the person being referred is aware of the referral

Pembrokeshire Cancer Support Group

Support to people who have or have had cancer, their families and friends. Providing a listening ear, emotional help and advice, enabling the person to fight their cancer and get through any treatment to be given.

The Duty Support Worker

Wesley Old Manse, Victoria Road, Pembroke Dock

☎ (01646) 683078

Hours: 9.00am to 4.30pm, Monday to Friday

Answerphone at all other times

Referrals: Accepted from all sources

Pembrokeshire Carers Outreach

The Princess Royal Trust Pembrokeshire Carers Centre

Meyler House

St Thomas Green

Haverfordwest SA61 1QP

☎ (01437) 767762

E-mail: carers.pembs@virgin.net

Website: www.pembs-carers.org.uk

Pembrokeshire Community Alarm Service - “Piper Lifeline”

An emergency telephone service with special features to suit people with a visual impairment, hearing impairment, or with mobility/other disabilities.

Community Alarms Liaison Officer

Haverfordia House,

Haverfordwest SA61 2DN

☎ (01437) 764551

Pembrokeshire Country Cars Scheme (WRVS)

Country Cars is a service for older people or those with transport difficulties.

For further information contact: County Cars, Co-ordinator WRVS

☎ (01437) 762911

Pembrokeshire and Derwen NHS Trust:

Company Secretary

Pembrokeshire and Derwen NHS Trust

Withybush General Hospital

Fishguard Road

Haverfordwest

☎ 01437 764545

Pembrokeshire Activity Scheme

105 Church Road

Llanstadwell

Milford Haven

Pembrokeshire Community Health Council:

Suite 2, Cedar Court

Haven's Head

Milford Haven, Pembrokeshire SA73 3LS

☎ (01646) 697610

Fax: (01646) 697256

Pembrokeshire County Council - All Departments

County Hall

Haverfordwest SA61 1TP

☎ (01437) 764551

Website: www.pembrokeshire.gov.uk

Out of Hours number 0845 601 5522 - Emergencies Only

Pembrokeshire Crossroads - Caring for Carers

Pembrokeshire Crossroads is part of a national organisation providing respite care for carers.

Ann Williams, Co-ordinator
Room 50 & 51, Meyler House,
Haverfordwest SA61 1QP

☎ (01437) 764639

Fax: (01437) 764541

E-mail: pembrokeshire@crossroads.org.uk

Pembrokeshire Family Link

Arranges family based respite/short breaks and sessional support workers following assessment from your Child Care Social Worker
Children Services Manager

3 Bush Street, Pembroke Dock SA72 6XB

☎ (01646) 687064

Pembrokeshire Local Health Board:

Business Manager
Pembrokeshire Local Health Board
Unit 4 - Merlin's Court
Haverfordwest
Pembrokeshire SA61 1PH

☎ (01437) 771223

Pembrokeshire Sibling Group

Provides outings, trips and leisure opportunities for brothers and sisters of children with disabilities.

Elizabeth Edwards

Mountain Park Farm

Lawrenny

Kilgetty SA68 0PT

☎ (01834) 891446

E-mail: elzbthAngha@aol.com

Pembrokeshire Voluntary Transport

This Association maintains a non-profit making community accessible service for the elderly and disabled residents of Pembrokeshire, for social and recreational purposes.

For further information contact:

Mrs Valerie Gau, Secretary

☎ (01437) 765201

P.I.P.P.A. (Physically Impaired People of Pembrokeshire Association)

Information and advice for people with disabilities and their carers. The organisation also runs a wheelchair hire scheme, bathroom aids, blue badge, and RADAR key provision.

Information and advice

Nikki ☎ (01437) 760665

Main Office: The Bungalow,

Meadowpark Centre

Prendergast

Haverfordwest

Wheelchair Scheme/Blue Badge/RADAR keys

Coach House: Bridgend Square

Haverfordwest

Valerie ☎ (01437) 760999

Public Guardianship Office

Archway Tower

2 Junction Road

London N19 5SZ

☎ (0845) 330 2900 Monday - Friday 9am to 6pm

website: www.guardianship.gov.uk

Public Services Ombudsman For Wales,

1 Ffordd yr Hen Gae,

Pencoed CF35 5LJ

☎ (01656) 641 150

Fax: (01656) 641 199

Red Cross Transport and Escort Service

The British Red Cross offers suitable transport and an escort if you need one, or an escort service if you are using public transport.

Please contact

Red Cross Office in South Pembrokeshire Hospital

☎ (01646) 685908

The Red Cross Area Office in Carmarthen

☎ (01267) 237874 for further information

Relatives and Residents Association

Offer support and information for people going into residential homes

☎ (0207) 3598136

Rothwell and Towler

Provides worldwide holiday insurance cover for people with HIV/AIDS.

66 High St

Honiton

Devon EX14 1RT

☎ (01404) 41234

SCOPE

Advice, assessment and training with the emphasis on the needs of people with cerebral palsy.

☎ (0808) 800 3333

E-mail: cphelpline@scope.org.uk

SWALEC (Electricity)

☎ 0800 052 5252

Minicom: 0800 052 0037

The Kiloran Trust

A registered charity offering residential supportive breaks to all carers.

157 Blythe Road

London W14 0HL

☎ (0207) 602 7404

Fax: 0207 6023303

E-mail: kiltrust@aol.com

The Stroke Association

Offering free and confidential advice on all aspects of stroke illness.

The Stroke Association

72 Merthyr Road,Whitchurch

Cardiff CF14 1DJ

☎ (0292) 0521728

Helpline 0845 3033100

E-mail: strokewales@stroke.org.uk

Vitalise (Formerly The Winged Fellowship)

Specialises in providing holidays for disabled people (adults, children and their carers) including those with terminal illness and respite for carers.

12 City Forum

250 City Road

London EC1V 8AT

☎ (0845) 345 1972

Transport

For details of the Volunteer Driver & the Disabled Adapted Vehicle Schemes please call

☎ (01437) 775223

Welsh Water

Freephone: 0800 052 0130

Withybush Pain Support Group

Rhyd-y-Brown

Clarboston Road

Haverfordwest