

## THE PAUL SARTORI FOUNDATION

# NEWSLETTER

## RESILIENCE IN CHALLENGING TIMES

**Judith Williams, Paul Sartori's Grant Development Officer, offers a personal opinion on the testing economic landscape facing charities and their supporters.**

As we face a particularly challenging landscape, I felt it was important to pause - to reflect, to appreciate what we have, and to be thankful.

*"Never give up in the face of adversity. It is in the midst of adversity that we grow stronger."*

Individually, many of us are experiencing a significant drop in disposable income as we face the cost-of-living crisis head on. It shows little sign of easing, and for many, the pressure feels unrelenting. The impact is wide-reaching, with people cutting back on life's simple pleasures - a coffee with friends, a weekly takeaway. We have all seen the price of essentials rise sharply: milk, butter, meat. Alongside increasing council tax and water rates, it can leave us wondering - will it ever stop?

These are difficult times, and it is okay to acknowledge that. Yet difficult times do not last forever. What does endure is our resilience - some of us tap into it more easily than others, but it is there. We can adapt and find new ways forward. If meeting a friend for coffee is no longer affordable, perhaps invite them into your home. If the gym membership has become a stretch, make the most of the outdoors—go for a walk, even if it's raining. Here in Pembrokeshire, we are fortunate to be surrounded by extraordinary countryside and coastline. Even on grey, rainy days, there is beauty to be found. If you can get out and enjoy it, do - why wait? Live in the moment.

Rather than dwelling on what we don't have, we can try to focus on what we do. Be thankful for the people who matter most - your partner, your children, your parents, your siblings, your friends. Nothing stays the same forever.

*"Everything changes with time's passage. Only change itself is constant."*

As an organisation, we are also acutely aware that this climate is affecting our donors and supporters. In my role as Grant Development Officer, I have seen an increasing number of funding applications declined - not due to lack of need or merit, but because demand has never been higher. One grant funder recently shared that they received £32 million in applications but could award only £2 million. This is becoming a familiar story.

While this is worrying, it also reflects a wider truth: individuals are giving what they can, charities are seeking support from more places than ever, and Trusts and Foundations are under immense pressure. One funder wrote to say, "I'm so sorry to be the bearer of bad news... we wish we could help more." Those words mattered. They were honest, heartfelt, and a reminder that compassion still sits at the centre of this work.

So, my closing thought is this: hard times are upon us, but they will not last forever. If we look for the positive, support one another where we can - both personally and professionally - we will grow stronger and come through the other side.



**Future Care Planning Officer Mandy Jones alongside Judith Williams at Tenby 10K in October 2025.**



THE PAUL SARTORI FOUNDATION PRESENTS

# ROCK THE RAMPARTS

**THE CANDY SKULLS  
THE CLEDDAU KINGS  
MILLY & THE BANDITS  
SALTWATER**

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**FRIDAY 12<sup>TH</sup> JUNE 2026  
6 PM - 10:30 PM  
PEMBROKE CASTLE, PEMBROKE**

**TICKETS: £15**  
BUY ONLINE AT  
[WWW.PEMBROKECASTLE.CO.UK/EVENTS/ROCK-THE-RAMPARTS](http://WWW.PEMBROKECASTLE.CO.UK/EVENTS/ROCK-THE-RAMPARTS)

Rock the Ramparts is landing at Pembroke Castle on Friday 12 June 2026, and it's set to be a huge night. Live on stage from 6pm to 10.30pm are four brilliant local bands, **The Candy Skulls, The Cleddau Kings, Milly and The Bandits, and Saltwater**. Expect big riffs, bold vocals and serious energy in one unforgettable setting.

There will be a fully stocked bar on site plus delicious food available all evening, so you can grab a drink, fuel up and enjoy the music. Tickets are just **£15**, and are available online at [www.pembrokecastle.co.uk/events/rock-the-ramparts/](http://www.pembrokecastle.co.uk/events/rock-the-ramparts/)

# VOLUNTEER WINTER PARTY 2026



The 2026 **Volunteer Winter Party** transformed Crundale Village Hall into a vibrant celebration at the end of January, bringing together over 40 volunteers for an afternoon packed with laughter, connection and a well-deserved thank you. Outside, winter lingered in the air, but inside the hall there was nothing but warmth, chatter and the clatter of plates as everyone tucked into a delicious buffet.

This year’s Circus theme set the scene for a wonderfully playful afternoon. Volunteers collected raffle tickets for every game they took part in, adding a little extra excitement to each challenge and raising the stakes for the grand prize draw at the end of the day. As the competition grew fiercer, so did the laughter, with friendly rivalries and plenty of light-hearted determination on display.

Beyond the games and prizes, what truly made the day special was the atmosphere. Volunteers from different corners of the charity had the chance to mingle, share stories, and forge new connections. It was a joy to see new friendships taking shape and to witness so many smiling faces as we celebrated the dedicated, compassionate individuals who give their time and energy to support hospice at home care across our community.

If you would like to become a volunteer, make new friends, learn new skills, and be part of our fantastic volunteer activities, please contact **Volunteer Officer Eleanor Evans on 07436 232754.**



**THE PAUL SARTORI SPRING RAFFLE**

**1st Prize:**  
Cardigan Castle Voucher  
Crwst Voucher  
2 x Torch Theatre tickets  
2 x Voices at the Castle tickets

**2nd Prize:**  
Afternoon Tea  
at the  
Heywood Spa Hotel

**3rd Prize:**  
Bottle of Whiskey,  
Decanter & Glasses  
Hamper

**4th Prize:**  
Cheese & Cracker  
Hamper  
with Cheese Dish, etc.

**Tickets only £1 each!**  
Books of 5 available to purchase.

## SPRING IN THE AIR, LUCK ON YOUR SIDE

Our Paul Sartori **Spring Raffle** is here, and it is bursting with brilliant prizes while raising vital funds for free Hospice at Home care across Pembrokeshire.

For just **£1 a ticket** (books of 5 available), you could win a fantastic first prize including a Cardigan Castle voucher, Crwst voucher, Torch Theatre tickets and Voices at the Castle tickets. Other prizes include afternoon tea at the Heywood Spa Hotel, a whisky hamper with decanter and glasses, and a cheese and cracker hamper.

Winners will be drawn on 23 March 2026, so get your tickets soon! To buy tickets, call **01437 763223**, Monday to Friday, 8.30 am to 4.30 pm.

# JOIN OUR THRIVING COMPLEMENTARY THERAPY TEAM!



DO YOU HAVE SKILLS OR QUALIFICATIONS IN THE FOLLOWING COMPLEMENTARY THERAPIES?



Reiki  
Massage  
Aromatherapy

We'll provide you with

- Induction & ongoing training opportunities
- CPD points
- Resources & protective clothing
- A chance to make a real difference to patients and their families



Reflexology  
Indian Head Massage  
Relaxation Techniques

We ask that you have

- Practitioner insurance cover with a professional association
- To undertake a free DBS check (Disclosure Barring Service)

CAN YOU OFFER TIME, ENTHUSIASM AND CARING PRACTICAL SKILLS TO PATIENTS AND THEIR FAMILIES IN THE COMFORT OF THEIR OWN HOME AND/OR OUR THERAPY SUITE AT PAUL SARTORI HOUSE?

As we look ahead to **Complementary Therapy Week, 21 to 26 March**, we are proud to shine a light on our free complementary therapies, available to patients, carers and their families. These gentle, supportive treatments can help ease the symptoms of life-limiting illness and offer comfort from the physical and emotional stresses that often come with caring.

Our trained volunteers provide therapies including Reiki, massage, reflexology, Indian head massage, aromatherapy and relaxation techniques, either in the comfort of people's own homes or in our therapy suite at Paul Sartori House.

We are also looking to grow our dedicated team of **volunteer therapists**. If you hold a recognised qualification in a complementary therapy, have practitioner insurance and are willing to undertake a free DBS check, we would love to hear from you. In return, we offer induction, ongoing training, CPD opportunities, resources and protective clothing, and the chance to make a real difference in your community.

## Make a permanent difference!

We are also recruiting for a **permanent role**, 15 hours across 2 days a week. You will be responsible for receiving new referrals into the service, assessing new clients in their homes and matching a trained volunteer therapist to meet each client's needs. This may include carrying out acute assessments and responding quickly to urgent symptomatic end-of-life patients, ensuring the right support is in place at the right time.

If you are ready to be part of something truly meaningful, we would love to hear from you. Contact **Heather Green on 01437 763223** or email [heather@paulsartori.org](mailto:heather@paulsartori.org), or visit [www.paulsartori.org/vacancies](http://www.paulsartori.org/vacancies) to explore the role and start your journey with us today.

**WE ARE HIRING!**

**paulsartori**  
HOSPICE AT HOME

Complementary  
Therapist

- ✓ £25,038 per annum / £12.84 per hour pro rata
- ✓ 15 hours / 2 days per week based at Paul Sartori House, Haverfordwest
- ✓ job includes receiving new referrals into the service, assessing new clients & matching a trained volunteer therapist

Closing dates for applications:  
16/03/2026

For more information:  
07584 684170 - Heather Green  
[personnel@paulsartori.org](mailto:personnel@paulsartori.org)

## CARMEL GOULD: THE NURSE WHO LAID THE FOUNDATIONS OF HOSPICE AT HOME IN PEMBROKESHIRE

On 1 August 1984, **Carmel Gould** made history as the first ever Paul Sartori Nurse, becoming the Foundation's very **first Clinical Nurse** and laying the foundations for the care so many families across Pembrokeshire rely on today.

A respected district nurse in Haverfordwest and the surrounding areas since 1967, Carmel brought with her 15 years of community nursing experience when she stepped into the role. As reported at the time, a three year pilot scheme was introduced to provide support to patients nursed at home during terminal illness and to offer comfort and guidance to their families. Carmel, then aged 45, took on that responsibility alone. For the first two years of the Foundation's incorporation, she was the **only clinical member of staff**, carrying the vision forward with quiet determination.

Carmel and her husband Russell were close friends and parishioners of **Father Paul Sartori** from 1966. Father Paul was a regular visitor to their home, sharing friendship, a drink and rugby with Rus. After his death, Carmel was among the small group who turned his vision into reality. She became one of the original 12 trustees who helped establish the **Paul Sartori Foundation**, and today a room is proudly named in her honour.

From those early days of a single nurse covering Pembrokeshire, the Foundation has grown to a team of **50 clinical staff** supporting palliative patients in their own homes. That growth is part of Carmel's legacy.

Today, Paul Sartori nurses provide specialist Hospice at Home care for people living with life-limiting illness across Pembrokeshire. They offer expert symptom management, practical hands on nursing care, emotional support and reassurance to patients and their families, often at the most difficult time in their lives. Their presence helps people remain in the comfort of their own homes, surrounded by those they love.

Carmel retired in 2001 after **17 years with the Hospice** and an extraordinary **34 year nursing career**, yet her commitment did not end there. Carmel continued to serve as a Voting Member until earlier this year and is now recognised as an **Honourary Voting Member** in gratitude for her remarkable contribution.



Carmel did not simply take on a new post in 1984. She paved the way for Hospice at Home care in Pembrokeshire. Her compassion, courage and commitment shaped the service in its earliest days and continue to echo in the care provided today.

To learn more about the History of our charity, including the life of our namesake, Father Paul Sartori, please visit

[www.paulsartori.org/history](http://www.paulsartori.org/history)

# INVESTORS IN CARERS AWARD

Hello everyone,

I am getting in touch to share more about the **Investors in Carers award scheme**, a national initiative designed to raise awareness of unpaid carers in our communities and ensure they are recognised and supported.

In 2023, The Paul Sartori Foundation achieved the Bronze award. We are now working towards the **Silver award**, strengthening our commitment to carers and the vital role they play every single day.

Our mission is, and always has been, to support carers in the community as they look after loved ones at the end-of-life. While this is central to what we do, many people may not realise that thousands of individuals across the country provide unpaid care for family members or friends who are ill, frail or living with a disability. These carers are the **quiet backbone of our communities**.

We can all help by becoming more aware of who unpaid carers are and the challenges they may face. One important way to support them is by encouraging them to access a **Carers Needs Assessment**, available locally through Carers Support Pembrokeshire. While we can support with some end-of-life care needs, this assessment can help identify what support may make their particular caring journey a little easier.

To find out more about the support available, please visit [www.ctcww.org.uk](http://www.ctcww.org.uk).

By recognising unpaid carers and signposting them to the right support, we can ensure they feel seen, valued and supported in the incredible work they do every day - see some examples of unpaid care work below.

Thank you,

**Lynn Hunter. Hospice at Home Registered Nurse**



	Dan (51) regularly attends hospital appointments with his mum and helps explain things to her.		Mae Dan (51) yn mynychu apwyntiadau ysbwy yn rheolaidd gyda'i fam ac yn helpu i egluro pethau iddi.
	Rhys (66) keeps a close eye on his wife Gaynor, who's become forgetful and sometimes wanders off.		Mae Rhys (66) yn cadw llygad barcud ar ei wraig Gaynor, sydd wedi mynd yn anghofus ac weithiau'n crwydro.
	Tom (20) supports his brother listening to his concerns and calming him during panic attacks.		Mae Tom (20) yn cefnogi ei frawd gan wrando ar ei bryderon a'i dawelu yn ystod pyliau o banig.
	Morgan (42) manages his dad's bills and benefits, making sure everything is paid and up to date.		Mae Morgan (42) yn rheoli biliau a budd-daliadau ei dad, gan sicrhau bod popeth wedi'i dalu ac yn gyfredol.
	Ffion (13) checks on her grandfather daily after school, helping with shopping and cooking.		Mae Ffion (13) yn gofalu am ei thaid bob dydd ar ôl ysgol, gan helpu gyda siopa a choginio.
	Jane (35) helps her mum with washing, dressing, and getting ready each morning before heading to work.		Mae Jane (35) yn helpu ei mam gyda golchi, gwisgo, a pharatoi bob bore cyn mynd i'r gwaith.
	Ben (18) helps his dad with everyday tasks such as shopping, cooking, and keeping the house clean.		Mae Ben (18) yn helpu ei dad gyda thasgau bob dydd fel siopa, coginio, a chadw'r tŷ'n lân.
	Maya (48) supports her friend who has anxiety, being on the end of the phone whenever she is needed.		Mae Maya (48) yn cefnogi ei ffrind sydd â gorbryder, gan fod ar ben arall y ffôn pryd bynnag y mae ei hangen.
	Eleri (39) assists her dad with getting up the stairs and helps him in and out of the bath.		Mae Eleri (39) yn cynorthwyo ei thad i fynd i fyny'r grisiau ac yn ei helpu i fynd i mewn ac allan o'r bath.
	Owain (60) collects prescriptions and ensures his mum takes her antidepressants regularly.		Mae Owain (60) yn casglu presgripsiynau ac yn sicrhau bod ei fam yn cymryd ei chyffuriau gwrthsiselder yn rheolaidd.

**If any of this sounds familiar, you may be an unpaid carer, and you're not alone. Support is available to help you in your caring role. Please speak to a member of our team on 01437 763223.**

## THE FRIENDLY FACE OF COMMUNITY FUNDRAISING



Behind so many of our wonderful community fundraising stories is our brilliant **Community Relationship Officer, Rosie-Faye Hart**.

Rosie-Faye works tirelessly to make sure every single fundraiser, whether it is a coffee morning, a sponsored run or a big community event, feels seen, supported and celebrated. She is often the first friendly voice at the end of the phone, the encouraging message in your inbox and the smiling face cheering you on at your event.

Rosie-Faye is passionate about building genuine relationships with our supporters. She understands

that every pound raised represents time, effort and heart, and she is committed to making sure that dedication never goes unnoticed.

As part of our ongoing campaign to ensure all supporters feel valued and appreciated, Rosie-Faye is here to help you every step of the way, offering guidance, resources and a big dose of encouragement.

If you are a group or individual, planning a fundraiser, or simply have an idea you would like to explore, Rosie-Faye would love to hear from you at [rosie-faye@paulsartori.org](mailto:rosie-faye@paulsartori.org) or give her a call on **07584 684171**.

## WORKING TOGETHER TO REACH THOSE IN NEED

**A message from Rosie-Faye on collaborating with other departments across the charity to get people the support they deserve.**

On 11 March, I will be delivering a joint presentation to Milford Haven Round Table alongside Mandy Jones, Future Care Planning Officer for The Paul Sartori Foundation.

We present a full overview of the charity, much like our organisational inductions, outlining the services we provide and how we keep them free at the point of use for patients and families. From an Income Generation perspective, I focus on outreach, raising awareness and sharing how people can support us through donations, events, shopping, Gift Aid or volunteering, as well as how we support community fundraisers and partners.

Mandy explains our **Future Care Planning service**, a free and confidential service that helps people record their wishes for future care, ensuring their preferences are respected if they cannot make decisions themselves.

While Future Care Planning is a sensitive subject and collaboration will not always be appropriate, our talks are about more than events. They are about strengthening community links, building understanding and showing how our teams work together to support patients, carers and families, while keeping our services sustainable.

If you'd like Mandy and I to come and talk to your group, please give me a call - we'd love to meet you.

Keep the date!

**DYING MATTERS WEEK - 4<sup>TH</sup> TO THE 10<sup>TH</sup> MAY - COMING TO A COMMUNITY NEAR YOU!**

Dying Matters is a Hospice UK awareness week to help breakdown the taboos around talking about death and dying. Paul Sartori will be organising and will be involved in various events throughout the week. These events are to provide practical help and advice as well as having the chance to get together and talk about thoughts and feelings. We hope that the variety of events will appeal to all members of the community, and everyone will find something that they feel that they would like to come along to.

Details of the events to follow - check out our social media for announcements.



There was magic in the air this December as **Alice in Wonderland: The Pantomime** took to the stage, brought to life by the wonderfully talented **Saundersfoot Footlights**. Running for one week from 1 to 5 December 2025, the production dazzled audiences with a show that was bright, colourful and packed with laughter.

The pantomime was recognised with the 'Outstanding Pantomime' award at the **District and Regional NODA Awards**, a fantastic achievement from the National Operatic and Dramatic Association. During the run, the group also had the privilege of welcoming NODA's regional representative, Sharon Davies, who attended and wrote a report on the show.

**Anna Nelmes** from Saundersfoot Footlights shared,

*"The show went really well, we were very pleased, and we were happy to donate £125 each to The Paul Sartori Foundation and The Welsh Air Ambulance, who we were also supporting."*

The show itself was described as one of the best pantomimes seen in the area, hugely entertaining for adults while delighting children throughout. Creatively written in-house, it stood out for its clever script, fun music and refreshing lack of the typical innuendo often associated with pantomime.

We are so grateful to Saundersfoot Footlights for choosing to support The Paul Sartori Foundation again with their theatrical festive fundraiser, and for putting on such a joyful, high-quality production. Community events like this not only raise vital funds, but also bring people together during the winter months, and that is something truly worth celebrating.

To learn more about the Saundersfoot Footlights' twice annual productions, please visit

<https://www.saundersfootamdram.co.uk/>

## AWARD-WINNING SARTORI STORES

We are thrilled to celebrate success across two of our wonderful Sartori Stores across the St Davids Day weekend.

Our **Fishguard Sartori Store** was delighted to be presented with the Charity of the Month Award by North Pembrokeshire Trade and Tourism. The award was decided by a Facebook vote, with four fantastic local charities in the running, Paul Sartori, Animal Welfare, Ocean Lab and Transition Bro Gwaun. A huge congratulations to Mel and her team for securing the win and flying the flag for us in the community.

Meanwhile, our **Bridge Street Sartori Store** proudly took 3rd Prize in the town's St Davids Day shop window competition. Store Manager Lana was presented with the certificate by Mayor Roy Thomas and Mayoress Shirley Thomas on Friday 27 March, a lovely recognition of the creativity and effort put into the display.

We are so proud of our dedicated retail teams. Their hard work, community spirit and eye for a great window display truly make a difference.



“

Please could you thank the lovely staff in your Pembroke Dock Branch. In particularly awful weather - sleet, snow, cold, and wet - they were so cheerful, happy, and helpful and made a dreary day so much brighter. I am a frequent visitor to the store when in Wales, mostly because of the friendly staff.

Thank you all for what you do!

”



You can now have a charity shop  
rummage online!  
Visit [www.paulsatoriretail.org](http://www.paulsatoriretail.org)  
or  
<https://www.ebay.co.uk/str/sartoristores>

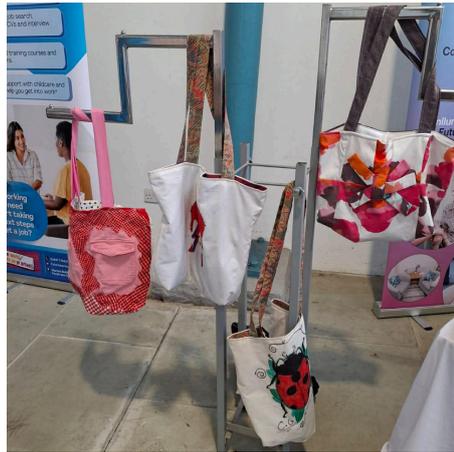


# GOING GREEN FOR CHARITY



Our Bridge Street, Snowdrop Lane, and Pembroke Dock stores recently donated fabric and clothing to **Future Works** for a skills-development project supporting local young people. Using the donated materials, the learners created scrunchies, tote bags, and keyrings as part of their sewing and craft training.

As part of the project, the young people also received an inspiring talk from Head of Retail, Julia Brady and Kelly from the Pembroke Dock store, who spoke about the work of our charity shops, the importance of sustainability, responsible donations, and how the money raised helps to fund Paul Sartori Hospice at Home care across Pembrokeshire.

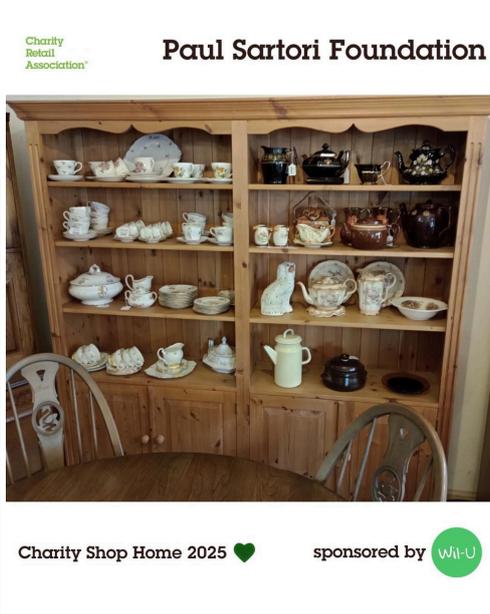


All items produced are now being sold at local craft markets, with 100% of the proceeds donated to Paul Sartori Hospice at Home.

The first stall took place at **Pembroke Dock Market Hall**, attended by Julia Brady, Head of Retail, staff from Future Works, and a dedicated volunteer who supported the young people with their sewing throughout the project.

# A DAZZLING DISPLAY FOR CHARITY SHOP HOME WEEK

Our Narberth and Letterston shops were proudly showcased on the Charity Retail Association Facebook Page during Charity Shop Home Week, highlighting their fantastic furniture and homeware displays!



paulsartori  
HOSPICE AT HOME

and



Pembroke  
Castle

present:

# VOICES — at the — CASTLE

Starring

# RUSSELL WATSON



Saturday  
13th June 2026

Gates open at 4.00pm  
Music starts 5.00pm  
Event finishes at 10:30pm

Bella Voce

Pembroke & District Male Voice Choir

The Paul Sartori Community Choir

Pembrokeshire Pop Voices

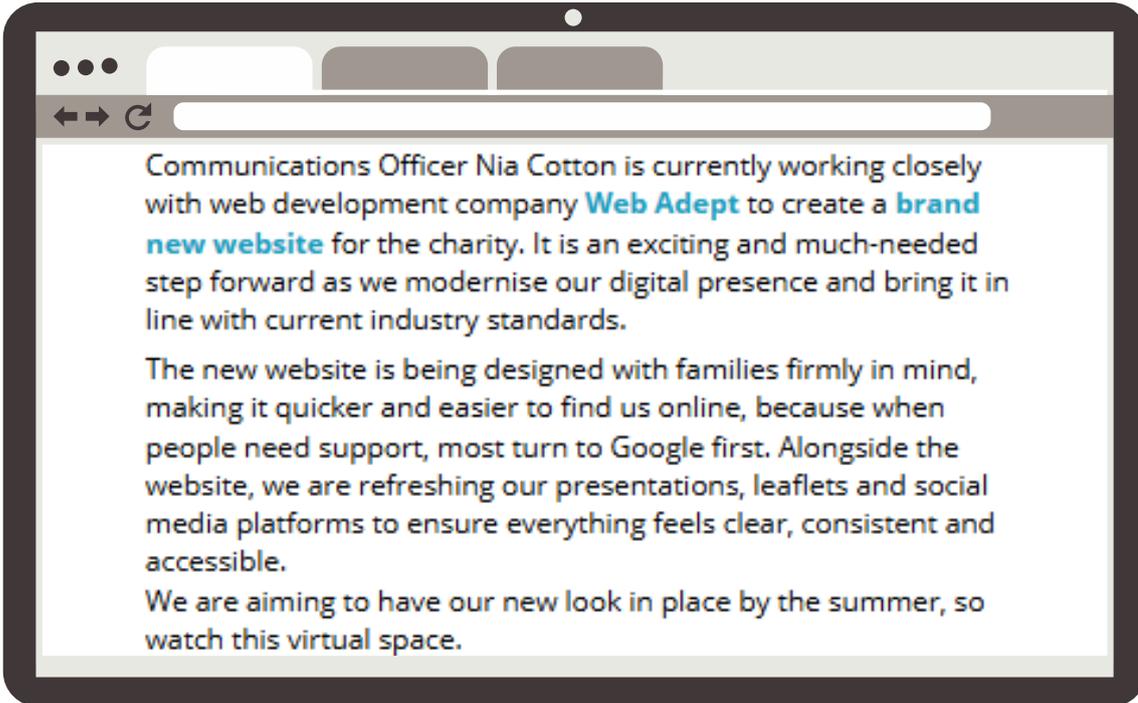
**TICKETS: £35**  
pembrokecastle.co.uk  
Telephone: 01437 763223

For original  
ticket exchanges,  
please telephone  
01437 763223.

Original image: Visit Wales Image Centre

If you bought tickets for the postponed September weekender, our team is here to help you switch to the new one-day Voices at the Castle event starring Russell Watson and talented local musicians on **13<sup>th</sup> June 2026**. Tickets are **£35 per person for the full day**. Friday ticket holders can receive a **full reimbursement** before purchasing a new ticket. Saturday ticket holders should contact us to receive an **updated ticket**. Weekend ticket holders will be helped to **transfer their booking** and settle any difference. To update tickets or book, visit [pembrokecastle.co.uk/events/voices-at-the-castle/](https://pembrokecastle.co.uk/events/voices-at-the-castle/) or call **01437 763223**, Monday to Friday, 8.30 am to 4 pm.

# A DIGITAL REVAMP WITH A CLINICAL FOCUS



- website design
- digital marketing
- training and consultancy
- branding



## SECRET SANTA SHENANIGANS FOR OUR CLINICAL TEAM

Photos from the Clinical Team Christmas get-together show plenty of festive fun. The team took on a Secret Santa challenge, spending just £5 in a Sartori Store, with Pat Coombs proudly modelling her cosy Christmas slippers. There were games galore, including the brilliantly bonkers Bed Pan Ping Pong, where the aim was to land the ball in the bed pan. It was lovely to see everyone relax and come together during a particularly busy season for our nursing and equipment teams.



## PAUL SARTORI COMMUNITY CHOIR

The Paul Sartori Community Choir recently attended the Light up a Life Event, alongside Cor Dyfed. The Choir Coordinators said, *"We thoroughly enjoyed our time at St Mary's Church, Tenby for the Paul Sartori Light up a Life Concert. Performing alongside Cor Dyfed was magical and what a turnout it was. We look forward to returning soon."*

### Where to find them over the coming months:

- Saturday 13th June, from 4pm, Pembroke Castle, "Voices at the Castle" alongside Pop Voices, Pembroke & District Male Voice Choir, Belle Voce and of course, Russell Watson
- Saturday 18th July, 1pm, St Mary's Church, Haverfordwest. Lunchtime concert.

We would love to see you there!



Paul Sartori nursing staff **Sandra Gordon Cranmer** and **Linda Twigg** have both recently retired, and what an incredible milestone it is to celebrate.

**Sandra** retires after an amazing 51 years as a registered nurse, including 10 dedicated years with Paul Sartori. Her experience, compassion and steady presence have meant so much to colleagues and the families she has supported.

**Linda** begins her retirement after 42 years in nursing, with 20 of those years spent at Paul Sartori. Her commitment, kindness and unwavering care have made a lasting difference to so many.

Thank you both for decades of truly remarkable service. Wishing you a retirement filled with rest and happiness, and a big **diolch yn fawr** from all your friends at Paul Sartori.

# Happy Retirement!

## SUPPORT US AT THE COOP!

Could you please support us during the 2025/2026 Co-op Local Community Fund campaign from now until 17th October 2026?

The funding will enable us to continue to support end-of-life patients and families in Pembrokeshire by providing the resources they need to live independently at home.

### How you can help:

If you are a Co-op member, please choose us as your local cause – you don't have to live in the community to support us, visit the Co-op...

Website: <https://membership.coop.co.uk/causes/94190> · Or the APP: <https://coopapp.onelink.me/ftOk/auqka805>

If you are not a Co-op member, sign up for just £1 membership here: <https://www.coop.co.uk/membership>

### How it works:

The more Co-op members who chose our charity the more money our cause will benefit.

Local Community Fund



**CO-OP MEMBERS  
CAN SUPPORT  
LOCAL PROJECTS**

Choose us as your cause.

## Byw'n Dda gydag Arthritis - Living Well with Arthritis

Free 5-week self management programme (online)

**Every Thursday from 19 March, 2pm to 4:30pm**

We will be covering an introduction to self-management, how to communicate effectively about your condition with others, understanding pain and other symptoms, the impact of exercise and activity, and managing the change you want to see.

**Bob dydd Iau o 19 Mawrth, 2yp i 4:30yp**

Byddwn yn ymdrin â chyflwyniad i hunanreoli, sut i gyfathrebu'n effeithiol am eich cyflwr ag eraill, deall poen a symptomau eraill, effaith ymarfer corff a gweithgarwch, a rheoli'r newid rydych am ei weld.

**Arthritis** UK  
Cymru



Cofrestru yn Eventbrite - Register on Eventbrite  
Cysylltu - Contact:  
[walessupport@arthritis-uk.org](mailto:walessupport@arthritis-uk.org)

## HOW YOUR DONATIONS HELP OUR CHARITY

£5

BUYS ONE FEEDING CUP WITH A SPOUT

£17

PAYS FOR A COMPLEMENTARY THERAPY TREATMENT LIKE MASSAGE OR REIKI

£23

IS THE COST OF 1 HOUR OF BEREAVEMENT COUNSELLING

£53

IS THE COST OF 1 HOUR OF HANDS ON CARE

£163

BUYS ONE WHEELED COMMODE

£700 - £899

BUYS ONE PROFILE BED (SUCH AS THOSE USED IN HOSPITALS)

£800 - £1200

BUYS ONE RISE & RECLINE ARMCHAIR

**HOW YOUR  
DONATIONS  
HELP OUR  
CHARITY**



paulsartori presents:  
HOSPICE AT HOME A 50, 75 and 100-mile challenge

# Paul Sartori Bike It 100

*formerly Kilgetty Bike It 100*  
A non-competitive charity sportive



## Sunday 26<sup>th</sup> July, 2026

Starting and finishing at

**Carew Cheriton Control Tower**  
Carew Airfield, Pembrokeshire SA70 8SX

**£35 early bird ticket, £45 after 31<sup>st</sup> May 2026**

**Entry close date: Wednesday 15<sup>th</sup> July 2026**

**Bring the whole family for the Charity Fun Day, too!**

For route information, please visit:  
<https://paulsartori.org/events/paul-sartori-bike-it-100/>

For more information, please call  
**01437 763223**



## THE PAUL SARTORI FOUNDATION

# OUR CHARITY

The Paul Sartori Foundation, a Pembrokeshire Hospice at Home Service established for those with a life-limiting illness, was founded in memory of its namesake, Father Paul Sartori.



Father Paul Sartori, a popular Haverfordwest-based Parish Priest, saw a need for hospice care in Pembrokeshire when his housekeeper became gravely ill. He vowed to create this service for his parishioners.

Unfortunately, after researching the possibility of a hospice centre in Pembrokeshire, Father Sartori became ill himself and died from cancer at the age of 39, in 1980.



Inspired by Father Paul, a small group of his local parishioners and friends strived to bring his ideas to fruition and, in 1982 the Foundation became a registered charity.

Today, The Paul Sartori Foundation has been operating for over 40 years. In this time, the registered charity has gone from strength to strength, and the Hospice at Home service now provides a free range of services to people living in the final stages of any life-limiting illness,

