

Ceredigion Cost of Living Bulletin:

Support Getting into Work

Support getting into work

There are lots of schemes available to support people into work in Ceredigion. Whether you are young or older, disabled, unemployed or looking for a career change, there is support available to help you find a scheme that suits your needs.

Accessing Work Coaches and employment advisers

The term *Work Coach* is most commonly used for advisers based at Jobcentre Plus. Work Coaches provide employment support, guidance and referrals to training and specialist programmes.

You will usually have a Work Coach if you are claiming Universal Credit or are supported by [your local Jobcentre Plus](#) to look for work

If you are not on Universal Credit

You do not need to be claiming Universal Credit to get help with employment. Everyone can access free employment advice and support through:

- [Working Wales \(0800 028 4844\)](#) which provides careers advice, skills guidance and help finding work or training
- **Local employability and supported employment services**, such as those listed in this bulletin

Cyfle Cymru

Cyfle Cymru provides the support you need to find the right job, volunteering, training opportunities or qualifications.

The service supports people aged 16 and over who are out of work wanting help with mental health challenges and or substance use.

They offer one to one guidance from a peer mentor who can draw on their own experience of recovery, mental health and or substance use challenges. They also provide specialist employment support, including training courses, volunteering

opportunities, support to get work ready and help and advice on how to search and apply for jobs.

To find out how they can help contact 0300 777 2256, email ask@cyflecymru.com or visit their [website](#).

Or call Anne: 07890542308

Jayne: 07971776403

Alex: 077671684469

[Cyfle Cymru Dyfed Facebook page](#).

Ceredigion Council Employability Support Team

The [Employability Support Team](#) provides a mentoring service in locations across Ceredigion for anyone aged 16 or over who is looking for work.

Mentors work to reduce barriers to employment and support people into work or self-employment by providing:

- 1:1 mentoring, this includes creating an employability pathway, creating CVs, application support and interview support.
- Practical support to build competence and confidence.
- Support to develop skills, values, behaviours, and knowledge to move people into, or closer to employment.
- Support with obtaining qualifications or work relevant certification.
- Support work experience placements, volunteering opportunities, and work trials.

For more information, or to submit an Expression of Interest for Communities for Work+ project and Connect to Work project guidelines and eligibility criteria, contact TCC-EST@ceredigion.gov.uk or phone 01970 633422.

Understanding work and benefits

Many people worry that starting work might affect their benefits or household income. This can stop people from applying for jobs or increasing their hours.

Advice is available to help people understand how work and benefits interact, and to check whether they will be better off in work before making changes. This includes support to talk through options, earnings, and transitional arrangements.

Before making decisions about work, it's a good idea to speak to your [Work Coach](#) or benefits adviser to get clear, personalised information.

Welsh Government's Young Person's Guarantee

Are you aged between 16 and 24 and unsure about your next steps? There are a range of opportunities available to support you.

The Welsh Government's [Young Person's Guarantee](#) offers everyone aged 16 to 24 in Wales help to move into education, training, an apprenticeship, employment or self-employment.

Support available includes:

- Choosing the right course or training.
- Finding an apprenticeship.
- Job searching and support with applications.
- Help to start your own business.

To access support, contact Working Wales on 0800 028 4844 or visit the [Working Wales website](#).

PeoplePlus – Restart Scheme

The Restart Scheme is designed to help people who are out of work overcome barriers that may be preventing them from finding employment.

Everyone who joins the Restart Scheme will work with a dedicated Job Coach who can support them to:

- Build skills for work, including job specific training.
- Access online job search tools with thousands of UK vacancies.
- Retrain or upskill to match local labour market demand and growth sectors.
- Address personal, health or social barriers to work.
- Develop employability skills such as interview techniques.
- Be matched with suitable work opportunities.

To access the Restart Scheme, speak to your Work Coach at [your local Jobcentre Plus](#), who can make a referral. More information about the Restart Scheme is available at [The Restart Scheme | PeoplePlus](#)

PRIME Cymru – support for over 50s

[PRIME Cymru](#) provides free support for people aged 50 and over in Wales to find work, set up in business, or develop skills through training and volunteering opportunities.

Tom Hughes-Lewis is the PRIME Cymru contact for Ceredigion.

To contact Tom, call 07956 056811 or email tom@primecymru.co.uk.

Age Cymru Dyfed – support for over 50s

[Age Cymru Dyfed](#) recognises that many people aged 50+ want to stay in work or return to employment, but may face barriers, particularly with digital recruitment processes such as online applications and CVs.

Age Cymru Dyfed's digital inclusion support helps older people build confidence with online job searching, creating and uploading CVs, completing applications and using digital tools needed for employment.

If you are aged 50+ and digital barriers are making it harder to find or stay in work, support is available.

Contact Age Cymru Dyfed on 03333 447 874 or email reception@agecymrudyfed.org.uk.

Apprenticeships

An apprenticeship offers the opportunity to learn new skills, gain qualifications and develop a career while earning a wage.

There are a range of apprenticeship opportunities available in Ceredigion across different sectors.

Local apprenticeship providers and employers include:

- [Ceredigion County Council](#)
- [Hyfforddiant Ceredigion Training](#)
- [Coleg Ceredigion](#)
- [Hywel Dda University Health Board](#)
- [Dyfed Powys Police](#)

For advice, eligibility checks and help finding apprenticeships, contact Working Wales on 0800 028 4844 or visit [Working Wales | Working Wales](#)

DWP Access to Work

Every Jobcentre is supported by a specially trained Disability Employment Adviser. They support Work Coaches by offering advice on how to support disabled people and

people with long-term health conditions at work or when looking for work, and they can help people access job-related support and services.

Access to Work is a Department for Work and Pensions scheme that provides practical support to help disabled people and people with physical or mental health conditions to get or stay in work.

Through Access to Work you can apply for:

- A grant to help pay for practical support at work.
- Support with managing your mental health in the workplace.
- Funding for communication support at job interviews.

You can apply directly for Access to Work online at www.gov.uk/access-to-work or by calling the Access to Work helpline on 0800 121 7479 (textphone 0800 121 7579). You can also speak to your Work Coach at Jobcentre Plus for advice and support with applying.

ELITE Supported Employment

ELITE Supported Employment is a registered charity that supports disabled people and people who face disadvantage across South, Mid and West Wales. ELITE supports hundreds of people each year with vocational opportunities, training and employment, helping people move towards greater independence.

ELITE provides personalised supported employment services, working with individuals and employers to help people develop skills, gain experience and sustain paid work.

Contact details:

Telephone: 01443 226664

Email: information@elitesea.co.uk

Website: [Home - ELITE Supported Employment](#)

Scope – Support to Work

Scope offers a free Support to Work programme for disabled people in England and Wales who are looking for paid work.

Specialist employment advisers provide support online and over the phone, helping with confidence building, CVs, job searching and preparing for interviews.

Contact details:

Telephone: 0300 222 5742

Email: supporttowork@scope.org.uk

Website: www.scope.org.uk/employment-services/support-to-work

Community Connectors – Free Local Support in Ceredigion

[Community Connectors](#) provide early help for anyone living in Ceredigion by offering information, advice and practical support.

- They help connect people to local services, community groups and organisations that can support health and wellbeing.
- Support includes signposting to services, linking people with local activities, and help with Blue Badge applications and concessionary bus passes.
- The service is free, confidential and available across the whole county.

To get in touch, contact Clic Ceredigion on 01545 574200 or email clic@ceredigion.gov.uk to be connected to your local Community Connector

To close:

Head to the County Council's website for more information on cost-of-living support

[Cost of Living Support - Ceredigion County Council](#)

The next bulletin will come out on 15th May 2026.

We will focus on '**Support for Older People**'

Please get in touch if you have information you would like us to include.

Email: partnerships@ceredigion.gov.uk Telephone: 01545 570881

Let us know what you think of our e-bulletin by answering two questions.

[Click here for the survey](#)