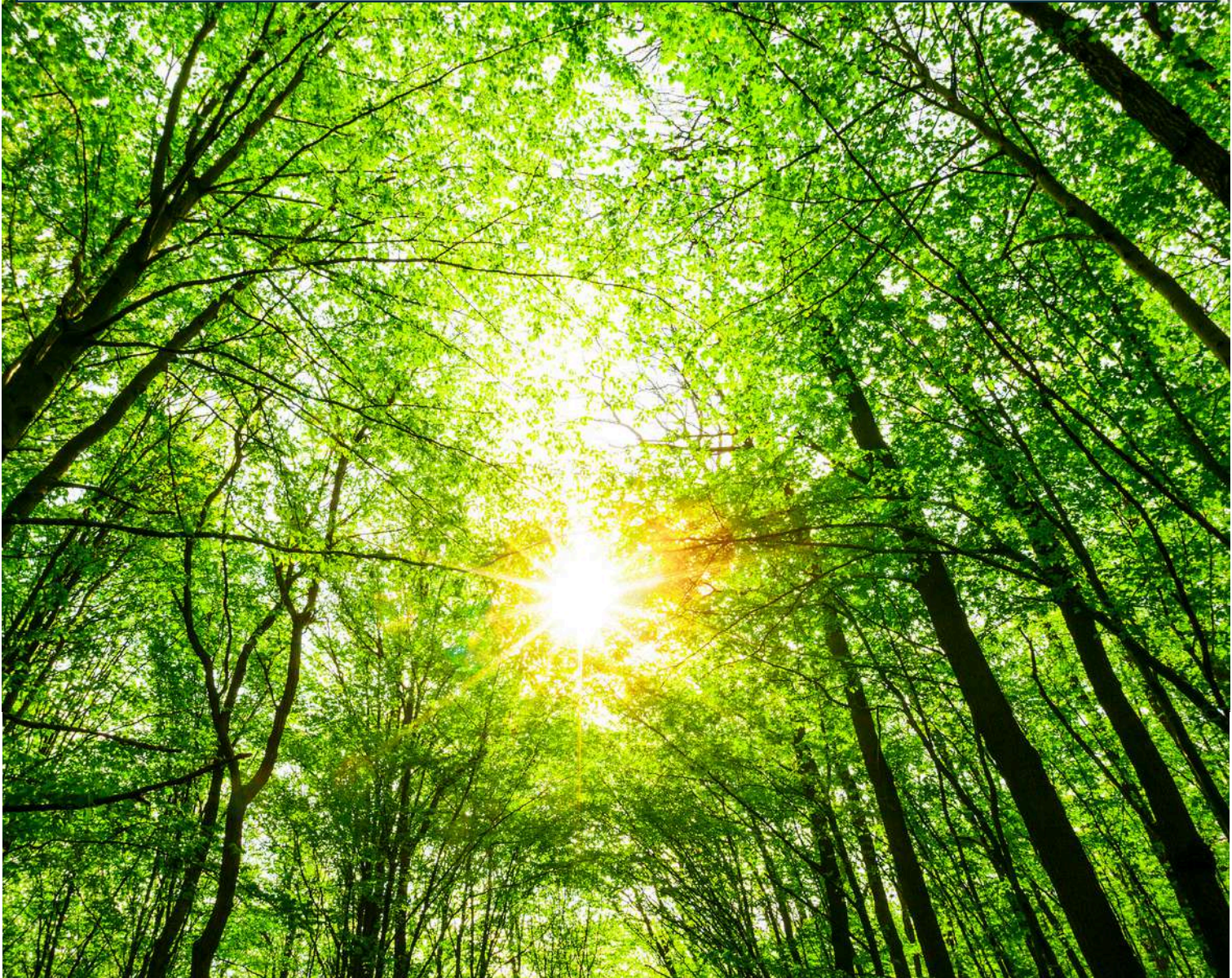


Carers Magazine

For unpaid carers in Ceredigion



You are a carer if you look after a friend or family member who cannot manage on their own because they have an illness, poor health, disability, mental health issue or an addiction.



Cyngor Sir
CEREDIGION
County Council

'Save the date' events – pgs. 2
Gofalwyr Ceredigion Carers – pgs. 10 – 11
Carers Rights Day – pgs. 15 – 16
Support for young carers – pgs. 25 – 27
Carer's Allowance and earnings threshold – pg. 31

A message from the Carers and Community Support Team

Welcome to the Spring 2026 edition of the Carers Magazine, Ceredigion's only magazine for unpaid carers.

Hello and welcome!

Spring often feels like a fresh start, and this issue is full of information, and local opportunities to help you feel informed, supported and connected.

As we look ahead, we are preparing for Carers Week, which will take place from 8th to 14th June this year. Carers Week is an important annual opportunity to recognise the vital contribution unpaid carers make, raise awareness of the challenges you face, and highlight the support available in our communities.

We also take a moment to look back and celebrate the success of our recent Carers Rights Day. Held in November, the event brought together unpaid carers, partners and professionals for a warm, welcoming day of learning, conversation and connection. You can read the full roundup on page 16.

This edition places a particular focus on dementia support across the county. On page 13, you'll find information about the Memory Café in Llandysul, a warm and welcoming space where people with memory difficulties and their carers can relax, connect with others who understand and speak with professionals about available support. As well as other support offers such as the Borth Dementia Friendly Group on page 14 and HAHAV's wellbeing sessions on page 15 provide gentle creative and social activities that give carers valuable time to rest, recharge and focus on their own wellbeing.

I hope this edition brings you useful information, encouragement and reminders that you're not alone. Thank you, as always, for everything you do.

Best wishes,

Sarah Griffiths - Team Manager

Carers and Community Support Team



Download safe health apps

- Making healthy food choices
- Exercising and keeping fit
- Looking after your mind
- Sleeping well
- Giving up smoking
- Losing weight
- And more

All the apps in our app library are reviewed by experts for clinical safety and data security.

Scan the QR code or visit:
HywelDda.OrchaHealth.com

SCAN ME




Carers Information Service


Join the Carers Information Service to receive:

- Regular Carers Information Service magazines, by email or by post
- Useful information about services, support, the law, etc.
- Information about local events for carers
- Information about relevant training courses
- Notification about consultations taking place on local and national issues

If you are new to caring or perhaps have not seen this magazine before, you can register with the Carers Information Service to receive the above benefits. The Carers Information Service is **FREE** to join.

 Online form: www.bit.ly/CISCere

 01545 574200

 connecting@ceredigion.gov.uk

 www.ceredigion.gov.uk/carers



Carers Voice Session

June 12th, 10am – 1pm

Credu Carer's Voice Event



Following our series of Awareness events on commonly missed or misdiagnosed conditions (including Neurodivergence, Hypermobility, Fibromyalgia, CFS and more), Credu would like to invite you to an event. We would like to hear from you about what services are available to you, and what services you think you might need.

Supported by


at Medrus Mawr, Aberystwyth University
10am-1pm, June 12th 2026

Tickets are free - booking will be through our website
www.gofalwyrcredigioncarers.cymru/ceredigionevents

For more info please contact Pete by email at pete@credu.cymru or by phone on 07977636300



For more information:



07977636300



pete@credu.cymru

Carers Week | June 8th – 14th

"Building Carer Friendly Communities"



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face, and recognise the contribution they make to families and communities throughout the UK.

Get involved and help to build communities that support carers in every area of their lives.

To find out more, visit - www.carersweek.org



Age Friendly Ceredigion Forum

- ◆ Are you interested in topics that affect older people in Ceredigion?
- ◆ Do you want to help shape policies and services in your community?
- ◆ Would you like to meet others and hear from guest speakers on key issues?

Join us in person at one of 3 locations, or online from wherever you are.

To find out more, visit our website or contact us:
Email: clc@ceredigion.gov.uk
Phone: 01545 574200



HEALTH AT THE HUB



Pop in for free checks and a chat with local health and wellbeing services – **no booking needed.**



On site
Cafe



Toilet
Facilities

**Everyone
is
welcome!**

Wednesday, 15 April

Wednesday, 22 July

Wednesday, 21 October

10am-2pm

Penparcau Hub

Penparcau, Aberystwyth, SY23 1RU

Ceredigion Carer Card

Unlock exclusive benefits with your **FREE** carer card

If you are an unpaid carer living or caring for someone who lives in Ceredigion, you can apply for a carer card.

To apply for a card and for more information, visit :



Adult Carer Card:

ceredigion.gov.uk/carercard



Young Carer ID Card:

ceredigion.gov.uk/youngcarercard



If you don't have access to the internet or are having trouble applying online, you can phone Ceredigion County Council on **01545 574200** to ask for help and to apply.

Important note: To use any of the advertised offers, you must show your Ceredigion Carer Card or Young Carer ID Card when requested.

All offers correct at time of printing (March 2026)

Free Access to Council Leisure Centres and Swimming Pools

Carers are invited to enjoy **free access** to Ceredigion Actif **Leisure Centre facilities and community swimming pools** across the county.

Simply present a valid Ceredigion Carers Card when registering.

Take time for yourself, stay active and support your wellbeing. Some age or activity restrictions may apply — leisure centre staff will be happy to provide guidance.



Dysgu Bro – First session of any weekly course free (ages 16+)

Dysgu Bro Ceredigion Adult Community Learning is part of the Lifelong Learning service of Ceredigion County Council. We aim to provide learning opportunities for the people of Ceredigion in their community which will encourage them to develop new interests, work towards gaining a qualification or improve their skills for the workplace.

See our website - www.dysgubro.org.uk
call - **01970 633540** or email - admin@dysgubro.org.uk



More benefits and discounts

Disclaimer: All offers listed are set by each business and may change. Ceredigion County Council is not responsible for any changes or availability. Please check directly with the businesses for the latest details.



AberOutdoors (Aberystwyth) - 25% off

For more information or to book:

☎ call Jack on **07562496968** or ✉ info@aberoutdoors.co.uk



Aber Adventures (Borth) - Various discounts, up to 50% off

For more information or to book:

☎ Call Simon on **07976061514** or ✉ hello@aberadventures.com



Aber Coffee (Workbench) - Free hot drink

Workbench is located on Glanyrafon industrial estate, Aberystwyth.

Open Monday to Friday, from 6.30am - 2pm.



Aberpoeth Sauna & Coffee House (Aberystwyth) – 10% Off

Discounts on: Communal Sauna Sessions | Drinks and Food | Merchandise

See our website www.aberpoeth.co.uk or email: infoaberpoeth@gmail.com



Camp Siriol (Aberystwyth) - Various discounts available - To claim this offer,

simply quote 'carers10%' and present your Ceredigion Carer Card.

For bookings, call Louise - **07719716273**



Dail Bach | Little Leaves (Ffosfelin) - Discounted sessions

For more information or to book:

☎ **07852997991** or ✉ dailbach25@gmail.com



Mid Wales Rubbish Removal - 20% off

For more information or to book:

☎ **07901963184** or ✉ info@midwalesrubbishremovals.co.uk



Ystwyth Books Café (Aberystwyth) - 10% off any book

You can find us at - Princess Street, Aberystwyth, SY23 1DX.

Opening hours: Monday to Saturday, from 10am - 4pm



Aberystwyth Arts Centre -

- **Café** – Enjoy **10% off drinks and food**; get a discount card at the Box Office.
 - **Box Office** – **Concessionary ticket rates** for theatre, dance, and film.
- More at [🌐 aberystwythartscentre.co.uk](http://www.aberystwythartscentre.co.uk)



Borth and Ynyslas Golf Club - Play golf for £30 per person.

Book tee times in person or call **01970 871557**.



Cadw - Enjoy 10% off entry to top Welsh attractions.

Find details at [🌐 cadw.gov.wales](http://www.cadw.gov.wales)



Cardigan Bay Active (Cardigan) - 10% off all activity prices.

Check the full activity timetable at [🌐 cardiganbayactive.co.uk](http://www.cardiganbayactive.co.uk)



Cardigan Island Coastal Farm Park - Get a **concessionary admission fee**, matching the disabled adult/child price. Visit [🌐 cardiganisland.com](http://www.cardiganisland.com)



Cliff Railway, Aberystwyth - Travel for free on the funicular railway.

Check opening times at [🌐 aberystwythcliff railway.co.uk](http://www.aberystwythcliff railway.co.uk)



Council Leisure Centres and Swimming Pools - Free, unlimited access to leisure centre facilities and community swimming pools (Aberaeron & Llandysul). Some **age restrictions may apply**; wellbeing centre staff can advise.



Denmark Farm Conservation Centre (Lampeter) - Get 10% off selected one-day workshops. Visit [🌐 denmarkfarm.org.uk](http://www.denmarkfarm.org.uk) or call **01570 493358**.



Eco Hub Aber - Get half-price services like bike hire, hot desk space, and membership. Contact [🌐 ecohubaber.com](http://www.ecohubaber.com) or [✉ ecohubaber@gmail.com](mailto:ecohubaber@gmail.com) with "Connecting Carers" in the subject.



Feet Matter (Cardigan) - Discounted foot care - £30 per person, per hour.

Your feet matter. For more information or to book: [🌐 feetmatterceredigion.simplybook.it](http://www.feetmatterceredigion.simplybook.it)

☎ **Tamra - 07480412219** or ☎ **Tasha - 07572268835**



Forester's Retreat Glamping (Ponterwyd) – 10% off

Explore scenic walks, cycling routes or fishing. Adults-only.

Bookings - **07540469167** or email: ForestersRetreatGlampingPods@hotmail.com



Free Flu Vaccinations

- **GP Surgery** - Request directly.
- **Pharmacy** - Check availability with your local pharmacy.



Halen a Pupur (Tregaron) - Carers enjoy a **free drink** with a valid carer card.
Opening hours: Monday to Saturday, from 9am - 3pm. Closed on Sundays.



Home Café, Pier Street, Aberystwyth - Get **10% off food**.
See the menu at homecafe.uk



Jason Tatton Driving Theory Support - Discounted sessions

Get ready for your driver theory test with online support sessions, delivered through Microsoft Teams. To book, visit: [the 'Driver Theory Support' Facebook page](#) and use code **'DRIVER33'**.



Kelly's Closet (Aberaeron) - 10% off clothing, footwear, accessories, and gifts.

Keep up to date with the latest arrivals and special offers by following Kelly's Closet.
Follow us on Facebook: [Kelly's Closet on Facebook](#)



Llandysul Paddlers - 50% off open lake sessions.

Visit llandysul-paddlers.org.uk or call **01559 363209** to book.



Llanerchaeron - Free entry for Carer Card holders.

Find opening times at nationaltrust.org.uk



Magic of Life Butterfly House (Aberystwyth) - Concessionary rates available.

Check opening times at magicoflife.org



Miles of Smiles - Party packages start from £65 and carers can enjoy **30% off all packages** with a valid carer card.

For package details, visit [Miles of Smiles on Facebook](#)
For bookings and enquiries [☎ Sion Wyn - 07309272373](tel:07309272373)



Seedlings Retreats and Holidays (Aberaeron) - 10% off.

To claim this offer, simply quote **'carers10%'** and present your Carer Card.
To book: www.seedlingsretreatsandholidays.com [☎ 07884007525](tel:07884007525)



Silver Mountain Experience (Ponterwyd) - Get concessionary rates on full ticket prices.

Select 'senior/student' option when booking online at silvermountainexperience.co.uk



Theatr Felin Fach - 10% off tickets.

View upcoming events at theatrfelinfach.cymru



FRIENDSHIP

REPAIR

LEARNING

CUPPA & CHAT

LAUGHTER

REPURPOSE

 **UNIT 1, CRAFT CENTRE, PANTEG ROAD, ABERAERON, SA46 0DX**

 **07729 245 890**

 **msaberaeron@gmail.com**

 **Mens Shed Aberaeron**



CardiShed

**Building community
through creativity**



CardiShed, based in the centre of Cardigan, aims to build a strong resilient community through creativity. A community shed that offers women's workshops and young people's craft projects. Between 60 and 80 people now attend each week.

We have a **creative space, carpentry workshop and a green-wood workshop.** These are available to anyone over 18, for a small donation. There are also **bicycle repair and watercolour art classes.** During the summer you can do subsidised courses in blacksmithing and stained glass window-making.

Although we don't offer one to one support, many people attend with their own support/carers. **Wheelchair accessible.** We are open 10am - 4pm.

Monday - Open Workshop

Tuesday - Men's Workshop

Wednesday - Young People's Craft Projects

Thursday - Men's Workshop

Friday - Women's Workshop

If you are interested in attending CardiShed or would like more information, contact Matt on **07910517514** or visit **www.cardished.cymru** and **www.facebook.com/CardiShed**

Walking for Wellbeing

Aberystwyth	Tuesday	10am
Cardigan	Tuesday	10am
Lampeter	Tuesday	10am
Aberporth	Wednesday	10am
Aberaeron	Wednesday	1:30pm
Borth	Friday	10:30am
Tregaron	Friday	11:15am



For more information contact
Dawn Forster: **07866 985 753**
dawn.forster@ceredigion.gov.uk



Cyngor Sir
CEREDIGION
County Council



Carers Wales Free Resources

Carers Notebook

This notebook is a simple document that collects your thoughts before a meeting with room to capture the information as the meeting happens.

Carers spoke to us about needing more support to capture accurate information from meetings and having a space to plan their thoughts beforehand.

The notebook can be downloaded for free or we can provide one for free to carers in Wales. Email us at - info@carerswales.org

Click here to download in English

Carers Wales MeTime sessions

Prioritise your wellbeing with **FREE online activities** designed just for you.

Every month, Carers Wales offers a variety of sessions to help you relax, learn and connect with others.

Enjoy sessions on:

- Carers' rights and practical advice
- Mindfulness and other relaxing ways to take a break
- Creative activities like crafting and cooking

New activities each week – all at no cost to you!

Find out what's on and sign up today:
bit.ly/MeTimecw



www.carersuk.org/wales

CARERS CAFE

Drop in sessions for unpaid carers and the people they support

Contact us at
03330 14 33 77
for more info.

Pop in
when it
suits you



TRINITY CHURCH HALL, NEWCASTLE EMLYN
2nd Monday of the month, 10:30am - 12pm

MAES MWLDAN, CARDIGAN
3rd Monday of the month, 1:30 - 3pm

ABERPORTH VILLAGE HALL
1st Wednesday of the month, 1:30 - 3:30pm

MUSTARD SEED CAFE, LAMPETER
1st Thursday of the month, 2 - 3:30pm

WAUNFAWR COMMUNITY HALL, ABERYSTWYTH
4th Monday of the month, 2:30 - 4pm

Moving soon!

Please check [facebook.com/creducarersceredigion](https://www.facebook.com/creducarersceredigion) for updates

Chat and Connect

A friendly place for parents and carers to meet, chat and support one another.

Join us to:

- Talk about resources and services for children with disabilities and additional needs.
- Explore helpful resources and pick up information leaflets.



If you have any questions, please contact us:

✉ ceredigionCDHT.HDD@wales.nhs.uk

Everyone is welcome!

Term
time
only

Aberystwyth

- **When:** Every Monday, 9:30am - 11am
- **Where:** Penparcau Community Forum, Penparcau, Aberystwyth, Ceredigion, SY23 1RU
- Parking available across the street

Cardigan

- **When:** 1st and 3rd Friday of the month, 10am - 11:30am
- **Where:** Menter Aberteifi, The Guildhall, Cardigan, SA43 1JL



Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



PDA Parents Get Together

An opportunity to meet other parents and have a chat over a cuppa.

Pop in when suits you

For any parents or Carers of a child with a demand avoidant profile of autism – with or without a diagnosis

When: 3rd Friday of the month
12.30-2.30pm

Contact Mandy
mandy@credu.cymru
07976 906975
for venue info



Contact
mandy@credu.cymru
for more info



Free, part-time courses for carers



Lifelong Learning at Aberystwyth University offers a Fee Waiver Scheme to support people in Wales to access higher education.

- ★ Paid and unpaid carers are eligible for this support.
- ★ Eligible individuals study free of charge!
- ★ Choose from our wide range of courses – many of which are available to study online.



☎ aber.ac.uk/learning

✉ 01970 621580

🌐 learning@aber.ac.uk



Medr

Y Comisiwn Addysg Drydyddol ac Ymchwil
Commission for Tertiary Education and Research



1872 PRIFYSGOL
ABERYSTWYTH
UNIVERSITY

3RD WEDNESDAY OF EVERY MONTH

MEMORY CAFE

10AM - 12PM

**TYSUL CHURCH HALL (NEXT TO
LIBRARY), CHURCH STREET, LLANDYSUL**

Parking available, disabled access
and disabled toilet.

The monthly Memory Café in Tysul Church Hall is **an informal space aimed at giving people a relaxing couple of hours with people who know what it's like living with dementia.**

The Memory Café aims to **improve well-being, giving people an opportunity to socialise, make friends and build social connections.**

It is for people who have **memory problems, a diagnosis of dementia or mild cognitive impairment.** Unpaid carers of people with memory issues are also welcome.



Many people experience isolation and loneliness once their memory starts to deteriorate. Their social life can shrink, and they may feel separated from family, friendship and community. For some people with dementia, attending a memory cafe could be the first time they have met other people who have dementia.

Unpaid carers can often experience feelings of isolation and disconnection as more of their time becomes devoted to their caring role. Having a regular opportunity to meet other people going through similar experiences can help a lot.

It also offers the opportunity to **meet professionals in dementia care** who can offer information and advice around what support is available for unpaid carers.

Anyone with memory problems is welcome, there is no need to book in advance & you do not have to be a resident in Llandysul town. One attendee recently stated, "We had such a lovely time with you, thank you. [He] raved about how much he enjoyed it and about how friendly the members were. We look forward to the next one."

CONCERNED ABOUT YOUR MEMORY? COME ALONG FOR A CHAT.

Social Footcare Clinics in Aberystwyth and Cardigan



Keeping mobile is important, especially as we age. Looking after your feet, especially cutting toenails, can become harder. Age Cymru Dyfed provides a social footcare clinic for people over 50 who need a little extra help.

What are the key benefits of this service?

- Keeping you active and mobile
- Reducing the chances of falls
- Helping you to stay independent
- Having a chat and seeing a friendly face



How much does it cost?

- First appointment: £37 (includes your own nail-cutting kit)
- Follow-up visits: £22 each

Please note: We are unable to take on clients with diabetes or taking certain blood thinning and steroid medication.

Where and when?

- Cardigan: Wednesdays
- Aberystwyth: Fridays

Who runs the clinics?

Our volunteers are trained in basic footcare by the Podiatry Department of Hywel Dda University Health Board.

Contact us:

☎ 01239 615556

✉ angharad.jones@agecymrudyfed.org.uk



Join our local Dementia Support Group

Support . Friendship . Wellbeing

Mondays 10.00 to 12.00 Borth Community Hub


contact@borthcommunityhub.co.uk

07896 616 857



HAHAV, a hospice charity in Ceredigion, understands the pressures unpaid carers face. That's why we offer **free, easy to access services** that provide **emotional support for both clients and carers**, along with time out for carers to **rest and recharge**.

Carers Wellbeing Breaks



Supporting someone with a life limiting illness can be stressful. Taking even a short break can help you manage care and still be there for your loved one. **HAHAV Ceredigion is hospice at home service** which offers short wellbeing breaks for carers. Through our living well programme you can choose and join in many different activities. **Sessions are free and an hour in length.**


All activities are currently based at St David's Church, Bath Street, Aberystwyth, except for Caffi Cofion which is based at the Church Hall in Llanbadarn. **For more details or to book a place call: Susie or Alex on 01970 611550.**

Weekly Timetable



Mondays - Men's Health and Wellbeing Group

Informal, relaxed meeting offering men a chance to talk about health concerns and enjoy creative and practical activities. 11am - 2pm.




Tuesdays - Art and Friendship

No experience needed come and have some fun. Learn about different art styles and enjoy visits to local exhibitions. 10:30am - 12:30pm.

Wednesdays - Caffi Cofion

An afternoon tea and activities for people with dementia and their carers. 2 - 4pm



Thursdays - Textile Group

Knitting, weaving and making pictures with textiles. 10:30am - 12.30pm.

Fridays - Singing Group - The Nightingales

Come and find out about the benefits of singing for your health and have fun learning new songs. 11am - 12.30pm.

"I didn't think I could take a break, looking after my husband is 24 hours, 7 days a week but coming to HAHAV's art group has been a lifeline. It has given me time to myself and a chance to do something different. A break from my usual routine. I don't always talk about my home situation but if I'm not having a good day, then I know the group will support me."

Debbie, a dementia carer



Carers Rights Day 2025

Celebrating and supporting our carers



This year, we were delighted to host Carers Rights Day at Aberporth Village Hall on 18th November. It was a truly special occasion. The hall was filled with energy and conversation as **over 50 people** joined us to learn more about their rights, connect with other carers and find out about the help and support that they need.

A highlight of the day was the visit from our **Carers Champion, Councillor Carl Worrall**. And of course, no event is complete without good food! Guests enjoyed free homemade soup with a roll, plus a tempting selection of cakes, teas, and coffees, creating the perfect setting for carers to relax and connect.

Who was there?

As well as our Community Connectors and Development Officers, there were stalls from lots of organisations, offering tailored advice, information and practical support for unpaid carers. **Here are their details:**

Social Worker Assistants

Assisting people within Ceredigion who may need information, advice, support or care and protection to enable them to live safely within the community. Call: **01545 570881** or email: clc@ceredigion.gov.uk

BeWell Service

The BeWell service provides health and wellbeing courses and sessions for anyone aged 18 and over who lives with or cares for someone with a long-term health condition. Call: **01269 506960**

Severn Wye

Working with residents of Ceredigion to change the way they use energy to stay warm. Call: **01452 835060**

Carers Wales

Information, advice and support to make life better for unpaid carers. Call: **0292 081 1370**, weekdays 9 – 3pm, or email: info@carerswales.org



Direct Payments

If you or someone you care for gets help from social services, you can apply for direct payments. Choose and buy the services you need yourself, giving you greater choice and independence over the support you need. Call CLIC on **01545 570881** or email: **tu_dp@ceredigion.gov.uk**

Occupational Therapy

Supporting people of all ages, who due to ill health, disability or ageing, have difficulty doing the everyday things that matter to them. Call: **01545 570881** or email: **clic@ceredigion.gov.uk**

Citizens Advice Bureau

Free, confidential advice on a vast range of issues, including money, debt, benefits, housing, energy and consumer rights. Call: **0800 702 2020** weekdays from 8am - 7pm, Saturdays 9am-1pm.

3CIPA Advocacy

Experienced and qualified advocates provide Independent Professional Advocacy in Welsh or English. Call: **0800 206 1387** or email: **info@cipawales.org.uk**

Gofalwyr Ceredigion Carers

Supporting unpaid and family carers of all ages in Ceredigion. Helping you access breaks, offering training, groups to support your health and wellbeing and so much more. Call: **0333 014 3377** or email: **ceredigion@credu.cymru**

Family Parenting Team

Early intervention, support, and guidance to families with children aged 0-18, to improve well-being, resilience and relationships. Call: **01545 570881** or email: **clic@ceredigion.gov.uk**



Dysgu Bro

Providing learning opportunities for the people of Ceredigion, to encourage them to develop new interests, gain a qualification or improve their skills for the workplace. Call: **01970 633540** or email: **admin@dysgubro.org.uk**

Employability Team

Mentoring service in Ceredigion for anyone over 16 looking for work. Call: **01970 633422** or email: **TCC-EST@ceredigion.gov.uk**

Specialist Disability Health Worker

Providing specialist healthcare to adults who have a diagnosed learning disability. Evidence-based, safe, and effective care that is centred on each person's individual needs. Call: **0300 303 9679**

Engagement Team, Hywel Dda Health Board

Have developed Siarad Iechyd/Talking Health (SI/TH) which is a scheme for people who use our services and would like to be involved in how those services are developed and run. Call: **01554 899056** or email: **hyweldda.engagement@wales.nhs.uk**

Money Matters

Their specialist team offer a range of one-to-one information, guidance and support to help keep you and your family on your feet. Call: **0300 020 0002** or email: **info@ctcww.org.uk**



Community Connectors

Joining a group, meeting new people, or trying something new can lift your mood and improve your wellbeing. It can help you feel more confident, reduce stress and make life more enjoyable.

Ceredigion's Community Connectors can help you find local activities and social groups that suit your interests – whether it's crafts, walking, singing, or just a friendly chat over coffee.

They cover the whole county and can talk to you on the phone or meet in person to see how they can support you or someone you care for. **Why not see what's out there?**



ST PAULS METHODIST CENTRE, ABERYSTWYTH, SY23 7BX

Meet Sam and Sarah from **11am – 1.30pm** on the **first Thursday** of the month.



ABERPORTH VILLAGE HALL, SA43 2EN

Meet Carys from **10am – 12pm** on the **first Friday** of the month.



MAES MWLDAN, CARDIGAN, SA43 1JZ

Meet Carys from **10am – 1pm** on the **third Friday** of the month.



BORTH COMMUNITY HUB, SY24 5LW

Meet Sarah from **11am – 1pm** on the **first Friday** of the month.



MEMORIAL HALL, NEW QUAY, SA45 9RE

Meet Enfys from **9am – 12pm** on the **first Friday** of the month.



LAMPETER WELLBEING CENTRE, SA48 7BX

Meet Sian from **9.30am – 12pm** on the **second Monday** of the month.



ABERAERON LIBRARY, SA46 0PA

Meet Enfys from **2.30 – 4.30pm** on the **third Thursday** of the month.



MEMORIAL HALL, TREGARON, SY25 6JL

Meet Diane from **11am – 1pm** on the **third Tuesday** of the month.



CARDIGAN



Borth Dementia Friendly Group

Borth's Dementia Friendly Group runs **every Monday morning from 10.00am to 12.00pm** in Borth Community Hub.

A warm, friendly group where there is always a creative activity which is **suited for all abilities**. The activities open up a lively sharing of stories and memories. **Carers and those with memory loss are both welcome**. There is never any pressure to join in the activity and it's fine to come along to just enjoy the coffee and cake. **Everyone is always welcome**.

For further information, contact -
martine@borthcommunityhub.co.uk or Helen 07896616857



For more information or a chat, visit us at one of our monthly drop-ins.




RAY Ceredigion

Small Charity Big Difference.

Tabernacle Street, Aberaeron, SA46 0BN.



 rayceredigion.org

 01545 570 686
07592195904

 rayforgetmeknot@rayceredigion.org.uk

Our Forget-me-Knot club is for anyone in Ceredigion who has a family member or friend living with dementia. We meet in Aberaeron, **every Friday** morning from **10.30am - 1.30pm.**

We provide a warm and friendly atmosphere where carers can visit along with their cared for with dementia. It is a relaxed social group where friendships are formed and carers can chat, offload, exchange information and take part in activities if they wish to. Two members of staff and a committed team of volunteers are present to ensure that those with dementia feel safe and relaxed.

Everyone is encouraged to join in activities but if you prefer to just sit quietly or to sit and chat. We have a room where a couple of members enjoy playing guitar and mandolin, others enjoy playing traditional games such as dominos, shove halfpenny, bagatelle or chess. You are welcome to join in or just enjoy listening.

The group provides an opportunity for unpaid carers to take some 'time out' and build friendships with others facing similar challenges. You can find information from visiting support agencies such as Admiral nurses and Gofalwyr Ceredigion Carers.

We have three warm comfortable rooms, a kitchen and a garden area.
There are disabled facilities and a wheelchair lift.

Community Connector Enfys James will be attending sessions throughout 2026 to provide information, advice and assistance.

Please see below for a list of dates she will be attending.

27th March

15th May

10th July

11th September

20th November



Tregaron Health and Wellbeing Show

Friday 10th April 2026

Tregaron Memorial Hall, SY25 6NB

10am - 2pm



Come along to a FREE Health and Wellbeing show. With advice and information from Hywel Dda University Health Board, Ceredigion County Council, and Third Sector Services.



Cyngor Sir
CEREDIGION
County Council



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

NEW PAGE



Why not **check us out** and pop a **follow**.

You can find us at:

Did you know we are now on...

Instagram!



@Cysylltu_Ceredigion_Connecting

Supporting **you** through bereavement

A free, accessible service for people 70 and over in Dyfed and Powys.

Compassionate and tailored support so you don't have to face this alone.

For more information, please contact us:



Telephone

Dyfed: 03333 447 874
Powys: 01686 623707



Email

reception@agecymrudyfed.org.uk
enquiries@acpowys.org.uk



Website

www.agecymrudyfed.org.uk
www.ageuk.org.uk/cymru/powys



Helping you
to make the
most of your
money!

Money Matters Support Service

Specialist Money Matters Advisor can offer
FREE information guidance and support for
carers with:

- Money saving hints and tips
- Welfare Benefits
- Budgeting
- Accessing grants discounts and concessions

**YMDDIRIEDOLAETH
GOFALWYR**

Croesffyrdd
Gorllewin Cymru

**CARERS
TRUST**

Crossroads
West Wales



Cyngor Sir
CEREDIGION
County Council



0300 0200 002
(FREE)



info@ctcww.org.uk

Ydych chi eisiau gwella eich llythrennedd, rhifedd neu sgiliau digidol?

Mae gennym gyrsiau am ddim sy'n addas i bob lefel ar draws y sir -
Llanbedr, Llandysul, Aberaeron, Bronant, Aberystwyth, Rhydypennau
Cysylltwch i weld sut allwn ni helpu...

Do you want to improve your literacy, numeracy or digital skills?

We have free courses catering for all levels across the county -
Lampeter, Llandysul, Aberaeron, Bronant, Aberystwyth, Rhydypennau
Get in touch to see how we can help...

Ffon / Phone - 01970 633540

E-bost / Email - Admin@dysgubro.org.uk



Funded by
UK Government
Wedi ei ariannu gan
Llywodraeth y DU



Dysgu
Bro
CEREDIGION
Community
Learning





A warm nest for caring families

Severn Wye Energy Agency changes the way people use energy, to help them stay warm and safe at home. It's a mission that takes our community-based advisers into people's homes where they often see family members in caring roles who are otherwise invisible.

One such case was an older couple living in Wales. They had been very involved in sports and community activities throughout their lives but when the husband was diagnosed with an incurable lung disease everything changed. Now dependent on an oxygen tank, he was suddenly reliant on his wife for his day-to-day needs and wellbeing – a situation which of course changed her life entirely too.

This difficult situation was made worse last winter when their boiler broke down and local contractors advised a replacement would cost anywhere from £2,000 to £4,000 – money they just didn't have. That Christmas was a difficult one – on top of health and financial issues they had only a small portable heater for warmth. Our adviser met the pair at their local foodbank where they were volunteers, and after hearing of their circumstances **she visited them at home and helped them apply to the Welsh government's NEST scheme which funds energy efficiency improvements** including – to the couple's amazement – replacement boilers for people with health conditions. Once a surveyor had come out to assess the situation, within ten days the central heating was up and running.

Being warm at home is important for all of us, but particularly when you have a health condition that means prolonged cold can have lasting consequences. Thanks to a timely encounter with our adviser, the wife has one less thing to worry about when caring for her husband. But it turns out she wasn't the only one in the household taking on a caring role. During her home visit our adviser was astonished to see the behaviour of the couple's young dog, which jumped up on the husband and wrapped itself around him! The wife said this was recent behaviour – as if the dog knew its owner needed to stay warm. Now all three can relax in a comfortable and safe home.

If you are feeling overwhelmed by home energy and need someone on your side, email us to arrange a confidential appointment.

 **0800 170 1600**

 **communityadvice@severnweye.org.uk**

 **severnweye.org.uk/communityadvice**

CAEL CYMORTH GYDA'CH CYMHORTHION CLYW GIG

Gallwn eich helpu i gael y gorau o'ch cymhorthion clyw GIG



GALWCH HEIBIO - NID OES ANGEN APWYNTIAD

POP IN - NO APPOINTMENT NEEDED

3ydd dydd Llun y mis, 1.00 yp - 3.00 yp

3rd Monday of the month, 1.00 pm - 3.00 pm



Clwb Bowlio Tregaron Tregaron Bowls Club



Station Road, Tregaron,
SY25 6HX

contact@rnid.org.uk
0800 808 0123

Lleoliad Newydd
New Venue



GET HELP WITH YOUR NHS HEARING AIDS

We can help you get the most out of your NHS hearing aid.

RN I:D Cefnogi pobl fyddar, sydd â cholled clyw neu dinitws

GIG CYMRU NHS WALES Bwrdd Iechyd Prifysgol Hywel Dda University Health Board

CRONFA GYMUNEDOL COMMUNITY FUND

RN I:D Supporting people who are deaf, have hearing loss or tinnitus

Direct Payments website

If you or someone you care for gets help from social services, you can apply for Direct Payments. These let you choose and buy the services you need yourself, instead of getting them from your council.

The website explains:

- ✔ What Direct Payments are
- ✔ What Personal Assistants (PAs) are
- ✔ How you can employ PAs

You will also find:

- ✔ Current PA vacancies and online training
- ✔ Regular news and updates
- ✔ Useful contacts and links



How can I apply?

If you are currently in the process of having your needs assessed by Social Care ask the assessor about Direct Payments. Otherwise, you will need to contact Porth Gofal to ask for a Carers Needs Assessment or an assessment of needs.

Porth Gofal:

☎ 01545 574000

 bit.ly/DPCere



YOUNG CARERS

Gofalwyr
Ceredigion Carers



Cefnogi Gofalwyr Ifanc ac Oedolion sy'n Ofalwyr
Supporting Young and Adult Carers



Gofalwyr Ceredigion Carers

Gofalwyr Ceredigion Carers offers friendly advice, fun activities, and one-to-one chats to help you feel more confident and take a break.

Being a carer teaches you valuable skills, like kindness, organisation, and handling tough situations. But balancing it with school, friends, and hobbies can be challenging.

Gofalwyr Ceredigion Carers can help with:

- Someone to talk to about your feelings
- Fun trips and events to meet other young carers
- Support to manage school and caring responsibilities
- Local groups and activities just for young carers
- Advice on college, jobs, and your future



03330 14 33 77



ceredigion@credu.cymru



gofalwryrceredigioncarers.cymru

SCAN ME



Did you know young carers can get a Carer's Needs Assessment too?

GET IN TOUCH

Contact us today to arrange yours.

How do I ask for an assessment?

If you would like to have an assessment, contact us today. You can do this online or by phone.

If you need help, you can ask a friend, family member, or someone you trust to help you.



WHAT'S ON?

From youth clubs to cafés and activities across the county, there's always something to do!

Whether you're meeting up with friends or making new ones, it's a great way to have fun and take a break from your caring responsibilities.



Ieuencid Tysul Youth – Tysul Youth Centre, Lon Wesley, Llandysul, SA44 4QJ

Weds & Thurs from 4 – 9pm.

☎ 01559 362908 / 07765845755

✉ admin@tysulyouth.org



GOATs Youth Hub – Victoria Hall, Bryn Road, Lampeter, SA48 7EE

Mon, Thurs & Fri – Stage GOAT Youth Theatre – 4.30 – 6.30pm

Weds & Thurs – Youth Café Pop Up – 2.00 – 6.30pm

🌐 facebook.com/GOATs.YouthHub



Borth Youth Club – Borth Community Hub, Clarach Road, Borth, SY24 5LW

Thursdays, 6 – 8pm (term-time only).

☎ 07483356501

✉ youth@borthcommunityhub.co.uk



RAY Ceredigion – Pengloyn, Tabernacle Street, Aberaeron, SA46 0BN

Mon – Fri, 3.30 – 6pm (term-time). Includes a meal and healthy snacks.

☎ 01545 570 686

✉ enquiries@rayceredigion.org.uk

🌐 rayceredigion.org.uk



Area 43 – Area 43 Depot, 35 Pendre, Cardigan, SA43 1JS

Mon – Fri, 1 – 7pm. Saturdays, 11am – 7pm. Free hot drinks and subsidised food.

☎ 01239 614566

✉ dropin@area43.co.uk

🌐 area43.co.uk/youth-cafe

Ceredigion Youth Service – Youth Clubs

All our clubs run from 4 – 7pm, during term-time only.

Tuesday

Cardigan Youth – 2/3 Pont-Y-Cleifion, Cardigan, SA43 1DW.

Wednesday

Aberaeron Youth – Ground Floor, Portland Place, SA46 0AX.

Thursday

Aberystwyth Youth – 18 Chalybeate Street, Aberystwyth, SY23 1HX.

Lampeter Youth – Lampeter Wellbeing Centre, Peterwell Terrace, SA48 7BX.

🌐 facebook.com/GICeredigionYS

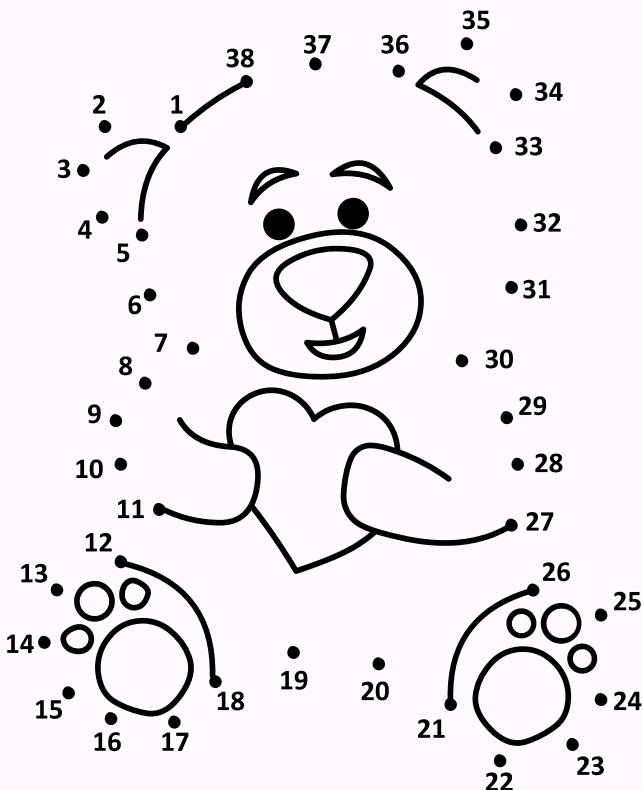
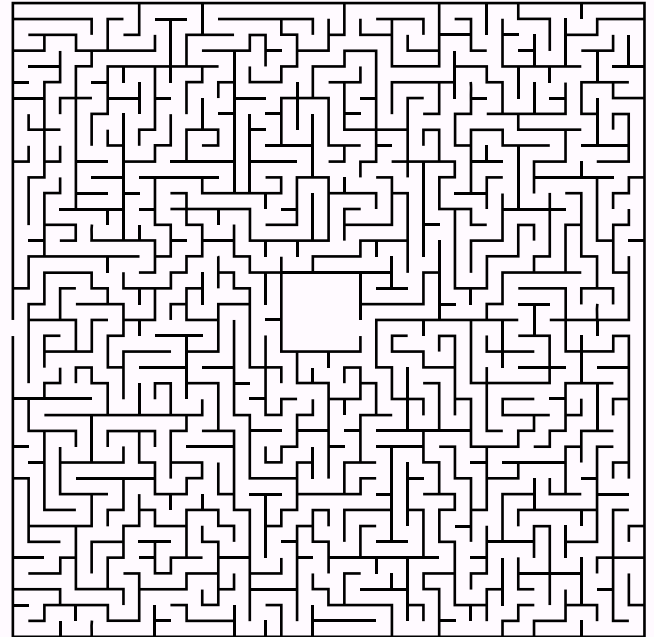
✉ youth@ceredigion.gov.uk



ACTIVITY PAGE



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Manual Handling for Unpaid Carers

Advice and support

Penmorfa Centre for Independent Living

Aberaeron

SA46 0PA



Sessions available every month, book yours now!

3rd Wednesday of every month

- **Need help moving your cared-for or loved one safely?**
- **Worried about injury risks?**

Join us for expert guidance!

Visit the Penmorfa Centre for Independent Living to get hints and tips from Ceredigion County Council's Manual Handling Trainers.

Meet Carer Officer Liz!

Liz will be there to discuss your caring role, especially around hospital discharges. She can also connect you with other helpful services.

Explore resources and equipment!

Check out the care equipment, mobility aids, and tech solutions at Penmorfa.

To book and for more information, contact Liz at:

☎ 07498 965279

✉ liz@credu.cymru

Carers Discharge Support Service

Gofalwyr
Ceredigion Carers



Meet Liz, a Carers Officer working within the hospital Discharge Support Service.

When someone you care for goes into or leaves hospital, it can be tough for families. You might suddenly become a carer or face new challenges when they return home.

We aim to lighten your load in a way that matters to you, to help you to discuss your situation and to plan for the support that you need.

Get in touch, even if you don't live in Ceredigion, we can still support you!

Liz ☎ 07498 965279 ✉ liz@credu.cymru

Find Liz at her regular drop-ins:

Bronglais General Hospital

Car park entrance
2pm – 4pm
Every Monday and Friday

Cardigan Integrated Care Centre

Main entrance
10am – 3pm
First Tuesday of every month

Aberaeron Integrated Care Centre

Main entrance
9am – 12pm
First Wednesday of every month

Make life easier in three simple steps with AskSARA...

- 1 Choose a topic
- 2 Answer some questions
- 3 Get advice

<https://wwcp.livingmadeeasy.org.uk>

SCAN ME



AskSARA is an online self-help guide that gives expert advice and information on products and equipment for older and disabled people.




Partneriaeth Gofal Gorllewin Cymru
West Wales Care Partnership

TECHNOLOGY ENABLED CARE

THE USE OF TECHNOLOGY TO PROVIDE HEALTH AND CARE SERVICES TO PEOPLE IN THEIR OWN HOMES

How does it work?

Telecare links you to a monitoring centre if something goes wrong. Simply pressing the button on your pendant or the response unit will connect you directly to our friendly team. They will be able to speak to you through the loudspeaker on the unit. You may also have equipment that automatically raises the alarm if you are unable to do it yourself.



Benefits

- Increasing independence and confidence
- Managing or minimising risk
- Reassuring family carers
- Reducing the need for a care package
- Preventing hospital admission
- Delaying or preventing the need for residential care



Further support



TELECARE@CEREDIGION.GOV.UK

CLIC: 01545 570 881

Penmorfa Centre for Independent Living

Helping you to live independently in Ceredigion

The Centre, promoting independence and community support, is set to transform the way individuals find solutions and access information to help themselves.

OPEN

Monday to Friday
10:30 - 3:30

Located on the ground floor of the County Council's offices at Penmorfa, Aberaeron, SA46 0PA

The Centre is divided into several areas:

- AskSARA dedicated room
- Telecare and smart devices
- Carers and cared-for support
- Care and mobility equipment
- Visual impairment support
- Housing adaptations
- Fire Safety awareness
- Direct Payment guidance



For more information contact the Clic Contact Centre on:

☎ 01545 570 881

✉ clic@ceredigion.gov.uk

Government confirms benefit increases for 2026–27, including rise in Carer's Allowance and earnings threshold



Unpaid carers will see an increase in carer-related benefits as part of annual government upratings from April 2026, including Carer's Allowance.

Carer's Allowance, the main benefit for carers, will increase by £3.15 a week from £83.30 to £86.45 from April 2026, after adjustments made in line with the CPI rate of inflation.

The Carer's Allowance earnings threshold – the maximum amount a carer can earn while remaining eligible for the benefit – **will also increase from £196 to £204.** This uplift will allow more carers in paid employment to maintain their entitlement to the benefit, while balancing work and care.

Carers receiving other benefits will also see increases. The Carer Element of Universal Credit will rise from £201.68 to £209.34 per month, and the Carer Addition for Pension Credit will increase £46.40 to £48.15.



Helen Walker, Chief Executive at Carers UK, said:

This is the first time that the Carer's Allowance earnings threshold has risen above £200 a week and is a welcome increase for the many people juggling work and care. The Government's decision last year to link the earnings threshold to 16 times the National Living Wage gives carers much-needed clarity and means carers do not have to cut back their hours when the National Living Wage increases.

Despite this increase, Carer's Allowance remains the lowest benefit of its kind. 62% of carers receiving Carer's Allowance live in poverty, and 90% of carers do not think the benefit offers sufficient financial support. Carers UK continues to call for a full review of Carer's Allowance, including its eligibility criteria, to ensure the benefit offers carers the sustainable, long-term support they need.

Preparing for your Carer's Needs Assessment

Caring for someone is a big responsibility, and it's important to have the right support. If you're an unpaid carer, knowing what a Carer's Needs Assessment is and when to request one can really help.



What is a Carer's Needs Assessment?

A Carer's Needs Assessment is a way for your local council to understand your needs as an unpaid carer. It's an opportunity for you to talk about how your caring role affects your life and what support you might need to continue providing care. The assessment is about you and your wellbeing, not just the person you care for.

During the assessment, a social worker or another professional will talk to you about:

- **Yourself:** What's important to you and how caring impacts your life.
- **Your caring role:** Information about the person you care for and the tasks you do each day or week to care for someone.
- **Your wellbeing:** What you do, and what you would like to be doing, outside of your caring role.
- **Planning for the future:** What support could help you now and in case of emergencies.

Who can have a Carer's Needs Assessment?

Unpaid carers of any age can have an assessment, regardless of:

- The type or amount of care they provide.
- How much money they have
- The level of support they need.
- Whether they live with the person they care for or not



A Carer's Needs Assessment is not a judgement about how well you look after the person you are caring for; it's about you and your wellbeing.

When should I have an assessment?

All unpaid carers can ask for a Carer's Needs Assessment whenever they want. However, you should think about asking for one if:



You feel overwhelmed:

If the demands of caring are affecting your health or wellbeing.



Your situation changes:

If there's a change in your circumstances or the needs of the person you care for, such as a new diagnosis or hospital discharge.



You need more support:

Whether it's practical help, financial assistance, or emotional support.



You want to plan for the future:

If you're considering long-term care options or want to explore how you can sustain your caring role.



You're balancing multiple responsibilities:


If you're juggling work, family, and caring duties, and it's becoming too much.



How do I ask for an assessment?

If you would like to have an assessment, contact Porth Gofal, Ceredigion County Council's Social Services Department. You can do this online or by phone.

Porth Gofal

 01545 574000

 www.bit.ly/Carerenquiry

Getting ready for your assessment

Getting ready for your assessment can help you get the support you need.

During the assessment, you'll be asked to explain the kind of help you give. It might be helpful to keep a diary for a week or two before the assessment. In the diary, you can note how much time you spend with the person you care for, what tasks you do for them, and how long these tasks take.

Here are some more things to think about:

- Are you able, or willing to continue to care?
- Do you need help to continue working or to get into work, education or leisure opportunities?
- What kind of support do you need to care or continue caring?
- Which parts of caring do you find difficult or stressful?
- How would you like things to be different in the future?

The assessment will also give you a chance to talk about how caring for someone affects your life outside of your caring role and how you can be supported to do the things that are important to you.

What happens after the assessment?

After the assessment, the council will use the information you have given them to decide if you are eligible to receive services. This might include:



Practical help: Equipment or adaptations to make caring easier.



Emotional support: Access to counselling or support groups.




Respite care: Opportunities for you to take a break.



Financial assistance: Information about benefits or grants you might be entitled to.

You should be informed of the outcome of your Carer's Needs Assessment and given a copy of the assessment for your own records.



If you have had an assessment in the past and your circumstances have changed, you are entitled to ask for another one.


Can anyone help me?

If you need support to ask for an assessment or during the assessment, you can get help.



Gofalwyr Ceredigion Carers

Gofalwyr Ceredigion Carers can guide you through the process. Contact them for more information and other types of support:

 03330 14 33 77

 ceredigion@credu.cymru

You can ask a friend, family member or advocate to be with you during your assessment.

To get more information about your rights and other support that is available for unpaid carers in Ceredigion, join the Carers Information Service:

 01545 574200

 connecting@ceredigion.gov.uk

 www.bit.ly/CISCERE





Preparing for your Young Carer's Needs Assessment

A Young Carer's Needs Assessment looks at how your caring responsibilities affect your life and what kind of support would help.

In Ceredigion, Young Carer's Needs Assessments are carried out by Gofalwyr Ceredigion Carers, on behalf of the local authority.



It is not a judgement about how well you look after the person you are caring for, **it's about you and your wellbeing.**

What is a Young Carer's Needs Assessment?

You will talk to a member of the Gofalwyr Ceredigion Carers team about things like:

- What tasks you do for the person you care for
- What parts of caring are hard for you
- If you need help with school, hobbies or work
- What would make caring easier for you



Getting ready for your assessment

Here are some things to think about beforehand:

- Are you able or willing to continue to care?
- Do you need help to continue working or to get into work, education or leisure opportunities?
- What kind of support do you need to continue caring?
- Which parts of caring do you find difficult or stressful?
- How would you like things to be different in the future?



What happens after the assessment?

Gofalwyr Ceredigion Carers will help you get support, this might include:

- A break and support to take part in hobbies or activities
- Opportunities to meet up with other young carers
- Someone to talk to if you feel upset or stressed



Your assessment will be shared with the local authority and, where appropriate, Hywel Dda health authority in order to provide you with the right help and support.



Cysylltu Ceredigion
Gofalwyr a Chymorth Cymunedol
Connecting Ceredigion
Carers and Community Support

For more information contact the Carers Information Service:



connecting@ceredigion.gov.uk



01545 574200

Your rights as a young carer

The United Nations Convention on the Rights of the Child states that all children and young people have the right to:

- Learn and have an education
- Spend time with friends and join clubs or groups
- Relax, play and privacy
- Have a say in decisions that affect them

Remember that help is available, and you deserve support too!

Why should you get an assessment?

You don't have to, but it's a good idea if:

- Caring is making you feel tired, sad or stressed
- You need extra help or time to rest
- School, work, or family life is becoming too much
- You want to plan ahead for the future



How do I ask for an assessment?

If you would like to have an assessment, **contact Gofalwyr Ceredigion Carers.**

You can do this online or by phone.

 **03330 14 33 77**

 **ceredigion@credu.cymru**

The logo for Gofalwyr Ceredigion Carers, featuring a stylized white arch over a person icon, with the text "Gofalwyr Ceredigion Carers" below it.

If you need help, ask a friend, family member or someone you trust to help you.


Directory of carer's leaflets

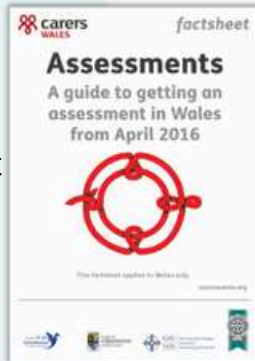
available from Ceredigion County Council

All of the booklets listed here are available in paper format or can be viewed and downloaded online. If you would like a paper copy sent to your home address, please call **01545 574200** or email your request to **connecting@ceredigion.gov.uk**

Assessments – a guide to getting an assessment

This booklet explains the aims of a carer's needs assessment and what happens during a carer's needs assessment.


 bit.ly/3ojhY0E

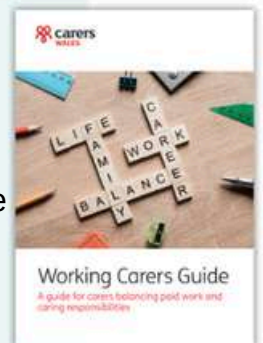


Working Carers Guide

In this guide, you can find information on:

- your rights at work
- making adjustments at work
- talking about your caring role
- planning for the future
- and much more!


 bit.ly/3l2tgcU

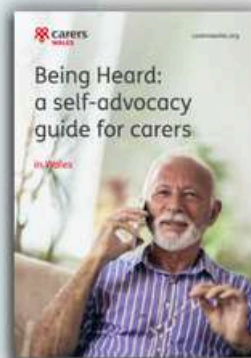


Being Heard: a self-advocacy guide for carers

Carers Wales' guide provides advice to help you communicate your needs with professionals, know your rights and look after your wellbeing.


Find online versions on the Carers Wales website:

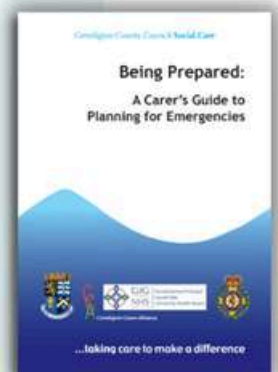
 bit.ly/3Q8l2vS



Being prepared - A carer's guide to planning for emergencies


This booklet is full of advice and helps you to think about the safety measures you can take if something happened to you in the future. It also includes an application to join the FREE Ceredigion Carers Emergency card scheme.

 bit.ly/3GsLEli



Coming out of hospital

This booklet explains how to plan for coming out of hospital so you can make sure your views and feelings are listened to and there is support in place.

 bit.ly/315Dm2T



Life after caring


The 'Life after caring' book has information and practical advice about managing when your caring role comes to an end or changes.

 bit.ly/3p2cc4W




Information for Young carers

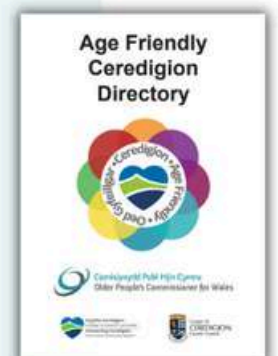


 bit.ly/4iYCie9

Age Friendly Directory

This booklet provides a directory of useful services and general information for Ceredigion residents.

 bit.ly/4ib8fp1




Useful contacts



The **Citizens Advice Bureau** provides FREE impartial and confidential advice on debt, benefits, employment, consumer affairs, housing, relationships and many other issues.

 **01239 621974**

 **ask@cabceredigion.org**

 **www.cabceredigion.org**



Cerebra provides services and support dedicated to helping families with children with brain conditions discover a better life together.

 **0800 328 1159**

 **enquiries@cerebra.org.uk**

 **www.cerebra.org.uk**



Older Persons Service (50+) Supporting you to live independently in your own home.

If you need support to live well and independently as you get older, our free advice and support service can help you:

- by carrying out a full benefit check and support you to apply for any entitled benefits
- to access home adaptations, care and other services
- to stay safe and healthy
- to feel part of your community
- to deal with any other housing-related issue

 **07971 954375 or 0800 052 2526**


 **older.persons@castellventures.wales**


 **www.castellventures.wales**



24/7 Mental Health Support

The **DPJ Foundation** is a charity supporting those in the agricultural sector with poor mental health by providing support, spreading awareness and training those in farming to be aware of poor mental health and its impact within our communities.

 **0800 587 4262**

 **Text - 07860 048799**

THEDPJFOUNDATION.CO.UK




LGBT+ Cymru Helpline
0800 917 9996

We offer general information, advice, and confidential support on various LGBT+ matters for individuals, families, and friends. Our qualified staff and trained volunteers are here to assist. You can reach out to us regardless of your sexual orientation or gender identity. Whether you have questions about a child, parent, sibling, friend, partner, or spouse, we're here to listen and help.

HAAV, a hospice charity in Ceredigion, understands the pressures unpaid carers face. That's why we offer



easy to access services that provide emotional support for both clients and carers, along with time out for carers to rest and recharge.

 **01970 611550**

 **www.hahav.org.uk**

Benefits enquiries


To claim Benefits	0800 055 6688	ACAS	0300 123 1100
Primary Benefits & Signing Off	0800 169 0310	(Pay and work rights helpline and complaints)	
Universal Credit Service Centre	0800 328 5644	Tax Credits	0345 300 3900
Budgeting Loans	0800 169 0104	Child Benefit	0300 200 3100
Debt Management	0800 916 0647	Pension Service	0800 731 0469
Discretionary Assistance Fund (Cheap rate for mobile phones)	0800 859 5924 0300 101 5000	Healthy Start	0345 607 6823
Maternity Allowance	0800 055 6688	National Insurance Enquiries	0300 200 3500
Bereavement Service Helpline	0800 151 2012	Post Office Card Helpline	0345 722 3344
Carers Allowance	0800 731 0297	Council Tax / Housing Benefit	01970 633 253
Disability Living Allowance	0800 121 4600	NHS Health Costs (HC1)	0345 603 1108
Attendance Allowance	0800 731 0122	Wales	
Report benefit fraud	0800 854 440	PIP - New Claims	0800 917 2222
		PIP - General Enquiries	0800 121 4433

THE MARGARET & ALICK POTTER CHARITABLE TRUST

Charity No 1088821 Number 1088821

The Margaret and Alick Potter Charitable Trust. Grants to help people living with dementia in Ceredigion.

To discuss applying for a grant contact the Secretary:


 **07794 674339**

 **secretary@pottertrust.org**



Brain injury can challenge every aspect of your life and the losses can be severe and permanent. It can mean losing both the life you once lived and the person you once were.

Headway is here to help. We meet on the **first Monday of the month** (excluding January) from **2pm - 4pm**, at Tesco Community Room, Park Avenue, Aberystwyth, SY23 1PB.


 **01974 821301** (Aberystwyth)

 **dolaubach@gmail.com**


 **headway.org.uk**

Cymru Versus Arthritis provides support and Services for people across Wales, providing people, friends, families and professionals with support, understanding, information and expertise, so that they can cope with the condition and get the most out of their life.




 **0800 756 3970**

 **walessupport@versusarthritis.org**

 **versusarthritis.org**

West Wales Domestic Abuse Service

24/7 Helpline and advice

 **01970 625585 or
01239 615385**

 **info@westwalesdas.org.uk**


 **www.westwalesdas.org.uk**



Carers Wales give advice, information, and support to make sure carers get the help they need.

 **www.carersuk.org/wales**

Carers UK Helpline:


 **0808 808 7777**
Open Monday to Friday, 9am – 6pm





Cafnogi Gofalwyr Ifanc ac Oedolion sy'n Ofalwyr
Supporting Young and Adult Carers



For more information about times and dates, please see our Facebook page -
 /CysylltuCeredigionConnecting

Carers Forum

Support • Information • Friendship






A new way to connect

We know that unpaid carers often juggle countless responsibilities, and finding time to attend formal meetings isn't always easy.

We'll be joining Gofalwyr Ceredigion Carers at their Carers Cafe Drop-in sessions. These relaxed, welcoming spaces give you the chance to chat, access information and advice, and share your thoughts on the support, services and events that matter to you.

Your voice remains at the heart of what we do – we're trying to make it easier for unpaid carers to be heard.

Upcoming dates

-  **Maes Mwldan, Cardigan**
20/4/26 | 1.30 - 3pm
-  **Trinity Church Hall, Newcastle Emlyn**
11/05/26 | 10.30am - 12pm
-  **Mustard Seed Cafe, Lampeter**
04/06/26 | 2.00 - 3.30pm
-  **Waunfawr Community Hall, Aberystwyth**
22/07/26 | 2.30 - 4pm
-  **Aberporth Village Hall, Aberporth**
02/09/26 | 1.30 - 3.30pm

The Carers Magazine was brought to you by:

The Carers and Community Support Team

Produced by: Robin Stanley, Lucy Steere, Lindsay Harkett

The Carers Information Service Magazine is also available online:

 www.ceredigion.gov.uk/carers

The next issue will be out in Summer 2026.

We reserve the right to edit articles received. The information in this magazine is intended as guidance and opinions expressed may not be those of Ceredigion County Council or Hywel Dda University Health Board. Neither are any articles nor products given as recommendations on behalf of Ceredigion County Council, they are reported for the reader to consider and form a personal opinion. All sources/references are credited wherever they have been provided/made available. Thanks are further expressed to sources of information, which by being passed on through this magazine are beneficial to carers in Ceredigion.



Cyngor Sir
CEREDIGION
County Council



Cysylltu Ceredigion
Gofalwyr a Chymorth Cymunedol
Connecting Ceredigion
Carers and Community Support



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board