



# Age Friendly Ceredigion

## Newsletter

March 2026

### Age Friendly Forum – February 2026

#### Mel Goodale

#### Technology Enabled Care & Sensory Services

Mel Goodale, Coordinator for Technology-Enabled Care and Sensory Services at Ceredigion County Council, introduced the range of technology-enabled care options available to help people live independently and safely at home.

Mel demonstrated equipment and services from the Penmorfa Centre for Independent Living, including call buttons, alarms, sensors, pill dispensers, personal safety devices, and the CPR Guardian. She also highlighted how home monitoring and smart hubs can support both carers and those being cared for.

### 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  
10:00 - 16:00

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
- Advice on daily living tasks

For more information Clic contact centre on : 01545 570 881 clic@ceredigion.gov.uk




Cyngor Sir CEREDIGION County Council

### TELECARE

**WHAT IS TELECARE?**  
Telecare is the use of technology to provide health and care services to people in their own homes, helping people to live independently and safely. An example is having a 'lifeline' which is a call button worn as a pendant.

**TELECARE IN CEREDIGION**  
Our person-centred approach working with everyone in the circle of support – family and friends, support workers, other Community Integrated Care colleagues and Health professionals – to ensure the best possible solution is delivered.

**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. The team will take immediate action to help you, 24 hrs a day, 365 days a year. This could include contacting a family member, a carer or the emergency services. Meaning customers across Ceredigion can feel confident, safe and secure in their homes.

**OTHER ASSISTIVE PRODUCTS / TELECARE DEVICES**  
Telecare here in Ceredigion can be more than a push button alarm. Some people may have quite specific needs where other devices programmed to the alarm unit would be of particularly useful. The Smart Hub will link with a wide range of sensors around the home and is directly connected to the monitoring centre. Examples of these would be heat, carbon monoxide, fall detection, door and fire and smoke.

**HOW MUCH DOES TELECARE COST?**

<b>BASIC TELECARE</b> £50 ONE OFF INSTALLATION COST THEN £ <b>4.10</b> /wk	<b>ASSISTIVE TECH</b> £50 ONE OFF INSTALLATION COST THEN £ <b>7.60</b> /wk
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SCAN ME 

Cyngor Sir CEREDIGION County Council

Email: [Telecare@ceredigion.gov.uk](mailto:Telecare@ceredigion.gov.uk)  
Phone: 01545 574000

## Emma Harries

### Electoral Services, Ceredigion County Council

Our second speaker, Emma Harris from the Electoral Services Team at Ceredigion County Council, explained the upcoming changes to voting for the Senedd in Wales, which now uses proportional representation rather than first-past-the-post.

#### Key deadlines:

- Register to vote: 20th April
- Apply for a postal vote: 21st April (must be registered first)
- Apply for a proxy vote: 28th April

## Upcoming Events



Grŵp Meddygol Ystwyth Ystwyth Medical Group

**CYN-FILWYR**  
**A**  
**GOLEUNI GLAS**  
**GALWCH HEIBIO**

11 Mawrth 2026  
12:30 – 18:00  
Grŵp Meddygol Ystwyth  
Gyda gwsteion yn cynnwys:

**VETERANS & BLUE LIGHT DROP IN**

11 March 2026  
12:30 – 18:00  
Ystwyth Medical Group  
With guests including:

Cyfle Cymru  
Adferiad  
Cyfle Ceredigion  
GIG NHS  
COMBAT STRESS  
DDAS  
Veterans Legal Link

Gweler ein gwefan am rhagor o ddiweddariadau:  
[www.ystwythmedicalgroup.co.uk](http://www.ystwythmedicalgroup.co.uk)

### Veterans and Blue Light Drop-in

Chat with a range of organisations offering health, wellbeing, and practical support, including Combat Stress, DDAS, Veterans Wales, Citizens Advice Bureau, Veterans Legal Link, and the Fire Service.

 Ystwyth Medical Group, SY23 3TL

 17 Wednesday, 11 March 2026

 12.30pm – 6pm



Tregaron Health and Wellbeing Show

Friday, 10 April 2026  
10am - 2pm  
Tregaron Memorial Hall, SY25 6JL

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

Free liver checks

Ceredigion County Council  
Cyfle Cymru  
GIG NHS

### Tregaron Health and Wellbeing Show

 17 Friday, 10 April 2026

 Memorial Hall, Tregaron

 10:00am – 2:00pm

Take a moment for your health at our **FREE** Health and Wellbeing Show! Have liver checks, BMI and blood pressure screenings, and pick up practical tips and guidance on a variety of health topics.



## Health at the Hub

**JUL 17** Wednesday, 15 April 2026

📍 Penparcau Hub, Aberystwyth

🕒 10:00am – 2:00pm

Free liver scans, BMI checks, blood pressure checks, and a wealth of advice and information on a range of topics! Just call in – no appointment needed.

## Age Friendly Ceredigion



### Age-Friendly Ceredigion: Public Engagement Campaign

We're gathering the views of older people and local communities to develop a new three-year action plan based on what matters most to you.

You can complete the survey online or download a paper copy here:  
<https://bit.ly/AFConsultation>

If you'd like the survey in another format please contact Clic on 01545 570 881 or [clic@ceredigion.gov.uk](mailto:clic@ceredigion.gov.uk).

**Deadline extended! Submit your views by 20.3.2026**

## Consultations & Have your Say!

### Have you had a knee replacement?

Researchers at the University of Manchester are undertaking research to learn how patients recover after knee replacement.

**Deadline: 30.4.2026**

<https://healthandcareresearchwales.org/have-you-had-knee-replacement>

## **Pont Rhiwarthen, Capel Bangor - Proposed Bridge Replacement**

Pont Rhiwarthen bridge is in poor structural condition, and despite ongoing maintenance, it now requires full replacement to remain safe and operational.

Potential replacement options have been developed and the public is invited to provide feedback, which will help shape the final design of the new bridge.

**Closing date: 22.3.2026**

<https://www.ceredigion.gov.uk/your-council/consultations/pont-rhiwarthen-capel-bangor/>

## **Active Travel Network Map 2026**

Ceredigion County Council is consulting on Active Travel needs to update its Active Travel Network Maps (ATNMs), which support planning and funding for walking, wheeling, and cycling routes.

The current map, approved in 2022, is being revised to reflect improvements over the past three years. This consultation focuses on the main towns of Aberystwyth, Cardigan, and Lampeter, designated by the Welsh Government as Active Travel localities.

**Closing date: 22.3.2026**

<https://www.ceredigion.gov.uk/your-council/consultations/active-travel-network-map-2026/>

## Draft dementia strategy for Wales 2026 to 2036

The Welsh Government is consulting on a new Dementia Strategy for Wales, which will replace the previous Dementia Action Plan (2018) and the follow-up document from 2021, updated after the challenges of the COVID-19 pandemic.

The plan will be co-produced, meaning people with lived experience, partners, and stakeholders will be involved throughout. This consultation gives you an early opportunity to share your views, which will help shape the final strategy in 2026.

### The closing date for responses is 3.4. 2026.

Find more information here: <https://www.gov.wales/draft-dementia-strategy-wales-2026-2036>

## Draft national strategy for unpaid carers 2026

The Welsh Government is asking for your views on a new National Strategy for Unpaid Carers. This new strategy will replace the one published in 2021. It is based on what unpaid carers and their organisations have said matters most to them. The Welsh Government want to know what you think about the draft strategy. Your feedback will help shape the final version, which will be published later this year.

### Closing date: 13.4.2026

<https://www.gov.wales/draft-national-strategy-unpaid-carers-2026>

## Introducing mandatory eyesight testing for older drivers

The Department for Transport is seeking views on:

- potentially moving away from the current self-declaration system for eyesight standards for drivers aged 70 and over
- introducing mandatory eyesight tests for older drivers as part of the driving licence renewal process

### Deadline: 11.5.2026

<https://www.gov.uk/government/consultations/introducing-mandatory-eyesight-testing-for-older-drivers>

## Have Your Say: Rural and Coastal Cancer Research Priorities

Researchers across the UK and Ireland are inviting people with an interest in rural and coastal cancer care to share what matters most to them. This includes health professionals, researchers, charities, policymakers, people with lived experience of cancer, and those who support them.

Take part in the initial survey here:

[https://forms.office.com/Pages/ResponsePage.aspx?](https://forms.office.com/Pages/ResponsePage.aspx?id=xEculd4FgkKDr19LRrFij03gwKF48EZCtANWNrnkOSBURFNRVE5ITTJFNDIGWFVYWTlyVUdlUIZKVi4u)

[id=xEculd4FgkKDr19LRrFij03gwKF48EZCtANWNrnkOSBURFNRVE5ITTJFNDIGWFVYWTlyVUdlUIZKVi4u](https://forms.office.com/Pages/ResponsePage.aspx?id=xEculd4FgkKDr19LRrFij03gwKF48EZCtANWNrnkOSBURFNRVE5ITTJFNDIGWFVYWTlyVUdlUIZKVi4u)

## News and Information

### Funding for community ideas to shape heart research in Wales

Do you have an idea about how to connect people with cardiovascular health research in their community?

A new funding scheme, called AURORA, is supporting community-led projects across Wales to help more people take part in and shape research about heart and circulatory health.

Find out more: <https://healthandcareresearchwales.org/about/news/funding-community-ideas-shape-heart-research-wales>

### Join AbilityNet's Free Webinars

AbilityNet runs free webinars covering topics relevant to disabled people, digital accessibility specialists, and anyone interested in accessibility. Past sessions are also available to watch online, with transcripts provided for easy reference.

For more information: <https://abilitynet.org.uk/free-tech-support-and-info/webinars>

## Ceredigion Youth Service's Inspire Project brings generations together through retro gaming

Ceredigion Youth Service's Inspire Project recently brought young people and residents of Hafan y Waun care home together for a retro gaming session, using classic games to spark connection, laughter, and shared memories across generations. The event highlighted how shared activities can bring people of all ages together in meaningful ways.

To read the full story, visit:

<https://www.ceredigion.gov.uk/resident/news/2026/ceredigion-youth-service-s-inspire-project-brings-generations-together-through-retro-gaming/>

## Winter Fuel Payments – What You Need to Know

Changes are being introduced to how Winter Fuel Payments are handled from 2025 onwards. If your total annual income for the 2025-26 tax year is £35,000 or less, you will keep your Winter Fuel Payment. If your income is over £35,000, HMRC will automatically recover the payment through your tax – usually by adjusting your tax code or through your Self Assessment return.

**Most people do not need to take any action**, as repayments will happen automatically. Anyone who expects their income to be above the threshold can choose to opt out of receiving future payments instead.

For full details, visit: [www.gov.uk/winter-fuel-payment](https://www.gov.uk/winter-fuel-payment)

## Arthritis UK: Free Online Information Sessions

Arthritis UK offers free, live online sessions for people living with arthritis, chronic pain, or other musculoskeletal (MSK) conditions. These sessions are designed to provide reliable information in a supportive setting, helping participants feel more confident and in control of their condition.

For more details and to book a place, visit: <https://www.arthritis-uk.org/information-and-support/support-and-resources/online-information-sessions/>

## Digital Support for People with Parkinson's

Parkinson's UK and AbilityNet are partnering to offer free support for people with Parkinson's who want help getting online or using digital devices. Support is also available for those already online to build confidence with digital tasks, helping people stay connected and supported every day.

Anyone connected with Parkinson's UK—including local group members and service users—can access this free support.

Find out more: <https://abilitynet.org.uk/free-tech-support-and-info/do-you-have-parkinsons-and-need-help-get-online-or-digital-devices>

## Changes to NHS Dental Check-Ups in Wales

From April, dental check-ups in Wales will change. Dentists will assess how often patients need to be seen based on individual oral health needs. If your mouth is healthy, you may only need a check-up every two years.

Urgent dental treatment will still be available when needed. If you are already registered with an NHS dental practice, you should contact them directly for both routine and emergency appointments.

Information about the changes, and on how to access dental care is available here: [www.gov.wales/accessing-nhs-dental-services](http://www.gov.wales/accessing-nhs-dental-services)

## Free Webinar: Ynni Cymru - Capital Grant Scheme

Ynni Cymru (a Welsh Government Programme) is hosting a webinar to discuss its proposed capital grant scheme for Smart Local Energy System (SLES) projects.

The scheme will be open to the public sector, voluntary/community/social enterprise sectors and SMEs based in Wales.

Webinars will take place on Tuesday 10 March. Please register using this link: <https://localpartnerships.gov.uk/events/ynnicymrucapitalgrantprogramme-2/>

## Don't Miss Out on Benefits You're Entitled To

Every year, over £1 billion in benefits goes unclaimed in Wales. You could be eligible for extra money for living costs—even if you already receive benefits.

Advicelink Cymru can help you check and claim what's yours:

- Pension Credit: £1,800 (average)
- Council Tax discount: £800 (average)
- Extra support if you care or study
- Help with debt and personal finances

Free, confidential advice: 0800 702 2020

Opening hours: Mon-Fri 8am-7pm, Sat 9am-1pm

## New Guide from Age UK: Sex, Relationships and Intimacy

Age UK has published a new information guide exploring sex, relationships and intimacy in later life. The guide challenges common myths about ageing and highlights the importance of intimacy and wellbeing for many older people.

Find out more and read the guide on the Age UK website:

<https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/sex-and-intimacy-in-later-life>

## Mature Driver Course

Ceredigion County Council offers a free Mature Driver course designed to help older drivers stay mobile, independent, and confident behind the wheel.

Upcoming courses:

- 17.04.2026 - Canolfan Rheidol, Aberystwyth, 9:30 am - 12:30 pm
- 21.05.2026 - Creuddyn Building, Lampeter, 9:30 am - 12:30 pm

Book your place by contacting [clie@ceredigion.gov.uk](mailto:clie@ceredigion.gov.uk) or 01545 570 881.

## New Parkinson's Support Group

A new Parkinson's support group has recently started at the Wellbeing Centre Lampeter. The group offers a friendly and supportive space for people living with Parkinson's, as well as their family members and carers.

The group meets from 1 to 3pm on the first Friday of every month at the Wellbeing Centre in Lampeter. New members are always welcome.

## Community Connectors

Ceredigion's Community Connectors can help you discover local activities and social groups that match your interests.



**ST PAULS METHODIST CENTRE, ABERYSTWYTH, SA23 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.



**WELLBEING CENTRE, LAMPETER, SA48 7BX**

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



**ABERAERON LIBRARY, SA46 OAT**

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



## Help Shape an Age-Friendly Ceredigion!

Please share this newsletter with friends, family, and your networks.

☎ 01545 570881

✉ [connecting@ceredigion.gov.uk](mailto:connecting@ceredigion.gov.uk)