

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.



HELLO
SPRING

Ceredigion Carer Card offers - pgs. 3 - 6
Learn something new - pgs. 8 - 12
Gofalwyr Ceredigion Carers - pg. 19
Support for young carers - pg. 24 - 26
and lots more...



Cyngor Sir
CEREDIGION
County Council

A message from the Carers and Community Support Team

Welcome to the spring edition of the Carers Magazine, Ceredigion's only magazine for unpaid carers. This issue is all about fresh starts and feeling new again, just like spring outside. Along with all the usual information to help support you in your caring role, we have filled this issue with articles, stories and information that capture what spring is all about: growing, starting fresh and coming up with new ideas.

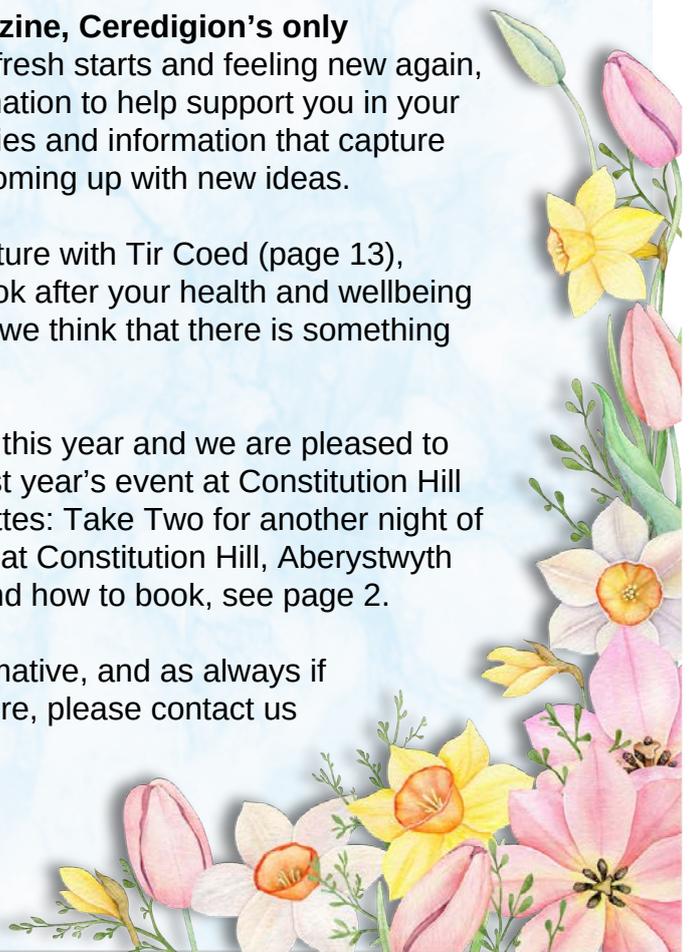
Whether you'd like to learn about sustainable horticulture with Tir Coed (page 13), learn a new skill with Lifelong Learning (page 9) or look after your health and wellbeing with the support of your local leisure centre (page 6), we think that there is something for everyone.

We've been busy planning activities for Carers Week this year and we are pleased to announce two large events. Due to the success of last year's event at Constitution Hill in Aberystwyth, we will be joined again by The Hornettes: Take Two for another night of live music, dancing and food. The events will be held at Constitution Hill, Aberystwyth and Bargoed Farm in Llwynceilyn. For more details and how to book, see page 2.

We hope you find the magazine interesting and informative, and as always if there is a topic you would like us to include in the future, please contact us with your ideas.

Best wishes

Carers and Community Support Team



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



FREE

CELEBRATING CARERS WEEK 2024

CARERS' NIGHT

FOR UNPAID CARERS AND GUESTS

BOOKING IS ESSENTIAL

WITH

**The Hornettes:
Take Two**



**LIVE MUSIC,
DANCING
& FOOD**

**BARGOED FARM
LLWYNCELYN**

**FRIDAY
7 JUNE
6-9PM**



**CONSTI
ABERYSTWYTH**

**FRIDAY
14 JUNE
6-9PM**



**FOR MORE INFORMATION
OR TO BOOK TICKETS:**

 WWW.BIT.LY/CWK2024

 01545 574200

 CONNECTING@CEREDIGION.GOV.UK

**PLEASE BOOK BEFORE
24 MAY 2024**

**SCAN
TO BOOK**



Cyngor Sir
CEREDIGION
County Council



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



CEREDIGION CARER CARD



HAVE YOU APPLIED FOR YOUR FREE CARER CARD YET?

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:**
www.ceredigion.gov.uk/carercard

 **Young carer card:**
www.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.



DENMARK FARM – 10% DISCOUNT OFF WORKSHOPS

NEW

Denmark Farm Conservation Centre is a wildlife rich 40-acre conservation reserve. They provide FREE access to everyone who loves spending time outdoors and in nature.

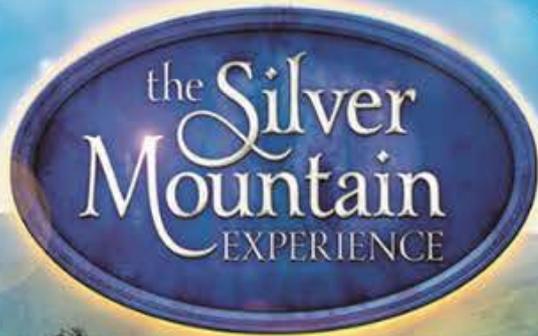
Denmark Farm also host one-day workshops ranging from basket weaving, nature painting, fermenting, and chocolate making.

Ceredigion Carer Card and Young Carer ID Card holders can receive 10% discount off the full ticket price on a selection of one-day workshops. See their website www.denmarkfarm.org.uk for further details or contact them directly on **01570 493358**, during office hours.

Please note: This offer is subject to availability and local T & C's. Under 18's must be accompanied by an adult and proof of a Ceredigion Carer Card and/or Young Carer ID Card is required on arrival.

OFFERS AND DISCOUNTS

All offers correct at time of printing (March 2024)



NEW

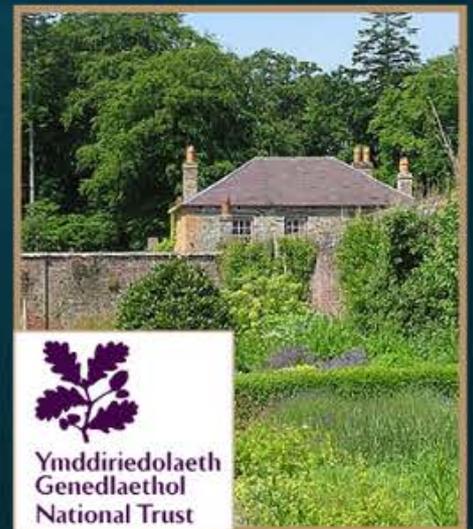
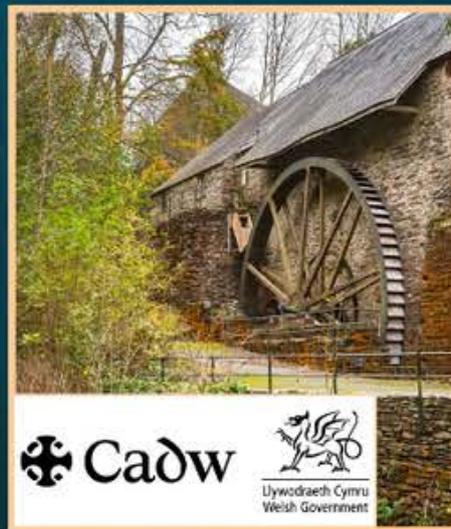
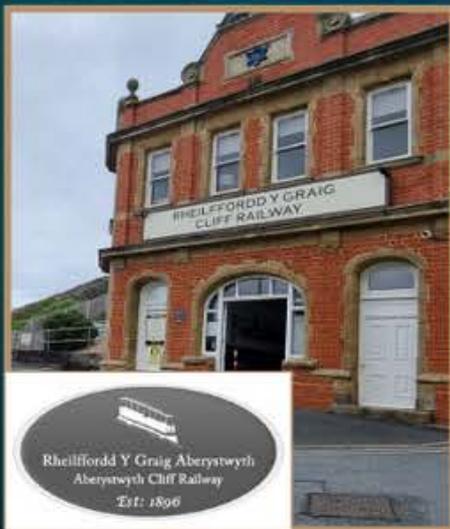
CONCESSIONARY RATES

The Silver Mountain Experience, is a place where history, myth and legend collide, enjoy a fun filled day out with a choice of guided tours to discover the fascinating history of this silver lead mine, or experience Welsh myths come to life in an actor led performances.

Ceredigion Carer Card and Young Carer ID Card holders can now receive concessionary rates. This offer is subject to availability and local terms and conditions.

Please see The Silver Mountain Experience website www.silvermountainexperience.co.uk for further details and when making a booking online please apply senior/student ticket.

Please note: Proof of Ceredigion Carer Card and/or Young Carer ID Card is required on arrival.



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FREE TRAVEL

Travel for free on the Aberystwyth Cliff Railway.

10% OFF ENTRY

Get a 10% discount on entry to selected Cadw visitor attractions in Wales.

FREE ENTRY

Present your Ceredigion Carer Card to get free entry to Llanerchaeron.

CEREDIGION CARER CARD OFFERS

Full terms & conditions of all carer card offers can be found on the council's website:
www.ceredigion.gov.uk/carercard



10% DISCOUNT

Enjoy 10% off the cost of a full price ticket at Theatr Felinfach.



GOLF DISCOUNT

Play golf at Borth & Ynyslas Golf Club at a rate of £25 per person.



HALF PRICE SERVICES

Hybrid e-bike hire and office space with a sea view!



FREE TRAINING

First training session of any Dysgu Bro course is free of charge for Carer Card cardholders. See **page 10** for list of courses.



PROOF OF CARING ROLE

Carers are eligible for a free flu vaccination. Ask your GP surgery for your free influenza vaccination.

IMPORTANT

Carers must be able to provide proof of their Ceredigion Carer Card or Young Carer ID Card.

FREE UNLIMITED ACCESS

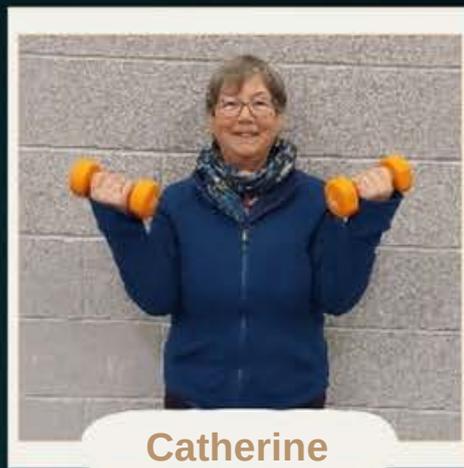
- Gym
- Swim
- Classes
- Activities
- And more...

✿ Please note that certain age restrictions may apply.

CEREDIGION
ACTIF

Empowering Transformation: Catherine's Fit4Life Journey

Meet Catherine, a vibrant 69-year-old retiree and full-time carer to her husband. Despite facing the challenges of an autoimmune disorder, Catherine's zest for life was reignited through Ceredigion Actif's fitness programmes.



Catherine

Before caring took centre stage, Catherine enjoyed an active lifestyle—walking, gardening, swimming, and practicing yoga. However, the burden of responsibility led to a decline in her stamina and mental health. Catherine likened herself to a mountain pony built for endurance, but the strain began to take its toll.

In search of a solution, Catherine turned to the National Exercise Referral Scheme (NERS). A self-conscious yet determined participant, she embraced the non-judgmental atmosphere during her induction interview. Blood pressure, weight, and height were measured, and a personalised 16-week plan was crafted.

The transition to the Fit4Life scheme was seamless. A positive 16-week assessment affirmed Catherine's progress, and she moved up to Fit4Life with ease. Choosing circuit sessions and gym workouts aligned with her schedule, providing a perfect balance.

Catherine's favourite part of Fit4Life?

The invigorating circuits. For one hour, it's pure "me time," a therapeutic escape set to music. The exercises not only strengthen her physically but also transport her to a worry-free mental space. Catherine emphasised that the

times she least feels like going are when she needs it the most, leaving her feeling refreshed and connected with newfound friends.

The benefits are evident in Catherine's transformed physique. She has gained upper body strength, improved flexibility, and enhanced mental well-being. Tasks at home are now tackled with ease, and stress melts away during each session.

Catherine commended the staff's encouraging and non-judgmental attitude, a crucial element in her journey. Reflecting on her progress, she highlighted the transformative power of investing in oneself. For someone who never saw the appeal of the gym, Catherine now recommends it wholeheartedly. "Looking after yourself" is a journey worth taking, and she encourages others in similar positions to give it a try.

You will find a timetable of the Fit4Life classes and activities in the centre of the magazine.

FREE SWIMMING

In **ANY** community pools or council run leisure facilities in Ceredigion.

ABERAERON

LAMPETER

PLASCRUG

LLANDYSUL

TREGARON



Cynllun
Hamdden Actif
FfitAmByth
Fit4Life
Active Leisure
Scheme

Are you or someone you care for an LGBTQI+ person looking to get running and make new friends?

Aberystwyth Fronrunners is a new running group for LGBTQI+ people in and around the town.

We run every Monday evening at 6, starting at the Aberystwyth Market Hall, and there's the option of a few post-run drinks in a local pub afterwards.

You don't have to be an experienced runner; in fact, we particularly welcome people with no previous running experience. All you need is a pair of trainers, something comfy to wear, and the ability to run for around 30 minutes.

Many LGBTQI+ people have bad experiences of sport that put them off for life. You may not feel comfortable exercising alone in public or joining traditional clubs. But the benefits for our physical and mental health are well known. We shouldn't be missing out!

If you'd like to join Aberystwyth Fronrunners or have any questions, visit our website:

 aberystwythfronrunners.org

Or email Julien at:

 aberystwythfronrunners@gmail.com

“

I recently came out as bi and wanted to make more queer friends. I find sit-down socials stressful sometimes, but conversations flow better while outdoors and moving!
- Sarah

”



**ABERYSTWYTH
FRONRUNNERS**



Walking for Wellbeing

Aberystwyth	Tuesday	10am
Cardigan	Tuesday	10am
Lampeter	Tuesday	10am
Aberporth	Wednesday	10am
Borth	Friday	10:30am
Tregaron	Friday (every fortnight)	10:30am

To book on to a walk, or for more information contact Dawn Forster:

 **07866 985 753**

 dawn.forster@ceredigion.gov.uk



Discover free learning with Personal Learning Accounts

If you're looking to learn new skills without worrying about the cost, a **Personal Learning Account (PLA)** could be just what you need. It's a free program that is funded by the Welsh Government and offers courses in areas like technology, green jobs, and healthcare. The best part? It's designed to fit around your busy life.

Who can apply?

If you're aged 19 or over, live in Wales and **any of the following** apply to you, then you may be eligible:

- Full time carer
- Earning under £30,596 a year
- Working on a zero-hour contract
- Working for an agency
- Offender on day release
- The course you wish to do is exempt from the wage cap i.e., digital or net zero

The PLA makes it easier for carers like you to get into learning without the usual hassles. You start by talking to a career advisor who helps figure out the best courses for you. This way, you can start learning new things that could help in your career or even lead to a new job, easily making it fit around your work and caring role. It's a great chance to grow and **learn for free.**

Find out more:

Visit the Careers Wales website for more information:

 bit.ly/3SJ4iwa

Contact the local Careers Centre:

 0800 028 4844

 Aberystwyth Careers Centre,
The Barn Centre, Alexandra
Road, Aberystwyth,
Ceredigion, SY23 1LN

Centre opening days and times:

- Tuesday, 9:00am to 4:30pm
- Wednesday, 9:00am to 4:30pm
- Thursday, 9:00am to 4:30pm

You can also speak to colleges directly about PLAs and to get advice on other funding that is available.

Coleg Sir Gar

 bdi@colegsirgar.ac.uk

 01554 748000



Gyrfa Cymru
Careers Wales





Ceredigion Lifelong Learning and Skills

Learning is for Everyone!

If you want to learn something new or improve your skills, why not check out the courses and training programmes offered by Ceredigion's Learning and Skills team?

Whether you're 16 or 96, we have something for everyone.

Ceredigion Training (HCT)

HCT offers a range of practical training programmes and courses to help people get better jobs and to improve the skills provision for employers in the county.

We work with local schools to provide both vocational and alternative curriculum courses. This includes courses and apprenticeships funded by the Welsh Government in fields like carpentry, plumbing, electricity, car repair, hairdressing, and administration.



☎ 01970 633010

✉ info@hctceredigion.org.uk

🌐 www.ceredigiontraining.co.uk

Do you want to improve your numeracy skills?

MATHEMATICS

We can support you to:

- Help your children with their school work
- Manage your finances better
- Improve your job prospects
- Build your confidence with maths

Courses are free!

Contact us:

Dysgu Bro Ceredigion

01970 633 540

admin@dysgubro.org.uk

Employability Support Team

Our Employability Support Team, who are funded by the Communities for Work + project from the Welsh Government, provides help to people in Ceredigion who aren't in work, education, or training, to find jobs and training opportunities.

Multiply Program

Thanks to new funding called Multiply, we can offer adults over 19 in Ceredigion free help to get better at maths through personal tutoring, online learning, and flexible classes. This program helps adults earn a maths qualification and improve their maths skills for work and daily life.

We work with community groups, local businesses, and organisations that help people who are usually hard to reach.

We can offer a range of support, including helping parents who want to help their children with their maths homework.



Learning with Dysgu Bro

Dysgu Bro offers courses for people in the community to learn new things, earn qualifications, or get better at skills needed for jobs. We have classes in maths, reading and writing, British Sign Language, first aid, and more.

List of Dysgu Bro courses



Health & Safety

- First Aid in the Workplace
- Emergency First Aid
- First Aid at Work Refresher
- Paediatric First Aid
- Food Safety
- Health and Safety in the Workplace
- Manual Handling
- COSHH
- Fire Safety Awareness
- Risk Assessment
- Construction Skills Certification Scheme (CSCS)



Computer Courses

- Beginners
- Microsoft Office
- Office 365
- Google Suite
- Adobe Photoshop
- i-Pad
- Social Media
- ITQ
- iCDL
- iCDL Advanced



Business

- Sage One
- Business Administration
- Report Writing
- Business Literacy
- Preparing business cases
- Minute Taking
- Time Management
- Managing difficult conversations
- Coaching & Mentoring
- Introduction to Supervisory Skills
- Equality and Diversity
- Presentation Skills
- Confidence in meetings
- Confidence with presentations
- Effective presentations
- Customer Service
- Conflict Management
- Alcohol Licensing
- Underage sales prevention



Essential Skills

- Numeracy
- Communication
- Digital Literacy
- British Sign Language

CARER OFFER

Use your Carer Card to get the first training session of any Dysgu Bro course for FREE.

Unlock the digital world with Age Cymru Dyfed

Are you 50+ and curious about the internet?

Do you want to shop online, connect with loved ones, or explore new hobbies from the comfort of your home?

Age Cymru Dyfed can guide you through the digital universe with their **FREE digital skills services**.

What are the benefits?



It's free: They offer everything you need to get started or level up your digital skills at no cost.



Personalised learning: Whether you're starting from scratch or want to upgrade your skills, their friendly Digital Champions are there to support you every step of the way.



Stay connected: Discover how to video chat with family, manage your health online, and join social groups without leaving your house.



Try a tablet: Not sure if a tablet is for you? Their Tablet Loan Scheme lets you borrow one for 6-8 weeks to see how it fits into your life.



Safe & Secure: Learn how to navigate the web securely with easy-to-follow guides.

For more information, contact:

Peter McIlroy: p.mcilroy@agecymrudyfed.org.uk

Reception: reception@agecymrudyfed.org.uk

 **03333 447 874**

 www.bit.ly/3wTNxHI

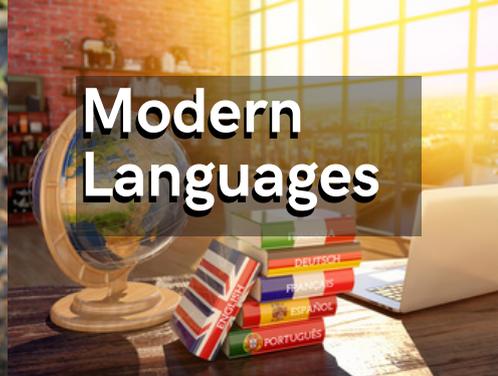
 **Dyfed
age Cymru**



Professional
Development



Ecology



Modern
Languages

Cyngor Cyllido Addysg
Uwch Cymru
Higher Education Funding
Council for Wales

hefcw



PRIFYSGOL

ABERYSTWYTH
UNIVERSITY

Free Part-time Courses

Lifelong Learning at Aberystwyth University is offering a scheme to support people living in Wales who would not otherwise have access to higher education.

Eligible students will study free of charge.

Choose from our wide range of part-time courses - many of which are available to study online.

Contact us for more information or to check your eligibility: learning@aber.ac.uk

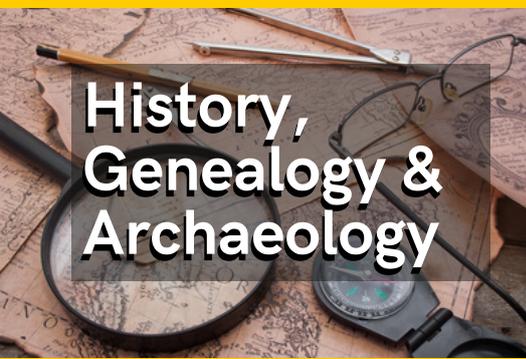
Who can apply?

To be eligible for the fee waiver scheme you:

- Must be living in Wales, and
- Must not study more than 20 credits in this academic year, and
- Must meet at least one condition on the list of criteria, which includes an **unpaid carer**.



www.aber.ac.uk/en/life-long-learning/courses/



History,
Genealogy &
Archaeology



Art & Design



Creative
Writing

Gardening groups and activities

Whether you are already a keen gardener, or you'd like to learn more about gardening, there are groups around the county that you can get involved with.

Cwtsh Natur

An opportunity to socialise and do some gardening **once a month on a Saturday at Yr Ardd**. Coffee and cake included. For more information, please contact:

✉ llinos.cbw@gmail.com

Sustainable Horticulture Course

Ty Llwyd, Llanfarian
20 week course
Thursdays
Starts 11th April
10am - 4pm

For more information contact:

✉ ceredigion@tircoed.org.uk

☎ 07376 299354

Gardening Group

The Gardening Group is held on **Fridays** from **10am-5pm** at the **Penparcau Community Hub**. People are welcome to come whenever they are available and for as long as they want to.

Gardening Society

The **Three Picks Gardening Society** welcome you to their group. Share knowledge, tips and seeds on the **3rd Thursday of each month**. **The Glanrafon Arms, Talgarreg**. Arrive at **7.30** for an **8-9pm** session.

**CONCERNED ABOUT YOUR MEMORY?
COME ALONG FOR A CHAT.**



4TH WEDNESDAY OF EVERY MONTH

MEMORY CAFÉ

10AM - 12PM

**TYSUL CHURCH HALL, CHURCH STREET,
LLANDYSUL**

Parking available, disabled access and disabled toilet.



Cyngor Sir
CEREDIGION
County Council



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

What is the Memory Café?

A relaxed space for people with memory problems or dementia and their carers and for people who have previously been caring for a loved one with dementia.

- Activities
- Memory games
- Guest speakers
- Reminiscence
- Singing
- Chat & company
- Coffee, tea, cake & biscuits

If you do not have a diagnosis but are concerned about your memory, please join us for a chat.

CAKE AND CLONG

A relaxed social group for people with dementia and their loved ones

If you do not have a diagnosis but are concerned about your memory, please join us for a chat.

Activities

- Memory games
- Guest speakers
- Reminiscence
- Singing and more

Questions?

Phone Kim Parry - **07810 505117**



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

LAMPETER

Third Monday of every month, 2pm – 4pm

☕ Communal lounge
Llys Pedr Sheltered Housing
Lampeter
SA48 7DD

CARDIGAN

First Tuesday of every month, 2pm – 4pm

☕ Communal lounge
Bro Teifi Sheltered Housing
Cardigan
SA43 1DS

Community Connector message board:

Explore a handpicked selection of activities, drop-in events, cafes, and social spaces throughout Ceredigion, all recommended by our Community Connectors, where a warm welcome awaits you.



Borth

Pay as you feel cafe
Every Friday
11:30am - 1:30pm
Borth Community Hub,
Clarach Road, Borth,
SY24 5LW



Bow Street

FREE Warm Space Coffee Morning
Every Friday
10am - 12pm
Neuadd Rhydyppennau,
Bow Street, SY24 5BQ



Aberystwyth

Aber Dads - for dads, father figures & their children
Monthly on a Saturday
10am - 11:30am
Waunfawr Community Hall
27/04, 18/05, 22/06, 13/07,
21/09, 26/10, 23/11, 14/12



AberDads

Pontrhydygroes

Coffee Morning
Every Wednesday
11am - 1pm
Pontrhydygroes &
Ysbyty Ystwyth
Village Hall





Lampeter

Food Project
 Tuesday
 12 - 2pm
 Minds Eye Venue,
 North Road

Free hot meal and a drink
 Every Friday
 12 - 2pm
 The Hub, Emmaus Church,
 Bridge Street



Tregaron

Stay and Play Warm Spaces
 Tregaron Memorial Hall
 Every Tuesday
 Free play session 10:30am
 Open to the community at
 12 noon for lunch.



The Community Connectors can be found all over the county and can help with things like:



Blue badge applications



Connecting you with service providers



Putting you in touch with local groups

And more...

If you would like to talk to a Community Connector in your area:



01545 574200



connecting@ceredigion.gov.uk



www.ceredigion.gov.uk

Follow the Community Connectors on Facebook to find out when and where their regular drop-in meetings are.



cysylltuceredigionconnecting

Funded by UK Government

Compassionate Communities Creative Cafe

Arts 4 wellbeing

A warm welcoming atmosphere for everyone to share some creative fun activities.

Starting Tuesday 20th February.

Every Tuesday
 1030 am - 1 pm
 The Cricket Pavillion,
 Parc Goffa Memorial Park,
 Llandysul,
 SA44 4QS

Try something new whilst enjoying a cuppa and a chat.
 Activities for all ages and abilities.

Contact Sara for more information_07496 879 820

Llandysul

Arts 4 Wellbeing Creative Cafe
 Every Tuesday
 10:30am - 1pm
 The Cricket Pavillion,
 Memorial Park, SA44 4QS

Funded by UK Government

Compassionate Communities Creative Cafe

Arts 4 wellbeing

A warm welcoming atmosphere for everyone to share some creative fun activities.

Starting Thursday 22nd February.

Every Thursday.
 1030 am - 1 pm
 St Mary's Old School Hall,
 Pontycleifion,
 Cardigan,
 SA48 1DW

Try something new whilst enjoying a cuppa and a chat.
 Activities for all ages and abilities.

Cardigan

Arts 4 Wellbeing Creative Cafe
 Every Thursday
 10:30am - 1pm
 St Mary's Old School Hall,
 Pontycleifion, SA43 1DW





RAY Forget me Knot Dementia Support Group launches new volunteer project

The RAY Forget-me-Knot Dementia Support Group, with support from the West Wales Regional Dementia Steering Group, has started a project where volunteers visit people with dementia and their caregivers at home for 2 hours every week. Jenny Higgins and Ellie Guiver organise these visits to help in a way that's best for each person. Since September 2023, they've been looking for volunteers through flyers and talks in local towns. Already, 7 volunteers are ready to go, and more are expected to join.

The main aim of this trial is to help carers by giving them extra support. During the visit, volunteers will befriend the person with dementia, allowing carers time to focus on household tasks or enjoy some well-deserved rest. The project understands that everyone's situation with dementia is different and adjusts to meet those changing needs.

If you're looking after someone with dementia and think that you would benefit from an extra 2 hours of support a week, please get in touch with Jenny Higgins at **07592 195904** or email rayforgetmeknot@rayceredigion.org.uk.



Preparing for the Aberaeron Carnival



RAY Ceredigion

RAY Ceredigion's weekly term time activities for all ages:

Visit RAY Ceredigion's Facebook page for more activities, including:

- Ray Family Centre drop-in
- RAY Actif Juniors
- Nyth Y Fron
- Aeron Arts
- Repair Café
- RAY Dyma Ni



RAY Forget-me-Knot Club is a support group for people with dementia and their carers.

The group meets every Friday from 10.30am to 12.30pm, with an option to stay on for a takeaway lunch which we enjoy together.

 **01545 570686**

Supported by the Margaret and Alick Potter Trust



A request from Kaz Trinder, RAY Forget Me Knot Club Assistant

The RAY Forget Me Knot Dementia Support Group are taking part in this year's Aberaeron Carnival. We are hoping our float will be a beautiful carpet of forget me knot flowers, which have become a strong symbol of remembrance, love and respect.

As an assistant with the weekly group, I popped a post on social media asking if anyone would like to help us out by knitting, crocheting or even sewing individual flowers.

What a wonderful community we have! I have received packages of flowers from not only here in Ceredigion but also across the UK. Many have seen the request and also shared the post, not only individual people locally, also craft and other community groups, from near and far have kindly started sending us their beautiful flowers, it has been quite overwhelming. It seems to have touched a chord and people really care about this issue and connect it with those they love or have lost.

If you would like to donate some forget me knot flowers to be used on RAY Ceredigion's carnival float, please send them to RAY Ceredigion, Pengloyn, Tabernacle Street, Aberaeron, SA46 0BN.

You can make them out of anything, but if you'd like to crochet or knit some forget me knot flowers for the float, Kaz recommends the free patterns on the Crafty Cavy website: www.craftycavy.co.uk



Knitting and Crochet Workshop



**JOIN KAY FROM CRAFTY CAVY ON ZOOM.
SHE WILL TALK YOU THROUGH HER
FORGET ME KNOT PATTERNS.**

**15 MAY 2024
11AM - 12PM**

FREE



To join the Zoom session, email Kay at:
kay@craftycavy.co.uk
Please quote 'RAY' to redeem the offer.



Pop in when it suits you

CARERS CAFE

Drop in session for unpaid carers and the people they support

Contact:



07896 416640



07495 532490

Gofalwyr
Ceredigion
Carers



07976 553974



CANOLFAN DYFRYN, ABERPORTH

1st Wednesday of every month,
1:30pm - 3:30pm



MUSTARD SEED CAFE, LAMPETER

1st Thursday of every month,
2pm - 3:30pm



PLAS ANTARON, ABERYSTWYTH

4th Thursday of every month,
2pm - 3:30pm

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

SINGING FOR FUN

Every other Friday, 11 – 12.30
at Plas Antaron,
Aberystwyth in
collaboration with
HAHAV.

Contact Iona:

 07833 647234

 ionasawtell@yahoo.co.uk



FUN TIMES!

Carer led group for those who like to get together and get involved in activities – hiking, swimming, skating, SUP, etc.

Contact Melissa:

 Melissa@credu.cymru



SUPPORTING CARERS IN CEREDIGION

Do you look after someone with a health condition and/or disability?

Then you matter too!

Credu – **Gofalwyr Ceredigion Carers** supports people who look after someone, often called young and adult carers, in different ways, including:

- Listen to enable you to work through challenges and find ways forward that work for you.
- Practical information (e.g., services for the person you look after, respite and financial benefits)
- Emotional support and counselling
- Young and adult carers groups (online and offline)

Funds are available to support with finding ways to balance life and caring as well as small grants to support with food / heating / connections etc. If you feel you could benefit from this support, just get in touch and you will get a warm welcome.

☎ 03330 14 33 77

✉ ceredigion@credu.cymru

🌐 gofalwyrceredigioncarers.cymru

Chat and Connect

A safe and informal place for parents and carers to meet and chat with other parents and carers who support a child with additional needs.

- See and chat about resources and services available
- An opportunity to see some of the resources suitable to support children with additional needs and pick up information leaflets

All welcome - please get in touch if you have any questions



Tea, coffee and biscuits free of charge

Supported by Ceredu - Gofalwyr Ceredigion Carers and Children's Disability Health Team
Organised by - Parent / Carers & Childrens' Disability Health Team (CDHT)

✉ ceredigionCDHT.HDD@wales.nhs.uk



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



Term time groups

Aberystwyth

Every Monday

9:30am - 11:00am

Penparcau Community Forum,

Penparcau, Aberystwyth,

Ceredigion, SY23 1RU

Parking available opposite

Cardigan

Every Friday

10:00am - 11:30am

Menter Aberteifi

The Guildhall,

Cardigan, SA43 1JL



Estyn wants to hear the views of parents and carers

Parents and carers play an important role in the education of young people in Wales.

Estyn, the education and training inspectorate of Wales, have recently set up a Parents and Carers Community to gain valuable insights from this group.

Members of the group will be invited to share their views on important areas of their children's education through short surveys and focus groups. This could include topics such as pupil well-being, the Curriculum for Wales, or support for pupils with Additional Learning Needs.

Members will also receive important updates relevant to them as parents and carers.

You can join the community and find out more about Estyn's work on their website:



estyn.gov.wales/parents-and-carers

If you don't have access to the internet, or would like help to complete the registration form, please call Estyn on 029 2044 6446.



Estyn

Are you a Veteran?

Sign up for your free Veteran ID Card today



Welsh veterans who left the military before December 2018 can now sign up for a new Veteran Card. This card makes it a lot easier for ex-service members to get their hands on a lots of helpful services and discounts just for them.

Andrew Murrison, the Defence Minister and Johnny Mercer, the Minister for Veterans' Affairs, both support the new card. They say it's a big thank you to veterans, making it simpler for them to get the support and recognition they deserve.

You can apply if you were in the regulars or reserves for the:

- Royal Navy
- Army
- Royal Air Force (RAF)
- Royal Marines

If you served in another group in the UK armed forces, you may still be able to get a card. You can check when you apply online or when you call to request a postal form.

One of the best things about the Veteran Card is how it opens up access to exclusive deals and services. For instance, it can get you a cheaper rail ticket, letting you save up to one-

third on train travel all over Wales, England and Scotland. Plus, you can get discounts at more than 12,000 places to eat and shop, both in person and online.

And if you're heading to remembrance events on Remembrance Sunday weekend, you could travel for free on public transport.

The card isn't just for discounts; it's also your ticket to a range of services and special government programs meant to make life better for veterans.

Everyone who's left the service since February 18, 2019, automatically gets this card. But now, if you served and left before that date, you're also eligible to apply. It's a small way to recognize your contribution and help you get a bit more out of services designed with veterans in mind.

Apply for the Veteran ID Card online:

 www.gov.uk/veteran-card

If you cannot apply online, contact the Veterans UK Helpline.
They will send you a form that you can return by post:

 **0808 1914 218**

 veterans-uk@mod.gov.uk





Carers Allowance 2024/25

The government raised the Carers Allowance earnings limit from **£139** per week to **£151** a week in April 2024. The 2024/25 rate payable for Carers Allowance is **£81.90**.

To check if you are eligible for Carers Allowance and to apply, please visit the Gov.UK website: **www.gov.uk/carers-allowance** or contact the Department of Work & Pensions Carers Allowance Unit on **0800 731 0297**.

Cost of Living Support

We want to make sure all Ceredigion residents are aware of the financial help and household support available to them.

See what support you could be eligible for to help with the rising goods and energy costs, inflation and cost of living pressures on our web page:

 bit.ly/3ldhxjE

If you cannot access to the webpage:

 visit your local Library, or

 **01545 570881**

 **clic@ceredigion.gov.uk**

ask for information on Cost of Living Support.



Engagement and Consultations

We want to involve residents in an ongoing conversation and therefore want to hear what you have to say on matters that are of interest to you. See what campaigns we currently have open: **www.bit.ly/CCCengage**

Paper copies of various campaigns can be collected from your local Library or Leisure Centre or by calling **01545 570881** or emailing **clic@ceredigion.gov.uk** and asking for a copy through the post.



SUPPORT FOR YOUNGER CARERS

Gofalwyr
Ceredigion
Carers

Do you help to look after someone who has a disability or is unwell? Many children and young people do, and we think you are amazing.

When you help take care of someone, you learn so many skills like how to be kind and understand others, how to organise things, and how to handle tough situations. It feels good to be there for someone else, but we also know it can be hard sometimes, especially when you're trying to balance school, friends, and all the fun stuff you want to do.

YOU CAN:



Talk to our Outreach Worker about what's going on with you and what kind of help you might need.



Come along to fun trips and events.



Find ways to make school and caring for someone work better together.



Join a young carer group or activities near you.



Get help with figuring out how to go to college or find a job while caring for someone.

We also set up groups and fun things to do, and we can introduce you to other young carers who understand exactly what you're going through.

Gofalwyr Ceredigion Carers is here to help you get the support you need and want.

Getting support is easy, just give us a call or send an email, and we'll get back to you.

 03330 14 33 77

 ceredigion@credu.cymru



gofalwyrceredigioncarers.cymru



FAIR FUTURES FOR YOUNG CARERS



Young Carers Action Day was on 13 March. This year's theme was **'fair futures for young carers'**. The day highlighted how young and young adult carers are much less likely to undertake higher education or enter employment than their peers without a caring responsibility.

It doesn't have to be like this. We want younger carers to know that there is support available that can help you to achieve your goals and dreams.

SUPPORT IN SCHOOL, COLLEGE AND UNIVERSITY

If you're a young carer or a young adult carer, it doesn't mean you have to give up on going to school or college. In Wales, there's a lot of help available to make sure that looking after someone doesn't stop you from learning and reaching your goals. You can get money to help with school costs, advice on managing your time, and even special arrangements at school or college to fit around your caring role. This support is there to make sure that being a young carer is just one part of your life, not something that holds you back from doing well in education.

EDUCATION MAINTENANCE ALLOWANCE (EMA)

The EMA is a weekly payment for students 16-18 years old in Wales who want to keep studying but might be held back by money issues.

Who can apply?

You can apply for EMA if you're aged 16 to 18, living in Wales, and enrolled in a participating school, college, or training provider. Your eligibility depends on your household income, which needs to be below a certain threshold.

How much are the payments?

EMA offers £40 per week during term time, paid directly into your bank account. This is to help with education-related expenses like transport, books, and equipment.

Are there any conditions attached?

To keep receiving your EMA, you need to meet attendance and coursework requirements set by your school or college. There are also learning agreements you and your learning provider need to sign.

Application Process:

Apply as soon as possible to get your payments on time. You'll need to fill out an application form and provide evidence of your household income. Forms are available from your school, college, or online.

- ▶ Applications for 2023/24 are open until 31 August 2024 and payments can be made from the date you applied for EMA.
- ▶ Applications for 2024/25 should be open June 2024.

For more information, including the full eligibility check list, visit the Student Finance Wales website:

 bit.ly/30XpBsK

student finance wales
cyllid myfyrwyr cymru

YOUNG ADULT CARERS IN HIGHER EDUCATION

If you are planning to go onto higher education, or you are already in higher education, you may be able to access support during your studies.

Research and communication:

- ▶ Before choosing a university, do your research. Contact universities early to discuss your support needs.
- ▶ Support varies by institution, check websites and contact student services for details.

Carers Trust Wales have produced a **carer's guide to universities in Wales**, it is the first guide of its kind and breaks down the specific support available for carers in all of the universities in Wales.

Examples of support available:

- ▶ **Financial help** (bursaries, scholarships, grants)
- ▶ **Academic support** (flexible deadlines, workload management, priority access to opportunities)
- ▶ **Health and wellbeing services** (campus support, induction days)

UCAS application:

When you apply to university through UCAS, you can tell them that you are a carer. This is important because it lets universities know you might need extra help. They'll look at your application knowing you have more on your plate than other students. This information is kept private and only shared with people who will help you. It helps make sure you get the support you need right from the start, making university life a bit easier for you.

If you are currently studying and have not disclosed your caring responsibilities, speak to student support service at your college or university to find out what support is available.

CARERS
TRUST
WALES

GOING HIGHER:
A CARER'S GUIDE TO
UNIVERSITIES IN WALES



Apps to support your mental health



Hywel Dda University Health Board has partnered with ORCHA to pick out lots of free apps to help with mental health. These apps can help with things like meditation, sleep, anxiety, and depression, and offer support whenever you need it.

The Hywel Dda App Library is there to help with all parts of your health and wellbeing, making it easy for you to start looking after yourself. It's open to everyone, totally free, and you don't need to sign up to use it. Try them out and see if they help you feel better!

 hyweldda.orchhealth.com/en-GB



Young Persons Sanctuary Service

Mental health support for 12-18 year olds.

Providing mental health advice and guidance to the **young people of Ceredigion**, in a supportive environment in the centre of Aberystwyth.

Friday 17:00 - 22:00

Saturday 17:00 - 22:00

Sunday 17:00 - 22:00

Call or text

07377 369 241

for an appointment.



meic

From simple questions to serious issues...

Meic is someone on your side

Helpline for those aged up to 25



sgwrs ar-lein
www.meic.cymru



phone
08088023456



txt
84001

**8am to midnight
Every day**



Minor health issue?

VISIT YOUR PHARMACIST, NOT YOUR GP.



The **Common Ailments Service** in Wales lets you get help for minor health issues directly from your local pharmacy, without needing to see your doctor. Here's what you need to know:

Easy to use:

Just head to a nearby pharmacy that's part of this service. You don't need an appointment to get advice or treatment. However, you must be registered with a GP practice in Wales and you will also be asked to register with the pharmacy you chose.

What it covers:

You can get help for things like colds, minor burns, allergies, and other simple health problems. The service is designed to take care of issues that don't require a doctor's visit.

Quick advice:

The pharmacists are trained to give you advice and recommend treatments right there and then. If you need medication, they can give it to you without you having to go anywhere else.

It's free:

There's no cost to you. If you're registered with them, the pharmacy may provide treatment for free if it's appropriate.

Saves time:

By going to the pharmacy for small health problems, you're helping to reduce the waiting times to see doctors, who can then focus on more serious cases.



This service is all about making it easier and faster for you to get help when you're not feeling well, with minor issues that don't need a doctor's attention. It saves you time and helps keep other healthcare services available for those who really need them.



Speak to your local pharmacy for more information.

NEW

Resilience and wellbeing:

a self help course for unpaid carers

Available
in English
and Welsh



It's easy to forget to look after your own wellbeing when you are looking after a family member or friend who needs your support.

This new online course reminds unpaid carers that **you are important too.**



During the course you will also learn about ways you can:

- lower your stress levels
- balance your wellbeing
- build emotional resilience

The course is completely free, you can do it in your own time and at your own pace.

www.ceredigion.gov.uk/carercourse



SCAN ME



Cyngor Sir
CEREDIGION
County Council



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



wwcp
Partneriaeth Gofal Gorllewin Cymru
West Wales Care Partnership
Cyflawni Newid Gyda'n Gilydd
Delivering Change Together



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



ceredigion.gov.uk/resident/social-care-wellbeing/direct-payments/

SCAN ME



Your New Support Hub

Opening soon, the Penmorfa Centre for Independent Living at Aberaeron.



We have some exciting news to share with you! The Penmorfa Centre for Independent Living is due to open in April 2024. We are really looking forward to welcoming you through the doors. The centre is here to support both carers and those they support, with the tools and resources you need to navigate your caregiving journey.

What is the Penmorfa Centre for Independent Living?

Located in the council's Penmorfa Building in Aberaeron, the centre offers:

- A wide range of **information, care equipment, and technology solutions** to ease and enhance life at home.
- **Mobility aids** to smart home devices, all under one roof to promote independence and improve quality of life.

What makes the Centre for Independent Living special is our open-door policy. We invite you to come in and try out the equipment for yourselves. That way you can see which tools work best for you at home. But that is not all! We are also here to provide you with valuable information and support and are especially excited to introduce our askSARA room where you can be supported to receive your personalised report on information, advice, links and potential solutions.



Cyngor Sir
CEREDIGION
County Council

Community support

The centre is not just about equipment. It's a community hub where you can connect with experts through regular drop-in sessions, workshops and demonstrations, covering a wide range of support services throughout the year:

- Community Connectors
- Visual impairment support
- Direct Payment Advisers
- And lots more...



We are thrilled to be opening the doors on Penmorfa Centre of Independent Living and provide valuable resource for carers and their loved ones in our community. Our goal is to create a supportive environment where both carers and those being cared for can access a wide range of tools and information in one place.



Donna Pritchard, Corporate Lead Officer for Porth Gofal Services

We look forward to opening and welcoming you at the centre. Information on how to access the centre will be made available on the Council Website.



ceredigion.gov.uk



Ceredigion County Council

Make life easier in three simple steps with AskSARA

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

Visit our website and...

- 1 Choose from the topic list
- 2 Answer the questions
- 3 Receive a personal report with information, advice, links and potential solutions



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

Developed and managed by an established UK Charity, Disabled Living Foundation **AskSARA** is now available across the Hywel Dda West Wales region in Ceredigion, Carmarthenshire and Pembrokeshire.

SCAN ME



Please note that AskSARA is not a substitute for an assessment by your local council, GP or NHS occupational therapists. For a full independent assessment of your needs, contact your council. Any concerns or questions about symptoms and/or health in general, contact your GP or Community Pharmacist.

Before using an application, please read the terms and conditions of use. The application end-user licence agreement will be between the user and the supplier of the application. Please read the associated privacy agreement before sharing any information.

Carer's needs assessment

A **carer's needs assessment** helps you to think about your caring role, how it affects your life and what support you may need.

Carers of any age are entitled to an assessment regardless of:

- the type or the amount of care they provide
- how much money they have
- the level of support they need
- whether they live with the cared for person or not

You are entitled to a carer's needs assessment in your own right, even if the person you care for has not had an assessment of their own or they have been told that they are not eligible for support.

The purpose of a carer's needs assessment is for Ceredigion County Council to find out what your needs as a carer are in case there are services or support that you can access locally to support your wellbeing while you carry out your caring role.

Your assessment may be carried out over the telephone or, when circumstances allow, it can be carried out in your home.

You can request **carer's needs assessment** by contacting **Porth Gofal**:

✉ contactsocsservs@ceredigion.gov.uk

☎ 01545 574000

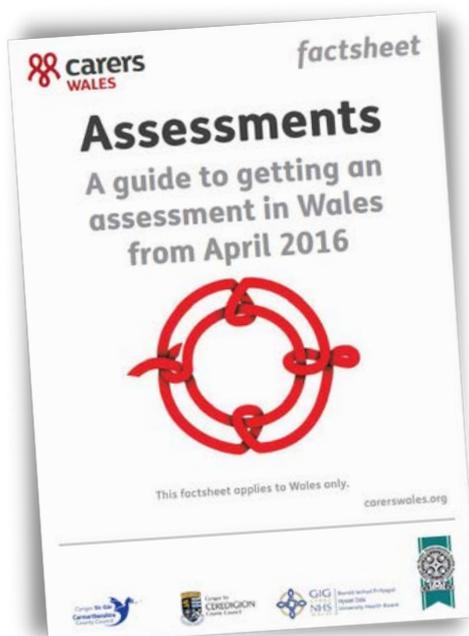
'We understand that sometimes it can be difficult for certain issues to be discussed. If you feel that there are issues which need to be discussed away from the person you care for, your assessment can be arranged to take place in private, at a mutually convenient time and location.'



To get the most out of your carer's needs assessment, it is best to prepare for it.

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.

During the assessment, you will be asked to describe the kind of help you provide. You may find it helps to **keep a diary** for a week or two before your assessment. You can include things like how much time you spend with the person you care for, the things you do for them and how long they take you.



The **assessment guide book** explains more about the aims and what happens during a carer's needs assessment.

You can request a copy of the of the book by contacting Social Services **Porth Gofal**:

☎ 01545 574000

✉ contactsocsservs@ceredigion.gov.uk

You can also view and download a copy online.

🌐 bit.ly/3ojhY0E

To get the most out of your carer's needs assessment, it is best to prepare for it.

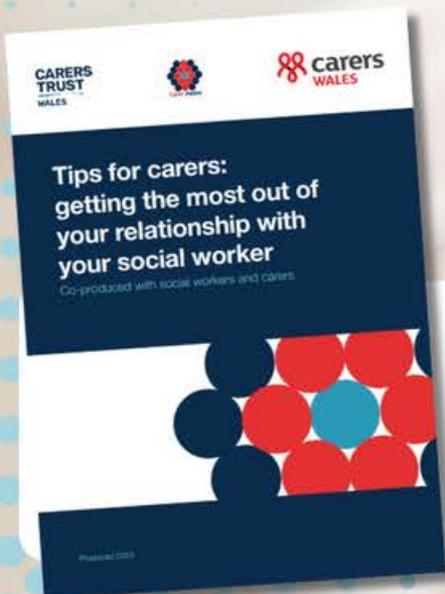
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During the assessment, you will be asked to describe the kind of help you provide. You may find it helps to **keep a diary** for a week or two before your assessment. You can include things like how much time you spend with the person you care for, the things you do for them and how long they take you.

Some other things to think about are:

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

The assessment also gives 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.



For more information about getting the most out of your carer's needs assessment, download the Carers Wales guide 'Tips for Carers: Getting the most out of your relationship with your social worker'

 bit.ly/3Thto5r



Have you registered as a carer at your GP surgery?

Why should I?

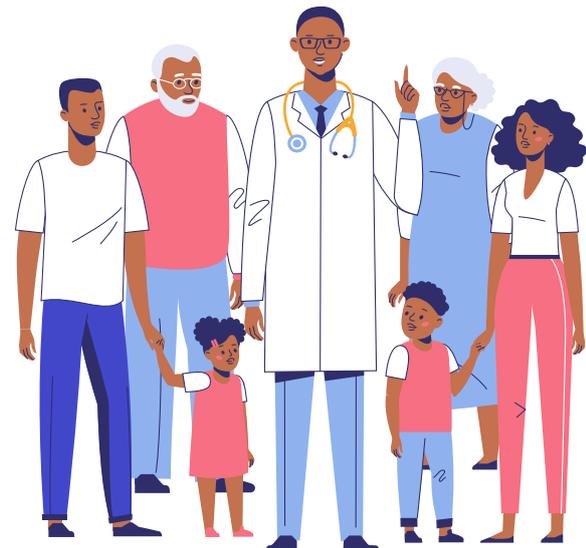
Registering as a carer will help your care team to understand your caring responsibilities, signpost you for help and support, offer a free flu jab, and much more.

The Investors in Carers scheme works with GP surgeries and other settings to help more carers see themselves as carers and be able to find out about the information and support available from a wide range of organisations in Ceredigion.



Ask your GP Surgery for further information and a form. Forms can also be found on the County Council and Health Board websites. The form also has a section that you can complete for a referral for further help and support.

Perhaps you know of a relative, friend or neighbour in this sort of situation, you might be able to help them by passing on this information.



Do you have a friend or family member in or leaving hospital?

We are here for you.



Meet Beth and Liz

It can be very stressful being the carer of someone who has been admitted to hospital. It can become even more stressful when they are ready to come home.

To help during this time, each of the Hywel Dda University Health Board hospitals have a dedicated Carer Officer to support you and help ensure a smooth discharge process.

The Carer Officers aim to:

- Make sure new or existing carers are identified as early as possible in a hospital stay and have information about support available to them.
- Make sure the carer / carers perspective is included in discussions about discharge or transfer of care.
- Provide a link between carers and staff to facilitate good communication of relevant information.
- Listen to carers and help them think about and prepare for a hospital discharge.
- Provide information and / or a referral to the Outreach Support Team if ongoing support is needed.

Get in touch if you think we can help.

Liz - 07498 965279 - liz@credu.cymru

Beth - 07984 464977 - beth@credu.cymru



Directory of carer's leaflets

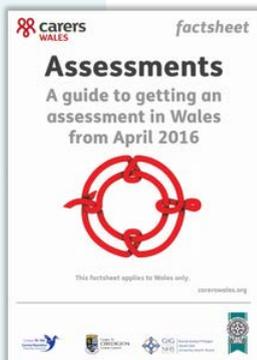
available from Ceredigion County Council

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.

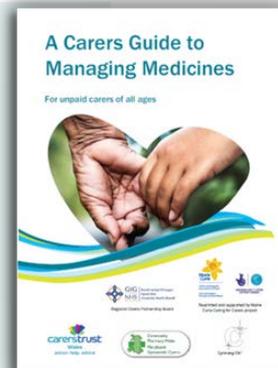
 bit.ly/3ojhY0E



A Carers Guide to Managing Medicines

The booklet is for carers who regularly handle and give medication to the person they care for. It has lots of advice about how and when to give medication safely.

 bit.ly/3I9HgOQ



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:

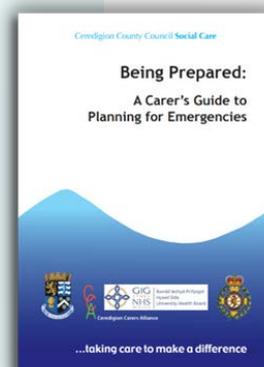
 bit.ly/3Q8I2vS



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.

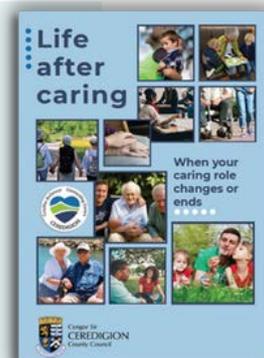
 bit.ly/315Dm2T



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.

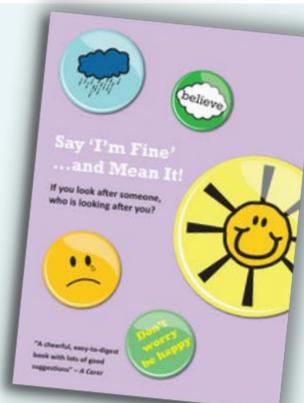
 bit.ly/3p2cc4W



Say 'I'm Fine'... and Mean It!

The 'Say 'I'm Fine'... and Mean It!' booklet aims to help support carers' mental health and emotional wellbeing.

 bit.ly/Sayimfine



Useful contacts



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



 01239 621974

 ask@cabceredigion.org

 www.cabceredigion.org

Age Cymru Dyfed provides services and support for anyone aged 50+, their families and carers living in Ceredigion.



 0333 344 7874

 reception@agecymrudyfed.org.uk

 www.ageuk.org.uk/cymru/dyfed

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

NHS 111 *Wales*

Need mental health and wellbeing support?

CALL 111, OPTION 2

- For mental Health advice or concerns, for you or a loved one, call 111 option 2 between 9am and 11:30pm, 7 days a week and speak to our dedicated team.
- For people of all ages across Carmarthenshire, Ceredigion and Pembrokeshire.
- In life threatening situations, always call 999 or attend A&E.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



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.

Ceredigion Social Services

Porth Gofal offers quick and easy access to advice and information about the Department's services and the range of other resources available both locally and nationally.



Cyngor Sir
CEREDIGION
County Council

 01545 574000

 contactsocsservs@ceredigion.gov.uk

 www.ceredigion.gov.uk

Benefits enquiries

To claim Benefits - ON LINE or:	0800 055 6688	Tax Credits	0345 300 3900
Primary Benefits & Signing Off	0800 169 0310	Child Benefit	0300 200 3100
Universal Credit Service Centre	0800 328 5644	Pension Service	0800 731 0469
Social Fund	0800 169 0140	Healthy Start	0345 607 6823
Maternity Allowance	0800 055 6688	National Insurance Enquiries	0300 200 3500
Bereavement Service Helpline	0800 731 0469	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	PIP - New Claims	0800 917 2222
Attendance Allowance	0800 731 0122	PIP - General Enquiries	0800 121 4433
Report benefit fraud	0800 854 440		

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**



BYW ADREF

We offer help and support with:

- Household chores
- Assistance with laundry
- Ironing
- Shopping
- Someone to chat to



All for **£18.50** per hour.

- We offer a free benefit check
- Staff are DBS (Police) checked
- Staff are insured to work in your home

A friendly face, a service tailored to your individual needs and peace of mind.

 **01239 615556**

 **bywadref@agecymrudyfed.org.uk**

 **bit.ly/bywadrefe**

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

Community support

Offering confidential specialist domestic abuse support to women and men of all ages in Ceredigion.

Safe accommodation

Refuge and accessible housing for women and children.

Child and young people's support

One to one support held in school or our offices.

24/7 Helpline and advice

 **01970 625585 or 01239 615385**

 **info@westwalesdas.org.uk**

 **www.westwalesdas.org.uk**



FOLLOW US ON FACEBOOK

You can keep up to date with all the latest news and events for unpaid carers in Ceredigion, and more, on our Facebook page.

- Events
- Training
- Groups
- Activities
- Surveys
- And more



cysylltuceredigionconnecting



The Carers Magazine was brought to you by:

Susan Kidd: Co-ordinator

The Carers and Community Support Team: Editorial support

The Carers Information Service Magazine is also available online:

www.ceredigion.gov.uk/carersinformation

The summer issue will be out in July 2024.

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



Fit4Life Classes

PLASCRUG LEISURE CENTRE, ABERYSTWYTH

TUESDAY

10am-11am	Walking for Wellbeing
11am-12pm	Gym Class
12.30pm-1.30pm	Yoga
1.30pm-2.30pm	Seated Yoga

WEDNESDAY

9am-10am	Circuits
10am-11am	Circuits
2.15pm-3pm	Swim

THURSDAY

11.45am-12.45pm	Circuits
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FRIDAY

9am-10am	Gym Class
10am-11am	Gym Class
11.30am-12.15pm	Yoga



ABERAERON LEISURE CENTRE

MONDAY

2pm-3pm	Gym Class
3.30pm-4.30pm	Circuits
5pm-6pm	Walking Football

TUESDAY

2pm-3pm	Gym Class
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THURSDAY

2pm-3pm	Gym Class
3.30pm-4.30pm	Circuits

FRIDAY

2pm-3pm	Gym Class
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TEIFI LEISURE CENTRE, CARDIGAN

MONDAY

9am-10am	Gym Class
10am-11am	Gym Class
12pm-1pm	Functional Circuits
1pm-2pm	Core Gym
2pm-3pm	Circuits

TUESDAY

9am-10am	Gym Class
9.30am-10.30am	Walking for Wellbeing
2pm-2.4pm	Spin
6pm-7pm	Walking Basketball

WEDNESDAY

10am-11am	Walking for Wellbeing
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THURSDAY

10.30am-11.30am	Dance Fitness
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FRIDAY

9am-10am	Gym Class
9am-10am	Circuits
10am-11am	Gym Class
10.15am-11.15am	Functional Circuits
11am-12pm	Tai Chi

WELLBEING CENTRE, LAMPETER

MONDAY

9am-10am	Gym Class
3.30pm-4.30pm	Walking Basketball

TUESDAY

10am-11am	Walking for Wellbeing
2pm-3pm	Gym Class

THURSDAY

9am-10am	Gym Class
10.30am-11.15am	Aqua Aerobics
12.30pm-1.30pm	Circuits

FRIDAY

10.30am-11.15am	Aqua Aerobics
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CARON LEISURE CENTRE, TREGARON

MONDAY

10am-11am	Circuits
11am-12pm	Circuits

WEDNESDAY

10am-11am	Circuits
11am-12pm	Circuits

FRIDAY (Every fortnight)

10.30am-11.30am	Walking for Wellbeing
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CALON TYSUL, LLANDYSUL

THURSDAY

10am-11am	Seated Class
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FRIDAY

7.30am-8.30am	Swim
10am-11am	Circuits
10am-11am	Gym Class



*All dates and times correct at time of going to print.

Pre-booking is essential