

# CEREDIGION YOUNG CARERS NEWSLETTER

October '24



## Young carer ID card

FOR YOUNG CARERS IN  
CEREDIGION WHO HELP  
TO LOOK AFTER A FAMILY  
MEMBER OR FRIEND.

FREE

★  
★  
★  
**DESIGN YOUR  
OWN CARD**

APPLY NOW:

SCAN  
ME! >>>



[ceredigion.gov.uk/youngcarercard](https://ceredigion.gov.uk/youngcarercard)



**WHAT'S  
INSIDE?**

Pages 2 & 3- Activities

Page 5 - Iechyd da:  
Youth Health Team

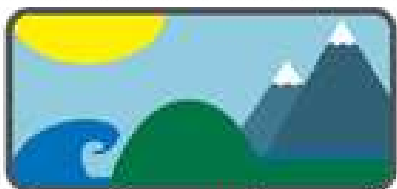
Page 4 - Gofalwyr Ceredigion  
Carers & Llandysul Paddlers

Page 6 - Information & Support

# ACTIVITIES



Y BARTNERIAETH AWYR AGORED  
PROFIAD • MWYNHAU • LLWYDDO • GYDA'N GILYDD



THE OUTDOOR PARTNERSHIP  
EXPERIENCE • ENJOY • ACHEIVE • TOGETHER



[/OutdoorPartnership](#)



[info@outdoorpartnership.co.uk](mailto:info@outdoorpartnership.co.uk)



[outdoorpartnership.co.uk/](http://outdoorpartnership.co.uk/)

Gofalwyr  
Ceredigion  
Carers

CLICK TO BOOK  
YOUR PLACE



**OAKWOOD - FAMILY FUN DAY**

📅 27 October - All ages

🕒 All day family event

📍 Oakwood, Canaston Bridge, Narberth, SA67 8DE



CLICK TO BOOK  
YOUR PLACE



**WATERSPORTS DAY**

📅 29 October - All ages

🕒 All day event

📍 Llandysul Paddlers Canoe Centre, Wilkes Head Square, Pontwelly, Llandysul, SA44 4AA



SCAN  
ME! >>>



## Do the activities you want to do.

Whatever you like doing in the great outdoors, we want to help you do it.

We're always looking at ways of improving access to outdoor activities and would love to hear more about the things you like to do.

Please help us by **clicking the link** and answering a few quick questions about your favourite outdoor activities - [forms.office.com/e/fx3J3ZVVnf](https://forms.office.com/e/fx3J3ZVVnf)



# FREE MULTI-ACTIVITY PROGRAMME 2024

Y BARTNERIAETH AWYR AGORED  
PROFIAD • MWYNHAU • LLWYDDO • GYDA'N GILYDD



EXPERIENCE • ENJOY • ACHIEVE • TOGETHER  
THE OUTDOOR PARTNERSHIP



Llandysul Paddlers



- ✓ 8 - 13yrs old?
- ✓ Want to try something new in the outdoors?
- ✓ Do you live in a rural area of Carmarthenshire or Ceredigion?



**Water Activities:**  
Friday 1st of November  
Llandysul Paddlers

Funded by:



**Surfing:**  
Tuesday 29th October  
Poppit Sands

**Surfing:**  
Friday 20th September  
Poppit Sands

Book your place using  
the QR code:



07706 734 285 / 07706735791

[www.outdoorpartnership.co.uk](http://www.outdoorpartnership.co.uk)

[bethan.logan@outdoorpartnership.co.uk](mailto:bethan.logan@outdoorpartnership.co.uk) / [sioned.thomas@partneriaeth-awyr-agored.co.uk](mailto:sioned.thomas@partneriaeth-awyr-agored.co.uk)

Gofalwyr Ceredigion Carers are here to support you, in any way we can.

- Chat to our outreach worker in your area about what is happening for you and any support you might need.
- Join a young carer group or activities near you
- Join in online
- Take part in trips and events
- Get support to work with your school to overcome challenges with juggling caring and learning
- Get support to work out how to go to university / get work when you look after someone



03330 143 377



ceredigion@credu.cymru



gofalwyrceredigioncarers.cymru

**50%** off open  
lake sessions!

SPECIAL OFFER

Just show or give your Ceredigion carer card number when you book.



These sessions give you the chance to try these activities;

- Kayaking
- Stand-up Paddleboarding
- Inflatable Rafting

All equipment is provided including wetsuits, buoyancy aids and helmets.

Children under six must have an adult with them on the water.



01559 363209



LPbookings@aol.com



llandysul-paddlers.org.uk





**GIG**  
CYMRU  
**NHS**  
WALES

lechyd Cyhoeddus  
Cymru  
Public Health  
Wales

## lechyd da: Youth Health Team

We work with young people to help maintain health and wellbeing. You can access this service if you are:

- a young person living in Carmarthenshire, Ceredigion or Pembrokeshire
- between 11 to 25 years of age
- not in compulsory education

We can provide health information and advice to young people who are not in mainstream education and therefore have little access to mainstream health advice. This can be on a one-to-one basis, or as group workshop sessions.

Please give us a call or request a referral form, if you have any concerns or would like information or support regarding any of the following:

- emotional health
- sexual health
- drugs, alcohol, smoking
- healthy eating

## Young persons ChatHealth helpline

If you're 11 to 25 years of age and have concerns about the following:

- Emotional health and wellbeing anxiety, anger, low mood and panic attacks
- Relationships
- Bullying and cyber bullying
- Self-harm
- Healthy eating
- Alcohol, smoking and drugs
- Anything else that involves your health

Text the young person's ChatHealth helpline and get confidential support from your lechyd Da nurses.

**Text: 07507 327126**

**Open 8:30am – 4:30pm**  
**Monday – Friday (excluding bank holidays)**

**Email:**  
**lechydDa.YouthHealthTeam.HDD@**  
**wales.nhs.uk**

# INFORMATION & SUPPORT



## SAMARITANS

Whatever you're going through, the Samaritans are here for you.

Call: **116 123** or  
**0808 164 0123**  
for support in Welsh.

## ChildLine

0800 1111

You can talk to Childline **about anything**. No problem is too big or small.

Call: **0800 1111**



## PAPYRUS

PREVENTION OF YOUNG SUICIDE

Free and confidential support, call the Hopeline.

Call: **0800 068 4141**  
Text: **07860039967**  
Visit: [www.papyrus-uk.org](http://www.papyrus-uk.org)



Go to our website to chat online and find out more.

Call: **080880 23456**  
Text: **84001**  
Visit: [www.meiccymru.org](http://www.meiccymru.org)  
Support available in Welsh.



Barnados Support Young Carers and their families with various services.

Visit:  
[www.barnados.org.uk](http://www.barnados.org.uk)

## choices

young person substance use support

For help and advice with drugs & substance misuse.

Call: **0330 363 9997**  
Visit:  
[www.choiceswest.cymru](http://www.choiceswest.cymru)



Our app provides free, safe and anonymous support straight to your phone.

Visit:  
[www.kooth.com](http://www.kooth.com)

## Sibs

For brothers and sisters of disabled children and adults.

Visit:  
[www.sibs.org.uk](http://www.sibs.org.uk)

## YOUNGMINDS

fighting for young people's mental health

Support for young people struggling with mental health issues.

Visit:  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

This is **YOUR** newsletter, and we want to know what you would like to read about.

SCAN ME! >>>



Tell us what you'd like to see :



01545 574200



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



[/connectingceredigioncysylltu](https://www.facebook.com/connectingceredigioncysylltu)



Carers & Community Support Team,  
Ceredigion County Council, Canolfan  
Rheidol, Rhodfa Padarn, Llanbadarn  
Fawr, Aberystwyth, Ceredigion, SY23 3UE.