**Cardigan**

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| Depot  35 Pendre,  Cardigan  Ceredigion  SA43 1JS | A safe space youth café for 14-25 year olds.  Provides access to support, information, supported employment and counselling.  Subsidised food. | Monday to Saturday  11:00 - 19:00 | Depot@area43.co.uk |
| New Life Church  Lower Mwldan  Cardigan  SA43 1HR | Hot drinks, sofas and tables  Soft play area for young children. | Term Time:  Thursday, Friday and Saturday 10:00 – 17:00  School holidays:  Wednesday, Thursdays, Fridays and Saturdays  10:00 - 17:00 | Jenny Hewitt or Mandy Faunch  nlcc966@gmail.com |
| Aberporth Village Hall Aberporth SA43 2EN | Lunches and a coffee morning. | Light Lunch Monday 11:30 - 13:00  Hot Lunch Thursday 11:30 - 13:30  Coffee morning and Hot Rolls Friday 10:00 - 12:00 | Sue Lewis avhprojectofficer@gmail.com |
| Canolfan Dyffryn Aberporth Cardigan , Ceredigion Sa432eu | A range of community events, detailed in the opening times. Co-ordinator Nic is also at the village hall Mon-Thur 8.30-2.30- there is a room available at the village hall if anyone wants to pop in for a brew! | Community Fridge Monday 10:00 - 12:00 Tuesday 10:00 - 12:00 Thursday 10:00 - 12:00 Friday 10:00 - 12:00 Saturday 10:00 - 12:00  Coffee Morning Tuesday 10:00 - 12:00  Knit and Natter Tuesday 14:00 - 16:00  Digi Club Monday 11:00 - 12:00 Wednesday 11:00 - 12:00 | Sue Lewis avhprojectofficer@gmail.com |
| Guild Hall Cardigan, 1 Pendre, Cardigan | Bendith- Mum and kids craft sessions every Friday. They provide a warm space with food and activities for families with children in Cardigan area. | They hold after school clubs 2 times a month (Friday afternoon) and a mother's club 2 times a month (Friday morning). Must book via Facebook page. | suebrett1966@gmail.com |
| Mwldan  Bath-House Rd, Cardigan SA43 1JY | Everyone welcome to use free Wi-Fi, Café/bar area with no obligation to buy anything. | Term time:  Tuesday- Sunday 12:00-20:00. School Holidays:  Monday- Sunday 12:00- 20:00 | jasmine@mwldan.co.uk 01239 622 406. |
| St Tydfil's Church Llechryd SA43 2NR | A warm space with a friendly welcome for all. We have free tea and coffee, magazines and newspapers. | Friday 10:00 - 12:00 | beman.co@btopenworld.com |
| Ferwig Old School  Ferwig  Cardigan  SA43 1PH | We hold a coffee morning on the 3rd Wednesday morning of the Month - and anyone is welcome to join - it's a convenient place and cuppa and chat for everyone. | 3rd Wednesday morning of the Month | post@henysgolyferwig.cymru |
| Home Start  Dyffryn Centre, Aberporth Cardigan , Ceredigion SA432EU | Pre School Group. We offer families, warm space, hot refreshments and food for the children. | Every Thursday 09:30-11:00 | homestartaberaeron@gmail.com |

**Llandysul**

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| Ffynon,  Llandysul,  SA44 4HP | Monday and Friday mornings - Café and Chat, pay for hot drinks  Tuesday and Wednesdays - Working space for those working from home  Thursday mornings - parent and child group, small donation | Monday 9:00 - 12:00  Tuesday 8:30 - 16:00  Wednesday 8:30 - 16:00  Thursday 9:30 - 11:30  Friday 9:00 - 12:00 | Meirion Morris meirion@llechwedd.cymru |
| Llandysul Library,  Canolfan Ceredigion,  Llandysul,  SA44 4QS | Free tea and coffee | Tuesday 10:00 - 16:00 Thursday 10:00 - 13:00 Saturdays 10:00 - 12:00 | Susan llyfrgell@llandysul.cymru |

**Lampeter**

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| Camfan,  4 Drovers Road,  Lampeter,  SA48 7AT | Unlimited tea and coffee throughout the day. A variety of activities and access to the internet. | Monday to Friday  9.30 -15.30 |  |
| St Thomas' Methodist Church,  St Thomas' Street,  Lampeter,  SA48 7DQ | Coffee morning, tea, coffee and biscuits. A warm and welcoming and social space. | Tuesday 10.00 - 12:00 | Revd Flis Randall ceredigionsuper@outlook.com |
| Longwood Community Woodland  Longwood Centre  Llanfair Clydogau  Lampeter  SA48 8NE | Longwood community woodland visitor centre is open and heated during the opening times below. | Monday Wednesday, Friday and Saturday  10:00 - 16:00 | Robert Joyce info@longwood-lampeter.org.uk |
| Lampeter Wellbeing Centre  Peterwell Terrace, Lampeter SA48 7BX | Warm Welcome Space in Lampeter Wellbeing Centre, everyone welcome. | Monday 16.00-20.00  Wednesday 16.00-20.00  Saturday 10.00-15.00 | Elin.Evans2@ceredigion.gov.uk |
| Home Start  Home Start Offices, Lampeter, SA48 7AW | Pre School Group. We offer families, warm space, hot refreshments and food for the children | Monday 12:30-2:00 | homestartaberaeron@gmail.com |
| Community Food Project Lampeter    North Rd, Lampeter (opposite the Rugby Club) | We provide food and other basic essentials for people in need in these difficult times. There is also a social element to the project in that we can provide a space where people can sit and chat, enjoy a cup of tea or coffee and a hot meal. | Tuesday 12:00- 14:00 | food.project.lampeter@gmail.com |
| The Hub- Emmaus Christian Fellowship  78 Bridge Street, Lampeter, SA487AB | It provides a warm space that serves hot food and tea/coffee to those struggling with cost of spiralling energy cost. | Friday 12:00-14:00 | 01570 400 126 |

**New Quay**

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| New Quay Memorial Hall  Towyn Road  SA45 9QQ | Warm Hub refreshments, chat and advice Monday, Tuesday, Wednesday 1pm – 3pm  Friendship Group Thursday 12-2pm  Friday Indoor market 9-12  Clonc Wednesday 10-11:30 | Warm Hub refreshments, chat and advice Monday, Tuesday, Wednesday 1pm – 3pm  Friendship Group Thursday 12-2pm  Friday Indoor market 9-12  Clonc Wednesday 10-11:30 | development@nqch.org.uk / 01545 909585 |

**Tregaron**

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| Riverbank Café and Farm Shop,  Glanbrennig,  Tregaron,  SY25 6QS | Free porridge and homemade soup, games, hot drinks and colouring. A clothing rack is available. | Monday: 15:00 - 18:00  Wednesday: 09:30 - 12:00  Friday: 15:00 - 18:00 | Sue Kemp 01974 298008 |
| Tregaron Memorial hall  Tregaron Square,  Tregaron,  SY25 6JL | Cosy friendly warm space and a free warm meal. Stay and Play for families starts at 10:30, the whole community are welcome to join for a hot meal at 12:00. | Tuesday  10:30 - 13:30  We won't be running during the school holidays | Tregaron Family Centre karlitregaro@plantdewi.co.uk |
| Caffi a Siop Llangeitho,  SY25 6TL | A warm space to sit and enjoy a free mug of tea or coffee and toast. | Monday - Thursday  09:00 - 14:00 | Ceridwen Richards cridrich31@yahoo.com |
| Mynachlog Fawr,  Abbey Road,  Pontrhydfendigaid  SY25 6ES | Monthly coffee morning - hot drinks, cakes, magazines, friendly group.  Wednesday to Saturday each week - free to enter exhibition with places to sit and explore our collection and reference books. | Coffee morning - last Monday of the month  Exhibition - Wednesday to Saturday 11:00 - 15:00 (please check website to confirm) | info@strataflorida.org.uk |
| Bronant Vestry SY23 4TG | An opportunity to socialise, to learn more about the history of our village, and possibly to play board games or do some craft work; an opportunity also for learners to practice their Welsh. But, most importantly, to enjoy each other’s company. | First Friday of each month  14:00 - 16:00 | Eirlys Morgan |

**Aberaeron**

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| Vale of Aeron,  Felinfach,  Lampeter,  SA48 8AE | A warm welcome and with access to board games and reading material in the the Vale of Aeron community pub in Felinfach. | Monday: 6pm - 11pm  Tuesday: 6pm - 11pm  Wednesday: 6pm - 11pm  Thursday: 6pm - 11pm  Friday: 4pm - 12am  Saturday: 3pm - 1am  Sunday: 3pm - 7pm | Carys Lloyd carys@tafarn.cymru |
| Pennant Community Centre  Pennant  Llanon  Ceredigion  SY23 5PA | Regular activities: Yoga classes, Time for Dads playgroup, Youth club, dance, accessible exercise classes, film nights, choir, art and crafts, Coffee mornings. Check the website for more info |  | cympencom@gmail.com |
| Holy Trinity Church Hall,  Aberaeron,  Ceredigion,  SA46 0AY | A warm and welcoming place for all to enjoy chat, warmth, games and advice. Free hot drinks, soup and cakes will be available. We also have information about our 5K+ Foodbank. Everyone is welcome. | Friday: 10:00 - 16:00 | Mrs Lee Oldale leeoldale56@gmail.com |
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**Aberystwyth and Surrounding areas**

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| The Castle Rooms,  Seaview Place,  Aberystwyth,  SY23 1DZ | The Well  Pool, games, chat, hot drinks, and a hot meal at 12:30 | Monday 11:00 - 15:00  Friday 11:00 - 15:00 | Liz Rees liz@stmikes.net |
| St Paul's Methodist Centre,  Queen's Road,  Aberystwyth,  SY23 2NN | Hot drinks, cooked meals and board games.  Lunch - Tuesday and Thursday between 12:00 and 13:30. | Tuesday 11:00 - 14:00  Thursday 11:00 - 14:00  Friday 19:00 - 21:00 | Ruth |
| St Anne's Church,  Penparcau,  Aberystwyth,  SY23 1RY | Mondays (term time): Baby and Toddler Group. A chance for the children to play and grown ups to enjoy a warm drink in the company of others in a similar situation. Drinks and snacks provided.  Tuesdays: Games, company, warm drinks and food. | Monday 09:30 - 12:00 - £1 donation  Tuesday 10:00 - 14:00 - free | Liz Rees liz@stmikes.net |
| MHA Communities Aberystwyth,  Hafan Y Waun,  Waunfawr,  Aberystwyth,  SY23 3AY | Tuesdays - Pay as you feel hot drink and company.  Thursdays - Free open music session. | Tuesday 14:00 - 16:00 | Karen Rees Roberts Karen.ReesRoberts@mha.org.uk 01970 636 020 |
| Morlan Centre  Queen's Road  Aberystwyth  SY23 2HH | Hot drinks, light lunch, a space to relax, have a chat and advice on everyday matters. | Every Wednesday  11:00 - 14:00 | Eifion Roberts morlan.aber@gmail.com |
| Eco Hub Aber  The Arcade, Bath St, Aberystwyth, SY23 2NN | A series of craft workshops focussed on making and mending textiles, drawing upon heritage methods of sustainably, communally and cosily crafting.  Friday 6th December - Frame Loom Weaving for Beginners Friday 13th December - Slow Stitched Christmas Tree Ornaments Friday 3rd January - Visible Mending - Darning Friday 17th January - Visible Mending - Patching Friday 7th February - Crochet for Absolute Beginners Friday 21st February - Frame Loom Weaving for Beginners Friday 7th March - Visible Mending - Darning Friday 21st March - Visible Mending - Patching  Booking Essential - maeverosemoran@gmail.com and see website ecohubaber.com for more information | Fridays 13:00 - 16:00 Booking Essential | ecohubaber@gmail.com |
| The National Library of Wales  Aberystwyth  Ceredigion  SY23 3BU | A comfortable space for people to visit to read, relax, socialise and have free internet access. | Open Monday to Friday: 09:00-17:00; Saturday 09:30:16:30 | Ffion Morris  enquiry@library.wales  01970 632800 |
| The Bookshop by the Sea,  7 Market St,  Aberystwyth,  SY23 1JX | A warm space for people to come and sit.  A work space is available for students and members of the public, a hot drink will be on offer. | 11:00 - 17:00 Wednesday to Saturday  12:00 - 16:00 Sundays | Freya Blythe  thebookshopbythesea@gmail.com |
| Penparcau Community Centre Penparcau Road Aberystwyth SY23 1RU | A free bowl of soup and roll in the cafe area for Penparacau residents and toys to help entertain children. There will be jigsaws and 'grown up' games on offer, too. | Monday: 11:00 - 16:00 | Sam Hughes-Evans 01970 611099 or contact@penparcau.cymru |
| Home Start  Penparcau Community Centre,  Penparcau Road,  Aberystwyth,  SY23 1RU | Pre School Group. We offer families, warm space, hot refreshments and food for the children | Tuesday 12:00-13:30 | homestartaberaeron@gmail.com |
| Aberystwyth Arts Centre, Aberystwyth University, Aberystwyth SY23 3DE | All are welcome to come and work or socialise in the theatre bar. It's warm and there is free WiFI. | Monday to Saturday 9:00 - 22:00 | Louise Amery 01970 62 32 32 email artsadmin@aber.ac.uk |
| Home Start  Aberystwyth Library, SY23 2EB | Pre School Group. We offer families, warm space, hot refreshments and food for the children | Tuesday 09:30-11:00 | homestartaberaeron@gmail.com |
| St Padarns Warm Welcome Space,  St Padarns Catholic School, Llanbadarn Road, SY23 1EZ | St Padarn's Warm Space. Tea, Coffee, Soup available. Families welcome, board games available, charge your electrical devices for free. SVP charity can support with a range of things, and someone will be available to talk to if needed. | Every Saturday 11:00- 14:00 | madeleinestocks@hotmail.com  078666266519 |
| Ysbyty Ystwyth  Pontrhydygroes & Ysbyty Ystwyth Village Hall, Ysbyty Ystwyth, SY25 6DE. | Coffee Morning and chat in Ysbyty Ystwyth, small donation is requested | Wednesday 11:00- 13:00 | kevinpenbont@gmail.com |

**North Ceredigion**

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| Borth Community Hub,  Clarach Road,  Borth,  SY24 5NL | Community pay as you feel café.  Games area.  Crochet class and other talks and activities. | Thursday 18:00 - 20:00 (youth club) Friday 09:00 - 15:30 | Helen Williams helen@borthfamilycentre.co.uk |
| Home Start  Village Hall Penrhyncoch, SY23 3ER | Pre School Group. We offer families, warm space, hot refreshments and food for the children. | Every Thursday 12:30-14:00 | homestartaberaeron@gmail.com |
| Cwtsh Cynnes  Tal y Bont Memorial Hall, Tal y Bont, SY24 5DY | Come and chat, meet old and new friends and enjoy the warmth of the company. The Warm Space is held in Ystafell Waelod, Talybont Memorial Hall. Hot drinks and biscuits available.  Everyone is welcome, including children. There are some toys, games and colouring books for children. | Tuesday 10:00 - 12:00 | Ellen ap Gwyn  ellen.apgwynn@gmx.com |
| Tal y Bont Memorial Hall,  Tal y Bont,  SY24 5DY | Youth club for 10 -16 year olds. | During term time, Friday 18:30 - 20:30 | Lowri Evans lowri\_masonevans@hotmail.com |
| Home Start  Tal y Bont Memorial Hall,  Tal y Bont,  SY24 5DY | Pre School Group. We offer families, warm space, hot refreshments and food for the children. | Every Thursday 10:00-11:30 | homestartaberaeron@gmail.com |
| Cletwr  Tre'r Ddol,  Ceredigion,  SY20 8PN | A warm welcome space in Cletwr café. Visitors can be reassured that they will be provided a space to sit, undisturbed in our cafe area surrounded by a safe and friendly atmosphere, with staff on hand to  assist with any additional needs. Plug sockets available, visitors are welcome to browse the second hand book section. | Monday - Saturday: 09:30 - 17:00  Sunday 09:30 - 16:00 | Chloe Birds cletwr@cletwr.com |
| The Iron room, Furnace, Eglwys Fach, SY20 8SY | Come and join us for a warm drink. An informal Warm Welcome Space for sitting, reading, knitting, playing cards, scrabble, chess or catching up.  Donations to cover the cost of the room hire are welcomed. | Tuesday 14:00 - 16:00 | Harry Toland and Claire Toland hht@aber.ac.uk, [clizztoland@gmail.com](mailto:clizztoland@gmail.com) |
| Neuadd Llanfach, Taliesin, Machynlleth SY20 8JG | Coffee and chat for parishioners and friends. | On the 3rd Wednesday of every month at 10.30. | [kirst.manley@gmail.com](mailto:kirst.manley@gmail.com) |