



Age Friendly Ceredigion

Newsletter

June 2026

Age Friendly Forum – May 2026

Emyr Lloyd, Ceredigion Library Services

Emyr Lloyd provided an overview of Ceredigion Library Services. Main branches are located in Aberystwyth, Aberaeron, Cardigan and Lampeter, with additional volunteer-led branches in New Quay and Llandysul. Libraries were described as welcoming community spaces offering a wide range of services beyond book lending, including the Reading Well for Dementia scheme and dementia boxes containing items such as jigsaws that can be borrowed from local branches.

Members also heard about the mobile library service, which supports older people, housebound residents and those with mobility difficulties across the county. Digital services were highlighted, including free access to ebooks, e-audiobooks, newspapers and magazines through the library's online offer. Library staff can also support people to access digital resources.

Table of Contents

Forum Recap	01
Volunteering for the Over 50s	04
Age Friendly Ceredigion	06
Upcoming Events	07
Consultations & Have your Say	14
News & Information	18



Cyngor Sir
CEREDIGION
County Council



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



Age Friendly Ceredigion Forum & Newsletter Feedback

Who took part?

10

Members of the public

- 3 had attended an Age-Friendly Forum
- 7 had not attended

27

Professionals and volunteers

- 19 had attended an Age-Friendly Forum
- 8 had not attended



Some responses came from people who have not attended the forum, so their feedback reflects expectations rather than direct experience.

What you told us about the Forum

What people like

- People value having a chance to talk and share ideas
- In-person meetings are still preferred, with some online options
- The forum is useful for sharing updates and information

What people want more of

- More time for discussion and networking
- More guest speakers and presentations
- Clearer follow-up on what happens after meetings



Access and participation

- Attendance is still quite low
- Transport and getting online can be a barrier
- Some people don't attend forums but stay informed through the newsletter

What you told us about the Newsletter

What people like

- Clear and easy to read
- Helpful updates about what's happening locally
- Useful for organisations and professionals



What people want more of

- Real stories from local people
- More photos and visual content
- Less "official" tone, more community voice
- Topics like health, transport, and cost of living

Access and participation

- Some people want it easier to scan quickly
- Requests for printed or large print versions



Changes to the Forum

- We will develop a more consistent rotating venue approach across the county.
- We will open 30 minutes early so people can meet and chat over tea and coffee.
- We will strengthen how we follow up issues and keep people updated on progress.
- We are reviewing how people can get involved outside meetings and will share more details soon.

2

Changes to the Newsletter

- Combine a traditional newsletter with a more community-focused style and easier to read.
- We will include more local stories, real experiences, and photos.
- We will add a clearer contents-style layout to improve navigation and scanning.
- We will continue to cover the topics that matter most.
- Printed and large print copies will still be available if needed.



FRIENDSHIP

REPAIR

LEARNING

CUPPA & CHAT

LAUGHTER

REPURPOSE



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



07729 245 890



msaberaeron@gmail.com



Mens Shed Aberaeron

Gwen Clements, Men's Shed Aberaeron

Men's Shed Aberaeron is a not-for-profit community group that promotes social connection, practical activity and improved wellbeing, particularly for men who may be experiencing isolation.

Members heard that the Shed undertakes repairs and upcycling, as well as making projects, while also providing an inclusive community space for people of different ages and backgrounds. The group currently opens three days a week and hopes to expand further with additional volunteer support.

The shed also works with local schools and offers sessions for young people, including those with autism or ADHD, providing practical learning opportunities and one-to-one support.

Discussion also covered other Men's Shed activity across Ceredigion, including groups in Borth and Cardigan, and opportunities to strengthen links with other community organisations.

Ann-Marie Benson, Ceredigion Association of Voluntary Organisations

Ann-Marie Benson from CAVO presented on volunteering opportunities for people aged 50 and over. A wide range of roles is available across Ceredigion, including befriending, fundraising, litter picking, volunteer driving, administration and mentoring.

Further information is available on pages 3 and 4 of this newsletter.



MAKING YOUR MARK: WHY VOLUNTEERING IS THE PERFECT FIT FOR THE OVER 50S

This week is Volunteers' Week (1st-7th June), a time when we celebrate the amazing impact volunteers make across the UK. Volunteers are the heart of our communities, without their contribution, many local groups and essential services simply could not operate.

Seeing Volunteers' incredible impact often leads many of us to wonder how we, too, can get involved and find a role that's right for us.

Why Volunteer over 50?

Life looks different for everyone at this stage. Some people are busier than ever, while others may be facing a period of transition or feeling isolated following a major life change, such as retirement or bereavement. Volunteering offers a meaningful way to reconnect and share your time.

Benefits of Volunteering for you:

- **Social Connection:** Meet new people outside your usual circles and stay active within your local community.
- **Health & Wellbeing:** Volunteering is associated with reduced stress levels, improved cognitive function, and better physical health outcomes. Maintaining a regular commitment helps keep both the mind and body active.
- **Skill Sharing:** This is a two-way process; you can transfer your professional and life experience to others while also learning and developing new skills.

- **Purpose & Self-Esteem:** Engaging in the community provides a clear sense of purpose and improves your confidence and overall sense of self-worth.

Benefits to your community:

- **Makes your community a better place:** Volunteer contributions help local groups thrive, ensuring the area remains a supportive place for everyone to live.
- **Addresses local needs:** It directs help exactly where it's required, from supporting food banks to maintaining the green spaces we all share.
- **Builds connections in the community:** It brings people together who might not otherwise meet, creating a friendlier and more connected community.
- **Enhances the wellbeing of others:** Volunteer contributions provide vital support to those who may be struggling, lonely, or in need of a helping hand.

Volunteering is a two-way partnership that benefits you personally just as much as it helps the organisation and the whole community.

Where can you Volunteer?

Volunteering is flexible and can be adapted to suit your availability. With a wide variety of opportunities across the County, you can find anything from long-term commitments to short-term tasks, or even remote roles you can complete from home.

Role examples include:

- Befriender
- Litter picker
- Volunteer driver
- Fundraiser
- Mentor
- Office volunteer
- Conservation Volunteer
- Repair Cafe volunteer

Find Out More & Get Involved

If you're interested in volunteering, you can find local roles promoted on Connect Ceredigion and Volunteering Wales.

For more information or an informal chat, feel free to contact CAVO or visit us at one of our upcoming outreach sessions at:

Aberystwyth: Wednesday, 10th June.

Cardigan, Friday 26th June.

Anytime between 10:00am - 4:00 pm.

We will also be attending the Age Alliance Event. Join us on **Wednesday, 24th June from 10.30am -2:00pm at the Bandstand in Aberystwyth.**



Llewela Jenkins

Borth Community Hub

What do you do in your volunteering role?
Walker guide. Walk with group once a month.
Weekly kitchen assistant - Borth community Cafe.

How did you get involved?
Moved to the area and wanted to get involved with the community.

What difference has volunteering made to you?
Certainly made new friends!
Enjoy helping and meeting others. A real tonic!

What advice would you offer to individuals contemplating volunteering?
"Be open to taken on any role!
Always listen!"

Describe Volunteering in three words:
Flexibility! fulfilment! Rewarding!

Contact us:

- **Webpage:** www.cavo.org.uk
- **Email:** gen@cavo.org.uk
- **Tel:** 01570 423232
- **Social Media:** Follow us: @CAVOCeredigion

Explore More Opportunities

You can also discover volunteering roles across the country at:
www.volunteeringwales.net





Age-Friendly Ceredigion Action Plan

Work is continuing on the development of an Action Plan following the recent county-wide survey, which received 234 responses from people across Ceredigion between December and March.

The survey highlighted a range of issues affecting people's experience of growing older in the county, including parking, pavements, potholes, public toilets, transport, access to services, and opportunities for social connection. The feedback is currently being analysed to identify the main themes and priorities emerging from the survey.

From July onwards, the next stage of the work will involve workshops with council staff, partner organisations, and community groups to help shape a realistic and practical three-year action plan for Ceredigion.



Age Friendly Ceredigion Forum

Join us online at <https://bit.ly/AFCeredForum> or in person at these locations:

- 26.8.2026 ➡ 1.30–4.30pm ➡ Penmorfa Centre for Independent Living, Aberaeron
➡ Cardigan (Venue to be confirmed)
- 25.11.2026 ➡ 1.30–4.30pm ➡ Room CR-312, Canolfan Rheidol, Aberystwyth
➡ Lampeter (Venue to be confirmed)
- 24.2.2027 ➡ 1.30–4.30pm ➡ Penmorfa Centre for Independent Living, Aberaeron
➡ Cardigan (Venue to be confirmed)



Age-Friendly Ceredigion Photography Competition

Launching on Age Without Limits Day (10 June), the competition explores the theme 'Challenging Ageism'. We're looking for photos that celebrate the diversity, experiences and contributions of older people in

Ceredigion – showing that there's no one way to age.

Closing date: 3 September 2026

Find out more and how to enter: <https://bit.ly/AFCPhoto>

Upcoming Events

Join the Commissioner's upcoming webinar - Tackling Digital Ageism in Wales: Protecting Rights, Access and Inclusion

 **Thursday 2 July 2026**
 **10:30am - 12:00pm**

"Older people face a range of barriers in terms of accessing and using online platforms, which increases the risk that people will find themselves first digitally and then socially excluded.

"That's why it's crucial we take action together to prevent digital ageism and tackle the dangerous inequality that is already arising from it, to ensure older people's rights are protected."

Rhian Bowen-Davies, Older People's Commissioner for Wales

Book your place now!



Comisiynydd Pobl Hŷn Cymru
Older People's Commissioner for Wales

The webinar is open to all interested individuals but is targeted at those working in the public sector in Wales.

Register here: <https://events.teams.microsoft.com/event/9ba457e3-4c8b-4a6e-a2e8-c818e4026e89@be4722f5-5ad3-4472-afbb-1e0029f63b37>

Croeso: Welcome
© Parc Gwledig Pen-bre



DIWRNOD Y LLUOEDD ARFOG
ARMED FORCES DAY

DEWCH I GEFNOGI
SHOW YOUR SUPPORT

2026

DIWRNOD CENEDLAETHOL Y LLUOEDD ARFOG CYMRU WALES NATIONAL ARMED FORCES DAY



27 Mehefin 2026



Parc Gwledig Pen-bre

Mae Sir Gâr yn eich croesawu i
Ddiwrnod Cenedlaethol Lluoedd
Arfog Cymru 2026.

Mae'r digwyddiad hwn yn gyfle i ddod
ynghyd a dangos ein gwerthfawrogiad o
gymuned y Lluoedd Arfog a'u
teuluoedd.



27 June 2026



Pembrey Country Park

Carmarthenshire welcomes you to
Wales National Armed Forces Day
2026 in Pembrey Country Park.

This event is an opportunity to come
together and show our appreciation for
the Armed Forces community and their
families.



I fynegi diddordeb:
To register your interest:



Lluniau | Images - ©UK MOD Crown Copyright



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



SR-91805

WEST WALES DEMENTIA CONFERENCE

**For Carers and Those Supporting People
Living with Dementia**

Monday 6th July 2026

**Parc Dewi Sant, Carmarthenshire,
10am - 3pm**



This free event is open to both paid and unpaid carers, as well as professionals who support people living with dementia.

**Scan here for more
information:**



**Booking is essential, scan here
to register for tickets:**



Presentations

Insights shared by dementia professionals and organisations from across West Wales.



Support & Resources

Meet a range of organisations that support people living with dementia and their supporters.



Connect with Others

Meet individuals from across West Wales who support people living with dementia.



Further enquiries:



wwrpb@carmarthenshire.gov.uk

ARE YOU MALE AND AGED 40+?

**DETECT THE EARLY SIGNS OF PROSTATE CANCER
THROUGH A SIMPLE BLOOD TEST.**

PSA Test Day

Date - 12th July

**Cardigan Golf Club, Golf Club road,
Gwbert, Cardigan, SA43 1PR**

**To book a PSA test, please scan the QR
code below:**

Or visit: <https://cymru.mypsatests.org.uk/Events>



We are running the tests in conjunction with the Graham Fulford Charity Trust who will be holding all medical data. These are heavily subsidised tests, however a non refundable contribution of £10 is required to secure your spot.



NO BOOKING = NO TEST



FOR UNPAID CARERS

NATURE'S BOUNTY

✓ Relax ✓ Explore ✓ Learn

**Join us for a day in nature at
Denmark Farm Conservation Centre.**

*Meet at 10.30am for an 11am guided walk
(fully wheelchair accessible) around the land
which is a haven for wildlife and native plants.*

*Lunch provided with roasting marshmallows
over the fire.*

*Learn about container gardening, exploring the
Kitchen Garden for inspiration on growing your
own food even if you don't have a garden.*

*Go home with a complimentary seed pack to
start your growing.*

WEDNESDAY

15TH JULY

10.30AM - 3PM

BOOKING ESSENTIAL

 **Denmark Farm, Betws Beldrws,
Lampeter, SA48 8PB**

 **connecting@ceredigion.gov.uk**

 **01545 574200**



HEALTH

AT THE HUB



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

Everyone is welcome!



Toilet Facilities

Wednesday, 22 July

10am-2pm

Penparcau Hub

Penparcau, Aberystwyth, SY23 1RU



On site Cafe



Cyngor Sir
CEREDIGION
County Council



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

SUMMER

ROADSHOW 2026

FREE ACTIVITY DAYS

Plascrug Leisure Centre – Friday the 24th of July
Cardigan Leisure Centre – Tuesday the 28th of July
Lampeter Wellbeing Hub – Wednesday the 12th of August

JOIN US FOR FREE ACTIVITIES, CRAFTS
AND INFORMATION STANDS FOR
CHILDREN, YOUNG PEOPLE AND
FAMILIES! 10:00A.M – 14:00P.M

- Arts and Crafts •
- Inflatable Games •
- Games Consoles •
- Try Golf •
- Face Painting •
- Information Stands
including HCT, Barod,
Dyfed Powys Police
and much more!

For more information please email:
Porthcymorthcynnar@ceredigion.gov.uk



Free Webinar: Online banking for beginners

AbilityNet is hosting a free lunchtime webinar in partnership with BT Group to explain the UK landline switch to digital services. The session will cover what is changing, who is affected (including customers of EE and Plusnet), and how people are being supported through the transition, including vulnerable customers.

Register here: <https://abilitynet.org.uk/webinars/free-webinar-all-you-need-know-about-uk-landline-switchover-july-2026>

 Wednesday, 29 July 2026

 1pm – 2pm

Consultations & Have your Say!



A Global Step Forward for Older People's Rights

The United Nations (UN) has agreed to begin drafting a Convention on the Rights of Older Persons—a major step towards protecting the rights of older people worldwide.

Age International is keen to hear what matters most to you: which rights are most important as we grow older? Your views will help show why older people's rights must be protected and valued.

<https://campaigns.ageinternational.org.uk/page/192274/petition/1>

Culture: Opinion, Experience and Identity

Between November 2025 and January 2026, 524 people in Ceredigion shared their views on what culture means to them. The feedback is now helping to shape a new regional Cultural Strategy being developed jointly by Carmarthenshire, Ceredigion, Pembrokeshire and Powys Councils. Golwg Creadigol are supporting the development of the strategy and are seeking further views to help create a shared vision for the future.

Closing date: 30.6.2026

Take part in the consultation: <https://tinyurl.com/34j6czkd>

Help researchers make care at home safer and more effective

If you or a family member are over 60 and have experienced care at home, researchers would like you to take part in a one-hour interview, in person, online or by phone.

Closing date: 30.6.2026

Take part in the consultation: <https://tinyurl.com/yck5fb83>



West Wales Learning Disability Strategy Consultation

A new West Wales Learning Disability Strategy is being developed for Ceredigion, Carmarthenshire and Pembrokeshire. Following engagement with people with learning disabilities,

neurodivergent people, families and partners, a set of recommendations has been developed to help shape the new regional strategy. The partnership would now like to hear your views on these proposals.

Closing date: 5.7.2026

Take part in the consultation: <https://tinyurl.com/dzucwbb9>

Clinical Services Plan - Stroke Services - Phase 2 Consultation

Hywel Dda University Health Board is seeking views on proposals for the future of stroke services across West Wales. The consultation is open to everyone and will help inform decisions about how stroke services are delivered in the future.

Information sessions:

- Tuesday 30 June 2026, 2:00 p.m. – 7:00 p.m., Y Plas, Machynlleth
- Monday 6 July 2026, 2:00 p.m. – 7:00 p.m., Canolfan Creuddyn, Lampeter
- Tuesday 7 July 2026, 6:30 p.m. (online)

Consultation closes: 26 July 2026

Find out more and take part: hduhb.nhs.wales/stroke-consultation

Gypsy, Roma and Traveller Accommodation Needs Assessment

Ceredigion County Council is inviting members of the Gypsy, Roma and Traveller community to share their views as part of an accommodation needs assessment. The feedback will help the Council understand local needs and plan future accommodation provision in line with its duties under the Housing (Wales) Act 2014.

Closing date: 31.7.2026

Take part in the consultation: <https://tinyurl.com/mryvka9r>

Help Shape the Future of Well-being in our Communities

Carmarthenshire, Ceredigion and Pembrokeshire Public Services Boards (partnerships of local organisations like councils, health services, emergency services and others collaborating to improve well-being) are working together to understand what matters most to people who live, work and study in our area.

Closing date: 8.8.2026

Take part in the consultation: <https://tinyurl.com/8pxserrr>

Positive Behaviour Support and Reducing Restrictive Practice Policy Consultation

Ceredigion County Council is seeking views on its draft Positive Behaviour Support and Reducing Restrictive Practice Policy. The policy aims to minimise the use of restrictive practices and promote positive, person-centred approaches across education and social care services. Feedback from people who use, deliver or support these services will help ensure the policy is practical, effective and reflects the needs of those affected.

Closing date: 24.8.2026

Take part in the consultation: <https://tinyurl.com/y7s5wudn>

Are you an LGBTQ+ person aged 60+ with recent (up to 10 years ago) or current experience receiving home care?

We are a research team in England and Wales who want to know more about the home care experiences of LGBTQ+ people who are 60 years and older. There are two ways you can take part...

Participate in an interview

The conversation (in English or Welsh) will last about 1 hour. We can meet in person (in your home/ nearby location) or online. Interview participants will receive a £20 high street store voucher.

OR

Write us a letter

Tell us what it's been like to have care workers in your home, whether you have shared your LGBTQ+ identity with them, or anything else. The length is up to you. If you tell us your name and address/email, we'll write back to you.



Visit research.kent.ac.uk/leap-study or scan the QR code to learn more

For more information or questions, contact:

Shannon O'Rourke
(Research Associate)
s.orourke-11@kent.ac.uk
07907878293

Post letters to:

Shannon O'Rourke
The Registry,
University of Kent
Canterbury
CT2 7NZ



The LEAP Study
LGBTQ+ Inclusive Home Care
Provision for Older People

Dolen Teifi Community Transport Consultation Ceredigion 2026

Dolen Teifi are exploring ways to improve transport services across Ceredigion. Your feedback will help them to better understand local community needs. All responses are confidential.

Please contact sharen.davies@dolenteifi.org.uk or connecting@ceredigion.gov.uk for a copy of the questionnaire.

Closing date: 31.8.2026

News and Information



Award Success for Green Dragon Community Transport

We would like to congratulate Green Dragon Community Transport on winning the award for Best

Regional Community Transport Provider 2026 – Wales at the SME UK Transport Awards. This is a fantastic achievement and well-deserved recognition of the important work community transport providers do in helping people stay connected to their communities.

You can find out more about Green Dragon Community Transport on their website: [Green Dragon Community Transport](https://www.greendragoncommunitytransport.co.uk)

The award announcement can also be viewed on [SME News](https://www.smeuktransportawards.co.uk).

Older People's Commissioner for Wales

Read the Commissioner's latest Newsletter and find out more about her work over the past few months to help create a Wales that leads the way in empowering older people, tackling inequality and enabling everyone to live and age well.

<https://olderpeople.wales/news/commissioners-newsletter-may-2026/>

New Report on Disabled Facilities Grant Waiting Times

The Older People's Commissioner for Wales has published a new report, **Time to Adapt: Examining Waiting Times for Disabled Facilities Grants in Wales**. The report highlights concerns raised by older people about delays in receiving home adaptations funded through Disabled Facilities Grants and examines the impact these waiting times can have on people's independence, safety and wellbeing.

Read the report: <https://olderpeople.wales/resource/time-to-adapt-examining-waiting-times-for-disabled-facilities-grants-in-wales/>

New Age UK Report on the Cost of Living

Age UK has published a new report, *Fragile Budgets, Difficult Choices: The Cost of Living for Pensioners in 2026*. Based on new polling, the report highlights the financial challenges many older people continue to face and aims to ensure their experiences are reflected in decisions and policies that affect their lives.

Read the report: <https://tinyurl.com/4mcjhu66>

Ceredigion Healthier Communities Grant

Community groups in Ceredigion can apply for grants from £500 to support activities that help people stay active, improve wellbeing, build social connections and reduce the risk of dementia. Activities could include walking groups, gardening, craft sessions, music, singing, yoga, pilates, cooking and other community wellbeing projects.

Find out more: Call 01570 423232 or email gen@cavo.org.uk

Health in the Community Grant

Grants of up to £300 are available for community events that bring health information, health checks or wellbeing advice into local communities. Events must involve at least two partner organisations and take place by 31 March 2027.

Find out more: connecting@ceredigion.gov.uk or 01545 570881

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



Aberystwyth Townscape Enhancement Scheme

The scheme focuses on improving the condition and appearance of commercial property frontages within Aberystwyth town centre which includes: shops, retail units, cafés, restaurants, pubs, offices, and service providers such as hairdressers and estate agents.

The Scheme provides a 70% grant contribution

Minimum Grant Support of £5,000 per property

Maximum Grant Support of £20,000 per property

For more information on how to apply and eligibility criteria scan the QR code



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.

Find out more by contacting clie@ceredigion.gov.uk or 01545 570 881.



Reengage

Bringing
generations
together

Free group activities for over-75s

**We're a national charity
offering sociable group
activities for people over 75.**

Sessions are fun, friendly and completely free. You will have the chance to take part in a gentle activity, such as dancing, chair yoga, tai chi or skittles, and there will be plenty of time afterwards for refreshments and a chat.

The groups are run by Re-engage volunteers who will be happy to pick you up from your home beforehand and drop you off again afterwards. All our activities take place in local community spaces.

You can sign up or find out more by contacting us in any of the following ways:

- Call us on 0800 716 543
- Email us on info@reengage.org.uk
- Complete our registration form at www.reengage.org.uk

And if there's a particular group activity you'd like to take part in, please do let us know. We'd love to hear your ideas.

Re-engage, 7 Bell Yard,
London WC2A 2JR.
Registered charity in England
and Wales (1146149) and in
Scotland (SC039377).

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 0AT

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



Help Shape an Age-Friendly Ceredigion!

We're now looking for stories, updates, photos, and examples of age-friendly activities across Ceredigion for the next edition of the newsletter.

Have you organised a community event, started a new group, supported older people locally, or taken part in something positive in your area? We'd love to hear from you.



Photos are very welcome where possible.



Please send submissions by 16.08.2026 by email or post.

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



01545 570881



connecting@ceredigion.gov.uk



Age-Friendly Ceredigion, Ceredigion County Council, Penmorfa, Aberaeron, SA46 0PA