

# Ceredigion Cost of Living Bulletin: Health and Wellbeing

## Health and Wellbeing in Ceredigion

Ceredigion is a county rich in natural beauty, with countless opportunities to enjoy the outdoors and connect with the landscape.


As we move out of the winter months and step into spring, this bulletin highlights practical ways to support your health and well-being — from staying active and looking after your mental health, to making the most of the local resources available to you.

## Ceredigion Actif

There are 5 Leisure Centres and 1 Wellbeing Centre in Ceredigion. They offer a variety of activities and facilities for people of all ages.


### Aberaeron - Sir Geraint Evans Leisure Centre

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

 (01545) 571738


### Cardigan - Teifi Leisure Centre

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

 (01239) 621687


### Aberystwyth - Plascrug Leisure Centre

 [plascrug-leisure@ceredigion.gov.uk](mailto:plascrug-leisure@ceredigion.gov.uk)

 (01970) 624579


### Llandysul - Calon Tysul

 [post@calontysul.cymru](mailto:post@calontysul.cymru)

 (01559) 362548


### Tregaron - Caron Leisure Centre

 [chclcoffice@gmail.com](mailto:chclcoffice@gmail.com)

 (01974) 298960

## Lampeter Well-being Centre

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


 (01570) 422522

The Lampeter Wellbeing Centre also provides community based physical, mental and social wellbeing support alongside advice on employment, housing, young people's services, carers' support and early mental health help.

Unpaid carers in Ceredigion get free, unlimited access to Ceredigion County Council operated leisure facilities (You must show your Ceredigion Carer Card).

More information about Carers Card - [Ceredigion Carer Cards - Ceredigion County Council](#).

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

 (01545) 574200

People on a means tested benefit can benefit from a reduced membership fee, [see prices on this leaflet](#), or contact your local leisure centre for more information.

## Lampeter Health & Wellbeing Event – February 18<sup>th</sup>, 2026.

A free Health & Wellbeing Show will be held at the Lampeter Wellbeing Centre (formerly Lampeter Leisure Centre), Peterwell Terrace on Wednesday 18th of February 2026, from 10am–2pm.

The event will feature 25+ stalls, with advice and information from Hywel Dda University Health Board, Ceredigion County Council, and local third sector partners. It's a great opportunity to learn about local services, get wellbeing support, and connect with community organisations.



## Ceredigion Coast Path

Ceredigion's Coast Path is a very special part of the Wales Coast Path. As well as great views north towards Eryri and south towards Pembrokeshire, the Ceredigion Coast path has a wealth of wildlife, geological and archaeological features and a colourful history to discover along the way. -sector partners. It's a great opportunity to learn about local services, get wellbeing support, and connect with community organisations. -being.

You can find detailed route information and maps on the [Discover Ceredigion](#) website.

You can also pop into the Tourist Information Centre in Aberystwyth, which is open for in-person visits and can help with local guidance 📞 01970 612125

Or visit a community-managed Visitor Information Points at:

- Cardigan Castle
- Aberporth Village Hall
- New Quay Memorial Hall
- Caffi Cletwr, Tre'r Ddol

## Walking routes

Ceredigion has over 2,500 km of public paths offering excellent opportunities to explore the county's coast and countryside.

You can download walking route maps and information directly from the [Ceredigion County Council website](#).

You can also use the [interactive Public Rights of Way Map](#) to plan your own adventure.

If you experience any issues on a public right of way, you can report them to the Coast & Countryside team at:

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

📞 01545 570 881

## Walking for Wellbeing

Short, free and friendly walks within easy reach of where you live. They are led by friendly, trained volunteers who are on hand to provide encouragement, company, and make sure no one gets left behind.

**Aberystwyth** - Tuesday 10:00

**Cardigan** - Tuesday 10:00

**Lampeter** - Tuesday 10:00

**Aberporth** - Wednesday 10:00

**Aberaeron** - Wednesday 13:30

**Borth** - Friday 10:30

**Tregaron** - Friday 11:15

For more information contact Dawn Forster.

 07866 985 753     [dawn.forster@ceredigion.gov.uk](mailto:dawn.forster@ceredigion.gov.uk)

## Ceredigion Citizens Advise

### Feeling overwhelmed?

Ceredigion Citizens Advice offer free support and advice to 1,000's of people each year.

They help people to increase their income, reduce household costs, manage debts, secure legal justice, navigate eligibility to vital services and access crisis support.

Contact Ceredigion Citizen Advice [online](#) or by phone 01239 621974 or 01970 612817.

### Citizens Advice drop-in sessions.

**Aberystwyth** - Wednesdays 10:00 - 14:00 St Paul's Methodist Centre, SY23 2NN

**Cardigan** - Wednesdays 10:00 - 15:00 St Marys Old School Hall, SA43 1DW

**Lampeter** - Mondays 10:00 - 15:00 Emmaus Hub, SA48 7AB

## Warm Welcome Spaces in Ceredigion

Warm Welcome Spaces offer somewhere to meet and spend time with others in your community. They provide a warm place to sit, hot drinks, friendship, company, and sometimes hot meals.

[Click here](#) to download a list of Warm Welcome Spaces, including their opening times and details of what each one offers.

If you would like a printed copy of the list posted to you, please contact 01545 570881 or email [clic@ceredigion.gov.uk](mailto:clic@ceredigion.gov.uk).

## Connect Ceredigion Activity Calendar

Looking for free activities to boost your wellbeing? Connect Ceredigion Activity Calendar is a great place to discover what's happening across the county. It lists free events, groups, and activities that support connection, wellbeing, and community.

Visit the page here: [Connect Ceredigion](#) or call Clic for more information 01545 57088.

## Severn Wye

### Free Energy Support to Help You Stay Warm at Home

Keeping your home warm and your energy bills manageable is important for both physical and mental wellbeing. Severn Wye, a charity working in Ceredigion, offers **free energy advice and home visits** to help you stay warm, reduce costs, and understand your energy use.

Their support includes energy saving tips, help with meters, bills and tariffs, Priority Services Register signups, and carbon monoxide safety advice. They can also speak to energy suppliers on your behalf, including arranging debt repayment plans, and advise on available funding and grants.-saving tips, help with meters, bills and tariffs, Priority Services Register sign-ups, and carbon-monoxide safety advice. They can also speak to energy suppliers on your behalf, including arranging debt-repayment plans, and advise on available funding and grants.

**Call:** 0800 170 1600      **Email:** [energyadvice@severnwy.org.uk](mailto:energyadvice@severnwy.org.uk)

## Period Dignity in Ceredigion

Ceredigion County Council is working to ensure that everyone has [access to free period products](#) in a safe, private and dignified way, supported by the Welsh Government's Period Dignity Grant. The scheme aims to remove barriers caused by cost or access and promotes menstrual health through education and improved access to information.


Across local communities, a wide range of community groups, libraries, leisure centres and organisations now stock free period products. Items include eco-friendly, plastic-free and reusable options, and are available for anyone to take—no questions asked.

 01545 570881  [perioddignity@ceredigion.gov.uk](mailto:perioddignity@ceredigion.gov.uk)

## Volunteering

Volunteering can be a great way to keep active, meet new people and help others. You do not normally need any special skills to volunteer but the agency that you choose to register with will go through this with you.


Ceredigion Association of Voluntary Organisations (CAVO) can a service to those people who are [interested in volunteering](#).

 01570 423232

## Mental Health and Wellbeing Services


**West Wales Action for Mental Health (WWAMH)** advise and support local groups that offer mental health and wellbeing services. Check out the directory of local services on their website: [wwamh.org.uk](http://wwamh.org.uk).

 [admin@wwamh.org.uk](mailto:admin@wwamh.org.uk)

 (01267) 245572

**Area 43** is an independent counselling service for children and young people aged 13-30 living in West Wales. Complete their [online referral form](#) to access their services.

 [info@area43.co.uk](mailto:info@area43.co.uk)

 (01239) 614566

**Silver Cloud** is a confidential internet-based system that provides online therapeutic and psycho-education programs. A variety of programs aim to offer information and support for people aged 16+ experiencing problems related to mental health.

[Sign up online](#).


## Local Support

### **Noddfa Drop-In (Adferiad, Aberaeron)**

A free, walk-in service offering support and group activities for anyone experiencing low mood, stress, anxiety, loneliness or financial/relationship worries.

Open Tuesdays & Thursdays, 9:30–2:30 at the Royal British Legion Building, Aberaeron.

 [wayne.hurley@adferiad.org](mailto:wayne.hurley@adferiad.org)


 (01970) 624756

### **MIND Aberystwyth**

Provides one to one support for individuals who feel they need someone to talk to and guidance to those who need help maintaining their wellbeing.

The service offers individuals 6 sessions to help tackle feelings of isolation, manage mental health, and improve general wellbeing.

 [info@mindaberystwyth.org](mailto:info@mindaberystwyth.org)

 01970 626225

### **Support for farmers and their families**

#### **Tir Dewi**

✓ **Free, confidential support service for farmers and their families in Wales.**

✓ Helpline **0800 121 4722** provides bilingual listening, signposting and practical support.

#### **RABI**

✓ Provides **practical, financial and emotional assistance** to farming people across Wales.

✓ **24/7 helpline 0800 188 4444** offers mental health counselling, wellbeing support, benefits guidance, and financial grants.

#### **DPJ Foundation – “Share the Load”**

✓ Helpline: **0800 587 4262** (24/7)

✓ Text support: **07860 048799**

✓ Specialist mental health support for agricultural workers and their families across Wales.

### **National Helplines**

**New mental health referral system** - If you need non-urgent mental health support, you can now access help faster by calling **111 and choosing Option 2**. A wellbeing practitioner will assess your needs and provide advice or referral. Available **24/7**. Provides immediate advice, support, and onward referral. Urgent cases still go through your GP.

**The Silver Line** - Friendship and advice to older adults. Open 24 hours a day, 7 days a week. 📞 0800 4708090

**Samaritans** - Open 24 hours a day, 7 days a week. 📞 116 123

**C.A.L.L. Mental Health Helpline for Wales**. Open 24 hours a day, 7 days a week. 📞 0800 132737

**Papyrus - HOPELINE247** - For young people under 35 who are experiencing thoughts of suicide. 📞 0800 068 4141 or text 88247.

## Libraries

Reading books can keep your brain active and healthy. Ceredigion libraries offer traditional books, large print, audiobooks and e-books.

There are libraries in:

- Aberystwyth
- Aberaeron
- Cardigan
- Lampeter
- New Quay (Community Library)
- Llandysul (Community Library)

There is more information online at [Ceredigion Library](#).

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

📞 01970 633717

## Ceredigion Assessment of Local Well-being

Ceredigion's Public Services Board (PSB) is preparing to **update its Assessment of Local Well-being**.

The Assessment is a statutory requirement under the Well-being of Future Generations (Wales) Act 2015 and helps the PSB understand what matters most to people and communities across the county. The last Assessment was completed in 2022.

The research will take place over the summer. It will draw on local data and community views to make sure that the work of the Public Services Board reflects the needs and priorities of local residents.



If you'd like to share your views, please contact [emily.evans2@ceredigion.gov.uk](mailto:emily.evans2@ceredigion.gov.uk).

## Close

**Head to the County Council's website for more information on cost-of-living support**

**[Cost of Living Support - Ceredigion County Council](#)**

The next bulletin will come out on 13<sup>th</sup> March 2026.

We will focus on **'Easter: Families, Children and Young People'**

Please get in touch if you have information you would like us to include.

Email: [partnerships@ceredigion.gov.uk](mailto:partnerships@ceredigion.gov.uk)

Telephone: 01545 570881

**Let us know what you think of our e-bulletin by answering two questions.**

**[Click here for the survey](#)**