

# Age Friendly Ceredigion Directory



**Comisiynydd Pobl Hŷn Cymru**  
Older People's Commissioner for Wales



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



Cyngor Sir  
**CEREDIGION**  
County Council

# Introduction

Welcome to the Age Friendly Ceredigion Directory.

This booklet provides a directory of useful services and general information for Ceredigion residents.

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# Transport

## Apply for a Blue Badge

The Blue Badge Scheme offers parking concessions for individuals with disabilities, severe walking difficulties, or profound cognitive impairment. Blue Badges are for both drivers and passengers, giving you the ability to park closer to your destination.

To apply for a Blue Badge please contact Ceredigion Council directly or fill in the online form.

**Phone:** 01545 570881

**Email:** clic@ceredigion.gov.uk

**Online form:** [www.gov.uk/apply-blue-badge](http://www.gov.uk/apply-blue-badge)

## **The Orange Wallet Scheme**

The Orange Wallet is for anyone who may find it difficult to communicate their needs when travelling on public transport and who would like support to communicate with staff when travelling by bus or train. It's particularly designed for passengers with an autism spectrum disorder. However, it can be used by anyone with a hidden disability who may like to communicate with staff non-verbally.

Contact Transport for Wales to apply for an Orange Wallet,

**Phone:** 03333 211 202

**Website:** [www.tfw.wales](http://www.tfw.wales)

## **Cycle2Work**

Cycle2Work is a government program that provides a budget-friendly way to acquire new cycling gear. This initiative is facilitated by participating employers, allowing you to avoid paying taxes or national insurance on these products.

If you need help with your application, get in touch with the Cycle2Work team,

**Phone:** 0345 504 6444

**Email:** [cycle2.work@halfords.co.uk](mailto:cycle2.work@halfords.co.uk)

**Website:** [www.cycle2work.info](http://www.cycle2work.info)

## **Motability**

The Motability scheme offers an affordable way for disabled people to lease a new car, wheelchair accessible vehicle, scooter, or powered wheelchair in exchange for your qualifying mobility allowance.

Contact Motability for more information,

**Phone:** 0300 456 4566

**Website:** [www.motability.co.uk](http://www.motability.co.uk)

## **Bus Pass**

If you're aged 60 and over or meet the Government's disability eligibility criteria, you can travel for free on most bus services in Wales and the borders and get discounted or free travel on many rail services.

Apply online or contact Transport for Wales for a paper copy,

**Website:** [www.gov.wales/apply-bus-pass](http://www.gov.wales/apply-bus-pass)

**Phone:** 03003 034 240

**Email:** [travelcards@tfw.wales](mailto:travelcards@tfw.wales)

## **Bus Timetables**

For the latest information on bus timetables in Ceredigion, you can visit the Traveline Cymru website to plan your journey or contact transport for Wales,

**Website:** [www.traveline.cymru](http://www.traveline.cymru)

**Phone:** 0800 464 0000

## **Senior Railcard**

If you are aged 60 and over, you can apply for a Senior Railcard for £30 a year to receive 1/3 off rail travel. You can buy online or at a staffed station Ticket Office.

**Website:** [www.senior-railcard.co.uk](http://www.senior-railcard.co.uk)

## **Disabled Persons Railcard**

If you are disabled or have a progressive medical condition you are eligible for the Disabled persons Railcard for £20 a year to receive 1/3 off rail travel.

You can buy online or collect a form to fill in at a staffed station Ticket Office,

**Website:** [www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk)

## **Green Dragon Bus**

The Green Dragon Bus can provide multiple vehicles that are fully accessible for disabled users.

If you have questions about the services they offer, call and leave a message with your name, number and service needed,

**Phone:** 01239 698506

**Email:** [admin@greendragonbus.co.uk](mailto:admin@greendragonbus.co.uk)

## **Dolen Teifi Community Transport**

Dolen Teifi are a non-profit organisation who provide affordable and accessible transport to individuals, organisations, and groups in Ceredigion.

To find out more, give Dolen Teifi a call or visit their website,

**Phone:** 01559 362403

**Website:** [www.dolenteifi.org.uk](http://www.dolenteifi.org.uk)

## Wheelchair Accessible Vehicles

Below is the list of designated wheelchair-accessible vehicles licensed by the Ceredigion County Council. To book one of these taxis, please telephone them on the number below and let them know of any special requirements you may have.

Fastline Cabs Limited	07748 586848
Teifi Taxis Ltd	07999 567777
Teifi Taxis Ltd	07999 567777
7s/MC Taxi	01970 627777
Teifi Taxis Ltd	07999 567777
7s/MC Taxi	01970 627777
Ow's Cabs	07977 344142
TAR Cars	01545 560688
Pasha's cabs	07475 618618
Lewis Taxis Cyf	01974 202495



# Housing

## Ceredigion Council Housing Options

Ceredigion Council offers information about the different housing options available in Ceredigion. Its aim is to enable people looking for a home to make informed choices about the most suitable options for them.

To find out more, visit the Housing Options website or contact the housing register team directly,

**Website:** [www.ceredigionhousingoptions.cymru](http://www.ceredigionhousingoptions.cymru)

**Phone:** 01545 574123

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

## Barcud

Barcud is a not-for-profit housing association which provides affordable housing in Ceredigion. By registering with Ceredigion Councils Housing options register (above), you can be considered for Barcud housing.

Contact Barcud for more information,

**Online Form:** [www.barcud.cymru/contact-us](http://www.barcud.cymru/contact-us)

**Phone:** 0300 111 3030

**Email:** [post@barcud.cymru](mailto:post@barcud.cymru)

## **Wales and West Housing**

Wales and West Housing is a housing association accessible through Ceredigion's Housing Options Register.

Contact Wales and West Housing for more information,

**Phone:** 0800 052 2526

**Email:** [contactus@wwha.co.uk](mailto:contactus@wwha.co.uk)

**Text:** 07788310420

## **Castell Ventures**

Castell ventures provide care and support services to adults living in North and West Wales. Their services can be accessed by individuals either privately or through the public sector.

For more information, contact Castell ventures directly by phone or email,

**Phone:** 0300 123 2998

**Email:** [info@castellventures.wales](mailto:info@castellventures.wales)

## **Dŵr Cymru Welsh Water**

To access help with your water bills and sign up for Priority Services, contact Dŵr Cymru directly through their website or phone,

**Website:** [www.dwrcymru.com](http://www.dwrcymru.com)

**Phone:** 800 052 0145

## **Cold Weather Payments**

Cold weather payments are given automatically to an individual receiving certain benefits or support for mortgage interest. These payments are received if the average temperature in your area is recorded as, or forecast to be, zero degrees Celsius or below over 7 consecutive days.

Contact your local Jobcentre Plus for more information.

## **Winter Fuel Payments**

If you were born before 25 September 1957 you could get between £250 and £600 to help you pay your heating bills. To check your eligibility, you can phone the Winter Fuel Payment Centre or fill in an online form,

**Phone:** 0800 731 0160

**Website:** [www.gov.uk/winter-fuel-payment](http://www.gov.uk/winter-fuel-payment)

## **Care and Repair Cymru**

Care and Repair is an adaptations charity that helps older people in Wales to live independently at home.

Care and Repair specialise in repairs, adaptations, and home maintenance, giving older people in Wales safety and peace of mind.

Contact Care and Repair directly by calling or emailing their West Wales division,

**Phone:** 01437 766717

**Email:** [hello@wwcr.co.uk](mailto:hello@wwcr.co.uk)

## **Neighbourhood Watch**

Neighbourhood Watch groups are run by volunteers in local communities with the aim to create safer, resilient, and active communities.

To find out more, you can visit their website or call them directly,

**Website:** [www.ourwatch.org.uk](http://www.ourwatch.org.uk)

**Phone:** 0116 402 6111

# Social Participation

## Carers and Community Support Team

The Carers and Community Support Team work with people of all ages and provide information, advice, assistance, training and events.

If you are an Unpaid Carer, you can also join the Carers Information Service which is **FREE** to join for Carers in Ceredigion. 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 the Carers Forum which meets regularly to share support, information and friendship
- Information about local events for carers
- Information about relevant training courses
- Notification about consultations taking place on local and national issues

To find out more, contact the team by phone, email, or visit the Facebook page,

**Phone:** 01545 574200

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

**Facebook:** [@cysylltuceredigionconnecting](https://www.facebook.com/cysylltuceredigionconnecting)

**Website:** [www.ceredigion.gov.uk](http://www.ceredigion.gov.uk)

## Community Connectors

Community Connectors are part of the Carers and Community Support Team and have a wide range of knowledge about what's happening locally in your area. Connectors can help with:

- Blue Badge Applications
- Finding local groups
- Connecting with service providers

To contact your local Community Connector you can call, email or visit the Facebook page,

**Phone:** 01545 574200

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

**Facebook:** [@cysylltuceredigionconnecting](https://www.facebook.com/cysylltuceredigionconnecting)

**Website:** [www.ceredigion.gov.uk](http://www.ceredigion.gov.uk)

## Warm Welcome Spaces

Ceredigion has 41 Warm Welcome Spaces which are open to all, for free or a small donation.

To access the Warm Welcome Spaces map, please check the online map or call for free,

**Website:** [www.ceredigion.gov.uk](http://www.ceredigion.gov.uk)

**Phone:** 01545 570881

## **Gofalwyr Ceredigion Carers**

Gofalwyr Ceredigion Carers support unpaid Carers of all ages in Ceredigion.

To get support you can call, email, or visit the website,

Phone: 03330 143377

**Email:** [ceredigion@credu.cymru](mailto:ceredigion@credu.cymru)

**Website:** [www.gofalwyrceredigioncarers.cymru](http://www.gofalwyrceredigioncarers.cymru)

## **Dewis Cymru**

Dewis Cymru is the place to go if you want information or advice about your well-being – or want to know how you can help somebody else. Dewis is a website that stores information about local services, health and wellbeing and much more.

If you want to access Dewis, you can visit the website or email the Dewis team directly,

**Website:** [www.dewis.wales](http://www.dewis.wales)

**Email:** [help@dewis.wales](mailto:help@dewis.wales)

## **CAVO**

CAVO works to support organisations with the practical aspects of working with volunteers successfully and promotes and highlights volunteering opportunities in Ceredigion.

To get in contact you can visit the website, call or email,

**Website:** [www.cavo.org.uk](http://www.cavo.org.uk)

**Phone:** 01570 423232

**Email:** [gen@cavo.org.uk](mailto:gen@cavo.org.uk)

## **Ray Ceredigion**

RAY Ceredigion provides activities that support the health and wellbeing of people of all ages and abilities across Ceredigion focusing on those that are most vulnerable or disadvantaged. All our activities come from grass roots consultation and respond to local need and are person centred and user led.

To get in contact you can visit the website, call or email,

**Website:** [www.rayceredigion.org.uk](http://www.rayceredigion.org.uk)

**Phone:** 01545 570 686

**Email:** [enquiries@rayceredigion.org.uk](mailto:enquiries@rayceredigion.org.uk)



## Hynt

Hynt is a new national access scheme that works with theatres and arts centres in Wales to make sure there is a consistent offer available for visitors with an impairment or specific access requirement, and their Carers or Personal Assistants.

Contact Hynt for more information,

**Website:** [www.hynt.co.uk](http://www.hynt.co.uk)

**Phone:** 01244 526001

**Email:** [info@hynt.co.uk](mailto:info@hynt.co.uk)

## Ceredigion Federation of the WI

The WI aims to create a world where women come together to learn, share skills and work together to become active citizens, influencing change to improve lives in their local, national, and global communities. The Ceredigion Federation offers the opportunity to discuss public affairs, learn new skills, crafts, sports and they also have a choir.

Contact the Ceredigion Federation,

**Phone:** 01970 612831

**Email:** [Ceredigion.wi@gmail.com](mailto:Ceredigion.wi@gmail.com)

## **Hahav**

Hahav are a volunteer-led charity providing free support to people across Ceredigion who are living with an incurable or life-limiting illness.

Get in touch with Hahav wellbeing Centre,

**Phone:** 01970 611550

**Email:** [admin@hahav.org.uk](mailto:admin@hahav.org.uk)

## **Men2Men**

Men2Men are focused on increasing resources for men to connect with other men, particularly when isolated or struggling mentally and spiritually. They are keen to create dialogue between men and their community about the many issues men face today.

Get in touch with Men2Men,

**Website:** [www.men2men.org.uk](http://www.men2men.org.uk)

**Phone:** 07577117967 / 07450832796

**Email:** [info@men2men.org.uk](mailto:info@men2men.org.uk)

## **CardiShed**

CardiShed is a men's support and wellbeing hub in Cardigan run by a group of local men.

Get in contact with CardiShed,

**Website:** [www.cardished.cymru](http://www.cardished.cymru)

**Phone:** 07512716451 / 07910517514

**Email:** [info@cardished.cymru](mailto:info@cardished.cymru)

# **Respect and Social Inclusion**

## **The Older Persons Commissioner for Wales**

The Older Persons Commissioner is taking action to protect older people's rights, end ageism and age discrimination, stop the abuse of older people and enable everyone to age well.

The OPC directly support older people across Wales through the Advice and Assistance team, and regularly hear from older people at engagement and listening events. The OPC have several useful publications and a directory of local services and support available for free.

To find out more, contact the OPC,

**Phone:** 03442 640 670

**Email:** [ask@olderpeople.wales](mailto:ask@olderpeople.wales)

**Website:** [www.olderpeople.wales](http://www.olderpeople.wales)

## **Age Cymru Dyfed**

Age Cymru Dyfed operates across Pembrokeshire, Carmarthenshire, and Ceredigion, supporting individuals over 50 to maintain independence and make the most of later life. Age Cymru Dyfed do this through a range of services including information and advice, digital support, home help, advocacy, dementia, veteran support and befriending events and activities.

Get in contact with Age Cymru Dyfed,

**Website:** [www.ageuk.org.uk/cymru](http://www.ageuk.org.uk/cymru)

**Phone:** 03333 447 874

**Email:** [reception@agecymrudyfed.org.uk](mailto:reception@agecymrudyfed.org.uk)

## **Disability Wales**

Disability Wales is the national association of Disabled People's Organisations striving to achieve rights, equality and independent living of disabled people in Wales.

Get in contact with Disability Wales,

**Website:** [www.disabilitywales.org](http://www.disabilitywales.org)

**Phone:** 029 20887325

**Email:** [Info@disabilitywales.org](mailto:Info@disabilitywales.org)

## **The Federation of Disability Sport Wales**

The Federation of Disability Sport Wales (DSW) is a pan-disability National Sport agency which provides and promotes inclusive physical activity (including sport) for disabled people in Wales. DSW delivers thousands of disability inclusive sport opportunities throughout Wales.

If you're interested in discovering your potential might be in performance sport, get in contact with DSW,

**Website:** [www.disabilitysportwales.com](http://www.disabilitysportwales.com)

**Phone:** 0300 300 3115

**Email:** [office@disabilitysportwales.com](mailto:office@disabilitysportwales.com)

## **LGBT+ Cymru Helpline**

The LGBT+ Cymru Helpline is a service that provides counselling service for Lesbian, Gay Bisexual, Trans, Intersex, Allies & families in Wales. The LGBT+ Cymru Helpline offer a confidential helpline to support those in need.

For more support and information, get in contact with the LGBT+ Cymru Helpline,

**Website:** [www.lgbtcymru.org.uk](http://www.lgbtcymru.org.uk)

**Phone:** 0800 917 9996

**Email:** [info@lgbtcymru.org.uk](mailto:info@lgbtcymru.org.uk)

## **Ceredigion Actif**

Ceredigion County Council seeks to promote and enhance the health and well-being of the county for the benefit of current and future generations.

To find out how you can get involved and become more active, visit your local leisure or wellbeing centre,

**Website:** [www.ceredigionactif.org.uk](http://www.ceredigionactif.org.uk)

**Phone:**

- Lampeter Wellbeing Centre – 01570 422552
- Cardigan Leisure Centre – 01239 621287
- Aberaeron Leisure Centre – 01545 571738
- Plascrug Leisure Centre Aberystwyth – 01970 624579

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

## **Wales National Exercise Referral Scheme**

The National Exercise Referral Scheme (NERS) is a chronic condition prevention and management programme which aims to improve the health and wellbeing of sedentary and inactive adults who are at risk of developing or who have an existing chronic condition.

To see if you meet the criteria for this programme, contact Ceredigion's local coordinator,

**Phone:** 07812087968

**Email:** [paul.jones@ceredigion.gov.uk](mailto:paul.jones@ceredigion.gov.uk)



# **Civic Participation and Employment**

## **Dysgu Bro**

Dysgu bro aim to provide learning opportunities for the people of Ceredigion to encourage them to develop new interests, work towards gaining a qualification or improve their skills for the workplace.

To get more information about courses, browse their courses online or contact Dysgu Bro direct,

**Website:** [www.dysgubro.org.uk](http://www.dysgubro.org.uk)

**Phone:** 01970 633540 / 633542

**Email:** [admin@dysgubro.org.uk](mailto:admin@dysgubro.org.uk)

## **Ceredigion Employability Support**

The Ceredigion Employability Support Team offer a range of support into employment and self-employment.

For more information, contact the team direct,

**Phone:** 01970 633422

**Email:** [TCC-EST@ceredigion.gov.uk](mailto:TCC-EST@ceredigion.gov.uk)

## **U3A**

The u3a movement is a collection of groups (u3as) that run local and online member-led learning across the UK for those no longer in full time work.

U3A organise no obligation meetings in Cardigan, Newcastle Emlyn and Aberystwyth.

### **Cardigan u3a,**

Email: [membership@cardiganu3a.org.uk](mailto:membership@cardiganu3a.org.uk)

### **Aberystwyth u3a,**

**Phone:** 0771 504 9478

**Email:** [U3A-Aberystwyth@outlook.com](mailto:U3A-Aberystwyth@outlook.com)

### **Newcastle Emlyn u3a,**

**Online form:** [www.u3asites.org.uk/newcastle-emlyn](http://www.u3asites.org.uk/newcastle-emlyn)

## **Job Centre Plus**

Job Centre Plus provides resources to enable job seekers to find work. They also offer support and training opportunities and administer benefits and financial help.

To find out more, contact Aberystwyth Job Centre Plus,

**Phone:** 0800 169 0190

## **Cyfle Cymru**

Cyfle Cymru is a peer mentoring service which provides help to people to develop confidence, and provide support to access training, qualifications, and work experience. Cyfle Cymru help people affected by substance misuse and / or mental health conditions to gain the skills necessary to enter the world of work.

To find out more, contact Cyfle Cymru directly,

**Phone:** 0300 777 2256 and the out of work service number  
01267 231634

**Email:** [ask@cyflecymru.com](mailto:ask@cyflecymru.com)

## **Barod**

Barod provides substance use services in Wales. They also support other services to provide high quality support groups for various age ranges across Wales.

To find out more get in contact with Barod,

**Phone:** Aberystwyth's office for general enquiries 03303 639997

**Website:** [www.barod.cymru](http://www.barod.cymru)

# Communication and Information

## CLIC Customer Services Ceredigion Local Offices

The CLIC team can take a range of enquiries in-person including,

- General enquiries
- Taking payments for council services
- Recycling bags
- Garden waste bags
- Kitchen Caddy compostable bags
- Battery recycling
- WEEE (Waste Electrical and Electronic Equipment) Recycling bins
- Public Access Computers are available in all Libraries across the County

Here is a list of offices:

<b>Aberystwyth</b> Canolfan Alun R Edwards Queens Square Aberystwyth SY23 2EB	<b>Lampeter</b> Council Offices Market Street Lampeter SA48 7DS
<b>Aberaeron</b> County Hall Market Street Aberaeron SA46 OAT	<b>Cardigan</b> Council Offices Morgan Street Cardigan SA43 1DG

They are also available on the phone or through email,

**Phone:** 01545 570881

**Email:** clic@ceredigion.gov.uk

**Council Tax/ Housing benefit Enquiries:** 01970 633253

**Social Housing/ Homelessness:** 01545 574123

**Emergency number for out of hours:**

- **North Ceredigion:** 01970 625277
- **South Ceredigion:** 01239 851604

**Social Services emergencies:** 0300 4563554

## **Libraries**

Ceredigion libraries offer a warm and welcoming space for people to browse books, CD's and DVD's and access computers and accessible books for the visually impaired.

Dementia friendly boxes are available in all libraries. There are lots of helpful tools and items of comfort for people living with Dementia and their carer.

Below is a list of Ceredigion's libraries,

**Aberaeron**

County Hall

Stryd y Farchnad

Aberaeron

SA46 0AT

**Phone:** 01545 572500

**Aberystwyth**

Canolfan Alun R. Edwards

Queen's Square

Aberystwyth

SY23 2EB

**Phone:** 01970 633717

**Cardigan**

Council Offices

Morgan Street

Cardigan

SA43 1DG

**Phone:** 01545 574110

**Lampeter**

Market Street

Lampeter

SA48 7DR

**Phone:** 01570 423606

**Llandysul**

Canolfan Ceredigion

Llandysul

SA44 4QS

**Phone:** 01545 574236

**New Quay**

New Quay Community Library

Room 4 Memorial Hall

Towyn Road

New Quay

Ceredigion

SA45 9QQ

**Phone:** 01545 560803

## **Digital Communities Wales**

Digital Communities Wales is a Welsh Government funded organisation who are focused on Digital inclusion in Wales. They provide free digital training and resources to individuals and groups across Wales.

For more information contact Digital Communities Wales below,

**Phone:** 0300 111 5050

**Website:** [www.digitalcommunities.gov.wales](http://www.digitalcommunities.gov.wales)

## **Reporting fake, fraudulent or scam websites**

Report misleading websites, emails, phone numbers, phone calls or text messages you think may be suspicious.

Do not give out private information (such as bank details or passwords), reply to text messages, download attachments or click on any links in emails if you're not sure they're genuine.

- Forward suspicious emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)
- Forward suspicious text messages to 7726 - it's free.

Contact Action Fraud if you think you've lost money or been hacked because of an online scam or fraud and you're in England or Wales. You can:

Report online [www.reporting.actionfraud.police.uk](http://www.reporting.actionfraud.police.uk)

**Phone:** 0300 123 2040

# Community Support and Health Services

## Tir Dewi Farm Support

Tir Dewi's volunteers support farmers and their families. The volunteers understand many of the issues faced by farmers in our community. Explaining your problems is the first step towards finding a solution.

For confidential support, get in contact with Tir Dewi,

**Phone:** 0800 121 47 22

## The DPJ Foundation

The DPJ Foundation is a Welsh mental health charity to support those in agriculture and rural communities with mental health problems. The DPJ Foundation offers a counselling service called the 'Share the Load helpline.'

For more information, contact the DPJ Foundation,

**Phone:** 0800 587 4262

**Text:** 07860 048799

**Website:** [www.thedpjfoundation.co.uk](http://www.thedpjfoundation.co.uk)



## **The Royal Agricultural Benevolent Institution (RABI)**

RABI provide confidential support is available to those who currently work within agriculture and also to those who are no longer able to work in the sector due to ill-health, accident or age.

**Phone:** 0800 188 4444

**Website:** [www.rabi.org.uk](http://www.rabi.org.uk)

## **Alzheimer's Society**

Alzheimer's Society are working towards a world where dementia no longer devastates lives. Alzheimer's society provide help to those living with dementia today and providing hope for the future. If you are affected by dementia, worried about a diagnosis or a carer, trained staff are ready to give you the support you need.

If you want more information, contact the Alzheimer's Society,

**Phone:** 0333 150 3456

**Website:** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## **Mind**

Mind is a charity offering advice and support for everyone dealing with mental health problems.

For more information Contact Mind,

**Phone:** 0300 123 3393

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)

**Website:** [www.mind.org.uk](http://www.mind.org.uk)

## **HUTS**

HUTS are a charity supporting adults with mental health concerns or learning difficulties by providing a fantastic, well-equipped craft workshop, where our members can boost their life-skills and confidence.

For more information, contact HUTS

**Phone:** 01239 710377

**Website:** [www.hutsworkshop.org](http://www.hutsworkshop.org)

## **West Wales Action for Mental Health (WWAMH)**

WWAFMH provide a range of services to voluntary groups, carers and individuals who have used or are using mental health services in Ceredigion.

For more information contact WWAFMH,

**Phone:** 01267 245572

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

**Website:** [www.wwamh.org.uk](http://www.wwamh.org.uk)

## **Woody's Lodge**

Woody's Lodge aims to provide an inviting meeting space for veterans of the Armed Forces, Emergency Services and Reservists to re-engage with life, their families and their communities.

For more information contact Woody's Lodge,

**Phone:** 01559 361 328

**Email:** [support@woodyslodge.org](mailto:support@woodyslodge.org)

**Website:** [www.woodyslodge.org](http://www.woodyslodge.org)

## **Macular Society**

The Macular Society provide free information and support to those with macular disease, along with their family and friends, to help people keep their independence.

For more information, get in contact with the Macular Society,

**Phone:** 0300 3030 111

**Website:** [www.macularsociety.org](http://www.macularsociety.org)

## **Carers Wales**

Carers Wales provide information and advice for Carers in Wales, they also campaign with carers for change and use innovation to improve services.

For more information contact Carers Wales,

**Phone:** 029 2081 1370

**Email:** [info@carerswales.org](mailto:info@carerswales.org)

**Website:** [www.carersuk.org](http://www.carersuk.org)

## **National Domestic Abuse Helpline**

The National Domestic Helpline is run by Refuge and provides 24-hour support via a free helpline.

**Phone:** 0808 2000 247

**Website:** [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

## **Mankind**

Mankind is a confidential helpline available for male victims of domestic abuse and domestic violence across the UK as well as their friends, family, neighbours, work colleagues and employers.

**Phone:** 01823 334244

**Website:** [www.mankind.org.uk](http://www.mankind.org.uk)

## NHS Health Check

The NHS Health Check check is for people who are aged 40 to 74 who do not have any of the following pre-existing conditions:

- heart disease
- chronic kidney disease
- diabetes
- high blood pressure (hypertension)
- atrial fibrillation
- transient ischaemic attack
- inherited high cholesterol (familial hypercholesterolemia)
- heart failure
- peripheral arterial disease
- stroke
- currently being prescribed statins to lower cholesterol
- previous checks have found that you have a 20% or higher risk of getting cardiovascular disease over the next 10 years

If you think you are eligible but have not been invited, contact your GP surgery to find out if they offer NHS Health Checks or contact your local council to find out where you can get an NHS Health Check in your area.

# Outdoor Space and Buildings

## Discover Ceredigion

To find out more ways to discover Ceredigion and explore local heritage sites, you can contact the Tourist Information Centre in Aberystwyth.

**Phone:** 01545 570881

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

**Website:** [www.discoverceredigion.wales](http://www.discoverceredigion.wales)

## Amgueddfa Ceredigion Museum

Ceredigion Museum is situated in the heart of Aberystwyth, near the seafront. The museum is home to both permanent and temporary displays that explore Ceredigion's heritage, culture and art. The museum is open to everyone; young, old and everyone in between.

For more information contact Ceredigion Museum,

**Phone:** 01970 633088

**Website:** [www.ceredigionmuseum.wales](http://www.ceredigionmuseum.wales)

# What If Something Happens To Me?

## Emergencies

Type of emergency	Phone number
Life threatening health emergency	999
Emergency prescriptions	111
Dental problems	111
Reporting non-emergencies to the Police	101
Fire and rescue emergency	999
Fire and rescue non-emergency	0370 6060699
Coastguard	999
If you smell gas in your home	0800 111 999
Reporting power cuts	105
Reporting blocked rivers, landslides or flooding	03000 65 3000

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This booklet is brought to you by the Carers and Community Support Team. The information is intended as guidance and not given as recommendations on behalf of Ceredigion County Council, they are provided for the reader to consider and form a personal opinion. All information is correct at time of printing, spring 2024.





Comisiynydd Pobl Hŷn Cymru  
Older People's Commissioner for Wales



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



Cyngor Sir  
**CEREDIGION**  
County Council

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