

CEREDIGION YOUNG CARERS NEWSLETTER

April '25



SPRING HAS ARRIVED

Young carer
ID card

DESIGN YOUR
OWN CARD

APPLY NOW:

SCAN
ME! >>



ceredigion.gov.uk/youngcarercard

FREE

GOFALWR IFANC
YOUNG CARER



A Young Carer

Dyddiad geni/DOB: 01/03/10
Dyddiad dod i ben/Exp: 01/25



A Young Carer

Dyddiad geni/DOB: 14/6/08
Dyddiad dod i ben/Exp: 01/25

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YOUNG CARERS COMPETITION

To celebrate **Young Carers Action Day 2025**, we asked you to design a cover for the Spring 2025 edition of our Carers magazine!

CARERS TRUST

**2025 THEME –
'GIVE ME
A BREAK'**

COMPETITION WINNER

We would like to say a big thank you to everyone who took the time to enter our competition.

Tanwen Owen



ACTIVITIES



£3

AMGUEDDFA
CYMRU

CLICK TO BOOK
YOUR PLACE



EASTER TRAIL

- April - £3 per trail
- 10am - 4pm
- National Wool Museum, Dre-Fach Felindre, Llandysul SA44 5UP.

£8



KNIGHT SCHOOL

- 22 April - Kids go free, Adults £8
- Sessions at 11am, 1pm, 2.30pm
- Cardigan Castle, Green Street, Cardigan, SA43 1JA.

£2.50



SILENT SPACE

- April - October - Kids £2.50, Adults £7.50
- 10am - 5pm
- Cae Hir Gardens, Cribyn, Lampeter, SA48 7NG

£8



BIG BOUNCE - FUN DAY

- 16 April - Kids £8, Adults £2
- Sessions at 11.30am, 1pm, 2.30pm
- Aberystwyth Arts Centre, Penglais Campus, Aberystwyth, SY23 3DE

DRIVING THEORY SUPPORT - ONLINE SESSIONS

JASON TATTON



Jason is an experienced driving instructor, specialising in Driving Theory Support. All support sessions are provided online over Microsoft Teams. (English only).

2 hour group sessions

£10

1-2-1 Pre-test sessions

£15

Just use the discount code 'DRIVER33' when booking your sessions. To book, visit - bit.ly/DTSJT25

Cardigan Wellbeing Centre



01239 621287



teifileisurecentre@
ceredigion.gov.uk

Day	Time	Activity	Age
Monday (14.04.25)	11am - 12pm	Turn up & play (Football 3G)	8 - 16
Tuesday (15.04.25)	10am - 11am	Turn up & play (Badminton)	8 - 16
Tuesday (15.04.25)	1pm - 2pm	Turn up & play (Football 3G)	8 - 16
Tuesday (15.04.25)	2pm - 3pm	Turn up & play (Basketball)	8 - 16
Wednesday (16.04.25)	2pm - 3pm	Turn up & play (Badminton)	8 - 16
Thursday (17.04.25)	10am - 11am	Bouncy Castle	0 - 8
Thursday (17.04.25)	1pm - 2pm	Turn up & play (Football 3G)	8 - 16
Friday (18.04.25)	10am - 11am	Bouncy Castle	0 - 8
Friday (18.04.25)	11pm - 12pm	Turn up & play (Football 3G)	8 - 16
Friday (18.04.25)	12pm - 1pm	Bouncy Castle	0 - 8

Day	Time	Activity	Age
Monday (14.04.25)	12:30pm - 3:30pm	Multi-Skills	7-11
Tuesday (15.04.25)	11:15am - 12:15pm	Turn up and play Basketball	11 - 16
Wednesday (16.04.25)	1pm - 2pm	Messy Play	Sitting to 5 Years Old
Thursday (17.04.25)	11am - 12pm	Turn up and play Badminton	8 - 16

Lampeter Wellbeing Centre



01570 422552



lampeterwellbeing
centre@ceredigion.
gov.uk

Plascrug Wellbeing Centre



01970 624579



plascrug-
leisure@ceredigion.
gov.uk

Day	Time	Activity	Age	Price
Wednesday (16/04/25)	11.00am	Easter Fun Run (See separate poster for information)	Any Age	£5
Thursday (17/04/25)	9.30am - 10.30am 11.00am - 12.00pm	Messy Play	Sitting - 5 years old	Free
Thursday (17/04/25)	2.00pm - 4.00pm	Multi Sports Camp	7 - 11 years old	Free
Thursday (24/04/25)	9.30am - 10.30am 11.00am - 12.00pm	Messy Play	Sitting - 5 years old	Free
Thursday (24/04/25)	2.00pm - 4.00pm	Racket Sports (Table Tennis, Short tennis, Badminton, Pickleball)	7 - 12 years old	Free
Friday (25/04/25)	1.00pm - 2.00pm 2.30pm - 3.30pm	Bouncy Castle	3 - 8 years old	Free

#ShePaddles
Cymru

PADDLE
CYMRU



#SHEPADDLES SUMMER CELEBRATION FESTIVAL LLANDYSUL

11TH-13TH
JULY

30%
OFF

For unpaid carers

#ShePaddles Cymru is an initiative by Paddle Cymru aimed at increasing female participation in paddlesports across Wales.

Book on to the course and, as an unpaid carer, you'll receive an exclusive **30% off** the price! There are also options to pay for the course in instalments to suit you.

Use our exclusive link to book on today - bit.ly/YCShePaddles



Llandysul Paddlers - Pont Tyweli,
Llandysul, SA44 4AA



MOUNTAIN BIKING

16-04-25 & 23-04-25



FREE

For more information & to book please contact:
PorthCymorthCynnar@ceredigion.gov.uk





SHORT BREAKS - WHAT ARE THEY?

What is a 'break' and why is it important?

When you're caring for someone it can be easy to keep putting their own needs before your own. However, the benefits of taking a break should never be underestimated – whether this is doing a hobby you enjoy, seeing friends or even some time away.

Whatever you do, finding some 'me' time to relax and unwind is so important for both you and those you care for. **Below are a few break ideas for you to try:**



Playing sports – Sports don't always have to be competitive, just having a quick kick-around and being active can have a really positive impact on your physical and mental wellbeing.



Spending time with friends – Whether you go out or stay in, spending time with friends can be a great way to forget about your troubles and just enjoy being yourself. It's always good to talk to someone who understands you.



Being outdoors – Things like taking your dog out for a walk or visiting the beach can be a great way to clear your head. Spending time outdoors can help you feel refreshed and ready to deal with any challenges.



Being creative – There are many ways to unleash your creative side. Things like writing, drawing or crafting are popular, but you can also make things. Online world-building in your favourite game can be a good creative outlet.



Playing your favourite games – Whether it's a classic family board game or something on your console. Playing games can be a great way to socialise or get time to yourself, it's totally up to you and how you feel.



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 in your local area
- Get a break with our respite service
- 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
- Take part in trips and events

 03330 143 377

 ceredigion@credu.cymru

 gofalwyrceredigioncarers.cymru


Gofalwyr
Ceredigion Carers


credu

WHERE CAN I CATCH A BREAK?

Whether you like spending time with others or losing yourself in a good book, there are different organisations available to help you get the break you want.

There are lots of groups that only support young carers, but you can still join in with other groups and activities you enjoy too. **See what's on at your local Youth Club and give it a try.**

Here are a few places you can go to get some time away:



Ieuenctid Tysul Youth – Tysul Youth Centre, Lon Wesley, Llandysul, SA44 4QJ

We work with the statutory Youth Service and take part in activities with other youth groups, local community, environmental and volunteering projects further afield. Open **Weds & Thurs from 4 – 9pm.**



01559 362908 / 07765845755



admin@tysulyouth.org



GOATs Youth Hub – Victoria Hall, Bryn Road, Lampeter, SA48 7EE

Stage GOAT Youth Theatre – 4.30 – 6.30pm – Mon, Thurs & Fri

Youth Café Pop Up – 2.00 – 6.30pm – Weds & Thurs

Please note: Timetable may change frequently. See our Facebook for more info.



facebook.com/GOATs.YouthHub



Borth Youth Club – Borth Community Hub, Clarach Road, Borth, SY24 5LW

Be with friends, play games, try new things or just sit and chill. We also have a few trips during the year. We welcome young people aged 11+, but if your child is still in primary school please have a chat with us first. **Thursdays 6 – 8pm** (term-time only).



07483356501



youth@borthcommunityhub.co.uk



RAY Ceredigion – Pengloyn, Tabernacle Street, Aberaeron, SA46 0BN

We provide activities that support the health and wellbeing of people of all ages and abilities, focusing on those that are most vulnerable or disadvantaged. Sessions are **Mon – Fri, 3.30 – 6pm** (term-time only) and include a meal and healthy snacks.



01545 570 686



enquiries@rayceredigion.org.uk



rayceredigion.org.uk



Area 43 – Area 43 Depot, 35 Pendre, Cardigan, SA43 1JS

Drop-in centre where young people (aged 16–25) can socialise with their peers and access information and support from. We offer free hot drinks, subsidised food and an internet cafe. Open **Mon – Fri 1 – 7pm, Saturdays 11am – 7pm.**



01239 614566



dropin@area43.co.uk



area43.co.uk/youth-cafe



LAMPETER YOUTH CLUB

Well-being centre
Starting 1/5/25
Thursday's
during term time
3:30pm-6:30pm

FOR MORE INFORMATION EMAIL

PORTHCYMORTHCCYNNAR@CEREDIGION.GOV.UK

GWASANAETH
IEUENCTID

CEREDIGION

YOUTH
SERVICE



Y FAN



A Mobile Youth Support Provision



15 / 04 / 2025



LLANON 10-1PM

ABERAERON 1:30-3PM



GWASANAETH IEUENCTID
CEREDIGION YOUTH SERVICE

@GICEREDIGION



YOUNG CARERS ACTION DAY



As part of **Young Carers Action Day on March 12th 2025**, Gofalwyr Ceredigion Carers, the Carers and Community Support Team, Connecting with Nature CIC and The Outdoor Partnership came together to organise a week of activities and engagement events for secondary schools across Ceredigion.

We had an information stall and held assembly talks to raise awareness about the important role unpaid carers play and to offer support, advice and signpost towards activities for young carers in their local area. Peggy from Connecting with Nature was there to offer crafting and forestry-school activities, to engage students and help them better understand the challenges young carers face everyday.

We also held a Family Fun Day at the Urdd centre in Llangrannog that was attended by over 113 Young Carers and their families!

We would like to thank all the schools, pupils and carers that participated in Young Carers Action Day and hope to see you all again next year!

Keep an eye out for our Young Carer rocks in your school!

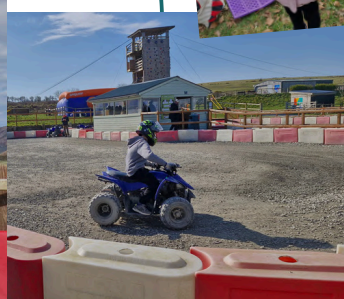
Aberaeron



Cardigan



Henry Richard



Bro Pedr



INFORMATION & SUPPORT



Here are a few of the support services available, with some open 24 hours a day.



Practical, tailored support for unpaid carers of all ages. Helping in **any way** we can.

Call: **03330 143 377**

Email: ceredigion@credu.cymru



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

Call: **0800 1111**



Free and confidential support, call the Hopeline.

Call: **0800 068 4141**

Text: **07860039967**

Visit: www.papyrus-uk.org



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

Call: **080 880 23456**

Text: **84001**

Visit: www.meiccymru.org

Support available in Welsh.



Supporting Young Carers and their families in whatever way they can.

Visit:

www.barnados.org.uk



For help and advice with drugs & substance misuse.

Call: **0330 363 9997**

www.choiceswest.cymru



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

Visit:

www.kooth.com



For brothers and sisters of disabled children and adults.

Visit:

www.sibs.org.uk



Support for young people struggling with mental health issues.

Visit:

www.youngminds.org.uk



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

Call: **116 123** or

0808 164 0123

for support in Welsh.



Out-of-hours service providing practical and therapeutic support for mental health issues

Phone: **01970 629897**

Email: ceredigionsanctuary@adferiad.org



Free, bilingual drug and alcohol helpline. Call anytime, day or night, for help and advice.

Phone: **0808 808 2234**

www.dan247.org.uk



Cynghor Sir
CEREDIGION
County Council



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

For more information, contact the Carers & Community Support Team



01545 574200



connecting@ceredigion.gov.uk