



Age Friendly Ceredigion

Newsletter

September 2025

Age Friendly Forum – August 2025

Adult Learners Week with Dysgu Bro Ceredigion

Our first forum speaker, Alison Newby from Dysgu Bro Ceredigion, highlighted the range of adult learning opportunities available across the county.

To celebrate Adult Learners Week (8-12 September), Dysgu Bro will be on the road, delivering free taster courses in various locations. Courses are open to adults aged 19+, with daytime and evening options available, including First Aid, IT, Photography, and British Sign Language.

For more information, contact Dysgu Bro Ceredigion Community Learning:

☎ 01970 633540

✉ learning@ceredigion.gov.uk

🔗 www.dysgubro.org.uk

Shaping Safer Communities – Dyfed-Powys Police and Crime Commissioner



Our second speaker, Neil Evans, from the Office of the Police and Crime Commissioner (OPCC) for Dyfed-Powys, shared insight into the Commissioner's role and responsibilities.

The OPCC plays a key part in shaping how policing is delivered locally. This includes:

- Supporting victims of crime and improving access to services
- Working closely with partners to tackle crime and antisocial behaviour

The Commissioner's office is keen to hear from members of the public and regularly recruits volunteers to support their work. Volunteering roles vary in focus and time commitment – you can find out more here: www.dyfedpowys-pcc.org.uk/volunteers/
☎ 01267 226 440

✉ opcc@dyfed-powys.police.uk

✉ Police and Crime Commissioner, PO Box 99 , Llangunnor, Carmarthen SA31 2PF



Uned Ymchwil Asesu
Lles a Iechyd

Well-being & Health
Assessment Research Unit

Get Involved in Health Trials – Department of Life Sciences

Alina Warren Walker, from Aberystwyth University's Department of Life Sciences, shared how her team runs human intervention trials to study how different foods and diets affect the body – including people who take medication.

They are actively recruiting volunteers aged 18+, with a variety of studies offering different eligibility criteria and time commitments.

Health checks may include blood pressure, cholesterol, urine sampling and BMI. The team's aim is to reach people who may not usually take part in research by offering community outreach, remote trials, and building stronger links with public services.

✉ waru@aber.ac.uk

☎ 01970 622 299



Improving Access to Public Toilets

The forum continued its ongoing conversation about public toilet provision, with participants raising practical concerns faced by older people and those travelling long distances for hospital appointments.

One suggestion was to explore partnerships with local businesses – such as cafes, hotels and garden centres – to allow individuals with carer cards to use their facilities.

Key points raised included:

- Toilet locations not always being close to hospital entrances
- Lack of cleaning staff and limited maintenance of public toilets
- Accessibility issues – while Blue Badge holders are entitled to accessible toilet keys, these can be bought online, limiting proper enforcement
- Toilet locator apps exist, but may not work for those without smartphones
- Funding and sustainability remain significant barriers


Age Cymru is currently developing a report looking at local authorities' responsibilities around public toilet provision. In the meantime, our upcoming Age-Friendly and Dementia-Friendly Business Guide will encourage businesses to open up their toilets to older people.

We will be exploring a pilot scheme in one town, with the aim of expanding it more widely if successful.



Next Age-Friendly Forum

 **Date:** Thursday, 28th November 2025

 **Time:** 2:00–4:00 pm

 **Canolfan Rheidol**

 **Penmorfa**

 **To Be Confirmed**

We look forward to seeing you there!

Upcoming Events

Webinar: Supporting Disabled Older Workers – From Stories to Solutions

The Centre for Ageing Better invites you to join a webinar sharing insights from the Supporting Disabled Older Workers (SDOW) research project.

Too many disabled people in their 50s and 60s are being pushed out of work – not by their impairments, but by a lack of the right support. This webinar highlights research findings and practical solutions to help more older disabled people find work, stay in work, and thrive.

Details:

 17 Thursday 25th September 2025

 10:00 – 11:00am

Register here: [Supporting Disabled Older Workers Webinar](#)

Health at Work

 17 Tuesday, 1st October 2025

 11am – 5pm

 Aberystwyth Cricket Club, Llanbadarn Fawr, SY23 3JQ

We're arranging a Health at Work event this October – a great opportunity for working-age adults to access free health checks and wellbeing advice.

Tech for Everyone Day

 17 Wednesday, 15th October 2025

 10am – 6pm

 Penmorfa Centre for Independent Living, Aberaeron



Curious about technology but not sure where to start? Join us for Tech for Everyone Day, where you can explore digital tools, try out accessible devices, and chat with people who can help. Drop in any time for friendly, hands-on support – all ages and abilities welcome.



Save the Date: Event for Veterans and Their Families



Thursday, 13th November 2025



2pm – 7pm (TBC)



Trefechan Fire Station, SY23 1BE

We're supporting an event this November for Armed Forces veterans and their families, taking place at Trefechan Fire Station. Plans are still being finalised, but there'll be information, support, and a warm welcome. Save the date – more details coming soon!

Consultations & Have your Say!

Help Shape RAY Ceredigion's Future

RAY Ceredigion is looking to show the ongoing need for the services they provide. They're asking children, parents, residents, and partner organisations to share their views in a short online survey.

Your feedback will help them design future activities and ensure they continue to meet community needs. Please take a few minutes to complete the questionnaire and share the link with others: [Complete the survey](#).

Have You Lived with Arthritis? Versus Arthritis Wants to Hear from You

Versus Arthritis is putting together a report on what it's really like to live with arthritis – and they want real stories to help bring it to life.

If you live with arthritis and are happy to share your experience, you could talk about things like:

- how long it took to get a diagnosis
- how it affected your mental health
- whether you felt any stigma
- the impact on your family or daily life

To take part, please get in touch with Patricia Stapleton, Senior Policy Manager, at  p.stapleton@versusarthritis.org

Unpaid Carers – Your Voice Matters!

The Health and Social Care Committee wants to hear from unpaid carers about how access to support can be improved.

Interviews will be conducted during August and September 2025, arranged around your availability and needs.

If you'd like to take part, you can:

- Complete this short survey: [Improving Access for Unpaid Carers](#)
- Or call 0300 200 6565 to complete the survey over the phone

For more information, contact: citizenengagementteam@senedd.wales

Have your say on local policing across Dyfed-Powys

Dyfed-Powys Police and Crime Commissioner Dafydd Llywelyn is inviting residents, community groups and professionals to share their views on crime, safety, and policing by completing a short survey.

Your feedback will help shape future decisions and the 2025-2029 Police and Crime Plan.

 [Complete the survey here](#)

Find out more about the plan at:

 www.dyfedpowys-pcc.org.uk

Are you based in Wales and interested in helping shape a new mental health and wellbeing service for stroke survivors?

Mind Cymru is currently in the process of developing a new programme to support stroke survivors and their loved ones with their mental health and wellbeing.

The team would like stroke survivors with different ethnicities to attend online meetings to feedback on their plan so the future mental health support offer will reach and help people from all communities.

[Find out more on our website.](#)

Deadline: 3 October 2025

Welsh Government Consultation: Direct Payments in Health and Social Care

The Welsh Government is seeking your views on proposed regulations for direct payments in health and social care.

The consultation covers:

- Proposed changes to Local Health Boards' role in making direct payments on behalf of Welsh Ministers.
- Proposed content and guidance for direct payments in health care.
- Proposed changes to social care regulations, including how a nominated third party can manage payments.

The consultation runs until 8 October 2025.

Get involved: You can respond online via the Welsh Government website [here](#). The Carers and Community Support team also has paper copies of the survey available if you'd prefer.

Have Your Say on Health and Social Care

Many people don't know their rights when it comes to health and social care. Llais is gathering real stories to help shape fairer, more people-centred services across Wales.

How to get involved:

- Complete the national survey: [The health and social care we want](#)
- For more info or to get involved in other ways, email: wewant@llaiscymru.org
- Paper copies of the survey are available on request.

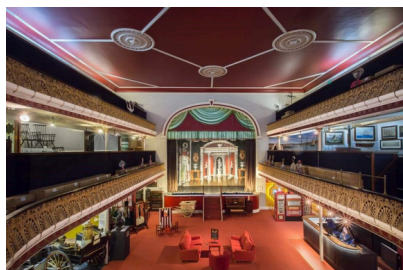
Your voice matters – help make health and social care services work better for everyone.

Study to tackle recurrent urinary tract infections recruiting now

A new UK-wide study aiming to improve treatment for women with recurrent urinary tract infections (UTIs) is being co-ordinated by Cardiff University's Centre for Trials Research, which is funded by Health and Care Research Wales.

The aim is to enrol 412 women aged 16 and over who experience frequent, uncomplicated UTIs that have not responded to first-line antibiotic treatments.

[Find out more on our website.](#)



Help Shape the Future of Ceredigion Museum

Ceredigion Museum is setting up an Inclusive Heritage Forum to help ensure that its upcoming 'Museum Makeover 2026' project reflects the full diversity of life in Ceredigion.

Forum members will be paid for their time, and the group is expected to meet for eight half-days over six months.

If you would like to apply, you can call Carrie Canham or Sarah Morton on 01970 633 088 or email museum@ceredigion.gov.uk.

Community Ear Wax Micro Suction Clinic

Ear wax, or cerumen, is a natural substance that protects the ear canal. Usually, your body clears it naturally, and removal is only needed if wax becomes impacted.

Hywel Dda University Health Board runs a nurse-led community clinic for adults who continue to experience problems after using olive oil drops for one week. The clinic provides:

- Advice on self-management
- Examination to check suitability for treatment
- Treatment, including micro suction
- Aftercare guidance

Self-Referring: Adults aged 18 and over can self-refer by completing the self-referral form ([here](#)) or by calling the Health Board's Communication Hub: 0300 303 8322.

Locations: In Ceredigion, clinics run at Aberaeron and Cardigan Integrated Care Centres by appointment only.

Older People's Commissioner for Wales – July 2025 Newsletter

Stay up to date with the latest news from the Older People's Commissioner for Wales by following the link here: [July 2025 Newsletter](#)

Need local support? Dewis Cymru can help



Dewis Cymru is the place to go to find local services and support to help with your well-being – whether for yourself or someone you care for. From help at home to staying active and connected, Dewis lists trusted organisations and information to guide you.

Visit: www.dewis.wales to search what's available in your area.

Community Connectors

Joining a group, meeting new people, or trying something different can lift your mood, boost your wellbeing, and make life more enjoyable. It can also help you feel more confident and reduce stress.

Ceredigion's Community Connectors can help you discover local activities and social groups that match your interests – from crafts, walking, and singing, to simply enjoying a friendly chat over coffee.

They cover the whole county and can chat with you on the phone or in person to explore how they can support you or someone you care for.



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.



MEMORIAL HALL, TREGARON, SY25 6JL

Meet Diane from 11am – 1pm on the third Tuesday of the month.

Pensioner Poverty Report Highlights Age-Friendly Work in Wales

The Work and Pensions Committee has published a report on pensioner poverty, recognising Wales's Strategy for an Ageing Society as a strong example of good practice. The strategy and its age-friendly communities approach – covering housing, transport, activity, and community spaces – have been praised for improving preventative health and supporting older people.

Key points:

- Wales's strategy provides accountability and a framework for local government engagement on older people's issues.
- The approach has helped bring older people into conversations with local and central government.
- Cross-sector collaboration is vital for tackling pensioner poverty, and Wales's national strategy gives stakeholders confidence in long-term government commitment.

Recommendation: The UK Government should adopt a cross-government ageing strategy to ensure equitable health and well-being for older people.

Read the full report: [Work and Pensions Committee: Pensioner Poverty Report](#)

Fire Stations – Safe Havens for Anyone in Need

Did you know that all fire stations are safe havens? They can provide shelter for anyone in a threatening situation, including victims of domestic abuse, teenagers in unsafe circumstances, or anyone needing temporary safety until help arrives.

If a station isn't manned 24/7, people can call 999. The fire station can then be opened remotely, giving a safe place to wait for trained fire service personnel or other appropriate support.



Gwasanaeth Tân ac Achub
Canolbarth a Gorllewin Cymru
Mid and West Wales
Fire and Rescue Service



**ALL OUR FIRE STATIONS ARE A
SAFE HAVEN**

Any member of the public
Including children and young people
can go to a fire station if they feel unsafe
in any situation.

**If crews are out and you need
immediate help, please ring 999**

We're always open and we're always here for you.

www.mawwfire.gov.uk



Help Shape an Age-Friendly Ceredigion!

We're looking for new members to join our Age-Friendly Forum – a space where older people can share ideas, raise local issues, and help shape positive change in their communities.

Please share this opportunity with friends, family, and your networks so more people can have their say.

☎ 01545 570881

✉ connecting@ceredigion.gov.uk