

# Cost of Living Bulletin: Support for Families & Parenting

## Supporting Ceredigion Families

Whether you're looking for family activities, parenting support, financial assistance or local services, there's plenty happening across Ceredigion. Take a look at what's on offer and discover the support available to help your family thrive.

Take a look at this booklet to explore the wide range of opportunities and support available for families. You'll find more information on some of these services and activities in the sections below.

[Parenting and Family Support Booklet 2026](#)

## School Essentials Grant

Did you know that eligible families can receive financial support to help with the cost of school uniforms, sports kit, school bags, stationery and other essential equipment? The School Essentials Grant is available to eligible learners from Reception to Year 11, helping to reduce the cost of going to school.

Funding of £125 per child is available, with £200 for pupils entering Year 7 to help with the extra costs of starting secondary school.

[Find out if you're eligible and apply online here.](#)

 01545 570881

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

## Family Information Service

[The Family Information Service](#) (FIS) offers free, impartial advice and support for families and carers. They can help with:

- Childcare and childcare costs
- Additional needs support
- Health and wellbeing
- Education and training

- Leisure activities
- Financial support

FIS can also connect you with local services, specialist support, and useful Welsh Government programmes tailored to your family's needs.

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## Plant Dewi

Not heard of Plant Dewi? [Visit their website](#) to discover a range of free services and support for children and families. Their community hubs provide welcoming spaces where families can access support, meet others, build friendships and strengthen their local support networks.

**Expecting a baby or recently welcomed a new arrival?** Learn more about the Baby Bundle Bank, which provides essential baby items and equipment to help families give their new baby the best start, easing some of the financial pressures that can come with a growing family. [Click here to find out more.](#)

## Help with Upfront Childcare Costs

**Are childcare costs preventing you from starting work or increasing your hours?**

**Support Available** - through the **Flexible Support Fund**, eligible Universal Credit claimants can receive help with **upfront childcare costs**, including childcare deposits, retainers, or the first month's childcare fees.

This support can help you start work sooner, increase your working hours, boost your income, and become less reliant on family and friends for childcare support

### How to Apply

Speak to your Work Coach by:

- Sending a message through your Universal Credit journal, or
- Calling **0800 328 5644**

**Don't Let Childcare Costs Hold You Back** - If childcare is a barrier to work, support may be available.

## Universal Credit Childcare Support

If you are claiming Universal Credit and are starting work or increasing your working hours, you may be able to get help with your childcare costs.

Universal Credit can cover up to 85% of eligible childcare costs, helping parents take up employment, increase their hours, and improve their financial situation. This support is available regardless of how many hours you work, ensuring that reasonable childcare costs do not become a barrier to employment.

For more information, speak to your [local Jobcentre](#) or find out more information here [Universal Credit childcare costs - GOV.UK](#)

## Team Around the Family (TAF)

Need a little extra support? [Team Around the Family](#) helps children, young people and families by bringing together the right services to provide coordinated support. An Individual Support Co-ordinator works with your family to create a plan and make sure you get the help you need.

If you wish to make a referral, click here to download the [referral form](#). Once completed, please send it to [dss.taf@ceredigion.gov.uk](mailto:dss.taf@ceredigion.gov.uk).

 **01545 574200**

## Flying Start

Flying Start is a Welsh Government initiative which provides support and opportunities for families with children under the age of 4.

It provides families with access to health and family support, funded childcare for eligible 2 to 3-year-olds, parenting advice, practical assistance, and help to support children's development and wellbeing.

For more information and to check your eligibility, click here: [Flying Start - Ceredigion County Council](#)

 **01545 570881**

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

## Parenting Support Courses

From September, a wide range of parenting support courses will be available across Ceredigion for parents and carers. Many courses offer a free crèche, making it easier for parents of younger children to attend.

There are also specialist courses for neurodiverse families, including:

- Autism Course - running in Aberystwyth from September
- ADHD Course - running online in the evenings after half term

To explore the full range of courses and support available, visit the [Parenting Support pages on the Ceredigion County Council website](#).

 01545 570881

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

## Home-Start Ceredigion

[Home-Start Ceredigion](#) offers friendly, confidential support to families with young children who may be facing challenges such as isolation, poor mental health, financial pressures, or difficulties with parenting. Trained volunteers and staff work alongside families to provide practical and emotional support, helping parents build confidence and strengthen family life.

Support includes:

- One-to-one support in the home
- Family groups and activities
- Emotional support and a listening ear
- Help to build confidence and connect with local services

**Contact Home-Start Ceredigion**  01570 218546

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

## Family Relationships at home

Conflict between parents is a normal part of relationships. In fact, seeing how their parents disagree is very important for children. However, when children are exposed to frequent, intense and poorly resolved parental conflict it can have a damaging and long-term impact on them. For further information and support on this, visit the council's [Family Relationship page](#).

## Want to speak to someone about your relationship?

West Wales Domestic Abuse Service (WWDAS) provides a free, confidential service across Ceredigion for anyone affected by domestic abuse, regardless of age, race, gender, sexual orientation, or financial circumstances.

### Cardigan Office

PO Box 5, Cardigan, SA43 1LE

 01239 615385 (24-hour helpline)

### Aberystwyth Office

PO Box 38, Aberystwyth, SA23 3GX

 01970 625585 (24-hour helpline)

### Email

 [referrals@westwalesdas.org.uk](mailto:referrals@westwalesdas.org.uk)

If you or someone you know is experiencing domestic abuse, support is available 24 hours a day. All enquiries are treated in confidence.

## What's on for parents and families?

Visit the Council's [Parenting and Family Support Noticeboard](#) to find local events, courses and groups, or head over to the [Teuluoedd Ceredigion Families Facebook page](#) for even more activities, support and opportunities to connect with other families.

## Family Centres

Family Centres provide a welcoming space for children, young people and families to access support, advice, activities and opportunities to connect with others in their local community. Whether you're looking for family activities, parenting support or ways to get involved, your local Family Centre is a great place to start.

Why not drop in or get in touch to find out what's available near you?

### Jig-So

- **Main Contact:** Alison Sinclair
- **Telephone:** 01239 615922
- **Facebook:** [www.facebook.com/Jigso.Cardigan](https://www.facebook.com/Jigso.Cardigan)

### RAY Family Centre

- **Main Contact:** Gill Byrne
- **Telephone:** 01545 570686
- **Facebook:** [www.facebook.com/CanolfanDeuluolRAYFamilyCentre](http://www.facebook.com/CanolfanDeuluolRAYFamilyCentre)

### **Borth Community Hub**

- **Main Contact:** Helen Williams
- **Telephone:** 07896 616857 / 07483 356503
- **Email:** [contact@borthfamilycentre.co.uk](mailto:contact@borthfamilycentre.co.uk)

[Click here to find out more about Family Centres and the support available in your area.](#)

### **Ceredigion Actif**

Looking for fun, affordable ways to keep the family active? [Ceredigion Actif](#) offers a range of activities for children, young people and families, including swimming, sports, holiday programmes and family-friendly fitness sessions across Ceredigion.

Find activities at [your local leisure centre](#) and discover opportunities to get active together.

 **01970 633567**

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

**Facebook:** [Ceredigion Actif](#)

### **To close:**

Thank you for reading our Cost-of-Living Bulletin. We hope you found it helpful.

For more information on cost-of-living support, please visit the County Council website: [Cost of Living Support - Ceredigion County Council](#)

If you would like to sign up to receive the bulletin, please get in touch by emailing the address below.

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](#)**

## **A Refresh for Our Cost-of-Living Bulletin**

To help us provide a more useful and engaging resource, we are refreshing our Cost-of-Living Bulletin. As part of this review, there will be no September edition while we make some improvements to the format and content.

Going forward, the bulletin will be published quarterly, allowing us to bring you more comprehensive information, practical advice and support in each edition.

Keep an eye out for our next edition this autumn. We look forward to sharing the new-look bulletin with you.