Wellbeing Centre Service Achievements since 2022

"Everyone physically active everyday"

Cyngor Sir CEREDIGION County Council

CEREDIGION ACTIF

Key Priority 1: The Best Start in Life

Learn to Swim Programme
624 children (up from 476)

Active Families
35 Nurseries reached

Improving Play Areas
£250K+ invested

Play Planning & Strategy
Undertaken 2 Play Sufficiency Assessments & produced 2 Ceredigion Play Action Plans.

Community Resource Sharing
Introduced a loan scheme for Active Family packs at county libraries.

Holiday & Doorstep Opportunities
Delivered activities in Cardigan, Llechryd, Aberporth, Aberaeron, and Borth.

Government Programme Management
Oversaw 22 Winter of Wellbeing and 42 Summer of Fun projects across the county.

National Eisteddfod
Delivered a full week of activities during the National Eisteddfod in Tregaron

Inclusion & Diversity
Expanded inclusive sport provision and held the first Insport event.

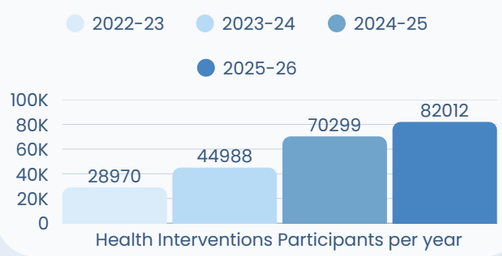
Key Priority 2: Get Active, Keep Active

NERS Referrals
1,400 +
per year
National Exercise Referral Scheme

NERS Visits
26,000+
per year
Active participants in referral

Fit4Life Attendance
46,000+
per year
Low-intensity adult offer and an exit route for NERS clients

No. of participations at Health Intervention sessions



Walking for Wellbeing
6 Communities | **3,000** Participants

New Classes
Introduction of new and additional exercise classes within our facilities

Key Priority 3: Support Our Community Volunteers

Grant Funding Secured
Supporting Community Sporting Organisations

£276k+
for the 2024/25 period

£292k+
for the 2025/26 period

Recognition

Ceredigion Sport Council
Successfully Relaunched

Ceredigion Sports Awards
Celebrating excellence and local dedication.

60+
Volunteers

Provided with workshops and courses

Key Priority 4: Modern, Accessible & Inspiring Facilities

£5.3 Million
Capital investment in Council operated facilities

£699,000
Capital Investment secured with our support for Community Trust Leisure Facilities

- Creation of Wellbeing Centre Lampeter
- Upgrade of Artificial Turf Pitches (ATPs) in Cardigan, Lampeter & Synod Inn
- Creation of a new ATP in Plascrug LC
- Installation of new sports hall floors in Aberaeron & Plascrug Leisure Centres
- Plant Room works in Lampeter & Plascrug Swimming Pools
- Fitness Suite upgrades in Aberaeron, Lampeter, Plascrug & Teifi Leisure Centres
- Resurfacing of the multi-sport / tennis court area in Lampeter
- New roof with PVUs at Teifi LC

Key Priority 5: Collaborate to Ensure Provision Meets Residents' Needs

- Supported and influenced the development of the Mid Wales Sports Partnership
- Undertaken a North Ceredigion facilities feasibility study with Aberystwyth University
- Undertaking a feasibility study for the development of the Council's second Wellbeing Centre in Cardigan
- Working with the North & South GP Clusters in the county to deliver Health Intervention programmes
- Achieved Investors in Carers Bronze Accreditation and providing facilities membership as part of Unpaid Carers Breaks