



Age Friendly Ceredigion

Newsletter

September 2026

Age Friendly Forum – August 2026

Lindsay Davies-Wigley, Dysgu Bro

At our recent Age Friendly Ceredigion Forum, Lindsay Davies-Wigley from Dysgu Bro Ceredigion gave an overview of the adult learning opportunities available across the county. Dysgu Bro, delivered through Ceredigion County Council and funded by Welsh Government, provides learning opportunities based on the needs and interests of local communities. Courses are offered online and in a range of community venues, including learning centres and village halls.

There are a wide range of courses available, with popular subjects including first aid, IT, family history, digital skills and photography. Most courses are free, and support is available to help people access online learning, including laptop loans and data SIM cards for people who have limited internet access.

Find out more: 01970 633540 |
admin@dysgubro.org.uk

Table of Contents

Forum Recap	01
Dysgu Bro Course Listings	03
Reengage	07
Age Friendly Ceredigion	09
Upcoming Events	12
Consultations & Have your Say	22
News & Information	26
Useful Resources & Support	28



Cyngor Sir
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County Council



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

Amira Ibrahim, Her Web Solutions

Ceredigion County Council has commissioned Her Web Solutions to review the websites of its Archives, Museum and Library services, and to recommend how they could work better for everyone. A key part of the review is hearing from people across the county about how they find and use these services online, what works well, and what could be easier.

They would warmly welcome views from older residents and from those who work with them. If you'd like to share your experience, you can complete our short questionnaire here: [Ceredigion Cultural Services Websites – Your Views – Fill in form](#). It takes just a few minutes, and there are no right or wrong answers.

Leanda Wynn, Llais Cymru

Leanda Wynn gave an overview of Llais Cymru, which represents the voices of people who use health and social care services in Wales. Llais listens to people's experiences, represents their views and provides advocacy support. She also highlighted opportunities to volunteer with Llais and how people can get in touch for support.

Discussion included local concerns around transport, NHS dental services, GP appointments and hospital parking. Llais also agreed to share its published reports with the Forum.

You can contact Llais West Wales on 01646 697610, or by sending an email to westwalesenquiries@llaiscymru.org.

Ailsa Guard, Re-engage

Ailsa Guard gave an overview of Re-engage, formerly known as Contact the Elderly, which provides free services to help reduce loneliness and social isolation among people aged 75 and over.

Re-engage offers telephone befriending, activity groups and Flicks and Friends, as well as Call Companions, which provides regular telephone conversations for people who would benefit from social contact. Rainbow Calls offers a dedicated service for LGBTQ+ older people.



Sgiliau Digidol / Digital Skills

Dydd Day	Cwrs Course	Lleoliad Venue	Amser Time	Dechrau Start	Hyd Length
Dydd Llun Monday	ICDL Ychwanegol ICDL Extra	Ar-lein Online	10:00-12:00	14/09/2026	33
Dydd Llun Monday	Sgiliau digidol i ddechreuwyr Digital skills for beginners	Canolfan Dysgu Llanbadarn Learning Centre	10:00-12:00	14/09/2026	33
Dydd Llun Monday	Sgiliau digidol i ddechreuwyr Digital skills for beginners	Canolfan Dysgu Llanbadarn Learning Centre	13:00-15:00	14/09/2026	33
Dydd Llun Monday	Sgiliau digidol i ddechreuwyr Digital skills for beginners	Y Festri, Aberteifi The Vestry, Cardigan	10:00-12:00	14/09/2026	33
Dydd Llun Monday	Sgiliau digidol i fusnes Lefel 1 Digital skills for business Level 1	Y Festri, Aberteifi The Vestry, Cardigan	13:00-15:00	14/09/2026	33
Dydd Llun Monday	Ffotshop/Adfer hen ffotograffau Photoshop / Photo Restoration	Ar-lein Online	13:00-15:00	14/09/2026	33
Nos Lun Monday	Microsoft Excel	Ar-lein Online	18:30-20:30	14/09/2026	3
Dydd Mawrth Tuesday	Sgiliau digidol i fusnes Lefel 2 Digital skills for business Level 2	Ar-lein Online	09:00-17:00	15/09/2026	16
Dydd Mawrth Tuesday	Deallusrwydd Artiffisial ar gyfer defnydd bob dydd AI for everyday use	Neuadd Rhydypennau Hall	10:00-12:00	15/09/2026	33
Dydd Mawrth Tuesday	Golygu fideo Video Editing	Neuadd Rhydypennau Hall	13:00-15:00	15/09/2026	33

I gofrestru, cysylltwch â admin@dysgubro.org.uk
To enrol contact 01970633540

Mae ffurflenni cofrestru papur ar gael hefyd
Paper enrolment forms are also available



Sgiliau Digidol / Digital Skills

Dydd Day	Cwrs Course	Lleoliad Venue	Amser Time	Dechrau Start	Hyd Length
Dydd Mercher Wednesday	Sgiliau digidol i fusnes Lefel 1 <i>Digital skills for business Level 1</i>	Canolfan Lles Llambedr Pont Steffan <i>Lampeter Wellbeing Centre</i>	10:00-12:00	16/09/2026	33
Dydd Mercher Wednesday	Cyflwyniad i iPads <i>Introduction to iPads</i>	Llyfrgell Aberystwyth <i>Library</i>	09:30-11:30	16/09/2026	33
Dydd Mercher Wednesday	Sgiliau digidol i fusnes Lefel 1 <i>Digital skills for business Level 1</i>	Llyfrgell Aberystwyth <i>Library</i>	12:00-15:00	16/09/2026	33
Dydd Mercher Wednesday	Sgiliau digidol i ffermwyr <i>Digital skills for Farmers</i>	Feathers Hotel Aberaeron	15:30-17:30	16/09/2026	33
Dydd Iau Thursday	Cyflwyniad i iPads <i>Introduction to iPads</i>	Festri Bronant Vestry	10:00-12:00	17/09/2026	33
Dydd Iau Thursday	Microsoft Office	Festri Bronant Vestry	12:30-14:30	17/09/2026	33
Nos Iau Thursday	Celf ddigidol <i>Digital Art</i>	Ar-lein <i>Online</i>	18:00-20:00	17/09/2026	33
Nos Iau Thursday	Sgiliau digidol i ffermwyr <i>Digital skills for Farmers</i>	Ffostrasol Arms	19:00-21:00	17/09/2026	33
Dydd Gwener Friday	Sgiliau digidol i ddechreuwyr <i>Digital skills for beginners</i>	Neuadd Eglwys St Anne's Church Hall	11:00-13:00	18/09/2026	33
Dydd Gwener Friday	Sgiliau digidol i ddechreuwyr (cyfrwng Cymraeg) <i>Digital skills for beginners (Welsh medium)</i>	Neuadd Llanfarian Hall	13:30-15:30	18/09/2026	33

I gofrestru, cysylltwch â admin@dysgubro.org.uk
To enrol contact 01970633540

Mae ffurflenni cofrestru papur ar gael hefyd
Paper enrolment forms are also available



Llythrennedd / Literacy

Dydd Day	Cwrs Course	Lleoliad Venue	Amser Time	Dechrau Start	Hyd Length
Dydd Mawrth Tuesday	Llythrennedd Canolradd Intermediate Literacy	Hwb Penparcau Hub	12:45-14:45	15/09/2026	33
Nos Mawrth Tuesday	Llythrennedd Uwch (Lefel 1/Lefel 2) Advanced Literacy (Level 1/Level 2)	Ar-lein Online	17:00-19:00	15/09/2026	33
Dydd Mawrth Tuesday	Llythrennedd Uwch (Lefel 2) Advanced Literacy (Level 2)	Ar-lein Online	10:00-12:00	15/09/2026	33
Dydd Mawrth Tuesday	Llythrennedd Uwch (Lefel 2) Advanced Literacy (Level 2)	Canolfan Dysgu Llanbadarn Learning Centre	12:45-14:45	15/09/2026	33
Dydd Mercher Wednesday	Llythrennedd Canolradd Intermediate Literacy	Ar-lein Online	09:00-11:00	16/09/2026	33
Dydd Mercher Wednesday	Llythrennedd Sylfaenol (Mynediad Lefel 1 - Mynediad Lefel 3) Foundation Literacy (Entry Level 1-Entry Level 3)	Canolfan Lles Llambedr Pont Steffan Lampeter Wellbeing Centre	12:00-14:00	16/09/2026	33

Iaith Arwyddion Prydain / British Sign Language

Dydd Day	Cwrs Course	Lleoliad Venue	Amser Time	Dechrau Start	Hyd Length
Nos Mawrth Tuesday	BSL Lefel 1 BSL Level 1	Ar-lein Online	18:00-20:00	15/09/2026	33
Nos Mercher Wednesday	BSL Lefel 2 (Blwyddyn 2) BSL Level 2 (Year 2)	Ar-lein Online	18:00-20:00	16/09/2026	33
Nos Iau Thursday	BSL Lefel 2 (Blwyddyn 1) BSL Level 2 (Year 1)	Ar-lein Online	18:00-20:00	17/09/2026	33

I gofrestru, cysylltwch â
To enrol contact
admin@dysgubro.org.uk
01970633540

Mae ffurflenni cofrestru
papur ar gael hefyd
Paper enrolment forms are
also available



Rhifedd / Numeracy

Dydd Day	Cwrs Course	Lleoliad Venue	Amser Time	Dechrau Start	Hyd Length
Dydd Llun Monday	Sesiynau Rhifedd Un-i-Un Numeracy 1-2-1 Sessions	Ar-lein Online	09:30-12:30	14/09/2026	33
Dydd Mawrth Tuesday	Rhifedd Canolradd (Lefel 1) Intermediate Numeracy (Level 1)	Ar-lein Online	09:00-11:00	15/09/2026	33
Nos Mawrth Tuesday	Rhifedd Uwch (Lefel 2) Advanced Numeracy (Level 2)	Ar-lein Online	18:00-20:00	15/09/2026	33

Cyrsiau ychwanegol / Additional courses

Dydd Day	Cwrs Course	Lleoliad Venue	Amser Time	Dechrau Start	Hyd Length
Dydd Mercher Wednesday	Hanes Teulu Family History	Canolfan Dysgu Llanbadarn Learning Centre	10:00-12:00	16/09/2026	33
Nos Iau Thursday	Hanes Teulu Family History	Llyfrgell Llandysul Library	18:00-20:00	17/09/2026	33

I gofrestru, cysylltwch â
To enrol contact
admin@dysgubro.org.uk
01970633540

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papur ar gael hefyd
Paper enrolment forms are
also available



Reengage

Bringing
generations
together

Free group activities for over-75s

**We're a national charity
offering sociable group
activities for people over 75.**

Sessions are fun, friendly and completely free. You will have the chance to take part in a gentle activity, such as dancing, chair yoga, tai chi or skittles, and there will be plenty of time afterwards for refreshments and a chat.

The groups are run by Re-engage volunteers who will be happy to pick you up from your home beforehand and drop you off again afterwards. All our activities take place in local community spaces.

You can sign up or find out more by contacting us in any of the following ways:

- Call us on 0800 716 543
- Email us on info@reengage.org.uk
- Complete our registration form at www.reengage.org.uk

And if there's a particular group activity you'd like to take part in, please do let us know. We'd love to hear your ideas.

Because a good chat means the world



Are you aged 75 or over and in need of companionship?

Then you could be enjoying a regular chat over the phone with a volunteer call companion.

“It’s so nice to have my own friend to talk to – the time just flies!”

Our call companions love a good chat and they’re great listeners too. Soon you’ll be sharing gardening tips, favourite books and TV programmes, or just chatting about the day to day.

“We chat about everything – families, memories... you name it.”

“My daughter phones me, but it’s nice to talk to someone new.”

To find out more, just phone us on **0800 716 543**
(calls are free), or visit **www.reengage.org.uk**

Call companions is completely free.



Age Friendly Ceredigion Forum

Join us online at <https://bit.ly/AFCeredForum> or in person at these locations:

25.11.2026 ➡ 1.30–4.30pm ➡ Room CR-312, Canolfan Rheidol, Aberystwyth
➡ Llys Pedr, Lampeter

24.2.2027 ➡ 1.30–4.30pm ➡ Penmorfa Centre for Independent Living, Aberaeron
➡ Cardigan (Venue to be confirmed)



Age Friendly Ceredigion Photography Competition

The Age Friendly Ceredigion photography competition is now closed – thank you to everyone who entered and shared their photographs with us!

We're looking forward to celebrating the competition and showcasing some of the wonderful photographs that have been submitted.

The winning photographs will be announced at an awards ceremony on 1 October at Penmorfa Council Offices in Aberaeron.

We'll share more about the winners and their photographs in a future newsletter, so keep an eye out!

Age Friendly Ceredigion Directory



Comisiynydd Pobl Hyn Cymru
Older People's Commissioner for Wales



Have you got your Age Friendly Directory?

The Age Friendly Ceredigion Directory brings together information about local services, activities, support and opportunities for people across Ceredigion.

Free copies are available from local libraries and leisure centres while stocks last. Why not pick one up for yourself – or pass this on to someone who might find it useful?



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

Wales Older People's Conference 2026 - Diverse Communities, Inclusive Ageing

Active Wales, Cymru Older People's Alliance and National Pensioners Convention Wales, supported by Age Cymru, are hosting their second Wales Older People's Conference on 7 October 2026, focusing on diversity and inclusion in age-friendly communities.

The main event will take place in Cardiff and Vale College, Cardiff, from 10am-3.30pm. Ceredigion is organising a local hub at Penmorfa so that more older people can take part.

If you'd like to attend, please contact us for more information.



Public Toilets in Ceredigion

1. Public Toilets Remaining Under Ceredigion County Council Management

Ceredigion County Council continues to manage many public convenience facilities throughout the county. The Council maintains a published list of operational public toilets, including facilities in Aberaeron, Aberporth, Aberystwyth, Borth, Cei Bach, Cenarth, Devil's Bridge, Llanddewi Brefi, Llandysul, Llangeitho, Llangrannog, Llanon, New Quay, Tal-y-bont, Tregaron and Tresaith.

2. Facilities Managed by Town and Community Councils

These facilities have been transferred to local councils:

- Bath House Car Park, Cardigan – Managed by Cardigan Town Council.
- Lower Mwldan Car Park, Cardigan – Managed by Cardigan Town Council.
- Victoria Gardens, Cardigan – Managed by Cardigan Town Council.
- Cwmttydu – Managed by Llandysiliogogo Community Council.
- Rookery Lane Car Park, Lampeter – Managed by Lampeter Town Council.
- St Thomas Street, Lampeter – Managed by Lampeter Town Council.

3. Significant Changes Since Previous Discussions

The Council's public toilet webpage identifies several temporary closures due to vandalism, fire damage, or maintenance issues: <https://www.ceredigion.gov.uk/resident/public-toilets/>



Thank you to everyone who took part in the Age-Friendly Ceredigion engagement.

Your feedback is helping to shape the future of Age-Friendly Ceredigion through our first Age-Friendly Action Plan.

Engagement at a Glance

**Engagement period:**

Nov 2025 - March 2026

**People engaged:**

237

**Feedback gathered through:**

- Online questionnaire
- Paper questionnaire
- Community visits
- Facilitated conversations

Key Messages



The draft Action Plan is now being reviewed by senior managers.



There will be another chance to have your say in the Winter.

Get in Touch

Have a question or want to know more? Here's how to contact us:



connecting@ceredigion.gov.uk



01545 570881

What Happens Next?

Apr - Jun 2026

Feedback Analysed

We have carefully reviewed all responses



Jul - August 2026

Draft Action Plan

We developed the draft Action Plan using your feedback



September 2026

Management Review

Draft Action Plan shared with senior managers for feedback and approval.

November 2026

Healthier Communities Scrutiny Committee

Draft Action Plan reviewed by elected members.

Winter 2026

Public Consultation

A chance for you to have your say on the draft Action Plan.

Spring 2027

Final Action Plan

Feedback is used to finalise the Action Plan before it is published.

Upcoming Events

**FREE
EVENT**

Monday 28th September



**The Trotters
Lounge
CIC**

**ALL
WELCOME**

10am - 2pm drop in

Information Day

Ferwig
Old School Hall
SA43 1PX

The Trotters Lounge is an adult community social club.
We promote better leg and foot health,
wellbeing and independence, whilst having some fun!

We look forward
to welcoming you
and sharing what we do!

What's on throughout the day?

Come along, see the venue, meet the staff,
have a cuppa, join in and see what we are all about.

 **Free cuppa, cake, and chat**

 **Leg support Information stall**

 **Free gentle seated exercise class
11am-12pm**

 **Free adult arts and crafts all day**

**Healthy
WORKING
Wales**

**Cyfle
Cymru
barod**

**WEEKLY
CALENDAR**

September 2026 • Medi 2026

Ceredigion

Support • Cefnogaeth • Activities
• Gweithgareddau • Community • Cymuned

 **Connect
Cysylltu**

 **Support
Cefnogi**

 **Thrive
Ffynnu**

*Together we can.
Gyda'n gilydd, gallwn.*

MONDAY • DYDD LLUN	TUESDAY • DYDD MAWRTH	WEDNESDAY • DYDD MERCHER	THURSDAY • DYDD IAU	FRIDAY • DYDD GWENER
 9:00 – 11:00am Drop-in • Galw heibio The Hub Penparcau, Aberystwyth  1:00 – 3:00pm Tregaron Memorial Hall / Neuadd Goffa Tregaron Strata Florida	 10:00am – 3:00pm Longwood Community Woodland, Lampeter / Coedwig Gymunedol, Llanbedr Pont Steffan  10:00am – 1:00pm Aberaeron British Legion – Arts & Wellbeing / Celfyddydau a Lles	 10:00am – 3:00pm Woodys Lodge, Penrhiwpal  10:00am – 1:00pm Borth / Ynys-las Wellbeing Walk / Taith Gerdded Lles	 10:00am – 3:00pm Group • Grŵp Wellbeing • Lles Activities • Gweithgareddau Volunteering • Gwirfoddoli	 1:00 – 3:00pm The Sanctuary, Aberystwyth Drop-in / Galw heibio

PEER MENTORS • CYFOED FENTORIAID

Alex 07767 169469 Alex.herridge@barod.cymru

Anne 07890 542308 Anne.mcorgan@adferiad.org

COMMUNITY ENGAGEMENT WORKER • GWEITHIWR YMGYSYLLTU CYMUNEDOL

To find out more and join / I gael rhagor o wybodaeth a ymuno

Jayne 07971 776403 Jayne.owen@barod.cymru

GET IN TOUCH • CYSYLLTWCŵ A NI

0300 777 2256
ask@cyflecymru.com
facebook.com/cyflecymru
www.adferiad.cymru/cyflecymru

 **ADFERIAD
RECOVERY**

barod

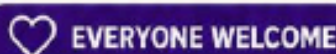
 **Kaleidoscope**
est.1968

 **Llywodraeth Cymru
Welsh Government**

 **Scan me!
Sganiwch fi!**

UPCOMING EVENTS & DATES

Take a look at what's coming up over the next few weeks.



2
SEPT



LEVEL 2 CUSTOMER SERVICE

📍 Aberystwyth

Learn key customer service skills and how to communicate effectively in the workplace.



4
SEPT



DTS TREE SERVICES OPEN DAY

📍 Llanwnnen

Come along and see what DTS Tree Services do. Demos, equipment and opportunities to learn more.



21
SEPT



BUSHCRAFT & NATURE

📍 Cardigan

Enjoy a day outdoors, learn practical bushcraft skills and connect with nature.



22
SEPT



START YOUR OWN BUSINESS

📍 Aberaeron

Thinking about starting your own business? Join us for a friendly talk and workshop with Business Wales.



1
OCT



BUSHCRAFT & NATURE

📍 Newcastle Emlyn

Hands-on outdoor activities, bushcraft skills and time in nature.



8
OCT



BUSHCRAFT & NATURE

📍 Aberystwyth

Learn new skills, enjoy the woodland environment and build your confidence.



DATE
TBC



FIRST AID COURSE

Essential first aid training for everyday situations. Date to be confirmed.



Spots are limited – booking is essential.

Get in touch with your local contact to book and find out more about transport options.

Get in touch

☎ 0300 777 2256

✉ ask@cyflecymru.com

🌐 adferiad.org/services/cyfle-cymru



Scan the QR code to find out what we have going on in your area

CONTACT PEER MENTORS FOR FURTHER DETAILS



Alex

☎ 07767 168469



Anne

☎ 07890 542308



Jayne

☎ 07971 776403

✉ jayne.owen@barod.cymru

COMMUNITY ENGAGEMENT FOR JOINING CYFLE CYMRU

Bushcraft and Nature Connections

Spend time in the woodland, learn practical bushcraft skills and connect with nature.

Try hands-on outdoor activities, learn new skills and find out more about opportunities for woodland work.

10:00 am - 2:00 pm



21 Sept - Naturewise Woodland Garden, Cardigan

1 Oct - Woodys Lodge, Newcastle Emlyn

8 Oct - Ty Llwyd, LLanfarian, Aberystwyth

for adults of working age who are not currently working,
have a health condition, caring responsibilities or a disability?



NEW QUAY

COMMUNITY HEALTH

A community drop-in event bringing together local services, health checks, information and support.

**TUESDAY,
29 SEPTEMBER, 2026
10 AM – 2 PM**

Including:

- ✓ Liver Health
- ✓ Falls prevention
- ✓ Blood pressure checks
- ✓ Blood glucose tests
- ✓ Cardiovascular monitoring
- ✓ Citizens Advice Bureau
- ✓ Nest Warm Homes Scheme
- ✓ Age Friendly Ceredigion
- ✓ Cyfle Cymru Mentoring
- ✓ Mental Health Support



**New Quay Memorial Hall
Towyn Road, New Quay
SA45 9RE**



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**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



Gwasanaeth Tân ac Achub
Canolbarth a Gorllewin Cymru

Mid and West Wales
Fire and Rescue Service



PROFION BLANCEDI TRYDAN AM DDIM FREE ELECTRIC BLANKET TESTING

HYDREF | OCTOBER 1
09:00 - 12:00

GORSAF DÂN ABERYSTWYTH
ABERYSTWYTH FIRE STATION

HYDREF | OCTOBER 1
14:00 - 16:00

GORSAF DÂN ABERAERON
ABERAERON FIRE STATION

HYDREF | OCTOBER 12
9:00 - 12:00

GORSAF DÂN LLAMBED
LAMPETER FIRE STATION

HYDREF | OCTOBER 12
13:00 - 16:00

GORSAF DÂN ABERTEIFI
CARDIGAN FIRE STATION

Dewch â'ch blancedi trydan i'w profi ar y diwrnod.

Bydd blancedi sy'n methu'r prawf yn cael eu dinistrio trwy dynnu'r fflecs.

Bring your electric blankets for testing on the day.

Failed blankets will be destroyed by having the flex removed.



Ceredigion Groups and Activities - August to October 2026

Our Befriending Life Links sessions offer a friendly and welcoming environment for the over 50s to socialise and make new friends. You can register for any of the groups by scanning the accompanying QR code or alternatively contact our Ceredigion Coordinator.

Green Escapes: Fortnightly 11am Tuesdays or Wednesdays. We discover Ceredigion's landscapes with scenic visits, sightseeing, and walks



Brew Buddies: Fortnightly 11am on Wednesdays. We meet up to relax, enjoy a cuppa, chat, and connect with others at cafés/pubs in Ceredigion.

Pride in Age (LGBTQ+) Friendship Groups: We meet each Tuesday, with 1 week in Aberystwyth at 1pm, following week in Cardigan, 11am. A welcoming, safe space to connect, share conversation, enjoy a cuppa.



Social Groups: We meet every Thursday, 11am, with one week in Aberystwyth, the following in Ffostrasol. A friendly group connecting through books, board games, quizzes, conversation, and a cuppa.

Craft & Community Group: meet every Friday 10am. Join us at Maes Mwldan, Cardigan (SA431JZ) for a crafting, creativity, conversation, with a cuppa on us.



Social Art Group: Fortnightly Wednesdays 3pm, Aberystwyth. A relaxed art group: take time out, meet others, unwind painting in a calm, welcoming space. No experience needed.

For further information contact:
Jonathan Cook: 07508 850470
jonathan.cook@agecymrudyfed.org.uk



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



Cyngor Sir
CEREDIGION
County Council

Healthy Ageing

MONTHLY DROP-IN

Stay Active • Stay Independent • Stay Confident

A friendly monthly drop-in offering advice, information and practical support to help you live well and stay independent.



MEET THE TEAM



Falls
Physiotherapy
Team



Strength & Balance



Podiatry
Physiotherapist



Occupational
Therapy Assistant /
Trusted Assessor



Technology
Enabled Care
(TEC) Team



Visual Impairment
Officer

FIND OUT ABOUT

- ✓ Improving balance and confidence
- ✓ Staying active and mobile
- ✓ Preventing trips and hazards at home
- ✓ Daily living aids and equipment
- ✓ Technology that can support independent living
- ✓ Demos on Telecare and smart devices
- ✓ Information and advice on fall prevention
- ✓ Information and advice on home safety and adaptations
- ✓ Support available in your local community



FIRST MONDAY
OF EVERY
MONTH
Drop in anytime
between 10am
and 3pm



HELD AT
Pemmorfa Centre for
Independent Living
Aberaeron Council building
SA46 0PA



NO APPOINTMENT
NEEDED

Tea, coffee
and a warm
welcome!

telecare@ceredigion.gov.uk

www.ceredigion.gov.uk/resident/wellbeing-and-care/support-for-adults/pemmorfa-centre-for-independent-living/

Scan me
to find
more!





CARDIGAN

COMMUNITY HEALTH

A community drop-in event bringing together local services, health checks, information and support.

TUESDAY,
27 OCTOBER, 2026
10 AM – 2 PM

Including:

- ✓ Liver Health
- ✓ Cardiovascular monitoring
- ✓ Falls prevention
- ✓ Blood pressure checks
- ✓ Blood glucose tests
- ✓ Oral Health
- ✓ Hearing checks
- ✓ Childcare advice
- ✓ Age Friendly Ceredigion
- ✓ Cyfle Cymru Mentoring
- ✓ Mental Health Support



Teifi Leisure Centre,
Cardigan, SA43 1HG



Cyngor Sir
CEREDIGION
County Council



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Health Check Event

Thursday 12 November
Aberaeron Memorial Hall
10:00 - 19:00



What will be on offer

Heart & Circulation

- Stroke risk assessment
- ECG
- Blood pressure and pulse checks

Respiratory Health

- Peak flows
- Inhaler technique
- Asthma/COPD assessments
- Spirometry

Liver & Metabolic Health

- Fibroscan and liver health assessments
- Diabetes finger-prick tests

Women's Health

- Menopause advice

Vaccinations & Screening

- Hepatitis B vaccinations
- DDAS alcohol brief intervention and Blood Borne Virus (BBV) tests

Lifestyle & Prevention

- Smoking advice and CO₂ breath tests
- Diet and health advice
- Alcohol in pregnancy and alcohol-related brain damage

Ageing & Mobility

- Falls and frailty risk assessments

Community Support

- Homelessness advice and support

No appointment needed

For more information contact

20 Donna Blinston, Hepatology ANP
01970 635614 or 07929661963



Dolen Teifi

Community Transport

Are pleased to offer to all within the community

Free First Aid Training Sessions

on either

Tuesday 13th October 2026

or

Tuesday 20th October 2026

at

Tysul Hall, Llandysul

Starts 12.30pm. (3 hour session)

Topics covered will include:

- ❖ Recognising and responding to cardiac arrest
- ❖ CPR
- ❖ How to use community defibrillators (AEDs)
- ❖ Choking emergencies
- ❖ Dealing with unconscious casualty
- ❖ Basic heart start and lifesaving techniques
- ❖ What to do while waiting for emergency services to arrive

SIGN UP NOW!!

Contact:

Michael Leather at Dolen Teifi, Llandysul

Michael.leather@dolenteifi.org.uk

Or

Phone: 01559 362403

Llandysul a Phont-Tyweli Ymlaen Cyf, Yr Hen Swyddfa Post, Heol Newydd, Llandysul, SA44 40J
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Llywodraeth Cymru
Welsh Government

Consultations & Have your Say!

Help shape the Active Travel Network Map in Ceredigion

Ceredigion County Council is updating its Active Travel Network Map (ATNM), which shows existing and proposed routes for walking, wheeling and cycling.

The latest version of the map is now available to view, and the Council is inviting people to share their comments and suggestions. The consultation focuses on the designated Active Travel localities of Aberystwyth, Cardigan and Lampeter.

Have your say by midnight on Friday 25 September 2026.

[View the network map and add your comments](#)

Your Point of View – September survey

The Cymru Older People's Alliance (COPA) is inviting older people across Wales to take part in its September Your Point of View survey.

The survey asks what issues are most important to you and what you think should be prioritised. You don't need to have personal experience of every issue to take part – COPA wants to hear your views.

The survey takes less than 10 minutes to complete and responses are confidential. Complete the English survey: [Your Point of View survey](#).

Are you aged 50 to 70 and have attended, delayed or missed a breast cancer screening?

Breast screening can help find cancer early when treatment is more likely to be successful. However, only around 69% of women in Wales attend their screening appointment when invited.

Help researchers from Hywel Dda University Health Board improve the way people are invited and supported to attend breast screening.

<https://healthandcareresearchwales.org/>

Closing Date: 30 September 2026

Have your say: Global Standards for Long-Term Care

The World Health Organization (WHO) is inviting the public and organisations to comment on its draft Global Standards for Long-Term Care – a proposed global framework for planning, delivering and improving long-term care for older people.

The draft covers areas including home and community-based care, care facilities, support for unpaid carers, the care workforce, financing and quality monitoring.

WHO is particularly interested in views on the relevance, clarity, feasibility and priorities of the proposed standards. Older people, unpaid carers, care providers, professional organisations, community groups and other interested stakeholders are invited to take part.

The consultation is open until 30 October 2026.

[Take part in the online consultation](#)

[Read the consultation draft](#)

Have your say: National Cancer Strategy for Wales

The Welsh Government is developing a new National Cancer Strategy for Wales and is inviting people and organisations across Wales to share their views on the future of cancer care.

The call for evidence is looking for personal experiences, professional expertise, research evidence and organisational perspectives, as well as examples and recommendations about what should be included in the strategy.

You can contribute even if you don't have formal evidence to provide – your views will still be considered.

The call for evidence closes on 31 October 2026.

[Find out more and respond to the call for evidence](#)

Have your say: Welsh public energy company

The Welsh Government is seeking views on proposals to create a single public energy company for Wales, supporting renewable and low-carbon energy projects and helping retain more of the value from energy development for people and communities.

Consultation closes: 30 November 2026.

[Find out more and have your say.](#)

Have your say: Culture and Sport Strategy for Wales

The Welsh Government is asking people, organisations and communities to share their views to help shape a new Culture and Sport Strategy for Wales.

The call for evidence is looking at the current state of culture and sport in Wales and asking what practical actions are needed to help create a shared vision for the future.

The call for evidence closes on 18 December 2026.

[Find out more and have your say.](#)

Have your say: access to face-to-face banking

Bank branch closures have made it harder for some people to access face-to-face banking. Age UK is gathering people's experiences to highlight the importance of accessible in-person banking services.

If you have been affected by bank closures or changes to banking services, you can share your experience through Age UK's short survey.

[Take part in the Age UK survey.](#)

Have your say: The National Conversation

Age UK is supporting The National Conversation, a UK-wide survey asking people what matters most to them about their communities and how they would like them to be in the future.

The survey is an opportunity to share your views about the communities you live in and what could help make them stronger, friendlier places to be.

[Complete The National Conversation survey in English](#)

Have your say: National Police Survey

A new survey is asking people about their confidence in policing and the impact of neighbourhood policing on local communities.

You don't need to have had contact with the police to take part. The survey welcomes a range of experiences and views.

[Take part in the survey](#)



Survey: experiences of wet AMD treatment and care

The International Federation on Ageing (IFA) is inviting people living with wet age-related macular degeneration (wet AMD) to take part in a survey about their experiences of treatment and access to care.

The survey asks about treatment preferences and needs, access to care and resources, understanding of the condition, and experiences of monitoring and managing wet AMD.

Participation is voluntary and responses will be kept confidential. The survey is open to people living with neovascular or wet AMD.

[Take part in the survey and find out more](#)

Proposed changes to patient transport assessments

The Welsh Ambulance Services University NHS Trust is proposing changes to how eligibility for Non-Emergency Patient Transport is assessed, to prioritise transport for people with the greatest needs.

The proposals would not affect renal dialysis, urgent or life-sustaining treatment, hospital discharge or hospital transfers. No final decision has been made.

Patients, families, carers and healthcare professionals are invited to share their views: <https://ambulance.nhs.wales/services/non-emergency-patient-transport-service-nepts/proposed-changes-to-patient-transport-assessments/>

For more information or to share your views, email amb_NEPTSEngagement@wales.nhs.uk or call 0300 123 2303.

News and Information

Perthyn Grant Scheme for Communities

The Perthyn Grant Scheme offers grants of up to £10,000 to support new community-led social enterprises and housing projects where the Welsh language is central to the project.

Funding can support activities such as community engagement, feasibility studies, business planning and project development. The scheme is mainly aimed at community groups established within the last 12 months and projects that support the goals of Cymraeg 2050.

Applications close 30 November 2026, or when funding is allocated. For more information, contact Carys.Lloyd-Jones@ceredigion.gov.uk.

Health in the Community Grant

Grants of up to £300 are available for community events that bring health information, health checks or wellbeing advice into local communities. Events must involve at least two partner organisations and take place by 31 March 2027.

Find out more: connecting@ceredigion.gov.uk or 01545 570881

Funding opportunities for community groups

CAVO's latest Infoburst highlights several funding opportunities currently available to community groups and third sector organisations:

- Principality Building Society Future Generations Fund and Retrofit for the Future Fund – applications are open until 5 October 2026 at midday.
- Connect and Inform Grant – funding is still available for community groups to run open information sessions.
- Calon Hearts UK – part-funding is available for defibrillators.
- Healthier Communities Ceredigion – grants of up to £5,000 are available for community-led activities supporting physical activity, mental wellbeing, social connection, healthy eating and keeping the brain active.
- Youth Volunteering Inclusion Fund – funding is available to help young people aged 14-24 who face barriers to volunteering access volunteering opportunities.

Visit CAVO's website for more information about these and other funding opportunities

New housing advice for older people

Shelter Cymru has launched a new Older People's housing advice page, bringing together information and advice on housing issues that may affect older people.

The page will be updated over the coming months with further information, including financial support and advice.

Find out more: Shelter Cymru – Older People

Free First Aid training from Dysgu Bro Ceredigion

Dysgu Bro Ceredigion is offering a series of free three-hour First Aid training sessions over the next five months for members of local communities.

The sessions will provide practical lifesaving skills and confidence to respond in an emergency, including:

- Recognising and responding to cardiac arrest
- CPR and using a community defibrillator (AED)
- Responding to choking
- What to do if someone is unconscious
- Basic Heartstart and lifesaving techniques
- What to do while waiting for emergency services

The sessions are suitable for adults of all ages and no previous experience is required.

Could your community group or village hall host a session? Dysgu Bro Ceredigion is currently inviting groups interested in hosting a session to get in touch to discuss available dates and arrangements.

Find out more: 01970 633540 | admin@dysgubro.org.uk



MiDAS Training with Dolen Teifi

Dolen Teifi Community Transport offers MiDAS (Minibus Driver Awareness Scheme) training, a nationally recognised scheme designed to promote safe minibus driving.

The training includes online theory modules followed by a practical driving assessment. The qualification is valid for four years, and funding may be available in some circumstances.

If you or your organisation has minibus drivers who may benefit from MiDAS training, contact Dolen Teifi on 01559 362403 or info@dolenteifi.org.uk to find out more.

Useful Resources & Support

Don't Miss Out on Benefits You're Entitled To

Every year, over £1 billion in benefits goes unclaimed in Wales. You could be eligible for extra money for living costs—even if you already receive benefits.

Advicelink Cymru can help you check and claim what's yours:

- Pension Credit: £1,800 (average)
- Council Tax discount: £800 (average)
- Extra support if you care or study
- Help with debt and personal finances

Free, confidential advice: 0800 702 2020

Opening hours: Mon-Fri 8am–7pm, Sat 9am–1pm

Benefits Boost – help with claiming benefits

Benefits Boost is a free service providing support to people aged 66 and over to understand and apply for Government benefits they may be entitled to.

The service is funded by the Rothesay Foundation and, although originally aimed at Iceland customers, it is available to anyone who could benefit from the support.

To find out more:

 Call 0330 053 2617 (freephone)

 Visit: <https://www.iceland.co.uk/benefits-boost>

Mature Driver Course

Ceredigion County Council offers a free Mature Driver course designed to help older drivers stay mobile, independent, and confident behind the wheel.

Find out more by contacting clie@ceredigion.gov.uk or 01545 570 881.



Free webinars from AbilityNet

AbilityNet offers free webinars covering a range of topics relevant to disabled people, digital accessibility professionals and anyone interested in digital accessibility.

You can also watch recordings of previous webinars for free, with transcripts available.

Find out more and watch the free webinar recordings here: [AbilityNet webinars](#)

Free online information sessions from Arthritis UK

Arthritis UK offers free, live online sessions for people living with arthritis, chronic pain or other musculoskeletal conditions. Topics include managing pain, physical activity, sleep, fatigue and mental wellbeing.

Sessions are delivered online through Microsoft Teams and include both one-off sessions and short courses.

[Find out more about Arthritis UK's online information sessions.](#)

The Herbert Protocol – helping keep people safe

The Herbert Protocol is a national scheme designed to help the police and emergency services find a person living with dementia if they go missing.

Families, friends and carers can prepare important information in advance, including a recent photograph, physical description, medication, contact details, routines and familiar places. Having this information ready can help the police begin their search more quickly.

MedicAlert provides a free online Herbert Protocol, which can be completed and securely stored so the information is available when needed.

Find out more:

Website: www.herbertprotocol.com

Phone: 0300 012 7000

Email: info@medicalert.org.uk

Supporting Families, Friends and Carers in Hospital



Unpaid Carers Matter Too

Drop by our information stands to find out more



Bronglais General Hospital

Car park entrance

2pm - 4pm

Tuesday and Thursday



Ruth 07976 877758 ruth@credu.cymru

Cardigan Integrated Care Centre

Main entrance 10am - 3pm

First Tuesday of every month



Aberaeron Integrated Care Centre

Main entrance 9.00am - 12.00pm

First Wednesday of every month

Centre for Independent Living, Pen Morfa, Aberaeron

Manual Handling for unpaid carers Advice and Support. One Wednesday a month
Contact Liz to find out more & book a slot



07498 965279

liz@credu.cymru



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Community Connectors

Ceredigion's Community Connectors can help you discover local activities and social groups that match your interests.



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.



Help Shape an Age-Friendly Ceredigion!

We're now looking for stories, updates, photos, and examples of age-friendly activities across Ceredigion for the next edition of the newsletter.

Have you organised a community event, started a new group, supported older people locally, or taken part in something positive in your area? We'd love to hear from you.



Photos are very welcome where possible.



Please send submissions by 16.11.2026 by email or post.

Please share this newsletter with friends, family, colleagues, and your networks.



01545 570881



connecting@ceredigion.gov.uk



Age-Friendly Ceredigion, Ceredigion County Council, Penmorfa, Aberaeron, SA46 0PA