



Age Friendly Ceredigion

Newsletter

December 2025

Age Friendly Forum – November 2025



Dementia Wellbeing Connectors

Emma Gerbino & Jonathan Hadley, Age Cymru Dyfed

It is estimated that around 5,000 people in West Wales are currently living with dementia.

Following a diagnosis, individuals are referred by their GP to the memory clinic, with onward referral to a Dementia Connector. There are three Dementia Connectors in Ceredigion, and they aim to make contact within 48 hours of receiving a referral.

Support includes physical and mental well-being, financial matters, safety and independence, future care planning, maintaining hobbies and interests, and guidance for unpaid carers. **At present, referrals can only be accepted through the Dementia Diagnostic Team.**



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RURAL HEALTH AND CARE WALES

Dementia-Friendly Ceredigion: A Scoping Review

Michelle Symes, Rural Health and Care Wales

Michelle provided an overview of the dementia services and support scoping work undertaken across Ceredigion between September and December 2024. She also summarised the accompanying literature review, completed in September–October 2024 and updated in July 2025, giving attendees valuable insight into the current landscape of dementia support across the county.

Phone: 0300 430 7983

Email: michelle.symes@wales.nhs.uk

Guide for Age-Friendly and Dementia-Friendly Businesses in Ceredigion 2026

Mel Walters, Carers and Community Support Team, Ceredigion County Council

Mel presented the upcoming Guide, which she has been developing over the past 12 months.

The aim is to provide practical, actionable guidance for businesses, focusing on accessibility, public facilities and dementia support.

Mel confirmed that the Guide is now nearing completion and shared that it will be rolled out in stages across the county, starting with a few towns before expanding more widely.

Phone: 01545 574 200

Email: connecting@ceredigion.gov.uk

Energy

William Jones, Citizens Advice Ceredigion

Ceredigion has the second-highest level of fuel poverty in Wales, and Citizens Advice Ceredigion is offering a wide range of support to help residents.

The team provides general advice through weekly community hubs:

- Lampeter: Cynulliad y Ffermwyr (Farmers Co-op), 10am-3pm
- Cardigan: St Mary's Adult Education Centre, Finch Square, 10am-3pm
- Aberystwyth: St Paul's Methodist Centre, 10am-2pm

They also offer appointments, home visits, video and telephone appointments, and more.

Energy-saving tips can be found at energysavingtrust.org.uk.

You can contact Citizens Advice Ceredigion on 01239 621 974 or visit cabceredigion.org.

Next Age-Friendly Forum



- Date:** Wednesday, 25 February 2026
- Time:** 2:00–4:00 pm
- Room CR-312, Canolfan Rheidol
- Conference Room, Penmorfa Centre for Independent Living, Aberaeron
- To Be Confirmed

We look forward to seeing you there!

Upcoming Events



Winter Warmth and Wellness Event

Come along to find out how your community can help you stay warm, well, and connected this season – practical advice and support to help you tackle winter challenges.

- Aberporth Village Hall
- Tuesday 13 January
- 10:00am – 2:00pm

Everyone is welcome – drop in anytime.



Health at the Hub Event

- Tuesday, 21 January 2026
- Penparcau Hub, Aberystwyth
- 10:00am – 2:00pm

Drop in anytime to chat with local groups and services, pick up advice and information to help you stay well and connected, and access free health checks.



Age-Friendly Ceredigion Grants – Apply Now!

Is your community looking for ways to help people stay active, included and connected? The Age-Friendly Ceredigion Grant can provide up to £500 to support local projects and events that bring generations together and make your community more age-friendly.

💡 Need ideas? Our Age-Friendly Workbook can help you get started, or have a look at our

If you have any questions, please contact Elinor, the Ageing Well Project Lead on connecting@ceredigion.gov.uk or 01545 574 200.

Applications close 20.01.2026 – funding is limited, so don't miss out!

🔗 <https://connectceredigion.org.uk/grants/age-friendly-ceredigion-fund>

Age-Friendly Ceredigion: Public Engagement Campaign

Help shape the future of Age-Friendly Ceredigion. We're gathering the views of older people and local communities to develop a new three-year action plan based on what matters most to you.

You can complete the survey online or download a paper copy here:
<https://bit.ly/AFConsultation>

If you'd like the survey in another format or as a paper copy – please contact Clic on 01545 570 881 or clic@ceredigion.gov.uk.

Deadline: 28.2.2026

Consultations & Have your Say!

Share your experiences of eating disorders, neurodivergence and gender identity

The research team from the LEADING (Lived experience of EAting Disorders In Neurodivergent and Gender-diverse people) study, would like gender-diverse people to take part in an interview about their current or past experiences of an eating disorder and experiences of accessing eating disorder support in Wales.

Deadline: 31.12.2025

<https://healthandcareresearchwales.org/share-your-experiences-eating-disorders-neurodivergence-and-gender-identity>

Ceredigion County Council Budget Consultation 2026-2027

Before setting next year's budget, the council wants your input. You can complete an online survey or get a paper copy from your local library or leisure centre, or by contacting Clic on 01545 570 881 or clic@ceredigion.gov.uk

Closing date: 9.1.2026

<https://www.ceredigion.gov.uk/your-council/consultations/ceredigion-county-council-budget-2026-27/>

Culture, Opinion, Experience and Identity Consultation

Ceredigion County Council are inviting residents to share their views on what culture means to them, their connection to it, and the cultural events they attend. You can complete an online survey or get a paper copy from your local library or leisure centre, or by contacting Clic on 01545 570 881 or clic@ceredigion.gov.uk

Closing date: 12.1.2026

<https://www.ceredigion.gov.uk/your-council/consultations/culture-opinion-experience-and-identity/>

Consultation: Draft Ceredigion County Council Drones Policy

Ceredigion County Council is seeking residents' views on how drones should be used to keep communities safe and address anti-social behaviour.

You can share your views via the online survey or request a paper copy from your local library or leisure centre.

For more information phone 01545 570 881 or email clcc@ceredigion.gov.uk.

Closing date: 14.1.2026

<https://www.ceredigion.gov.uk/your-council/consultations/consultation-on-draft-ceredigion-county-council-drones-policy/>

Engagement & Participation Policy 2025

During the summer of 2025, Ceredigion County Council gathered people's views on how they engage and consult. Your feedback helped them develop a revised Engagement and Participation Policy. You can now give your views on the draft policy by completing the online survey or downloading a paper copy from the website.

For more information phone 01545 570 881 or email clcc@ceredigion.gov.uk.

Closing date: 20.1. 2026

<https://www.ceredigion.gov.uk/your-council/consultations/2025-engagement-and-participation-policy/>

Have you had a stroke in the last three years?

The ReSTORE study is looking at whether doing rehabilitation online can help people recover after a stroke, for those who had a stroke 6 to 36 months ago and have mild to moderate difficulties.

Deadline: 28.2.2026

<https://healthandcarerresearchwales.org/have-you-had-stroke-last-three-years>

Older People's Commissioner for Wales: Social Care Survey

The Older People's Commissioner wants to hear from older people across Wales about their experiences of social care – what works well and what needs to change.

You can complete the survey online at www.olderpeople.wales/socialcare

Paper or alternative formats are available by contacting the Commissioner's office:

Email: ask@olderpeople.wales

Phone: 03442 640 670 (You can also complete the survey over the phone.)

Deadline: 30.1.2026

Proposed change to the GP referral pathway to community mental health services

Hywel Dda University Health Board's Mental Health and Learning Disabilities Teams would like to understand how a proposal to change the way GPs refer patients to non-urgent adult mental health support across the three Counties would affect people.

You can complete the survey online on www.haveyoursay.hduhb.wales.nhs.uk.

If you have any queries please contact Hyweldda.Engagement@wales.nhs.uk or telephone the Health Board's Communications Hub on 0300 303 8322 (option 5

Deadline: 9.2.2026

Community Facilities Programme

The Community Facilities Programme by Welsh Government offers grants to help improve or develop local community facilities. The aim is to support resilient, inclusive communities by improving shared spaces across Wales.

For more information – including guidance and the application form – see:
<https://www.gov.wales/community-facilities-programme>

New grants to boost digital confidence

The Welsh Government's Digital Inclusion Wales Grant supports projects that help people build basic digital skills, gain confidence, and access the tools and support they need locally.

Find out more: [New grants to help people become confident in using digital technology | GOV.WALES](#)

Closing date: 9 February 2026

Ceredigion Community Grant

Ceredigion County Council is encouraging community groups, churches and chapels, voluntary and not-for-profit organisations that wish to improve and expand the range of facilities, activities and opportunities across the county to apply to the Ceredigion Community Grant Fund.

Find out more: <https://www.ceredigion.gov.uk/business/funding-and-grants/community-grants/>

Closing date: 21 January 2026

Warm Together Cymru, National Energy Action (NEA)

Warm Together Cymru provides practical energy advice and support across Wales. The programme trains Energy Champions – volunteers who learn how to manage energy bills, reduce energy use, and keep homes warm, then share this knowledge in their communities.

The project also runs local energy advice events, offers Winter Warmth Support Packs, and a small hardship fund for urgent fuel, food, or clothing needs.

If you'd like to know more or are interested in becoming an Energy Champion, contact: energychampions@nea.org.uk



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.

The course includes a morning class-based session with input from road safety professionals, focusing on group discussions and presentations. Participants can also arrange a private driving lesson later with an approved instructor.

Upcoming courses:

- 13.01.2026 – Canolfan Creuddyn, Lampeter, 9:30 am – 1:00 pm
- 02.02.2026 – Penmorfa, Aberaeron, 9:30 am – 1:00 pm

Book your place by contacting clie@ceredigion.gov.uk or 01545 570 881.

Free Home Safety Checks

Do you know someone who could benefit from a free home safety check? Mid and West Wales Fire and Rescue Service can check smoke alarms, escape routes, electrical safety, and more – all at no cost.



Book a check by phone on 0800 169 1234, or online at www.mawwfire.gov.uk

Community Connectors

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 OAT

Meet Enfys from 2.30 – 4.30pm on the third Thursday of the month.



Help Shape an Age-Friendly Ceredigion!

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

 01545 570881

 connecting@ceredigion.gov.uk