



# Age Friendly Ceredigion

## *Newsletter*

### January 2026

## News and Information

### **Avoid Financial Scams with FCA Firm Checker**

Scams involving investments, pensions and financial services are on the rise, with around 800,000 people affected in a single year. To help people stay safe, the Financial Conduct Authority (FCA) has launched Firm Checker.

Firm Checker is a simple online tool that lets you check whether a financial services firm is authorised and has permission to offer the service being advertised. This is important, as scammers often pretend to be genuine companies and may contact people via phone calls, texts, WhatsApp or social media.

Before making any financial decision or sharing personal information, take a moment to use FCA Firm Checker and protect yourself from fraud.

Link: <https://www.fca.org.uk/consumers/fca-firm-checker>

### **Space for Everyone? Older people's perspectives on access to car parking in Wales**

The Older People's Commissioner for Wales has published the Space for Everyone? Older people's perspectives on access to car parking in Wales report.

Download a copy here: <https://olderpeople.wales/resource/space-for-everyone-older-peoples-perspectives-on-access-to-car-parking-in-wales/>

## Age Without Limits Day 2026 – Microgrants Available

The Centre for Ageing Better will once again be offering microgrants to support Age Without Limits Day, which will take place on Wednesday, 10th June 2026. This campaign brings communities together to challenge ageism and create opportunities for older people to take part in social and physical activities.

As Ceredigion is an Age-Friendly Community, community groups and local voluntary sector organisations within the county are eligible to apply. Grants of up to £500 are available to help communities participate, with an additional £150 to make events more accessible.

You can find out more and access the application on this website:

<https://www.agewithoutlimits.org/article/age-without-limits-day-2026-microgrants-community-groups>

## Consultations & Have your Say!

### Do you have pain in your joints or muscles?

Cardiff and Vale University Health Board needs your help to make it easier for people to access musculoskeletal (MSK) therapy. They would like to hear your experiences of waiting for appointments and the impact that this has. The project will focus on how people can access the care they need, when they need it.

Find out more by visiting our website to complete an expression of interest form.

**Deadline: 16 January 2026**

## Shaping the Future of Social Care in Wales

The Older People's Commissioner for Wales is looking at how social care services in Wales could be improved and wants to hear from older people across Wales about their experiences of receiving care and support. This could be support to live independently at home, support while living in a care home, or community-based support such as day centres.

**The closing date for responses is 30 January.**

Link: [www.olderpeople.wales/socialcare](http://www.olderpeople.wales/socialcare)

If you'd like us to send you any paper copies, please call us on 03442 640 670 or email [ask@olderpeople.wales](mailto:ask@olderpeople.wales).

You can also complete the survey over the phone by calling 03442 640 670.

## Draft dementia strategy for Wales 2026 to 2036

The Welsh Government is consulting on a new Dementia Strategy for Wales, which will replace the previous Dementia Action Plan (2018) and the follow-up document from 2021, updated after the challenges of the COVID-19 pandemic.

The plan will be co-produced, meaning people with lived experience, partners, and stakeholders will be involved throughout. This consultation gives you an early opportunity to share your views, which will help shape the final strategy in 2026.

**The closing date for responses is 3 April 2026.**

Find more information here: <https://www.gov.wales/draft-dementia-strategy-wales-2026-2036>

## Help Shape Digital Inclusion in Rural West Wales

Hywel Dda University Health Board, working in partnership with the University of Wales Trinity Saint David, is running a short survey on digital exclusion across Pembrokeshire, Ceredigion and Carmarthenshire.

The survey aims to understand the real-life barriers people face when accessing digital services, particularly in rural areas.

The survey is available online, with paper copies available on request.

👉 <https://shorturl.at/AV8OC>

## Age Friendly Ceredigion



### 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](mailto: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](mailto:clic@ceredigion.gov.uk).

**Deadline: 28.2.2026**



### 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

**Do you have an idea for February's forum or a topic you'd like us to cover? Let us know! Email [connecting@ceredigion.gov.uk](mailto:connecting@ceredigion.gov.uk) or call 01545 574 200.**