

FREE

Winter 2025

Carers Magazine

For unpaid carers in Ceredigion



You are a carer if you look after a friend or family member who cannot manage on their own because they have an illness, poor health, disability, mental health issue or an addiction.



Cyngor Sir
CEREDIGION
County Council

'Save the date' events – pgs. 2 – 3
Gofalwyr Ceredigion Carers – pgs. 10 – 11
Resilience and Wellbeing Toolkit – pgs. 13 – 14
'Older not colder' – pgs. 25 – 26
Support for young carers – pgs. 29 – 31

Produced by Ceredigion Carers and Community Support Team

A message from the Carers and Community Support Team

Welcome to the Winter 2025 edition of the Carers Magazine, Ceredigion's only magazine for unpaid carers.

Hello and welcome!

Winter can be a difficult time for many people, especially unpaid carers. Cold weather, rising costs, and extra pressures can make things harder. That's why this issue is full of useful information to help you stay warm, well, and supported.

Inside, you'll find advice on:

- **Looking after your wellbeing**, with tips and tools to help you feel better (pg 14)
- **Money matters**, including where to find financial support (pg 22)
- **Keeping your home warm** and where to get help with heating costs (pgs.22/23/26/27)

We also share news about the new **West Wales Carers Strategy**. It's a plan to make sure unpaid carers are recognised, supported and valued. The strategy focuses on two main things: making carers more visible and making sure they get the help they need. Turn to page 8 to read more.

In this issue's **Carers Corner**, we introduce the **Resilience and Wellbeing Toolkit**. It's a simple guide to help you understand stress, set goals, and feel more like your "best self." It's designed to support you in your caring role and beyond. We know that caring for someone can be rewarding, but it can also be exhausting. We hope this issue brings you comfort, useful information and a reminder that you are not alone.

Best wishes,

Sarah Griffiths - Team manager

Carers and Community Support Team

jointly
by  **carersUK**

Jointly App

The Jointly app helps those who share unpaid care keep track of appointments and medications, organise caring tasks and plan for emergencies.

Download at
jointlyapp.com



Carers Information Service

Join the Carers Information Service to receive:

- Regular Carers Information Service magazines, by email or by post
- Useful information about services, support, the law, etc.
- Information about local events for carers
- Information about relevant training courses
- Notification about consultations taking place on local and national issues

If you are new to caring or perhaps have not seen this magazine before, you can register with the Carers Information Service to receive the above benefits. The Carers Information Service is **FREE** to join.

 Online form: www.bit.ly/CISCere

 01545 574200

 connecting@ceredigion.gov.uk

 www.ceredigion.gov.uk/carers



Post Christmas Lunch



**Free event for unpaid carers and
their guests to enjoy a lovely
Christmas dinner after Christmas!**

More information coming soon.
January – February 2026

Contact us for
more information:



01545 574200



clic@ceredigion.gov.uk

Cooking on a Budget



**We're bringing back our
popular Cooking on a Budget
courses in the new year!**

Keep an eye out for more
information.



01545 574200



connecting@ceredigion.gov.uk

Young Carers Action Day



Did you know, Young Carers Action Day is coming up?

Look out for more information coming soon to find out how we are celebrating in March 2026!



If you have any ideas, why not get in touch?

☎ 01545 574200 ✉ connecting@ceredigion.gov.uk

HEALTH

AT THE

HUB



Pop in for free checks and a chat with local health and wellbeing services – no booking needed.

Wednesday,
21 January

10am-2pm

Penparcau Hub

Penparcau, Aberystwyth,
SY23 1RU



Toilet
Facilities



Everyone
is
welcome!



On site
Cafe

Ceredigion Carer Card

Unlock exclusive benefits with your **FREE** carer card

If you are an unpaid carer living or caring for someone who lives in Ceredigion, you can apply for a carer card.

To apply for a card and for more information, visit :



Adult Carer Card:

ceredigion.gov.uk/carercard



Young Carer ID Card:

ceredigion.gov.uk/youngcarercard

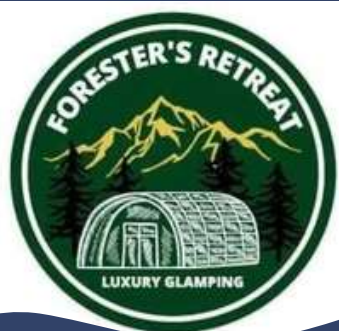


If you don't have access to the internet or are having trouble applying online, you can phone Ceredigion County Council on **01545 574200** to ask for help and to apply.

New offers

Important note: To use any of the advertised offers, you must show your Ceredigion Carer Card or Young Carer ID Card when requested.

All offers correct at time of printing (December 2025)



Forester's Retreat Glamping – 10% off

Unplug and unwind in a luxury pod set on 29 acres of tranquil farmland with stunning views of the Cambrian Mountains and Dinas Reservoir in Ponterwyd.

Prime Location | Comfort and Style | Private Outdoors | Digital Detox

Explore scenic walks, cycling routes, or try fishing at nearby reservoirs. Forester's Retreat is adults-only, dog-friendly, and designed for pure serenity. For bookings, call - **07540469167**
Or email: **ForestersRetreatGlampingPods@hotmail.com**



Aberpoeth Sauna & Coffee House – 10% Off

Aberpoeth is a wellbeing hub on Aberystwyth Promenade, bringing together seafront sauna sessions and a speciality Coffee House serving fresh coffee, healthy bowls, cakes, seasonal drinks, and light food. **Discounts on: Communal Sauna Sessions | Drinks and Food | Aberpoeth Merchandise** All discounts can be applied directly in our Coffee House. For sauna bookings, unpaid carers will need to either **contact us directly or pop into the Coffee House to book.**

See our website - www.aberpoeth.co.uk

Or email: infoaberpoeth@gmail.com

More benefits and discounts

Disclaimer: All offers listed are set by each business and may change. Ceredigion County Council is not responsible for any changes or availability. Please check directly with the businesses for the latest details.



AberOutdoors (Aberystwyth) - 25% off

For more information or to book:

☎ call Jack - 07562496968 or ✉ info@aberoutdoors.co.uk



Aber Adventures (Borth) - Various discounts, up to 50% off

For more information or to book:

☎ Call Simon on 07976061514 or ✉ hello@aberadventures.com



Aber Coffee (Workbench) - Free hot drink

Workbench is located on Glanyrafon industrial estate, Aberystwyth.

Open Monday to Friday, from 6.30am - 2pm



Camp Siriol (Aberystwyth) - Various discounts available - To claim this offer, simply quote '**carers10%**' and present your Ceredigion Carer Card.

For bookings, call Louise - 07719716273



Dail Bach | Little Leaves (Ffosfelin) - Discounted sessions

For more information or to book:

☎ 07852997991 or ✉ dailbach25@gmail.com



Mid Wales Rubbish Removal - 20% off

For more information or to book:

☎ 07901963184 or ✉ info@midwalesrubbishremovals.co.uk



Ystwyth Books Café - 10% off any book

You can find us at - Princess Street, Aberystwyth, SY23 1DX.
Opening hours: Monday to Saturday, from 10am - 4pm



Aberystwyth Arts Centre -

- **Café** – Enjoy **10% off drinks and food**; get a discount card at the Box Office.
 - **Box Office** – **Concessionary ticket rates** for theatre, dance, and film.
- More at aberystwythartscentre.co.uk



Borth and Ynyslas Golf Club - Play golf for £30 per person.

Book tee times in person or call 01970 871557.



Cadw - Enjoy **10% off entry** to top Welsh attractions.
Find details at cadw.gov.wales.



Cardigan Bay Active (Cardigan) - 10% off all activity prices.

Check the full activity timetable at cardiganbayactive.co.uk.



Cardigan Island Coastal Farm Park - Get a **concessionary admission fee**, matching the disabled adult/child price. Visit cardiganisland.com.



Cliff Railway, Aberystwyth - Travel for free on the funicular railway.

Check opening times at aberystwythcliff railway.co.uk.



Council Leisure Centres and Swimming Pools - Free, unlimited access to leisure centre facilities and community swimming pools (Aberaeron & Llandysul).
Some **age restrictions may apply**; wellbeing centre staff can advise.



Denmark Farm Conservation Centre (Lampeter) - Get **10% off** selected one-day workshops. Visit denmarkfarm.org.uk or call 01570 493358.



Dysgu Bro - Carer Card holders get the **first session of any weekly course free** (ages 16+). Visit dysgubro.org.uk or call 01970 633540.



Eco Hub Aber - Get **half-price services** like bike hire, hot desk space, and membership. Contact ecohubaber.com, or ecohubaber@gmail.com with "Connecting Carers" in the subject.



Feet Matter (Cardigan) - Discounted foot care - £30 per person, per hour.

Your feet matter. For more information or to book: feetmatterceredigion.simplybook.it

📞 **Tamra - 07480 412219** or 📞 **Tasha - 07572 268835**



Free Flu Vaccinations

- **GP Surgery** - Request directly.
- **Pharmacy** - Check availability with your local pharmacy.



Halen a Papur (Tregaron) - Carers enjoy a **free drink** with a valid carer card.
Opening hours: Monday to Saturday, from 9am - 3pm. Closed on Sundays.



Home Café, Pier Street, Aberystwyth - Get **10% off food**.
See the menu at homecafe.uk



Jason Tatton Driving Theory Support - Discounted sessions

Get ready for your driver theory test with online support sessions, delivered through Microsoft Teams. To book, visit: [the 'Driver Theory Support' Facebook page](#) and use code **'DRIVER33'**.



Kelly's Closet (Aberaeron) - **10% off clothing, footwear, accessories, and gifts**.
Keep up to date with the latest arrivals and special offers by following Kelly's Closet.
Follow us on Facebook: [Kelly's Closet on Facebook](#)



Llandysul Paddlers - **50% off open lake sessions**.
Visit llandysul-paddlers.org.uk or call 01559 363209 to book.



Llanerchaeron - **Free entry for Carer Card holders**.
Find opening times at nationaltrust.org.uk



Magic of Life Butterfly House (Aberystwyth) - **Concessionary rates** available.
Check opening times at magicoflife.org



Miles of Smiles - Party packages start from £65 and carers can enjoy **30% off all packages** with a valid carer card.
For package details, visit [Miles of Smiles on Facebook](#)
For bookings and enquiries [☎ Sion Wyn - 07309 272373](tel:07309272373)



Seedlings Retreats and Holidays (Aberaeron) - **10% off**.
To claim this offer, simply quote **'carers10%'** and present your Carer Card.
To book: www.seedlingsretreatsandholidays.com [☎ 07884 007525](tel:07884007525)



Silver Mountain Experience (Ponterwyd) - Get **concessionary rates on full ticket prices**. Select 'senior/student' option when booking online at silvermountainexperience.co.uk



Theatr Felin Fach - **10% off tickets**.
View upcoming events at theatrfelinfach.cymru

West Wales Strategic Plan for Unpaid Carers 2025 - 2030

Who are we?

We are a group of partners in West Wales, including Hywel Dda University Health Board, Carmarthenshire, Ceredigion and Pembrokeshire County Councils, voluntary sector and lived experience voice. We work together to help ensure services that are delivered improve the outcomes for unpaid carers in West Wales.

What's our vision?

West Wales is a region where unpaid carers are recognised, supported and widely valued for the essential contributions they make to our communities and services.

What are our priorities?

We looked at data and listened to the carers voice across West Wales and those who work to support carers and two priorities were identified.

Priority 1: Carers are visible and valued

Priority 2: Carers are supported

Our aims include:

1. Celebrate and promote the value of unpaid carers
2. Increase organisational awareness of unpaid carers
3. Provide carer awareness training
4. Ensure the right information is available at the right time
5. Ensure that unpaid carers receive support
6. Offer a range of services to respond to the needs of unpaid carers

How will we deliver the priorities and aims?

The West Wales Carers Development Group will oversee delivery of the strategic plan and publish an annual report to show its progress.

View the strategic plan here:

To view the full strategic plan scan the QR code or click [HERE](#) to be redirected.

For more information, or to receive the strategic plan via email, please contact us at wwrpb@carmarthenshire.gov.uk



Partnered with:



Cyngor Sir
CEREDIGION
County Council



Cyngor Sir Gâr
Carmarthenshire
County Council



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Pembrokeshire County Council
Cyngor Sir Penfro



Carers Wales Free Resources

Carers Notebook

This notebook is a simple document that collects your thoughts before a meeting with room to capture the information as the meeting happens.

Carers spoke to us about needing more support to capture accurate information from meetings and having a space to plan their thoughts beforehand.

The notebook can be downloaded for free or we can provide one for free to carers in Wales. Email us at – info@carerswales.org

Click here to download in English

Carers Wales MeTime sessions

Prioritise your wellbeing with **FREE online activities** designed just for you.

Every month, Carers Wales offers a variety of sessions to help you relax, learn and connect with others.

Enjoy sessions on:

- Carers' rights and practical advice
- Mindfulness and other relaxing ways to take a break
- Creative activities like crafting and cooking

New activities each week – all at no cost to you!

Find out what's on and sign up today:
bit.ly/MeTimecw



www.carersuk.org/wales

Walking for Wellbeing

Aberystwyth	Tuesday	10am
Cardigan	Tuesday	10am
Lampeter	Tuesday	10am
Aberporth	Wednesday	10am
Aberaeron	Wednesday	1:30pm
Borth	Friday	10:30am
Tregaron	Friday	11:15am

For more information contact
Dawn Forster: **07866 985 753**
dawn.forster@ceredigion.gov.uk



Cyngor Sir
CEREDIGION
County Council



CARERS CAFE

Drop in sessions for unpaid carers and the people they support

Contact us at
03330 14 33 77
for more info.

Pop in
when it
suits you



TRINITY CHURCH HALL, NEWCASTLE EMLYN

2nd Monday of the month, 10:30am - 12pm



MAES MWLDAN, CARDIGAN

3rd Monday of the month, 1:30 - 3pm



ABERPORTH VILLAGE HALL

1st Wednesday of the month, 1:30 - 3:30pm



MUSTARD SEED CAFE, LAMPETER

1st Thursday of the month, 2 - 3:30pm



**WAUNFAWR COMMUNITY HALL,
ABERYSTWYTH**

4th Thursday of the month, 2:30 - 4pm

Please check facebook.com/creducarersceredigion for updates

Chat and Connect

A friendly place for parents and carers to meet, chat and support one another.

Join us to:

- Talk about resources and services for children with disabilities and additional needs.
- Explore helpful resources and pick up information leaflets.



If you have any questions, please
contact us:

✉ ceredigionCDHT.HDD@wales.nhs.uk

Everyone is welcome!

Term
time
only

Aberystwyth

- **When:** Every Monday, 9:30am - 11am
- **Where:** Penparcau Community Forum, Penparcau, Aberystwyth, Ceredigion, SY23 1RU
- Parking available across the street

Cardigan

- **When:** 1st and 3rd Friday of the month, 10am - 11:30am
- **Where:** Menter Aberteifi, The Guildhall, Cardigan, SA43 1JL



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



Parent Carer Support Group

An opportunity to meet other parents and have a chat over a cuppa.

Pop in when suits you

For any parents or Carers of a child with additional care needs – with or without a diagnosis

When: 4th Monday of the month
9.30-11.00am

Where: Lampeter Wellbeing Centre, Peterwell Terrace, Lampeter SA48 7BX

We look forward to welcoming you

Contact
caryl@credu.cymru or
pete@credu.cymru
for more info



New Groups

Welsh Carers zoom meetup

Online drop in session for unpaid carers
Held in the Welsh language

An opportunity to meet other carers and have a chat over a cuppa.

When: First Monday of the month
2-3pm

Where: on Zoom

Contact:
Caryl@credu.cymru
for the link to join

We look forward to welcoming you

galwch
heibio pan
mae'n
addas i chi



EXPRESSIONS OF CARE POETRY



Expressions of Care offers days of rest and creativity for unpaid carers. It's delivered by Aberystwyth University's Centre for Creativity and Wellbeing and The Fathom Trust, in partnership with Ceredu and Ceredigion Council. We're delighted to present a selection of poetry which are the personal expressions of people who have taken part in the project.

If you'd like to find out more about 'Expressions of Care' please contact Phil Jones: phj13@aber.ac.uk

Sweet Little Bird

Sweet, little bird, why
did you fly into my
greenhouse.
Was it to catch a
worm or peck at a
juicy red tomato?
Now you can't get
out. Don't keep
hitting the glass
pane.
I'll open the door
wider for you.
Bye, bye little bird.

Tricia Lewis

Kingdom of The Teifi

High tide, slack water,
Juice green tree canopy
Perfectly reflected
in river miniscus.
Mineral soft,
I break the spell of July rain
with my body.
Dive
into serenity's deep,
so dark I cannot see the bottom.
Unfathomable slate, and silt,
and sewage?...

I keep my face free, clean, sky-gazing,
gasp with delicious cold
as river becomes my pillow
and my bed. And I breathe deep
the pigeon-wing clack,
the drake's quack,
the Kingfisher's smack.
I tune in to Teifi time.
Stillness of river breath,
Feather still, tugging
towards weightlessness,
Ophelia-like, floating as a flower.
Flowing silently towards me comes
A pop of pink, a bell of balsam
On this axis of symmetry.
Like a butterfly's wings,
Real and reflected,
Above and below.
Such a contrasting shade!
Exquisitely unexpected, so
Pretty in pink.
Such an invasive species!
Water weed, with explosive seed.
Usurper Queen
Reigning along our riverbank.
But you smell
So
Sweet.

Erika Dawson

Carers Corner



Carers corner is a space for you to have your say and learn about the experiences of other carers in Ceredigion.

If you would like to submit an experience you've had or a change in circumstances that you feel would be beneficial for others to hear, please get in touch by emailing us at - **connecting@ceredigion.gov.uk**

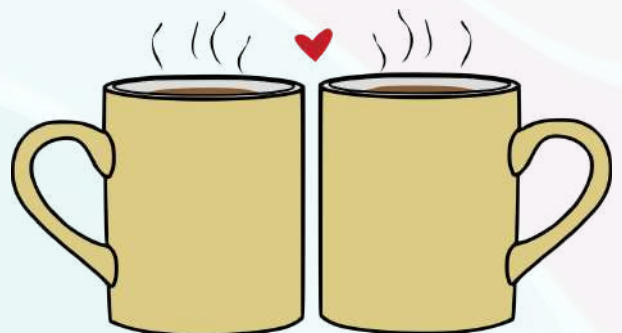
Resilience and Wellbeing toolkit

This article was written by
Lucy Steere -
Carers Development Officer

What is resilience and wellbeing and why it is important? Resilience is the ability to stay strong and recover quickly from difficulties and wellbeing is the state of being comfortable, health and/or happy.

These can be parts of ourselves that are often overlooked and not valued; however we have created a toolkit to help you gain a better understanding so that you can be your best self!

Part 1 explains this further and you are encouraged to think about what they mean to you. For example, for me, my wellbeing involves me spending time with family and friends, going on walks outside and drinking a lot of tea! When we then think about how a caring role can affect our wellbeing, it becomes clear that looking after your wellbeing is not as easy as you might first think. It can make life a bit more challenging. This is why, building up your resilience is so important.

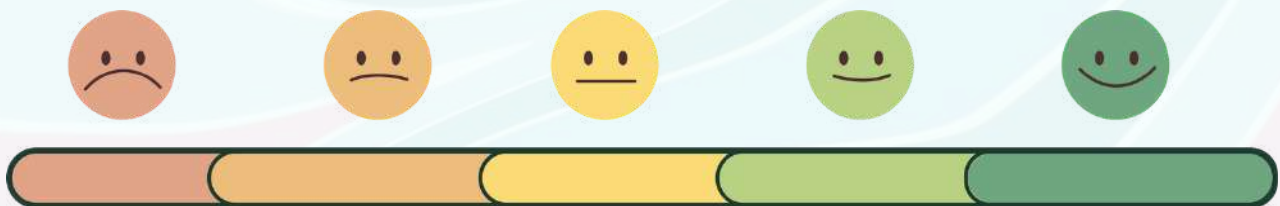


Part 2 talks about how stress can affect our resilience and wellbeing. You are talked through the 4 automatic reactions that our bodies can have to stress. Fight, flight, freeze and flop. Yes, you read that right. Flop is a response; one I had never heard of, but the toolkit talks you through these 4 reactions and how they affect us. Sometimes in ways that our ancestors might have found useful but for you and me, not so much. In some cases, the reaction can reach the point of harming on our bodies, both mentally and physically.



Part 3 talks about 'your best self'. What does that look to you, how can you find that best self? You are also given some time for you to work out how you can get closer to that 'best self' by setting some goals. This is when we are introduced to the 'Best Self Scale'.

As for Part 4 and Part 5, the 'Best Self Scale' is looked at a bit closer and over the course of the 2 weeks that is suggested to complete this, you can reflect on how working towards your best self has changed. How goals have changed. And maybe even how where you sit on the scale has changed.



I found this powerful toolkit eye opening. The course takes not too long to complete, and you can do it in little stages over two weeks. However, the tools you take out of it will benefit you more than you think.

So why not grab a pen and a bit of paper and start now!

Link to our Resilience and Wellbeing Toolkit:
bit.ly/SHTOOL25

Community Connector updates

Joining a group, meeting new people, or trying something new can lift your mood and improve your wellbeing. It can help you feel more confident, reduce stress and make life more enjoyable.

Ceredigion's Community Connectors can help you find local activities and social groups that suit your interests – whether it's crafts, walking, singing, or just a friendly chat over coffee.

They cover the whole county and can talk to you on the phone or meet in person to see how they can support you or someone you care for. **Why not see what's out there?**



ST PAULS METHODIST CENTRE, ABERYSTWYTH, SA23 7BX

Meet Sam and Sarah from **11am – 1.30pm** on the **first Thursday** of the month.



ABERGORTH 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.



LAMPETER WELLBEING CENTRE, SA48 7BX

Meet Sian from **9.30am – 12pm** on the **second Monday** of the month.



ABERAERON LIBRARY, SA46 0PA

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



MEMORIAL HALL, TREGARON, SY25 6JL

Meet Diane from **11am – 1pm** on the **third Tuesday** of the month.



CARDIGAN

NEW GROUP

Carers Social Club

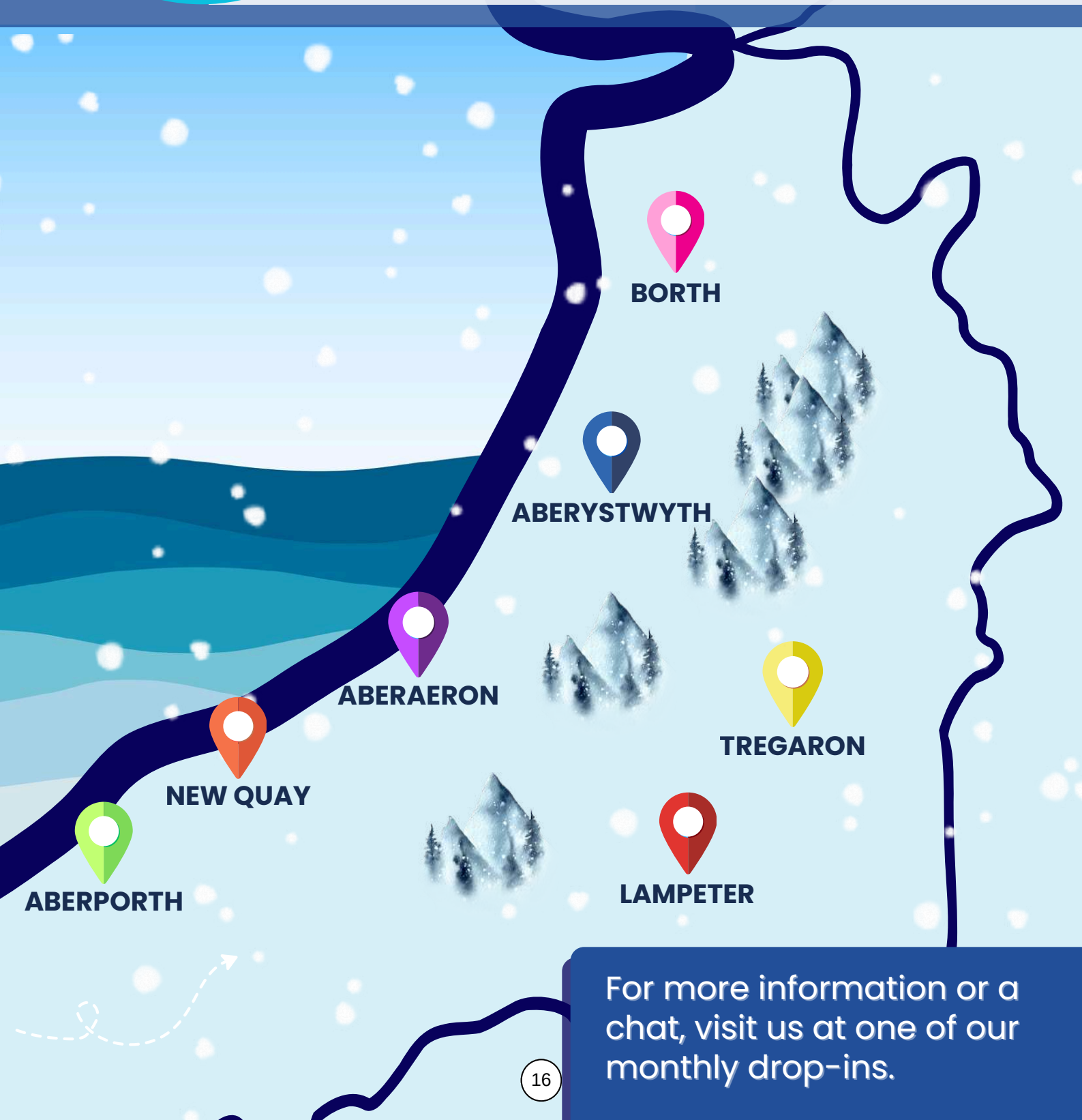
- Do you look after a friend or family member with care needs?
- Are you in your 20s or 30s?
- Join us at Mwldan in Cardigan for a new social group

Meeting monthly on the 2nd Wednesday of the month, 6.30 - 8.30pm

There will be board games, arts/crafts etc- bring your own too!

First drink on us!

Gofalwyr
Ceredigion Carers



For more information or a chat, visit us at one of our monthly drop-ins.

Your Senedd is Changing

What you need to know



• Scan me •

In May 2026, you'll see some changes to the Senedd.

- ◆ **96 Members:** From the election on 7 May 2026, the Senedd will have 96 Members instead of 60.
- ◆ **New voting system:** Everyone 16+ will now have one vote, choosing a political party or independent candidate.
- ◆ **New constituencies:** Wales will have 16 constituencies. Each constituency will elect six Members.
- ◆ **New rules:** Anyone standing for election must live in Wales.
- ◆ **More frequent elections:** Senedd elections will take place every four years.



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CEREDIGION
County Council

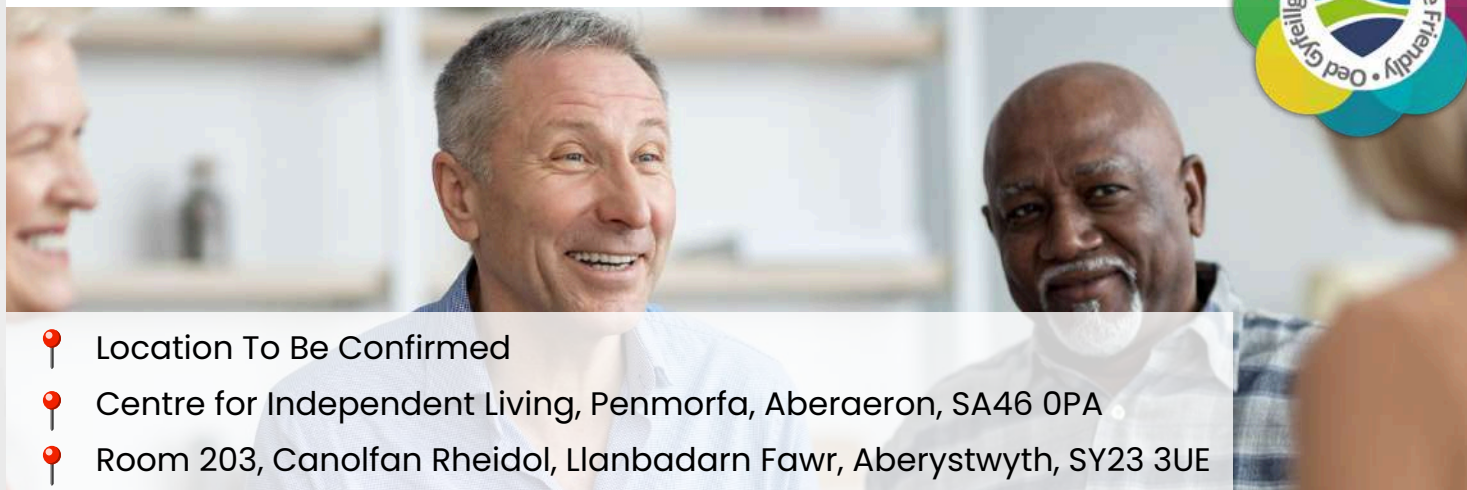
For further information on registration and voting in your area, please contact:

✉ electoralservices@ceredigion.gov.uk

☎ 01545 572 032

Age Friendly Ceredigion Forum

28 February 2026 2-4pm



- Location To Be Confirmed
- Centre for Independent Living, Penmorfa, Aberaeron, SA46 0PA
- Room 203, Canolfan Rheidol, Llanbadarn Fawr, Aberystwyth, SY23 3UE

Or join us online: bit.ly/AgeFriendlyCeredigionForum



For more information, contact us:
Email: cllc@ceredigion.gov.uk
Phone: 01545 574200



3RD WEDNESDAY OF EVERY MONTH

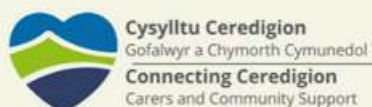
MEMORY CAFE

10AM - 12PM

**TYSUL CHURCH HALL (NEXT TO LIBRARY),
CHURCH STREET, LLANDYSUL**

Parking available, disabled access
and disabled toilet.

**CONCERNED ABOUT YOUR MEMORY?
COME ALONG FOR A CHAT.**



Bereavement Support for Older People

Age Cymru Dyfed now offer a dedicated Bereavement Support Service for individuals aged 70+ in Dyfed and Powys. This service helps people cope with loss by:

- ★ Creating accessible, community-based support
- ★ Addressing immediate practical and emotional needs
- ★ Helping with income maximisation
- ★ Daily living challenges
- ★ Running peer-led bereavement support groups



For more information about any of our services, get in touch using the contact details below:

Phone:
03333 447 874

Web:
www.ageuk.org.uk

Email:
**reception@agecymru
dyfed.org.uk**



Digital Team - Ceredigion

Our Digital Team is here to help people feel confident using their phone, tablet, or computer – whether one-to-one, in groups, or remotely. We can help you :

- ★ Shop or bank safely online
- ★ Avoid scams
- ★ Understand useful tools, including AI
- ★ Explore money-saving websites
- ★ Use smart speakers

Email: reception@agecymru dyfed.org.uk

Phone: 01239 615556

Byw Adref Home Support Services



Our home support service supports over fifties to continue living independently in their homes with day-to-day domestic tasks such as:

- ★ General household chores
- ★ Laundry and bed changes
- ★ Light essential shopping
- ★ Meal preparation
- ★ Sitting service
- ★ Dog walking



**£21.50
per
hour**

The service is chargeable, and is available in Ceredigion and parts of Carmarthenshire, and Pembrokeshire. Please ring or email to discuss your home support needs.

Social Footcare Clinics in Aberystwyth and Cardigan



Keeping mobile is important, especially as we age. Looking after your feet, especially cutting toenails, can become harder. Age Cymru Dyfed provides a social footcare clinic for people over 50 who need a little extra help.

What are the key benefits of this service?

- Keeping you active and mobile
- Reducing the chances of falls
- Helping you to stay independent
- Having a chat and seeing a friendly face



How much does it cost?

- First appointment: £37 (includes your own nail-cutting kit)
- Follow-up visits: £22 each

Please note: We are unable to take on clients with diabetes or taking certain blood thinning and steroid medication.

Where and when?

- Cardigan: Wednesdays
- Aberystwyth: Fridays

Who runs the clinics?

Our volunteers are trained in basic footcare by the Podiatry Department of Hywel Dda University Health Board.

Contact us:

☎ 01239 615556

✉ angharad.jones@agecymrudyfed.org.uk



Join our local Dementia Support Group

Support . Friendship . Wellbeing

Mondays 10.00 to 12.00 Borth Community Hub

contact@borthcommunityhub.co.uk

07896 616 857

Free, part-time courses for carers



Lifelong Learning at Aberystwyth University offers a Fee Waiver Scheme to support people in Wales to access higher education.

- ★ Paid and unpaid carers are eligible for this support.
- ★ Eligible individuals study free of charge!
- ★ Choose from our wide range of courses - many of which are available to study online.



aber.ac.uk/learning



01970 621580



learning@aber.ac.uk



Medr

Y Comisiwn Addysg Drydyddol a Ymchwil
Commission for Tertiary Education and Research



1872 PRIFYSGOL
ABERYSTWYTH
UNIVERSITY

Ydych chi eisiau gwella eich llythrennedd, rhifedd neu sgiliau digidol?

Mae gennym gyrsiau am ddim sy'n addas i bob lefel ar draws y sir - Llanbedr, Llandysul, Aberaeron, Bronant, Aberystwyth, Rhydypennau
Cysylltwch i weld sut allwn ni helpu...

Do you want to improve your literacy, numeracy or digital skills?

We have free courses catering for all levels across the county - Lampeter, Llandysul, Aberaeron, Bronant, Aberystwyth, Rhydypennau
Get in touch to see how we can help...

Ffon / Phone - 01970 633540

E-bost / Email - Admin@dysgubro.org.uk



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UK Government
Wedi ei ariannu gan
Llywodraeth y DU



Dysgu
Bro
CEREDIGION
Community
Learning



Helping you
to make the
most of your
money!

Money Matters Support Service

Specialist Money Matters Advisor can offer
FREE information guidance and support for
carers with:

- Money saving hints and tips
- Welfare Benefits
- Budgeting
- Accessing grants discounts and concessions

**YMDIRIEDOLAETH
GOFALWYR**

Croesffyrdd
Gorllewin Cymru

**CARERS
TRUST**

Crossroads
West Wales



Cyngor Sir
CEREDIGION
County Council



0300 0200 002
(FREE)



info@ctcww.org.uk

Is it difficult to pay your energy bills? Are you warm enough at home?

FREE SUPPORT INCLUDING

- £ Fuel debt support
- CO Carbon monoxide advice
- 📞 Advice on Priority Service Register
- 💡 Energy efficiency and bill advice
- 🔌 Liaising with your supplier

If you are feeling overwhelmed by home energy and need someone on your side, email us to arrange a confidential appointment.



communityadvice@severnwyve.org.uk

or call Severn Wye's advice team to
arrange a visit



0800 170 1600



severnwyve.org.uk/communityadvice



Funded by the Energy Industry
Voluntary Redress Scheme.



GOV.WALES/NEST • 0808 808 2244

Warm homes

Nest provides all households in Wales with free, impartial advice to help you **reduce your energy bills, maximise your income and energy efficiency and lower your carbon footprint.**

You could also be eligible for free home energy efficiency improvements such as **free home heating insulation measures.**

Call (freephone) - **0808 808 2244 Monday to Friday, 9am–6pm**
or visit **www.gov.wales/nest** to find out more.

Direct Payments website

If you or someone you care for gets help from social services, you can apply for direct payments. These let you choose and buy the services you need yourself, instead of getting them from your council.

The website explains:

- ✓ What Direct payments are
- ✓ What Personal Assistants (PAs) are
- ✓ How you can employ PAs

You will also find:

- ✓ Current PA vacancies and online training
- ✓ Regular news and updates
- ✓ Useful contacts and links



How can I apply?

If you are currently in the process of having your needs assessed by Social Care ask the assessor about Direct Payments. Otherwise, you will need to contact Porth Gofal to ask for a Carers Needs Assessment or an assessment of needs.

Porth Gofal:

☎ **01545 574000**

 bit.ly/DPCere



Useful Contact Numbers

Ceredigion Social Services (Out of Hours)
03004 563 554

Papyrus Prevention of Young Suicide
08000 684 141

Shelter Cymru Emergency Housing Advice
08000 495 495

DAN 24/7 Drug and Alcohol
Phone: 08088 082 234
or
Text Dan to: 81066

Men's Adviceline
08088 010 327

National Debt Helpline
08088 084 000

NHS Direct Wales
08454 647

CALL Mental Health Helpline
0800 123 737

NHS Health Enquires
111

Childline
08001 111

Emergency
999

Clic - Ceredigion County Council
Customer Support
01545 570 881

West Wales Domestic Abuse Service
01970 625 585 / 01239 615 385

Medic (8am until midnight)
Phone 08088 023 456
or
Text 84001

Women's Adviceline
08082 000 247

Cruse Bereavement Care
08088 081 677

Alcoholics Anonymous
08009 177 650

Ceredigion CYP Sanctuary Service
07377 369 241 (5-10pm Fri, Sat, Sun)

SHOUT Mental Health 24/7 Text Line
85258

NHS Mental Health Crisis
111 + 2

Samaritans
116 123

NHS Non Emergency
101





Care & Repair
Gofal a Thrwsio

Older Not Colder

Keeping your home warm
and your bills down

A free service for people
over 60 in Wales.

Hynach Nid Oerach

Cadw eich cartref
yn gynnes a'ch
biliau yn is

Gwasanaeth rhad
ac am ddim ar
gyfer pobl dros 60
oed yng Nghymru.



www.careandrepair.org.uk
0300 111 3333



Ways to save energy at home



Draught proofing is one of the cheapest and most effective ways to reduce heat loss and keep your energy bills down. Blocking up unwanted gaps that let cold air and warm air out will mean using less energy to heat your home

Prioritise the rooms you spend most of your time in instead of trying to heat your whole home. This will keep you warmer and your energy costs down.

Insulating tanks, pipes and radiators, putting reflector panels behind radiators on external walls will reflect heat back into the room. Insulating your hot water tank will reduce heat loss.

Small changes can make a big difference to your energy bill, turn appliances off at the socket, wash clothes at a lower temperature, switch to energy saving lightbulbs and fill the kettle just enough to make one cup of tea.

Layer up, wearing lots of thinner layers helps to conserve body heat and keeps you warmer. A heated blanket for inside the home can also help to keep you warm.

Eat well and move around, keep stocked up on fruit and vegetables and have at least one hot meal a day. Try not to keep still for a long period as moving is a good way to keep warm.



Prevent damp and mould, keep your home well ventilated to avoid the build up of condensation. Open windows for short periods of time in rooms you aren't using and keep good air circulation by leaving gaps between the furniture and the walls.

Care and Repair helps older people in Wales to repair, adapt and maintain their homes, their Home Energy Officers can assess your needs and give you expert advice.

To request a free visit from a Home Energy Officer or a copy of their Older not Colder Guide contact your local Care and Repair.



01437 766 717



hello@wwcr.co.uk



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Download safe health apps

Our health and care apps library contains reliable, tried and tested health apps to choose from.

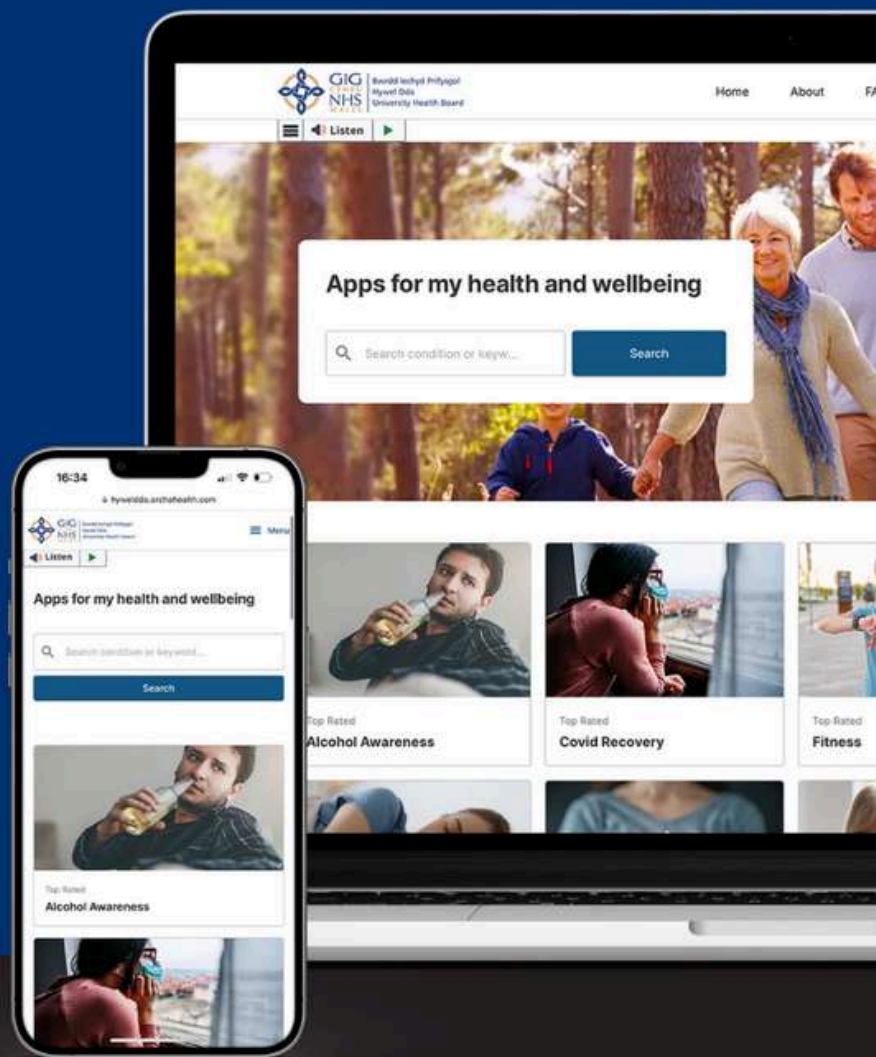
Discover apps to improve your health: •

Making healthy food choices

- Exercising and keeping fit
- Looking after your mind
- Sleeping well
- Giving up smoking
- Losing weight
- And more

All the apps in our app library are reviewed by experts for clinical safety and data security.

Scan me

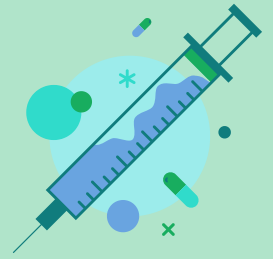


Scan the QR code or visit:
HywelDda.OrchaHealth.com



Service provided by ORCHA, The Organisation
for the Review of Care and Health Apps

Vaccination updates



Covid-19 vaccine

There have been recent changes in the COVID-19 vaccination programme affecting unpaid carers. Due to reduced risks associated with the disease and limited effectiveness of the vaccine in preventing transmission, the Joint Committee on Vaccination and Immunisation (JCVI) has advised against their continued vaccination.

Therefore, **unpaid carers will no longer be routinely eligible for a COVID-19 vaccination under the national programme unless they fall into one of the at-risk categories** (for example, if they are elderly).

Unpaid carers will, however, remain eligible for an annual vaccination against seasonal flu. The flu vaccination programme takes place each Autumn. For more information, please visit – www.bit.ly/CV19UP

Get your FREE flu vaccine this Winter

As autumn arrives, it's important to get your **FREE flu shot from your doctor or pharmacist.**

Every year, many unpaid carers get a free NHS flu vaccine. Flu can be serious, especially with Covid-19 around. Getting a flu vaccine each year helps protect against the flu.

It can affect anyone but is especially dangerous for newborns, pregnant women, cancer patients, and those with long-term health issues.

If you care for someone whose health could be at risk if you get ill, you are eligible to receive a free flu vaccine from your doctor or pharmacist. **You don't need to;**

- **Live with or be related to the person you care for**
- **Receive Carers Allowance**
- **Show proof that you are a carer**



Young Carers

It is extra important for children and young people who care for someone who is vulnerable to flu and its complications either because of a long-term health condition or their age, to have a flu vaccine every year. It helps protect them and the person they care for.

Please note not all pharmacy's offer free flu vaccines, speak to your local pharmacy for more information.

YOUNG CARERS

Gofalwyr
Ceredigion Carers



Gofalwyr Ceredigion Carers

Gofalwyr Ceredigion Carers offers friendly advice, fun activities, and one-to-one chats to help you feel more confident and take a break.

Being a carer teaches you valuable skills, like kindness, organisation, and handling tough situations. But balancing it with school, friends, and hobbies can be challenging.

Gofalwyr Ceredigion Carers can help with:

- Someone to talk to about your feelings
- Fun trips and events to meet other young carers
- Support to manage school and caring responsibilities
- Local groups and activities just for young carers
- Advice on college, jobs, and your future



03330 14 33 77



ceredigion@ceredu.cymru



gofalwyrceredigioncarers.cymru

SCAN ME



Did you know young carers can get a Carer's Needs Assessment too?

NEW

Contact us today to arrange yours.

How do I ask for an assessment?

If you would like to have an assessment, contact us today. You can do this online or by phone.

If you need help, you can ask a friend, family member, or someone you trust to help you.



WHAT'S ON?

From youth clubs to cafés and activities across the county, there's always something to do!

Whether you're meeting up with friends or making new ones, it's a great way to have fun and take a break from your caring responsibilities.



Ieuenctid Tysul Youth – Tysul Youth Centre, Lon Wesley, Llandysul, SA44 4QJ

Weds & Thurs from 4 – 9pm.



01559 362908 / 07765845755



admin@tysulyouth.org



GOATs Youth Hub – Victoria Hall, Bryn Road, Lampeter, SA48 7EE

Stage GOAT Youth Theatre – 4.30 – 6.30pm – Mon, Thurs & Fri

Youth Café Pop Up – 2.00 – 6.30pm – Weds & Thurs



facebook.com/GOATs.YouthHub



Borth Youth Club – Borth Community Hub, Clarach Road, Borth, SY24 5LW

Thursdays, 6 – 8pm (term-time only).



07483356501



youth@borthcommunityhub.co.uk



RAY Ceredigion – Pengloyn, Tabernacle Street, Aberaeron, SA46 0BN

Mon – Fri, 3.30 – 6pm (term-time). Includes a meal and healthy snacks.



01545 570 686



enquiries@rayceredigion.org.uk



rayceredigion.org.uk



Area 43 – Area 43 Depot, 35 Pendre, Cardigan, SA43 1JS

Mon – Fri, 1 – 7pm. Saturdays 11am – 7pm. Free hot drinks and subsidised food.



01239 614566



dropin@area43.co.uk



area43.co.uk/youth-cafe

Ceredigion Youth Service – Youth Clubs

All our clubs run from 4 – 7pm, during term-time only.

Tuesday

Cardigan Youth – 2/3 Pont-Y-Cleifion, Cardigan, SA43 1DW.

Wednesday

Aberaeron Youth – Ground Floor, Portland Place, SA46 0AX.

Thursday

Aberystwyth Youth – 18 Chalybeate Street, Aberystwyth, SY23 1HX.

Lampeter Youth – Lampeter Wellbeing Centre, Peterwell Terrace, SA48 7BX.



facebook.com/GICeredigionYS



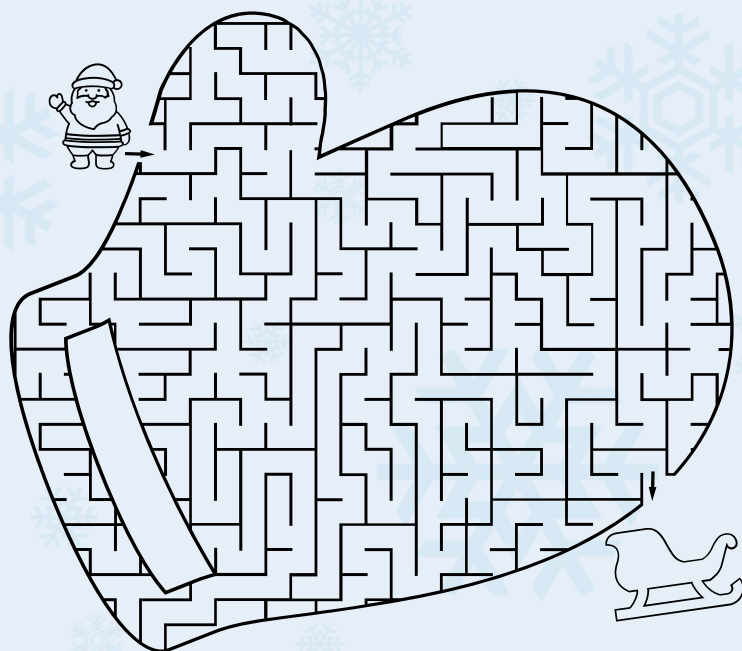
youth@ceredigion.gov.uk



ACTIVITY PAGE



4			9		8		6
				8			
3			7				9
9		4					
			3			1	
5		1			2		3
	1		8				
				7		5	1
2		5		1		3	7



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6	5			9			1	7
				5				

Manual Handling for Unpaid Carers

Advice and support

Penmorfa Centre for Independent Living

Aberaeron

SA46 0PA



Sessions available every month, book yours now!

3rd Wednesday of every month

- **Need help moving your cared-for or loved one safely?**
- **Worried about injury risks?**

Join us for expert guidance!

Visit the Penmorfa Centre for Independent Living to get hints and tips from Ceredigion County Council's Manual Handling Trainers.

Meet Carer Officer Liz!

Liz will be there to discuss your caring role, especially around hospital discharges. She can also connect you with other helpful services.

Explore resources and equipment!

Check out the care equipment, mobility aids, and tech solutions at Penmorfa.

To book and for more information, contact Liz at:

📞 07498 965279

✉️ liz@credu.cymru



Cyngor Sir
CEREDIGION
County Council



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

Gofalwyr i
Ceredigion Carers

Carers Discharge Support Service



Meet Beth and Liz, Carers Officers working within the hospital Discharge Support Service.

When someone you care for goes into or leaves hospital, it can be tough for families. You might suddenly become a carer or face new challenges when they return home.

We aim to lighten your load in a way that matters to you, to help you to discuss your situation and to plan for the support that you need. **Get in touch, even if you don't live in Ceredigion, we can still support you!**

Liz

☎ 07498 965279

✉ liz@credu.cymru

Beth

☎ 07984 464977

✉ beth@credu.cymru

Find Beth and Liz at their regular drop-ins:

Bronglais General Hospital
Main entrance / Outpatient foyer
9:30am – 12pm
First Tuesday of every month

Cardigan Integrated Care Centre
Main entrance
10am – 3pm
First Tuesday of every month

Aberaeron Integrated Care Centre
Main entrance
9am – 12pm
First Wednesday of every month

Make life easier in three simple steps with AskSARA...

- 1 Choose a topic
- 2 Answer some questions
- 3 Get advice

<https://wwcp.livingmadeeasy.org.uk>

SCAN ME



AskSARA is an online self-help guide that gives expert advice and information on products and equipment for older and disabled people.




Partneriaeth Gofal Gorllewin Cymru
West Wales Care Partnership

TECHNOLOGY ENABLED CARE

THE USE OF TECHNOLOGY TO PROVIDE HEALTH AND CARE SERVICES TO PEOPLE IN THEIR OWN HOMES

How does it work?

Telecare links you to a monitoring centre if something goes wrong. Simply pressing the button on your pendant or the response unit will connect you directly to our friendly team. They will be able to speak to you through the loudspeaker on the unit. You may also have equipment that automatically raises the alarm if you are unable to do it yourself.



Benefits

- Increasing independence and confidence
- Managing or minimising risk
- Reassuring family carers
- Reducing the need for a care package
- Preventing hospital admission
- Delaying or preventing the need for residential care



Further support



TELECARE@CEREDIGION.GOV.UK

CLIC: 01545 570 881

Penmorfa Centre for Independent Living

Helping you to live independently in Ceredigion

The Centre, promoting independence and community support, is set to transform the way individuals find solutions and access information to help themselves.

OPEN

Monday to Friday
10:30 - 3:30

Located on the ground floor of the County Council's offices at Penmorfa, Aberaeron, SA46 0PA

The Centre is divided into several areas:

- AskSARA dedicated room
- Telecare and smart devices
- Carers and cared-for support
- Care and mobility equipment
- Visual impairment support
- Housing adaptations
- Fire Safety awareness
- Direct Payment guidance



Cyngor Sir
CEREDIGION
County Council



Caru Love
Ceredigion

For more information contact the Clic Contact Centre on:

☎ 01545 570 881

✉ clic@ceredigion.gov.uk

Pension Credit Week of Action: The Credit that keeps giving

Pension Credit does more than provide direct financial help – it unlocks a range of support* that could save eligible pensioners hundreds of pounds each year.

Four ways Pension Credit helps pensioners save:

Housing costs: Pension Credit could help reduce your housing expenses. Eligible pensioners might also qualify for Council Tax Reduction to lower their council tax bill, Housing Benefit if they're renting, or Support for Mortgage Interest if they own their home.

Energy bills: Pension Credit can open access to additional energy support. Eligible pensioners could receive the Warm Home Discount to reduce electricity costs and Cold Weather Payments during particularly cold spells.

Health and wellbeing: Pension Credit may provide access to essential free NHS services. This includes dental treatment and help with transport costs for hospital appointments.

TV Licence: Pensioners aged 75 or over who are eligible for Pension Credit qualify for a free TV licence.

To find out more visit gov.uk/pension-credit/what-you'll-get and gov.uk/pension-credit/how-to-claim for full details and to apply. *Eligibility criteria apply.

*Pension Credit has two parts – Guarantee Pension Credit and Savings Pension Credit. You may be able to get one or both parts depending on your circumstances. The type of Pension Credit you get may affect which passported benefits you automatically get.



OCCUPATIONAL THERAPY

RCOT

Occupational Therapy

OT ADVICE ON:
LIFE SKILLS,
INDEPENDENT LIVING,
EQUIPMENT,
FALLS PREVENTION,
HOME ADAPTATIONS
AND MORE!

**TURN CAN'T DO,
INTO CAN DO**

**MAKE THE
IMPOSSIBLE
POSSIBLE**

**HOPELESS INTO
HOPE**

**QUALITY OF LIFE
& WELLBEING**

**INDEPENDENCE
WITH THERAPY**

**LIVE LIFE TO THE
FULLEST**

**OCCUPATIONAL THERAPY
IS CENTRAL TO PLANNING
FOR YOUR
FUTURE HEALTH AND
WELLBEING!**

**VISIT US AT YOUR LOCAL
COMMUNITY WELLBEING
CENTERS & HUBS**

**VISIT OCCUPATIONAL THERAPY AT
PENMORFA CENTRE FOR
INDEPENDENT LIVING,
ABERAERON SA46 0PA,
MONDAY – FRIDAY, 10AM – 4PM**

FOR MORE INFORMATION CONTACT CLIC CONTACT CENTRE ON 01545 570 881 CLIC@CEREDIGION.GOV.UK

**Cyngor Sir CEREDIGION
County Council**

**Royal College of
Occupational
Therapists**

**Pensioners' Centre for
Independent Living**

Preparing for your Carer's Needs Assessment

Caring for someone is a big responsibility, and it's important to have the right support. If you're an unpaid carer, knowing what a Carer's Needs Assessment is and when to request one can really help.



What is a Carer's Needs Assessment?

A Carer's Needs Assessment is a way for your local council to understand your needs as an unpaid carer. It's an opportunity for you to talk about how your caring role affects your life and what support you might need to continue providing care. The assessment is about you and your wellbeing, not just the person you care for.

During the assessment, a social worker or another professional will talk to you about:

- **Yourself:** What's important to you and how caring impacts your life.
- **Your caring role:** Information about the person you care for and the tasks you do each day or week to care for someone.
- **Your wellbeing:** What you do, and what you would like to be doing, outside of your caring role.
- **Planning for the future:** What support could help you now and in case of emergencies.

Who can have a Carer's Needs Assessment?

Unpaid carers of any age can have an assessment, regardless of:

- The type or amount of care they provide.
- How much money they have
- The level of support they need.
- Whether they live with the person they care for or not



A Carer's Needs Assessment is not a judgement about how well you look after the person you are caring for; it's about you and your wellbeing.

When should I have an assessment?

All unpaid carers can ask for a Carer's Needs Assessment whenever they want. However, you should think about asking for one if:



You feel overwhelmed:

If the demands of caring are affecting your health or wellbeing.



You need more support:

Whether it's practical help, financial assistance, or emotional support.



You're balancing multiple responsibilities:

If you're juggling work, family, and caring duties, and it's becoming too much.



Your situation changes:

If there's a change in your circumstances or the needs of the person you care for, such as a new diagnosis or hospital discharge.



You want to plan for the future:

If you're considering long-term care options or want to explore how you can sustain your caring role.



How do I ask for an assessment?

If you would like to have an assessment, contact Porth Gofal, Ceredigion County Council's Social Services Department. You can do this online or by phone.

Porth Gofal

 01545 574000

 www.bit.ly/Carerenquiry

Getting ready for your assessment

Getting ready for your assessment can help you get the support you need.

During the assessment, you'll be asked to explain the kind of help you give. It might be helpful to keep a diary for a week or two before the assessment. In the diary, you can note how much time you spend with the person you care for, what tasks you do for them, and how long these tasks take.

Here are some more things to think about:

- Are you able, or willing to continue to care?
- Do you need help to continue working or to get into work, education or leisure opportunities?
- What kind of support do you need to care or continue caring?
- Which parts of caring do you find difficult or stressful?
- How would you like things to be different in the future?

The assessment will also give you a chance to talk about how caring for someone affects your life outside of your caring role and how you can be supported to do the things that are important to you.

What happens after the assessment?

After the assessment, the council will use the information you have given them to decide if you are eligible to receive services. This might include:



Practical help: Equipment or adaptations to make caring easier.



Emotional support: Access to counselling or support groups.



Respite care: Opportunities for you to take a break.



Financial assistance: Information about benefits or grants you might be entitled to.

You should be informed of the outcome of your Carer's Needs Assessment and given a copy of the assessment for your own records.

If you have had an assessment in the past and your circumstances have changed, you are entitled to ask for another one.

Can anyone help me?

If you need support to ask for an assessment or during the assessment, you can get help.



Gofalwyr Ceredigion Carers

can guide you through the process. Contact them for more information and other types of support:

 03330 14 33 77

 ceredigion@credu.cymru

You can ask a friend, family member or advocate to be with you during your assessment.

To get more information about your rights and other support that is available for unpaid carers in Ceredigion, join the Carers Information Service:

 01545 574200

 connecting@ceredigion.gov.uk

 www.bit.ly/CISCERE





Preparing for your Young Carer's Needs Assessment

A Young Carer's Needs Assessment looks at how your caring responsibilities affect your life and what kind of support would help.

In Ceredigion, Young Carer's Needs Assessments are carried out by Gofalwyr Ceredigion Carers, on behalf of the local authority.



It is not a judgement about how well you look after the person you are caring for, **it's about you and your wellbeing.**

What is a Young Carer's Needs Assessment?

You will talk to a member of the Gofalwyr Ceredigion Carers team about things like:

- What tasks you do for the person you care for
- What parts of caring are hard for you
- If you need help with school, hobbies or work
- What would make caring easier for you



Getting ready for your assessment

Here are some things to think about beforehand:

- Are you able or willing to continue to care?
- Do you need help to continue working or to get into work, education or leisure opportunities?
- What kind of support do you need to continue caring?
- Which parts of caring do you find difficult or stressful?
- How would you like things to be different in the future?



What happens after the assessment?

Gofalwyr Ceredigion Carers will help you get support, this might include:

- A break and support to take part in hobbies or activities
- Opportunities to meet up with other young carers
- Someone to talk to if you feel upset or stressed



Your assessment will be shared with the local authority and, where appropriate, Hywel Dda health authority in order to provide you with the right help and support.



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

For more information contact the Carers Information Service:



connecting@ceredigion.gov.uk



01545 574200

Your rights as a young carer

The United Nations Convention on the Rights of the Child states that all children and young people have the right to:

- Learn and have an education
- Spend time with friends and join clubs or groups
- Relax, play and privacy
- Have a say in decisions that affect them

Remember that help is available, and you deserve support too!

Why should you get an assessment?

You don't have to, but it's a good idea if:

- Caring is making you feel tired, sad or stressed
- You need extra help or time to rest
- School, work, or family life is becoming too much
- You want to plan ahead for the future



How do I ask for an assessment?

If you would like to have an assessment, **contact Gofalwyr Ceredigion Carers.**

You can do this online or by phone.

 **03330 14 33 77**

 **ceredigion@credu.cymru**


Gofalwyr
Ceredigion Carers

If you need help, ask a friend, family member or someone you trust to help you.

Directory of carer's leaflets

available from Ceredigion County Council

All of the booklets listed here are available in paper format or can be viewed and downloaded online. If you would like a paper copy sent to your home address, please call **01545 574200** or email your request to **connecting@ceredigion.gov.uk**

Assessments – a guide to getting an assessment

This booklet explains the aims of a carer's needs assessment and what happens during a carer's needs assessment.

 bit.ly/3ojhY0E



Working Carers Guide

In this guide, you can find information on:

- your rights at work
- making adjustments at work
- talking about your caring role
- planning for the future
- and much more!

 bit.ly/3l2tgcU

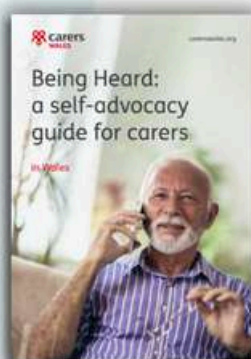


Being Heard: a self-advocacy guide for carers

Carers Wales' guide provides advice to help you communicate your needs with professionals, know your rights and look after your wellbeing.

Find online versions on the Carers Wales website:

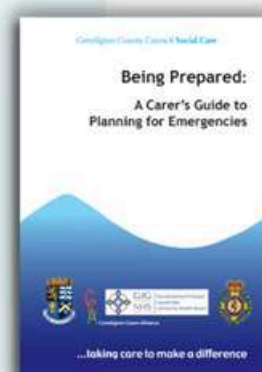
 bit.ly/3Q8l2vS



Being prepared - A carer's guide to planning for emergencies

This booklet is full of advice and helps you to think about the safety measures you can take if something happened to you in the future. It also includes an application to join the FREE Ceredigion Carers Emergency card scheme.

 bit.ly/3GsLEli



Coming out of hospital

This booklet explains how to plan for coming out of hospital so you can make sure your views and feelings are listened to and there is support in place.

 bit.ly/315Dm2T



Life after caring

The 'Life after caring' book has information and practical advice about managing when your caring role comes to an end or changes.

 bit.ly/3p2cc4W



Information for Young carers



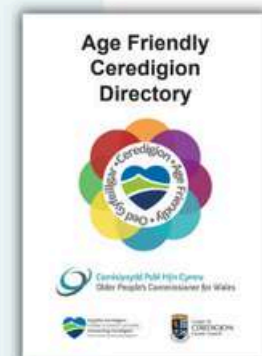
 bit.ly/4iYCie9



Age Friendly Directory

This booklet provides a directory of useful services and general information for Ceredigion residents.

 bit.ly/4ib8fp1



Useful contacts



The **Citizens Advice Bureau** provides FREE impartial and confidential advice on debt, benefits, employment, consumer affairs, housing, relationships and many other issues.

 **01239 621974**

 **ask@cabceredigion.org**

 **www.cabceredigion.org**



Cerebra provides services and support dedicated to helping families with children with brain conditions discover a better life together.

 **0800 328 1159**

 **enquiries@cerebra.org.uk**

 **www.cerebra.org.uk**



Older Persons Service (50+) Supporting you to live independently in your own home.

If you need support to live well and independently as you get older, our free advice and support service can help you:

- by carrying out a full benefit check and support you to apply for any entitled benefits
- to access home adaptations, care and other services
- to stay safe and healthy
- to feel part of your community
- to deal with any other housing-related issue

 **07971 954375 or 0800 052 2526**

 **older.persons@castellventures.wales**

 **www.castellventures.wales**



24/7 Mental Health Support

The **DPJ Foundation** is a charity supporting those in the agricultural sector with poor mental health by providing support, spreading awareness and training those in farming to be aware of poor mental health and its impact within our communities.

 **0800 587 4262**

 **Text - 07860 048799**

THEDPJFOUNDATION.CO.UK



LGBT+ Cymru Helpline
0800 917 9996

We offer general information, advice, and confidential support on various LGBT+ matters for individuals, families, and friends. Our qualified staff and trained volunteers are here to assist. You can reach out to us regardless of your sexual orientation or gender identity. Whether you have questions about a child, parent, sibling, friend, partner, or spouse, we're here to listen and help.

HAHAV, a hospice charity in Ceredigion, understands the pressures unpaid carers face. That's why we offer



easy to access services that provide emotional support for both clients and carers, along with time out for carers to rest and recharge.

 **01970 611550**

 **www.hahav.org.uk**

Benefits enquiries

To claim Benefits	0800 055 6688	ACAS	0300 123 1100
Primary Benefits & Signing Off	0800 169 0310	(Pay and work rights helpline and complaints)	
Universal Credit Service Centre	0800 328 5644	Tax Credits	0345 300 3900
Budgeting Loans	0800 169 0104	Child Benefit	0300 200 3100
Debt Management	0800 916 0647	Pension Service	0800 731 0469
Discretionary Assistance Fund	0800 859 5924	Healthy Start	0345 607 6823
(Cheap rate for mobile phones)	0300 101 5000	National Insurance Enquiries	0300 200 3500
Maternity Allowance	0800 055 6688	Post Office Card Helpline	0345 722 3344
Bereavement Service Helpline	0800 151 2012	Council Tax / Housing Benefit	01970 633 253
Carers Allowance	0800 731 0297	NHS Health Costs (HC1)	0345 603 1108
Disability Living Allowance	0800 121 4600	Wales	
Attendance Allowance	0800 731 0122	PIP - New Claims	0800 917 2222
Report benefit fraud	0800 854 440	PIP - General Enquiries	0800 121 4433

THE MARGARET & ALICK POTTER CHARITABLE TRUST

Charity No 1088821 Number 1088821

The Margaret and Alick Potter Charitable Trust. Grants to help people living with dementia in Ceredigion.

To discuss applying for a grant contact the Secretary:

 **07794 674339**

 **secretary@pottertrust.org**



Cymru Versus Arthritis provides support and Services for people across Wales, providing people, friends, families and professionals with support, understanding, information and expertise, so that they can cope with the condition and get the most out of their life.



 **0800 756 3970**

 **walessupport@versusarthritis.org**

 **versusarthritis.org**

West Wales Domestic Abuse Service

24/7 Helpline and advice

 **01970 625585 or
01239 615385**

 **info@westwalesdas.org.uk**

 **www.westwalesdas.org.uk**



Brain injury can challenge every aspect of your life and the losses can be severe and permanent. It can mean losing both the life you once lived and the person you once were.

Headway is here to help. We meet on the **first Monday of the month** (excluding January) from **2pm - 4pm**, at Tesco Community Room, Park Avenue, Aberystwyth, SY23 1PB.

 **01974 821301** (Aberystwyth)

 **dolaubach@gmail.com**

 **headway.org.uk**

Carers Wales give advice, information, and support to make sure carers get the help they need.

 **www.carersuk.org/wales**

Carers UK Helpline:

 **0808 808 7777**
Open Monday to Friday, 9am – 6pm





Carers Forum

Support • Information • Friendship

The Ceredigion Carers Forum – Your opportunity to shape future support, services, events and information to help unpaid carers overcome the challenges they face everyday.

Join us to get information and advice from your Carers Development Officers and to stay updated with any changes affecting unpaid carers in Ceredigion.

The Forum is changing

The Ceredigion Carers Forum is changing. We will be visiting unpaid carers out and about in the community across Ceredigion throughout 2026.

For more information, please see our Facebook page –

 **/cysylltuCeredigionConnecting/**

The Carers Magazine was brought to you by:

Lucy Steere: Lead Designer

The Carers and Community Support Team: Research & Content / Editorial support

The Carers Information Service Magazine is also available online:

 www.ceredigion.gov.uk/carers

The next issue will be out in Spring 2026.

We reserve the right to edit articles received. The information in this magazine is intended as guidance and opinions expressed may not be those of Ceredigion County Council or Hywel Dda University Health Board. Neither are any articles nor products given as recommendations on behalf of Ceredigion County Council, they are reported for the reader to consider and form a personal opinion. All sources/references are credited wherever they have been provided/made available. Thanks are further expressed to sources of information, which by being passed on through this magazine are beneficial to carers in Ceredigion.



Cyngor Sir
CEREDIGION
County Council



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



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board