

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.

Thank you



We would like to say a big thank you to everyone that made our 2025 Carers Nights as fun and memorable as always.



Cyngor Sir
CEREDIGION
County Council

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A message from the Carers and Community Support Team

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

Hello and welcome!

We're really pleased to bring you the Summer 2025 edition of the Carers Magazine, made especially for unpaid carers in Ceredigion.

This issue celebrates 60 years of Carers Wales (page 8), a charity that's been supporting carers since 1965. They've helped thousands of people who look after loved ones, and this year is a great time to say thank you and get involved.

We know caring can be tough, so we've included some helpful tips on looking after your own wellbeing (pages 9 to 11). Whether it's taking a short break, talking to someone, or just remembering to be kind to yourself – these pages are here to support you.

On pages 15 and 16, you'll find our new 'Carers Corner' – a space where local carers share their stories and experiences. It's a reminder that you're not alone, and others do understand what you're going through.

And if you're a young carer, or know someone who is, there's a section on page 28 all about getting ready for your Young Carer's Needs Assessment. It explains what to expect and how to get the support you need.

We hope you enjoy this issue and find something useful, comforting or inspiring inside. Thank you for everything you do.

Best wishes,

Sarah Griffiths - Team manager

Carers and Community Support Team



60 years of Carers UK Equality: Today and tomorrow

Since being founded by Reverend Mary Webster in 1965, Carers UK has been at the forefront of raising awareness of unpaid carers and campaigning to make their lives better.

Throughout the year, we're marking this occasion with events, activities, and stories that celebrate the progress made for carers and highlight the work still to be done.


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



Tech For Everyone



Penmorfa Centre for
Independent Living,
Aberaeron, SA46 0PA



11am-6pm



15/10/2025

Do you need help
getting on the
internet?

Do you need help
with your Alexa,
mobile phone,
tablet or
Smart TV?

Are you worried
about scams and
online fraud?

Want to know
more about the
best deals and
plans and how
to save money?



Drop-in for a coffee and a chat with experts.



Bring your own devices or try one on display.

Contact us for
more information:



01545 574200



clc@ceredigion.gov.uk

Carers Rights Day – November

Aberporth Village Hall – 18/11/25

Join us for our annual celebration of Carers Rights Day this November.

There'll be a host of services available to discuss and celebrate your rights as an unpaid carer, this could be topics like;

- Your entitlement to unpaid carers leave
- Protection from discrimination
- Carers Allowance
- Plus many other topics affecting unpaid carers

For more information, contact the Carers and Community Support Team using the details below.



01545 574200



connecting@ceredigion.gov.uk



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 (August 2025)



AberOutdoors - 25% off

Aberoutdoors provides bespoke experiences for people of all ages. Sessions include kayaking and paddleboarding. Nestled in the heart of Aberystwyth we find ourselves surrounded by the beautiful scenery which makes for the perfect opportunity to unwind and relax.

For bookings, **call Jack - 07562496968**
Or email: **info@aberoutdoors.co.uk**



Aber Adventures - Various discounts, up to 50% off

Surf lessons at only £15 per person, per hour.
Paddle board lessons at only £18 per person, per hour.
You can also choose the length of your lessons.
Call Simon on **07976061514** or email -
hello@aberadventures.com



Aber Coffee (Workbench) - Free hot drink

Workbench is located on Glanyrafon industrial estate, Aberystwyth. We're a small, independent takeaway spot serving quality coffee, tasty bacon & sausage baps, baguettes, lunchboxes and sweet treats - all with a smile.
Open Monday to Friday, from 6.30am - 2pm



Camp Siriol - Various discounts available

We're offering 10% off yoga classes and treatments, 5% off Retreats & workshops and 10% off stays if booked directly. To claim this offer, simply **quote 'carers10%'** and present your Ceredigion Carer Card.
For bookings, **call Louise - 07719716273**



Dail Bach (Little Leaves) - Discounted sessions

We offer a range of different workshops:

- Baby & toddler sensory play session
- Baby massage
- Adult workshops (yoga, pottery, jewellery, painting)

Prices will vary, please contact us for more information.

Phone: 07901963184 Email: dailbach25@gmail.com



Mid Wales Rubbish Removal - 20% off

Specialising in regular collections, single and bulky items, house clearances, end-of-tenancy clean-ups, and preparing properties for the market. Covering the whole of Ceredigion.

Phone: 07852997991 or

Email: info@midwalesrubbishremovals.co.uk



Ystwyth Books - 10% off any book

Ystwyth Books are pleased to offer a further 10% discount off any book (new or second-hand) to holders of the Ceredigion Carer Card and the Young Carer card.

You can find us (and a friendly welcome) at -

Princess Street, Aberystwyth, SY23 1DX.

Opening hours: Monday to Saturday, from 10am - 4pm

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.



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 - 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 - 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 Ceredigion - 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 - 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 - 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 - 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 - 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

Carers Wales – Celebrating 60 Years



This year marks the 60th anniversary of Carers Wales, a proud milestone in supporting unpaid carers across the country. Since 1965, Carers Wales has been at the heart of championing the rights and wellbeing of those who care for a loved one who is older, disabled, or seriously ill.

Part of the wider Carers UK network, Carers Wales provides vital **support, information, and advocacy for the estimated 310,000 unpaid carers in Wales**. Whether someone is caring for a few hours a week or around the clock, Carers Wales are here to offer **guidance, emotional support, and practical tools** to help make life a little easier.

Our services include a dedicated advice line, online forums, downloadable resources, and campaigning to influence policy and improve carers' rights. We also run training sessions, peer support groups, and wellbeing activities – many of which are available both in-person and online to reach carers wherever they are.

As we celebrate 60 years of making a difference, Carers Wales is inviting more people than ever to get involved. Whether you're a carer yourself, a professional working with carers, or simply want to support their work, there are many ways to take part, from attending events and sharing your story to fundraising or becoming a volunteer.

This anniversary year is not only a chance to reflect on the progress made, but also to call for **more recognition, resources, and respect for unpaid carers in Wales**.

To find out more, access support or to get involved, please visit:



www.carerswales.org

Download safe health apps

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

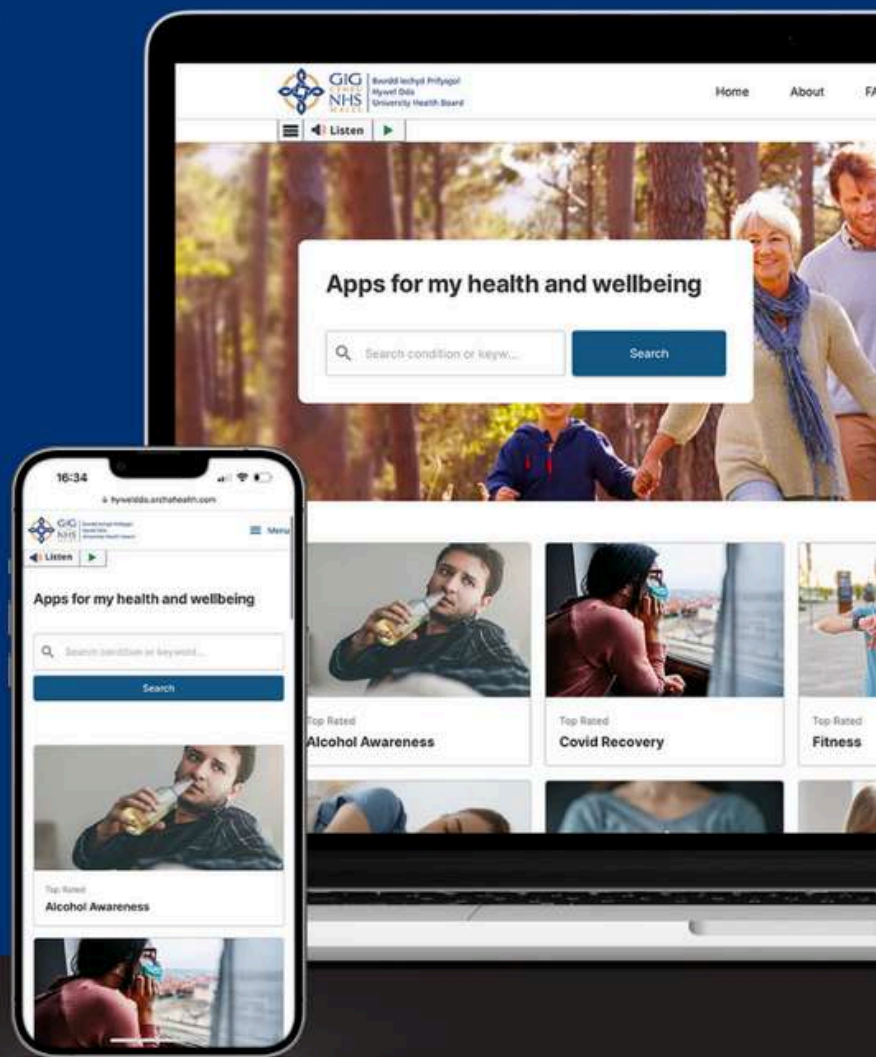
Discover apps to improve your health: •

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

Carer Wellbeing

You're important too – a gentle reminder to look after yourself!

Caring for someone can be rewarding, but it can also be tiring and stressful.

It's easy to forget about your own health and wellbeing when you are busy looking after someone else. But taking care of yourself is important, both for you and the person you care for.

Caring for someone isn't easy and it's not uncommon to put your own needs last, but here's a friendly reminder: **You matter too!**

Looking after your own wellbeing isn't selfish, it's necessary. When you're running on empty, caring for others becomes much more difficult. Small moments of self-care can make a big difference.

Here are 4 small but powerful things to keep in mind when you're feeling overwhelmed:

1 Small Things Count

Self-care doesn't need to be big or time-consuming. It can be as easy as:

- Drinking your tea while it's still hot
- Saying no to something you're too tired for
- Taking 30 seconds to breathe and acknowledge how you are feeling

2 Be Kind To Yourself

Many carers feel guilt or pressure to do more. You might think:

"I should be coping better."

"I'm not doing enough."

"Others have it worse—I shouldn't complain."

But would you say that to a friend? Probably not. So don't say it to yourself. Instead, try:

"I'm doing the best I can. It's okay to feel like this."





3 Stay Connected

Caring can be lonely. A quick chat or smile from someone who understands can make a big difference. If you can, connect with:

- A fellow unpaid carer
- A local support group
- A neighbour or friend

You don't have to face everything alone.

Try this today – **What's one small thing you can do just for you?**

A short walk? A quiet cuppa? A moment to breathe?

4 It's Okay To Ask For Help

Many unpaid carers feel like they must do everything themselves, but you don't have to.

Talk to family members, friends, or professionals about the support you need. This could mean asking for help with tasks around the house or finding someone to provide replacement care for a short time. Don't be afraid to reach out for support when you need it. Gofalwyr Ceredigion Carers might be able to help you.



Finding replacement care

Check out the Catalyst for Care directory of small carer businesses in the county. All listed carers are self-employed, insured and DBS checked.



bit.ly/3VhD0OL



Catalysts for Care

MICRO ENTERPRISES CEREDIGION

Start small. Be kind to yourself. You deserve it.

* Thank you to Alex Holloway, founder of www.joyfullifeguide.com, for contributing to this article *

Getting ready for Autumn

As an unpaid carer, it's easy to put your own needs last. But taking care of yourself is just as important, especially as the summer weather starts to change and we move from warmer to colder days and longer nights.

Taking a few small steps can help you feel more prepared and supported in the months ahead.

Here are some practical ways to care for yourself as we head into Autumn:

Refresh Your Daily Routine

The shorter days and colder mornings can impact your sleep and mood. Try to keep a regular wake-up and bedtime and make time for fresh air and natural light. Just 5-10 minutes outside can make a big difference.

Dress for Changing Weather

Autumn often brings wind, rain, and chilly days. Keep warm layers, waterproof jackets and suitable shoes close to hand. Think ahead, check the forecast and allow extra time if the weather is poor or changeable.

Eat Well and Stay Hydrated

Your body needs good fuel to cope with colder weather. Cook simple, nourishing meals like soups, casseroles, or jacket potatoes. Keep healthy snacks nearby and make sure you're drinking enough water, hydration is key.

Take Short, Regular Breaks

Caring can be constant, but you need pauses too. Even five minutes to enjoy a hot drink, do some gentle stretching, or step outside and lift your mood. Try to build these short breaks into your day.

Stay Connected

Darker evenings can feel lonely. Make time to speak to a friend, join an online support group, or attend a local carers' drop-in. Sharing how you feel can help to lighten the emotional load.

Plan Ahead

Think about what you and the person you care for might need as Winter approaches. Are there appointments to book? Support services to explore? Or practical tasks to tackle before things get more difficult? Remember that your wellbeing matters too.



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



Cyngor Sir
CEREDIGION
County Council



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

Gofalwyr Ceredigion Carers

ANNOUNCEMENT

Temporary address change for Aberystwyth groups and main office. (Until Spring 2026).

📍 St David's, Bath Street, Aberystwyth
SY23 2NN.



Contact us to see how we can help you:

☎ 03330 14 33 77

✉ ceredigion@credu.cymru

🌐 gofalwyrceredigioncarers.cymru

PDA GROUP SPOTLIGHT

About six years ago the parent of a young person with PDA (a profile of autism with extreme demand avoidance) asked if we could arrange a regular get together for parents of children with similar presentations. We're proud to say the group has been meeting monthly in Aberystwyth ever since and provides a friendly and supportive space for parents to meet.

"As PDA is something most people haven't heard of, you can feel quite alone! I was a little apprehensive when I first went, but I was given such a warm and friendly welcome, I knew I'd made the right decision. I've met the most amazing people and we're able to just let it all out."

Details of this group and others that may be of interest to you are available on the events page of our website, visit: gofalwyrceredigioncarers.cymru/ceredigionevents

PDA Parents Get Together

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

Pop in when suits you

We look forward to welcoming you

For any parents or Carers of a child with a demand avoidant profile of autism – with or without a diagnosis

When: 3rd Friday of the month
12.30-2.30pm

Where: Plas Antaron
Southgate
Aberystwyth
SY23 1SF

Contact
mandy@credu.cymru
for more info

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



PLAS ANTARON, ABERYSTWYTH

4th Thursday of the month, 2 - 3:30pm

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

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:** Every 2nd 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



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**

Living with change

Many unpaid carers find it very difficult when their caring role changes. It might happen suddenly, or it might build up slowly over time.

Sometimes the person you care for gets better; sometimes they need more help. And sometimes, you change, your health, your energy, your priorities. But one thing is true for every carer: caring is always changing.

"I was so upset when my husband couldn't drive anymore," one carer told us. "I had to take everything on. I just felt like I had lost a bit of myself."

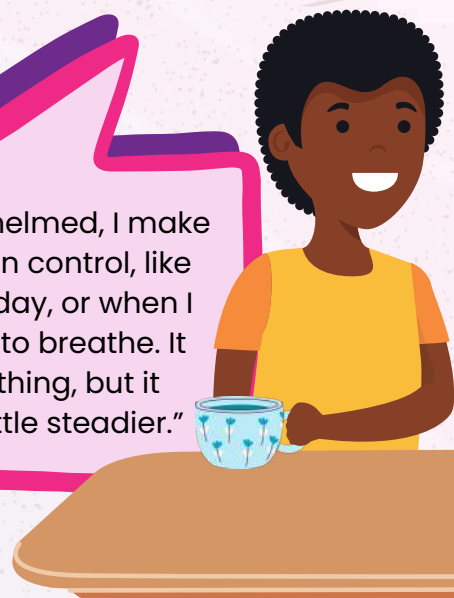
These changes can bring strong feelings, frustration, sadness, even guilt.

This is completely normal. You might feel like you're grieving the life you had, or the life your loved one is losing. Some say the emotions come in right away. Others say it takes weeks, even months, to really feel the impact.

What helped me?

"I've learned to look at what I can do, rather than what I can't," said a carer who supports her mum with dementia. "Even if I can't stop the changes, I can choose how I react to them."

"When I feel overwhelmed, I make a list of things I can control, like what we eat that day, or when I take five minutes to breathe. It doesn't fix everything, but it helps me feel a little steadier."



You're not alone

Remember, you don't have to manage changes alone. Support is out there, and connecting with others who understand can make all the difference.

Whether you're caring for a partner, a parent, or a neurodiverse child, recognising when things are changing can make a real difference.

Making small adjustments, building in moments of rest and connecting with others who understand can help you manage the emotional and practical sides of change.

Even small steps can help you feel more in control, more connected, and more able to cope with what comes next.

"I coped for ages just by staying busy. It wasn't until I sat down with a friend for coffee that I burst into tears. I didn't even realise how much I'd been holding in."

"Sometimes I have to remind myself that I am doing the best I can. It's not always easy, and I always feel like there's more to be done. But there's only one of me and I need to look after myself too."

Finding your own way through change

There's no one-size-fits-all way to deal with changes in your life, but many carers find it helps to:

- **Talk to someone** – Whether it's a friend, another carer, or a support group, saying things out loud can make a huge difference.
- **Take time for yourself** – Even ten minutes with a book, a walk, or a cup of tea can help you feel better.
- **Write things down** – Keeping a journal or jotting down how your week has gone can help you process what's changing.
- **Make small adjustments** – When one big thing changes, try balancing it with one small thing that stays the same—a daily routine, a hobby, a phone call with someone who understands.

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.



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.



LAMPETER WELLBEING CENTRE, 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.



MEMORIAL HALL, TREGARON, SY25 6JL

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



CARDIGAN

NEW GROUP



Active Ability – Movement for health and wellbeing (ages 50+)

- Help to delay early onset of disease associated with ageing
- Keep your heart healthy and boost your immune system
- Strengthen muscles, improve balance and coordination

Only £5 per person. All equipment provided. Free refreshments.



Barcud housing tenants lounge, Bro Teifi, Cardigan, SA43 1DS.
Monday 1 – 2pm and Thursday 1.30 – 2.30pm.
Or Mwldan 4 – Friday 1 – 2pm.

For more information **contact Morvenna** on 07910 111 215 or search for 'Active-Ability' on Facebook



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



Age Friendly Ceredigion Forum

27th August, 2-4pm



- 📍 **The Lounge, Theatr Felinfach, Dyffryn Aeron, Ceredigion, SA48 8AF.**
- 📍 **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: clic@ceredigion.gov.uk Phone: 01545 574200**

Want to start your own group?

A cuppa and chat, knit and natter, singalong, crafting with like-minded people - what could be better? If you're looking for a local group, your Community Connector can help.

If there isn't one that fits, why not start your own? It's easier than you think! Our Community Group Facilitator is here to support both new and existing groups by:

- advising on publicity materials
- helping find a venue
- looking for grants to help with costs
- supporting with learning skills or connecting with someone who can
- providing short-term support to help get you started

If you want to know more or an informal chat about your ideas, contact **Lindsay Harkett**:

☎ 01545 574200

✉ connecting@ceredigion.gov.uk

Please note, you don't have to contact a Community Connector to attend any of these groups or activities.


If you or someone you care for wants to learn more about groups and activities in your area, contact your local Community Connector.

☎ **01545 574200**

✉ **clic@ceredigion.gov.uk**



Follow the Community Connectors on Facebook to find out when and where their regular drop-in meetings are:

 **[cysylltuceredigionconnecting](https://www.facebook.com/cysylltuceredigionconnecting)**



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.**



Cyngor Sir
CEREDIGION
County Council



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



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



RAY Ceredigion

Small Charity Big Difference.

Tabernacle Street, Aberaeron, SA46 0BN.



Established in 2012, we provide a wide range of community groups for families with young children, children and young people, young adults with disabilities, and older adults, including those with dementia and their carers. We run a Repair Café, a Men's Shed, a community allotment and outdoor access play across the county.

Forget Me Knot Group –

Dementia and memory loss support

Join us on **Fridays**, from **10.30am – 1.30pm**.

Refreshments, cake, games, activities, crafts and sing-alongs, or just sit, chat and be amongst friends who understand. The group has been running for seven years, is a very friendly, supportive group.

Carers Support Group

Join us on **Thursdays**, from **11am – 2pm**.

This group facilitates ongoing support and friendship for those carers whose family members have moved into a residential care home or who have passed away.

Accessibility

There are **disabled facilities including a wheelchair lift and disabled toilet**.

For those that want to stay for lunch, you can bring a packed lunch or purchase takeaway fish and chips.

Volunteering

Volunteers are an important part of RAY, if you have any spare time, **we welcome volunteers of all ages and abilities** to help either on a regular or occasional basis.

Volunteering is a great way to make a difference to your community, gain skills, socialise, enhance your CV and, most importantly, have fun.

Join one of our groups today

- ★ Family Centre
- ★ Wildlife garden
- ★ Play Sessions
- ★ RAY Actif – ages 6 - 11
- ★ RAY Actif youth club – ages 11 - 19
- ★ Beautiful Minds –
for parents of neurodiverse children
- ★ DYMA NI – for young adults with disabilities
- ★ Aberaeron Repair Café @ RAY
- ★ Forget Me Knot – for dementia and memory loss
- ★ Social Club
- ★ Carers Support – for loss and long-term residents
- ★ Dementia Support (including carers)

Or contact us for more information –



www.rayceredigion.org



01545 570 686



enquiries@rayceredigion.org.uk



Jenny Higgins – Group Coordinator
rayforgetmeknot@rayceredigion.org.uk



Gill Byrne – Executive Officer
gill.byrne@rayceredigion.org.uk



Ceredigion Directory of Micro Care & Support Services



Find support including:
Home Help
Companionship
Personal care

An online directory of 'micro care and support services' – small, independent services (most are self-employed) that support people to live independently and enjoy life. These services have been supported by 'Catalysts for Care' – a not-for-profit project – to set up legally and professionally.

Browse the directory, make an enquiry, and find out more:



planed.org.uk/projects/catalysts-for-care/

Contact Sue Lewis on:



sue.lewis@planed.org.uk / 07442681883



Catalysts for Care
MICRO ENTERPRISES WEST WALES



Cyngor Sir
CEREDIGION
County Council



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

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 Drylyddol ac Ymchwil
Commission for Tertiary Education and Research

1872 PRIFYSGOL
ABERYSTWYTH
UNIVERSITY



Thinking of getting back into work?

Are you an unpaid carer living in Ceredigion and thinking about returning to work, starting something new or exploring self-employment?

Offering friendly, one-to-one mentoring for anyone aged 16 and over who is looking for work. We understand that being a carer comes with unique challenges, so their support is flexible and built around your needs.

Here's how we can help:

- **Personal support and advice** – We work with you to create a step-by-step plan to help you reach your goals. This includes writing or updating your CV, help with job applications, and interview practice.
- **Building confidence and skills** – If you've been out of work for a while, then support is available to rebuild confidence and develop skills employers look for.
- **Training and qualifications** – Get help to access relevant courses or certifications to boost your employability.
- **Opportunities to gain experience** – Find volunteering placements, short work trials, or work experience to build up your knowledge and confidence.

Whether you're just starting to think about work or ready to take the next step, we are here to support you every step of the way.

To find out more or to have an informal chat, contact the Employability Support Team at Ceredigion County Council. **Phone: 01545 570881** or **email: tcc-est@ceredigion.gov.uk**





HAHAV, a hospice charity in Ceredigion, understands the pressures unpaid carers face. That's why we offer **free, easy to access services** that provide **emotional support for both clients and carers**, along with time out for carers to **rest and recharge**.



Home Support

Our flagship service offers **social support and companionship** to people with **life limiting illness**. This is done through trained volunteers, who visit people in the last 12 months of life. Support can be provided for **up to three hours a week**.



Counselling

HAHAV provides a **bereavement counselling service** for those experiencing grief, both before and after a loss. **Sessions are available in person, online, or over the phone, in both Welsh and English.**



Living Well Activities

These **free sessions** help clients manage some of the challenging symptoms of chronic illness, such as pain, fatigue and anxiety. They also offer the opportunity to **meet new people, try new activities** and focus on **personal wellbeing**. Regular sessions include, **art, textile, singing and gentle movement**.



Support Groups

Our support groups include **Caffi Cofion**, a free social afternoon with tea, cake, and activities **for people with dementia and their carers**. This takes place on **Wednesdays between 2pm – 4pm**. We also have cancer support groups (breast and bowel) and a men's health and wellbeing group.



Facilities

Plas Antaron, HAHAV's Living Well Centre, has rooms and facilities for hire. Room size varies and can be used for training, meeting and workshop purposes. There is **good access and free parking**.

For more information about any of HAHAV's services or to join one of the activities or groups, please contact Susie on 01970 611550.



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@credu.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.





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.

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.



Ieuencid 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





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



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.

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

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

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 Autumn

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.

Did you know you can register as an unpaid carer at your GP Surgery?



If you help look after a family member, friend, who couldn't manage without your support, then you are an unpaid carer:

The Investors in Carers (IiC) scheme is an initiative led by Hywel Dda University Health Board in partnership with local services. Its aim is to make sure unpaid carers are recognised and supported. By registering as an unpaid carer with your GP, this information is added to your patient record. This means staff will be aware of your caring role, which helps them to understand your situation and offer the right kind of support.

Each GP surgery may offer different types of help, but registering could give you access to:

- The annual flu jab
- More flexible appointment times (where possible)
- Information and referrals to local support services
- Advice and signposting that can make your caring role easier

Ask your GP Surgery for further information and a registration form.



You can also ask about a **Cared-for Patient Consent Form**. Once completed, this gives permission for you (as the unpaid carer) to speak to a member of the health care team with information on health and treatment for the person you care for.

This is a promotional graphic for NHS 111 Wales. On the left, a hand holds a smartphone showing the 111 app interface with a numeric keypad. The background is a vibrant blue with abstract light streaks. In the top right corner, the 'NHS 111 Wales' logo is displayed alongside the 'GIG CYMRU NHS WALES' logo. Below the logo, the text '& PRESS OPTION 2' is shown. The central focus is a large, stylized '1112' in a dark blue font. Below this, the text 'For urgent mental health support call 111 and press OPTION 2' is written in white. Further down, it says 'Healthcare advice you can trust - 24 | 7'. At the bottom, the website '111.WALES.NHS.UK' is listed in a bold, dark blue font.

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

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




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

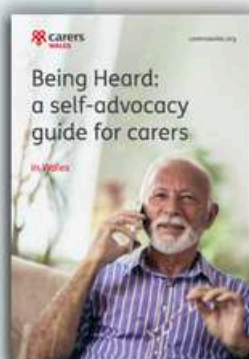


Being Heard: a self-advocacy guide for carers

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:

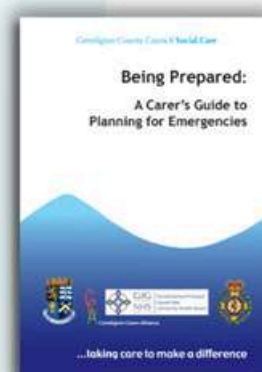
 bit.ly/3Q8l2vS



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



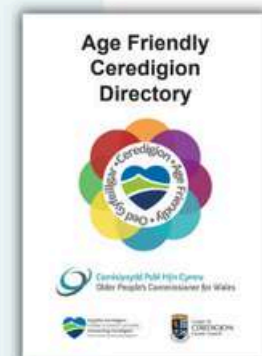
 bit.ly/4iYCie9



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.


Ceredigion Social Services
Porth Gofal offers quick and easy access to advice and information about the



Cyngor Sir
CEREDIGION
County Council

Department's services and the range of other resources available both locally and nationally.

 **01545 574000**

 **www.ceredigion.gov.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 is your opportunity to shape future support, services, events and information to help unpaid carers overcome the challenges they face everyday.

Join us to get expert advice from a variety of guest speakers and stay updated with any changes affecting unpaid carers in Ceredigion.

Next Forum meeting date



October 22nd
10:30am – 12:30pm



Carers Rights
with West Wales Regional Partnership Board



Join us at the Penmorfa Centre for Independent Living*, or
online from 11am:
www.bit.ly/CFOCT2025

* The Penmorfa Centre for Independent Living is on the ground floor of the County Council's offices in Penmorfa, Aberaeron, SA46 0PA *

The Carers Magazine was brought to you by:

Robin Stanley: Lead Designer | Emma Taylor: Research & Content

The Carers and Community Support Team: Editorial support

The Carers Information Service Magazine is also available online:

 www.ceredigion.gov.uk/carers

The Winter issue will be out in December 2025.

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.