

Tuesday 21 November, 2023

10am - 3pm

Theatr Felin Fach

Dyffryn Aeron, SA48 8AF



All the activities will be taking place within 2 buildings at Theatr Felin Fach, these are:

MAIN BUILDING:

ROOM	ACTIVITY	MORE
Auditorium	Talks and presentations from different organisations.	Page 2
Lounge	Social area where refreshments and food will be served.	Page 3
Dressing room 1 and 2	Citizens Advice Bureau and NEST	Page 3
The green room	Hywel Dda's Be Well Team will be running wellbeing sessions.	Page 4

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Information stands and craft activities with GCC.	Page 5
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Auditorium

Schedule



MORNING

Welcome - Dwynwen Lloyd Llywelyn, Head of Theatr Felin Fach	10:00
Carer Support Services - Gofalwyr Ceredigion Carers provide details of current and upcoming activities	10:15
Overview of available support for parents of a child with a disability or an additional needs , including Autism and ADHD - Gail Nolan, Tîm Teulu	10:45
Power of Attorney - <i>to be confirmed</i>	11:15
Direct Payments - Lis Cooper	11:45

LUNCH BREAK

12:15 - 1:00

AFTERNOON

Self-Advocacy for carers - Pat McCarthy explains how you can be better heard when dealing with health and social care professionals.	1:00
Age Cymru carer support services - Kelechi Unaegbu-Ndubuisi	1:30
Supporting carers back into the workplace - Emma Daniel, Communities for Work+	2:00
Closing speech - Sara Humphreys / Iwan Davies, Carers and Community Support	2:30

There are 4 wheelchair access spaces and a hearing loop in the auditorium.

Lounge

Schedule



The lounge's large seating area has plenty of space for you to take a break and relax.



John Hughes from **Dysgu Bro** will be on hand to answer your questions about digital tech and provide some hints and tips.

Dressing rooms

1 and 2

Schedule



Peter Hughes from **NEST** will be there to explain and provide general advice and will be able to signpost to the Nest Advice Team if further support is needed.

NEST

☎ 0808 808 2244

🌐 bit.ly/44cROBI

Citizens Advice Bureau will be available to chat on a one-on-one basis.

You can talk to them about:

- Energy costs
- Housing
- Benefits
- Consumer issues
- Debt

You will be able to arrange a 15 minute appointment on the day.

Speak to one of the staff at the theatre entrance, who will be able to help you with this.

Please note: These appointments will be on a first come first serve basis.



Citizens Advice Bureau

☎ 01239 621974

✉ ask@cabceredigion.org

The green room

Schedule



Hywel Dda's Be Well Team will be running morning and afternoon sessions that will focus on looking after your own health and wellbeing.

	Details	Start time
MORNING	Foot care	10:00 - 10:30
	Physical activity	10:45 - 11:15
	Managing down days	11:30 - 12:00
	LUNCH	
AFTERNOON	Managing medications	1:15 - 1:45
	Infection control	2:00 - 2:30
	Relaxation session - guided imagery	2:30 - 3:00

These sessions are a taster of more in-depth courses and support that they offer throughout the county.

To find out more or to book onto a course contact:



Hywel Dda Be Well Team

☎ 0300 303 8322 (option 5)

✉ epp.hdd@wales.nhs.uk

📘 Bydd Iach - Hywel Dda - Be Well

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Schedule



The following services and organisations will have information stands and will be available to chat to all day:

1	 <p>Cysylltu Ceredigion Gofalwyr a Chymorth Cymunedol Connecting Ceredigion Carers and Community Support</p>	Ceredigion Community Connectors ☎ 01545 574200 ✉ connecting@ceredigion.gov.uk
2	 <p>Gofalwyr Ceredigion Carers</p>	Gofalwyr Ceredigion Carers ☎ 03330 143 377 ✉ ceredigion@credu.cymru
3	 <p>age Cymru Dyfed</p>	Age Cymru Dyfed ☎ 0333 344 7874 ✉ reception@agecymrudyfed.org.uk
4	 <p>Cyngor Sir CEREDIGION County Council</p>	Social Services and enablement ☎ 01545 574000 ✉ contactsocservs@ceredigion.gov.uk
5	 <p>Gwasanaeth Cymorth Taliadau Uniongyrchol Ceredigion Direct Payments Support Service</p>	Direct Payment Support Service ☎ 01545 572289 ✉ tu_dp@cerdigion.gov.uk
6	 <p>Pobol a Chefnogaeth Deuluoedd Parenting and Family Support</p>	Parenting and Family Support ☎ 01545 572649 ✉ dss.taf@ceredigion.gov.uk
7	 <p>Cymunedau am Waith Communities for Work</p>	Communities for Work + ☎ 01970 633422 ✉ TCC-EST@ceredigion.gov.uk
8	 <p>GIG CYMRU NHS WALES Bwrdd Iechyd Prifysgol Hywel Dda University Health Board</p>	Fran Bayley - NHS Dietician ☎ 01970 635730 ✉ hidieteticteam.HDD@wales.nhs.uk



Try out some mono-printing with Sue Lee from GCC. You can make a journal or you can get ready for Christmas and make some hand made cards.