

**FREE**

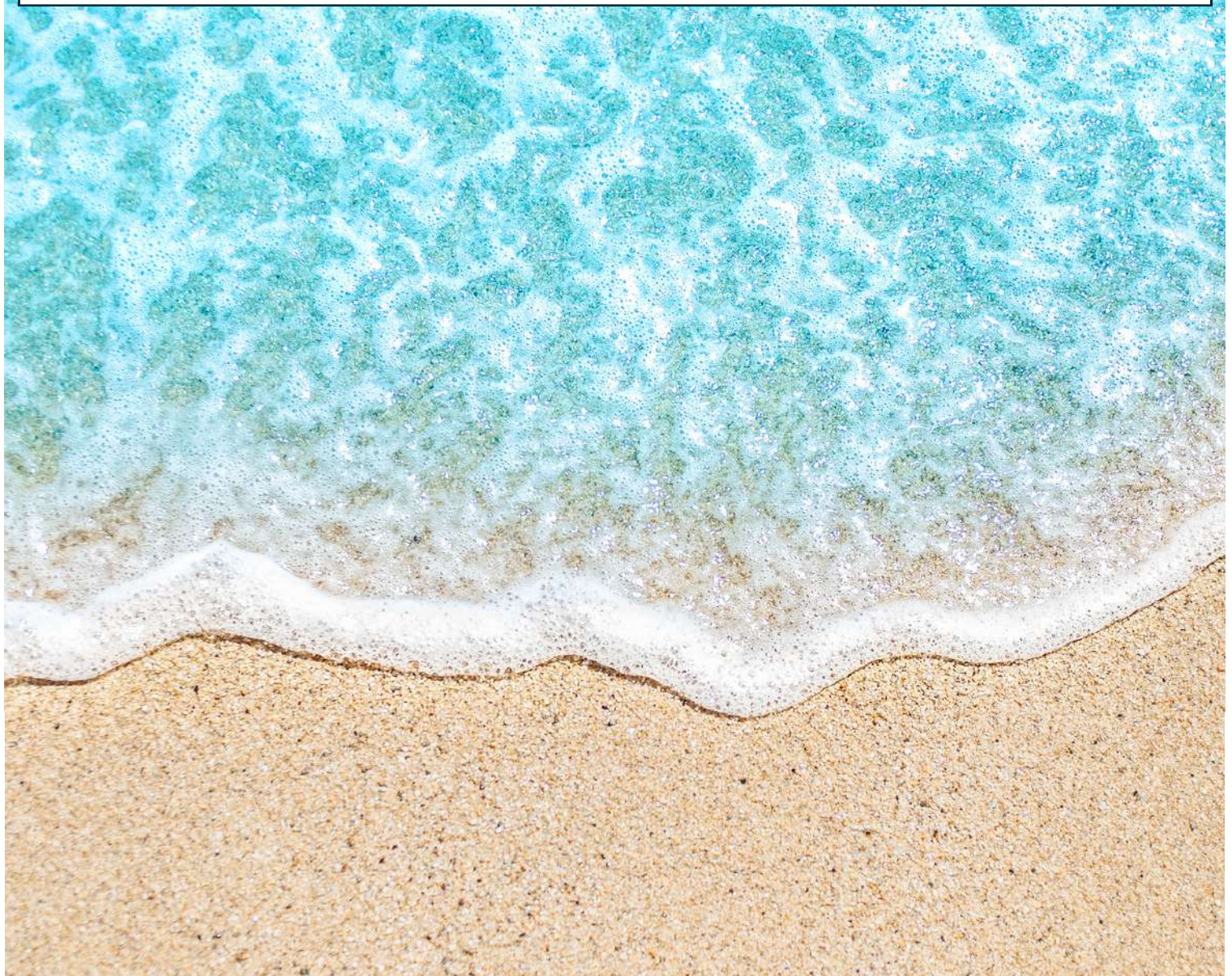
**Summer 2026**

# 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

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# A message from the Carers and Community Support Team

Welcome to the Summer 2026 edition of the Carers Magazine, Ceredigion's only magazine for unpaid carers.

Summer can be a busy time, with lots happening across our communities. This issue is full of information and opportunities to help you stay connected, supported and informed in your caring role.

We also take time in this edition to reflect on Carers Week 2026, recognising the vital contribution unpaid carers make every day, and the importance of ensuring carers are seen, valued and supported.

In this issue, you'll also find a range of upcoming events and activities, as well as a spotlight on our Community Connectors, who can help you find local support, services and opportunities.

We also continue to highlight support for young carers, alongside practical advice, including how technology and telecare can support independence and provide reassurance. You'll also find a real-life Direct Payments case study, showing how the right support can make a meaningful difference to someone's independence and wellbeing.

We hope this issue brings you useful information, encouragement and a reminder that you're not alone. Thank you, as always, for everything you do.

Best wishes,

**Sarah Griffiths** - Team Manager

*Carers and Community Support Team*



## 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](http://www.bit.ly/CISCere)

 01545 574200

 [connecting@ceredigion.gov.uk](mailto:connecting@ceredigion.gov.uk)

 @Cysylltu\_Ceredigion\_Connecting

 [www.ceredigion.gov.uk/carers](http://www.ceredigion.gov.uk/carers)



# Upcoming Events

See below for events available for unpaid carers, whether in-person or online. For more information, use the contact details listed below.



## Cardigan River and Food Festival



Held on the quayside at Cardigan, the Cardigan River and Food Festival combines activities and fun on the river Teifi with a full programme of live music, cookery demonstrations, children's activities and an array of food and craft stalls.

The festival site is perfect for seeing Teifi river coracles and cheering on the competitors in the river races. You can also take to the water yourself with a boat ride.

**Saturday, 15 August**



[facebook.com/CardiganFoodFestival](https://facebook.com/CardiganFoodFestival)

## Craft Festival West Wales

**11 – 13 September**

Meet 100 of the finest makers in the spectacular setting of Cardigan Castle. A vibrant celebration of making, supported by Visit Wales, Arts Council of Wales, leading arts organisations and businesses from Wales and beyond.

Visitors can enjoy The Capital of Craft LIVE, demonstrations, exhibitions, workshops, children's activities, great food, live music, theatre, storytelling and town-wide satellite events.

For more information –

[www.bit.ly/CraftFestivalWales2026](http://www.bit.ly/CraftFestivalWales2026)



## Carers Rights Day 2026



We'll be out and about in local communities throughout the week, talking to unpaid carers about their rights and providing information, advice and assistance.

For more information and updates, visit our Facebook page.

**19 November**



[facebook.com/CysylltuCeredigionConnecting](https://facebook.com/CysylltuCeredigionConnecting)



**We are giving away 50 tickets to Craft Festival Wales 2026.**

Open to all registered, unpaid carers in Ceredigion.

Send an email to [connecting@ceredigion.gov.uk](mailto:connecting@ceredigion.gov.uk) or call 01545 574200 for a chance to get yours.

Please visit [bit.ly/CraftFestivalWales2026](https://bit.ly/CraftFestivalWales2026) for more information about the festival.

# CRAFT Festival WALES GŴYL Grefft CYMRU

CARDIGAN CASTLE | CASTELL ABERTEIFI  
SEPTEMBER | MEDI 11-13 2026

Cwrdd a 100 ô Gwneuthurwyr  
Meet over 100 makers

[www.craftfestival.co.uk](http://www.craftfestival.co.uk)



CEREDIGION

LLANTARNAM GRANGE



Cyngor Celfyddydau Cymru  
Arts Council of Wales

AMGUEDDFA  
CYMRU



YSGOL GELF  
CAERFYRDDIN  
CARMARTHEN  
SCHOOL OF ART



Arianrhir yn llywodraethol gan  
Lywodraeth Cymru  
Parti Llywodraeth  
Welsh Government

Tŷ Annie  
HOLIDAYS

EISTEDDFOD



Tom Hux



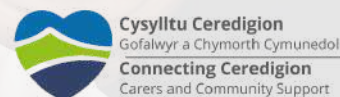
# Age Friendly Ceredigion Forum

## What's it all about?

A friendly space for older people, community groups, and organisations to come together, share ideas, and help shape an age-friendly Ceredigion.

Join us **online** at <https://bit.ly/AFCeredForum> or **in person** at these locations:

- 26.8.2026 1.30pm - 4.30pm ➡ Penmorfa Centre for Independent Living, Aberaeron  
➡ Cardigan (Venue to be confirmed)
- 25.11.2026 1.30pm - 4.30pm ➡ Room CR-312, Canolfan Rheidol, Aberystwyth  
➡ Lampeter (Venue to be confirmed)
- 24.2.2027 1.30pm - 4.30pm ➡ Penmorfa Centre for Independent Living, Aberaeron  
➡ Cardigan (Venue to be confirmed)



## MAKE YOUR VOICE HEARD

**Share your experiences and help shape a better future for older people in rural Wales.**

We want to hear from older people living in rural communities to understand the challenges you face and what needs to change.

Sharing your experiences will help influence policy and support positive change.

### GET IN TOUCH

Scan the QR code to complete the Commissioner's quick questionnaire:



Or call us on:

**03442 640670**

Your voice  
Your experiences  
Driving change  
➤➤➤➤➤➤➤➤



# Walking for Wellbeing

|                    |           |         |
|--------------------|-----------|---------|
| <b>Aberystwyth</b> | Tuesday   | 10am    |
| <b>Cardigan</b>    | Tuesday   | 10am    |
| <b>Lampeter</b>    | Tuesday   | 10am    |
| <b>Aberporth</b>   | Wednesday | 10am    |
| <b>Aberaeron</b>   | Wednesday | 1.30pm  |
| <b>Borth</b>       | Friday    | 10.30am |
| <b>Tregaron</b>    | Friday    | 11.15am |



For more information contact  
Dawn Forster: **07866 985 753**  
[dawn.forster@ceredigion.gov.uk](mailto:dawn.forster@ceredigion.gov.uk)



Cyngor Sir  
**CEREDIGION**  
County Council

**CEREDIGION**  
**ACTIF**

## 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](http://aber.ac.uk/learning)



01970 621580



[learning@aber.ac.uk](mailto:learning@aber.ac.uk)



**Medr**  
Y Comisiwn Addysg Driodyddol ac Ymchwil  
Commission for Tertiary Education and Research



1872 PRIFYSGOL  
**ABERYSTWYTH**  
UNIVERSITY

# 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

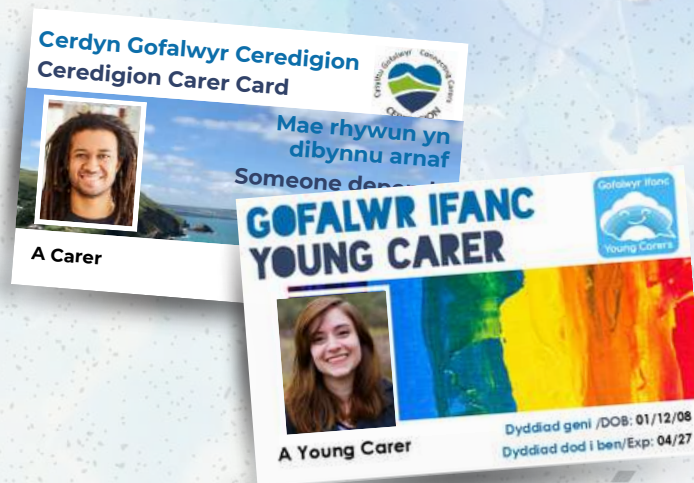
✉ [liz@credu.cymru](mailto:liz@credu.cymru)

# 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.

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.



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



**Adult Carer Card:**

[ceredigion.gov.uk/carercard](http://ceredigion.gov.uk/carercard)



**Young Carer ID Card:**

[ceredigion.gov.uk/youngcarercard](http://ceredigion.gov.uk/youngcarercard)



## Free Access to Council Leisure Centres and Swimming Pools

Carers are invited to enjoy **free access** to Ceredigion Actif Leisure Centre facilities and community swimming pools across the county.

Simply present a valid Ceredigion Carers Card when registering.

Take time for yourself, stay active and support your wellbeing. Some age or activity restrictions may apply, leisure centre staff will be happy to provide guidance.

# Do you care about Carers?



**Do you own a business in Ceredigion?  
Would you like to help unpaid carers have a break?**

**Speak to Marie, our new Carers Breaks Connector, who would be happy to help connect you with unpaid carers in Ceredigion, through our Carer Card scheme.**

Our Carer Card offers are growing all the time, with many local businesses enjoying the benefits of free promotion in our Carers Magazine and up on our website - **[www.ceredigion.gov.uk](http://www.ceredigion.gov.uk)**

If you, or someone you know, would like to help support unpaid carers, and reach potential new customers, get in touch with Marie today, using the contact details below.

 **01545 574200**

 **[connecting@ceredigion.gov.uk](mailto:connecting@ceredigion.gov.uk)**



## Benefits and Discounts

**For a full list of Carer Card benefits and discounts, please visit our website - [www.ceredigion.gov.uk](http://www.ceredigion.gov.uk) and search 'Carer Card'**

**Disclaimer:** All offers 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. Paper copies are available on request and can be posted to carers who require them.

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



# Carers Week 2026 Events

## Celebrating and supporting our carers



Carers Week 2026 provided a valuable opportunity to **recognise, celebrate and support** the vital contribution of unpaid carers across the UK. This year's theme highlighted the importance of ensuring carers are seen, valued and supported, while raising awareness of the challenges many continue to face in balancing their caring responsibilities with their own wellbeing, employment and social lives.

Throughout the week, communities, organisations and services came together to acknowledge the **dedication, resilience and compassion** demonstrated by unpaid carers every day. Here's a brief rundown of what happened during the week.

### Money Matters Event

“Excellent service and support for carers and their families – thank you!”

A Money Matters drop in took place at the Penmorfa Centre for Independent Living on 8 June.

Participants were able to get advice on benefit entitlements, budgeting advice and grants available.

The Age Dyfed Cymru Dementia Connectors were in attendance, who provide support for people with a dementia diagnosis.

As well as this, there was the opportunity to take a tour round the Centre for Independent Living. The Centre houses a display of equipment to assist with independent living ranging from easy-hold spoons to rising chairs and walk-in baths. Staff are on hand to advise so that you can try before you buy.

#### Money Matters – Financial Support

Their specialist team offer a range of one-to-one information, guidance and support to help keep you and your family on your feet. **Call: 0300 020 0002 or email: [info@ctcww.org.uk](mailto:info@ctcww.org.uk)**



## Y Festri – Cardi Memory Cafe

Dementia services are often hard to come by, and even then there is usually some travelling involved. This is just one of the many reasons we were delighted to be able to support 'Y Festri' for Carers Week this year.

A new Dementia support group, based in Cardigan, that runs every week from 10am – 2pm. Clive and the volunteers offer activities, music, refreshments and also a quiet space for people with Dementia and their carers.

We were able to support the group with a variety of instruments, activities and a brand new table tennis table, and we look forward to seeing the group go from strength to strength.

“What a great place and lovely people – I will definitely be coming again!”



## Borth Hub Cream Tea & Crafts

A wonderful creative activity took place at the Borth Community Hub on Wednesday 10 June with local artist Martine Ormerod.

Participants designed and printed beautiful fold out cards, which they were then able to take home.

A delicious lunch and cream tea followed and was much appreciated by everyone.

The chance to chat and get together with others was an important part of the event of course.

With everyone expressing that they would like to do more of this in future!

“Art activity, snacks and chat – All lovely. The couple of hours that we had down at Borth were perfect!”



# Community

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.



## **ST PAULS METHODIST CENTRE, ABERYSTWYTH, SY23 7BX**

Meet Sam and Sarah from **11.30am – 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.



## **BORTH COMMUNITY HUB, SY24 5LW**

Meet Sarah from **11am – 1pm** on the **first Friday** of the month.



## **MAES MWLDAN, CARDIGAN, SA43 1JZ**

Meet Carys from **10am – 1pm** on the **third Friday** of the month.



For more information or a chat,

# Connectors

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?**

**Get in touch with your local Community Connector today and see what other support Ceredigion can offer you, call CLIC on 01545 574200.**



## **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 **2.30pm - 4.30pm** on the **third Thursday** of the month.



## **BORTH CARNIVAL, SY24 5NJ**

Meet Diane at the Borth Summer Fun Day, hosted at **Ysgol Craig yr Wylfa**, on **4 August**.



**ONE-OFF EVENT**

**visit us at one of our monthly drop-ins.**

# Community Connector Spotlight



## Meet Community Connector Sarah.

Sarah mainly covers **North Ceredigion**, including Aberystwyth, Borth, Eglwys Fach, Llanfarian and Pontrhydygroes.

### One place in the local community you'd recommend to others?

New Quay. Fish and chips whilst sitting overlooking the Harbour, and, hopefully, spotting a few dolphins in the distance. Bliss.

### What is one thing people might be surprised to learn about your role?

The role is so varied, we need to have considerable knowledge about our communities. Many clients I work with did not know that we support with Blue Badge applications, and the forms can be challenging for some to complete.

### What three words would your colleagues use to describe you?

Passionate, organised and caring.

### The best piece of advice you've ever received?

Be positive. It is amazing what you can achieve with a positive mindset.



## Drop-in sessions



### **BORTH COMMUNITY HUB, SY24 5LW**

Meet Sarah from **11am - 1pm** on the **first Friday of the month**. Enjoy beautiful views with a cuppa, whilst finding out more about support in the Borth area.



# Community Connector Spotlight

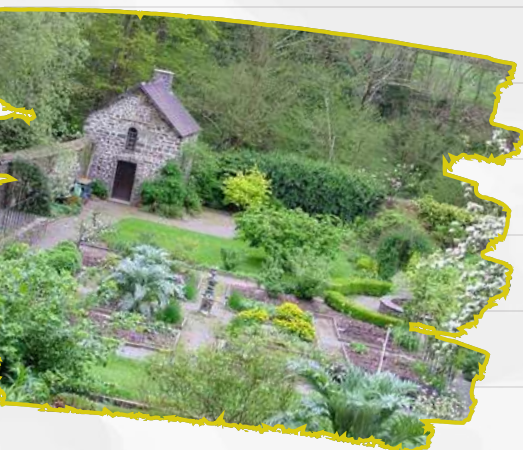
**Meet Community Connector Diane.**

Diane mainly covers **Mid and North Ceredigion**, including Tregaron, Llanon, Llanddewi Brefi and Llanrhystud.

**What do you enjoy most about being a Community Connector?**  
Getting out and about in the community and visiting clients in their homes to have a chat and see how I can help them.

**One place in the local community you'd recommend to others?**  
Ty Glyn Davis Trust Garden in Ciliau Aeron. A lovely place to go with a picnic to enjoy and get away from the rest of the world.

**What three words would your colleagues use to describe you?**  
Kind, bubbly and reliable.



**What small thing always makes your day better?**  
Being with my children and a good cup of tea.

**How do you like to spend your free time?**  
I like cooking, baking, cleaning and farming.

**Meet Diane here**



## **BORTH CARNIVAL**

Meet Diane at the Borth Summer Fun Day, hosted at **Ysgol Craig yr Wylfa, 4 August**. Go to Facebook and search 'Borth Carnival' for more info.

**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.

The monthly Memory Café in Tysul Church Hall is **an informal space aimed at giving people a relaxing couple of hours with people who know what it's like living with dementia.**

The Memory Café aims to **improve well-being, giving people an opportunity to socialise, make friends and build social connections.**

It is for people who have **memory problems, a diagnosis of dementia or mild cognitive impairment.** Unpaid carers of people with memory issues are also welcome.



Many people experience isolation and loneliness once their memory starts to deteriorate. Their social life can shrink, and they may feel separated from family, friendship and community. For some people with dementia, attending a memory cafe could be the first time they have met other people who have dementia.

Unpaid carers can often experience feelings of isolation and disconnection as more of their time becomes devoted to their caring role. Having a regular opportunity to meet other people going through similar experiences can help a lot.

It also offers the opportunity to **meet professionals in dementia care** who can offer information and advice around what support is available for unpaid carers.

**Anyone with memory problems is welcome, there is no need to book in advance & you do not have to be a resident in Llandysul town.** One attendee recently stated, "We had such a lovely time with you, thank you. [He] raved about how much he enjoyed it and about how friendly the members were. We look forward to the next one."

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

# 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



gofalwyrkeredigioncarers.cymru

SCAN ME



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

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.

GET IN TOUCH



# YOUNG CARERS ACTION DAY



There are an estimated one million young carers in the UK, including some as young as five. Many take on serious responsibilities such as:

- Over one in five have to regularly get up at night to help the person they care for
- One in five give first aid
- Almost half are responsible for giving medicine
- A third have to help the person they care for get washed or dressed

**Young Carers Action Day 2026 was all about raising awareness of young carers, the challenges they face and calling for more support.**

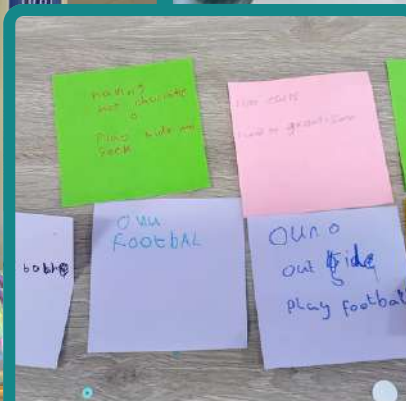
**This year, we worked closely with schools to provide a short break to young carers across Ceredigion.**

This year's celebration saw us visit 4 schools across the county. We would like to thank Gofalwyr Ceredigion Carers, the following schools and their carer leads for participating and helping us to make it such a memorable week for everyone;

**Penglais  
Cardigan Primary  
Bro Teifi (Primary & Secondary)**

Young carers were given the opportunity to meet and take part in activities with one another, away from the classroom environment.

There were snacks and hot chocolates, as well as, a variety of crafting and fun activities to enjoy. We also asked each carer what their ideal break would look like, and despite how individual the answers were, the clear winner was – **'Going outside to play football'.**



# 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 4pm – 9pm.



01559 362908 / 07765845755



admin@tysulyouth.org



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

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

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



facebook.com/GOATs.YouthHub



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

Thursdays, 6pm – 8pm (term-time only).



07483356501



youth@borthcommunityhub.co.uk



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

Mon – Fri, 3.30pm – 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, 1pm – 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 4pm – 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.



www.giceredigionys.co.uk

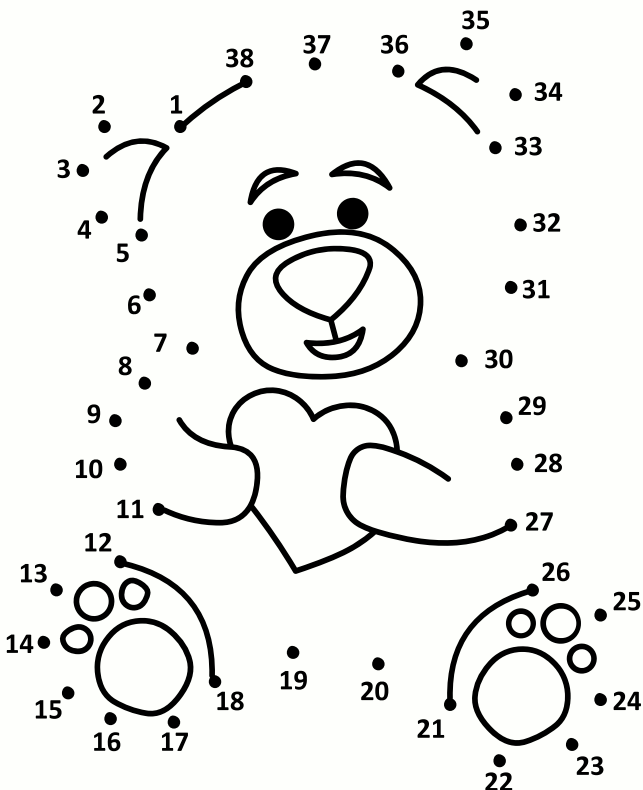
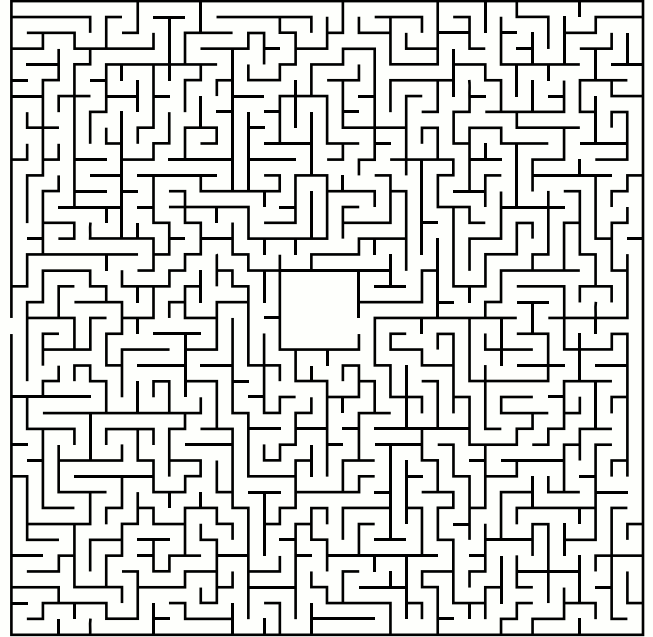


youth@ceredigion.gov.uk



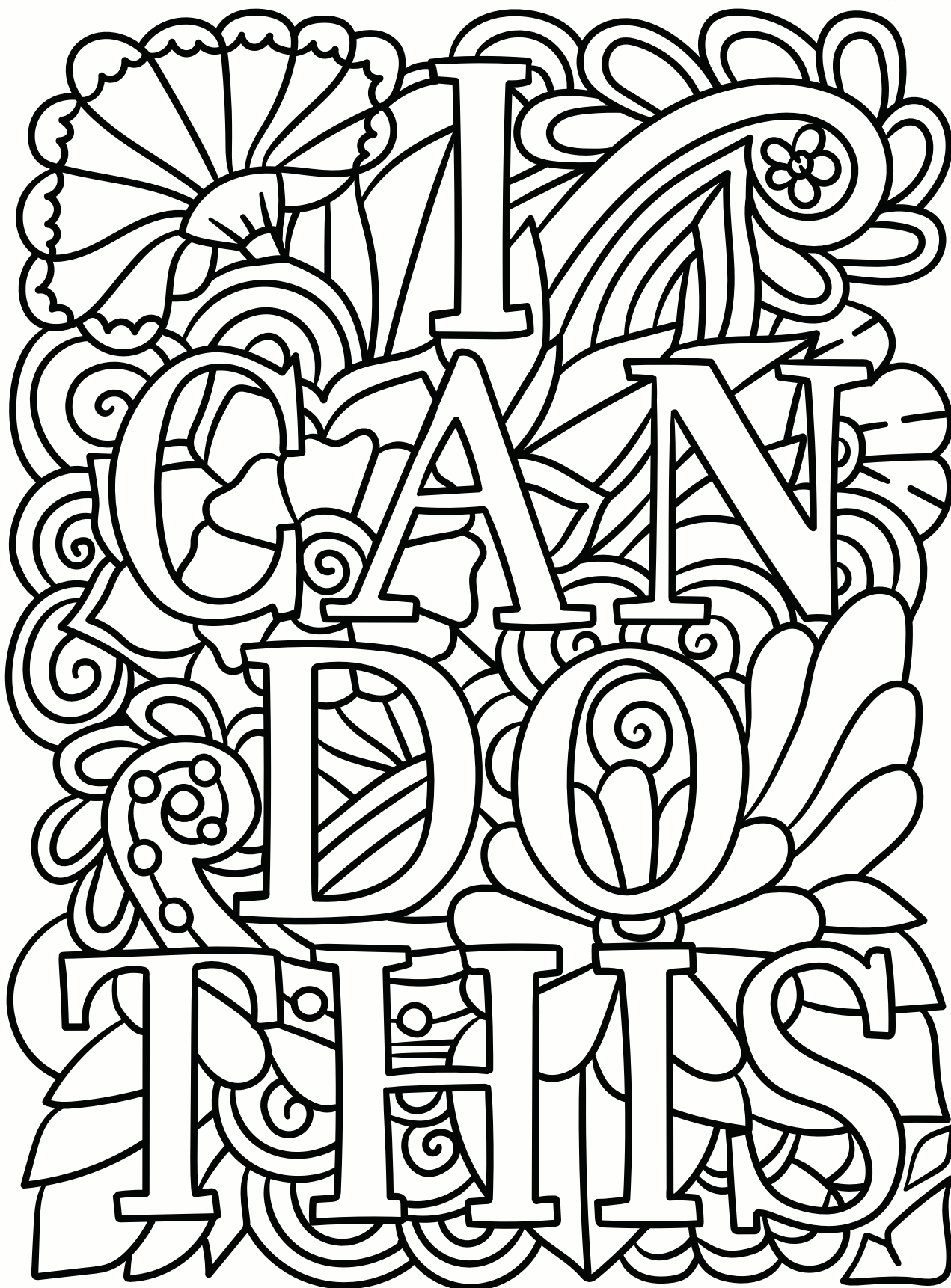
# TAKE A BREAK

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



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|   |   |   |   |   | 7 |   | 5 | 1 |
| 2 |   | 5 |   | 1 |   | 3 |   | 7 |

COLOUR ME IN





**Gofalwyr  
Ceredigion  
Carers**

# SUPPORTING CARERS IN CEREDIGION

Looking after a relative or a friend who has an illness or disability can be rewarding but it can also be extremely tough. If you look after someone, you can access a range of support provided by Gofalwyr Ceredigion Carers.

This includes:

- Providing information, advice and emotional support.
- Group activities including training and social opportunities.
- Help to access support to have a break from caring, including respite.

Call us on **03330 143 377** for more information.



[gofalwyrcredigioncarers.cymru](http://gofalwyrcredigioncarers.cymru)



[ceredigion@credu.cymru](mailto:ceredigion@credu.cymru)



## JOIN OUR SOCIAL GROUPS

### 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, 1.30pm - 3pm



**ABERPORTH VILLAGE HALL**

1st Wednesday of the month, 1.30pm - 3.30pm



**MUSTARD SEED CAFE, LAMPETER**

1st Thursday of the month, 2pm - 3.30pm



**PLAS ANTARON, ABERYSTWYTH**

4th Wednesday of the month, 1.30pm - 3.30pm

**\*Please check [facebook.com/creducarersceredigion](https://facebook.com/creducarersceredigion) for updates\***

# INTRODUCING MEG

**Hi, I'm the new outreach worker for Credu in North Ceredigion.**

**I've been working in support and outreach roles in the Aberystwyth area for almost 10 years.**

I've a lot of experience in working with people who struggle with their mental health and those facing homelessness and I'm also training alongside my work as a Psychotherapist. All this combined means many years of talking and listening to people.



## **How can I support you?**

**Talking and listening to people** is the space I find most rewarding and productive when working with clients. This space is really valued at Credu and it has been my great delight to realise that working collaboratively with carers and giving **space and time** for them to really be **heard and valued** often brings the greatest results. And, yes, Credu offers all sorts of practical advice too, but we start from a place of listening before we offer up any form of solutions and advice.

## **Why does this work?**

Well, it works because the expert is not me, but the carer, and what is often needed is a dedicated, sympathetic space for them to reflect on where they are at and what really matters to them, and from there we can make a plan together. Being encouraged and supported to work like this in Credu is an absolute joy!

## **Where can you find me?**

My working week can be really diverse. Sometimes I'm sharing a cuppa and a laugh with the amazing parent carers in the **Chat and Connect group at the Hub in Penparcau**, other times I'm making **home visits across North Ceredigion**. I often meet people in their own homes, and I'm touched by people's willingness to share what is sometimes a very difficult time in their life with a new person. I have a terrible sense of direction, but I always get there in the end and between meeting the carers and their cared for, resident dogs and cats, and many cups of tea, I'm able to offer that precious space of listening.

What strikes me most is the extraordinary skills I encounter every day. Carers are often expert nurses, administrators, advocates, mental health support workers and so much more. I didn't know the breadth of the carers reach until I started this job. I still marvel at how they navigate the demands of their role often with such compassion and good humour. I'm very much looking forward to meeting more of you in the months to come.

# PDA Parents Get Together

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 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

We look forward to welcoming you

Contact  
mandy@credu.cymru  
for more info

Gofalwyr  
Ceredigion  
Carers

## Carer's Social Club

**Credu**  
Cefnogi Gofalwyr Ifanc ac Oedolion sy'n Ofalwyr  
Supporting Young and Adult Carers

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



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



First drink and snack on us!

Meeting monthly on the 2nd Weds  
18.30-20.00

YMDDIRIEDOLAETH  
GOFALWYR  
CYMRU

CARERS  
TRUST  
WALES

CRONFA  
GYMUNEDOL  
COMMUNITY  
FUND

Gofalwyr  
Ceredigion  
Carers

## 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



Supporting young people's health and wellbeing

## Carers Discharge Support Service

Gofalwyr  
Ceredigion Carers



Meet Liz and Ruth, 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!

**Ruth** ☎ 07976 877758 ✉ ruth@credu.cymru

**Liz** ☎ 07498 965279 ✉ liz@credu.cymru

Find them at their regular drop-ins:

**Bronglais General Hospital**  
Car park entrance  
2pm – 4pm  
Every Tuesday and Thursday

**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

# PEACE OF MIND AT THE TOUCH OF A BUTTON

From alarms and medication prompts to practical demonstrations at **Penmorfa Centre for Independent Living** in **Aberaeron**, simple technology can help carers feel more reassured while supporting people to stay independent for longer. Caring for someone you love can be deeply rewarding, but it can also bring a constant undercurrent of worry.



"Should I be checking in again?"

"Have they remembered their medication?"

"Are they okay overnight?"

"What if they fall when I'm not there?"

Here are five ways technology can help carers breathe a little easier.

## 1 Help at the touch of a button

Most people have heard of a traditional pendant alarm, but today's systems can offer far more than a simple call for help. A wearable pendant or wrist alarm allows someone to quickly raise an alert if they feel unwell, have a fall or need assistance.

## 2 Gentle support for memory and medication

Carers often worry about missed medication or forgotten routines. Reminder devices give prompts or alerts and some can dispense medicine at the correct time, reducing missed doses.



## 3 A little reassurance during the night

Many carers tell us that night time can be one of the most worrying times of day. Technology such as bed sensors, door sensors or movement alerts can provide reassurance when someone is at risk of falls or wandering during the night.

## 4 Staying connected matters

Loneliness affects carers and those they support. Phones, tablets or internet help people stay connected, join appointments online and access support. Penmorfa Centre offers advice and helps eligible people access free mobile data.

## 5 Try before you decide

No technology solution is the same for every person or every family. What works for one person may not suit another, which is why seeing equipment in person can be so helpful.

At Penmorfa Centre, visitors can explore equipment supporting independent living, including technology, everyday aids and the Dementia Corner for understanding dementia. Seeing items like dementia clocks, reminders, alarms and sensors up close helps people choose what best suits their needs.

**TELECARE@CEREDIGION.GOV.UK**  
**CLIC: 01545 570 881**





GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



Cyngor Sir  
**CEREDIGION**  
County Council

# Healthy Ageing

## MONTHLY DROP-IN

Stay Active • Stay Independent • Stay Confident

A friendly monthly drop-in offering advice, information and practical support to help you live well and stay independent.



### MEET THE TEAM



Falls  
Physiotherapy  
Team



Strength & Balance



Podiatry  
Physiotherapist



Occupational  
Therapy Assistant /  
Trusted Assessor



Technology  
Enabled Care  
(TEC) Team



Visual Impairment  
Officer

### FIND OUT ABOUT

- ✓ Improving balance and confidence
- ✓ Staying active and mobile
- ✓ Preventing trips and hazards at home
- ✓ Daily living aids and equipment
- ✓ Technology that can support independent living
- ✓ Demos on Telecare and smart devices
- ✓ Information and advice on fall prevention
- ✓ Information and advice on home safety and adaptations
- ✓ Support available in your local community



FIRST MONDAY  
OF EVERY  
MONTH  
Drop in anytime  
between 10am  
and 3pm



HELD AT  
Pemmorfa Centre for  
Independent Living  
Aberaeron Council building  
SA46 OPA



NO APPOINTMENT  
NEEDED  
*Tea, coffee  
and a warm  
welcome!*

[telecare@ceredigion.gov.uk](mailto:telecare@ceredigion.gov.uk)

[www.ceredigion.gov.uk/resident/wellbeing-and-care/support-for-adults/pemmorfa-centre-for-independent-living](http://www.ceredigion.gov.uk/resident/wellbeing-and-care/support-for-adults/pemmorfa-centre-for-independent-living)

Scan me  
to find  
more!



# 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  
10.30am - 3.30pm

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

# 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](https://bit.ly/DPCere)



## How can Direct Payments support me?

If you have care needs, Direct Payments are an option that will be offered to you. Although it does come with its own responsibilities, it does give you more control over your agreed care needs. Here is an example of how it can change your life.

A referral was received in June 25 for a gentleman who was a veteran. He was using a wheelchair which was not suitable for his needs and was extremely depressed and considering ending his life. He was feeling like a burden to his family and could see no other way out. With the help of his Direct Payment Support Officer, he was supported to get a suitable wheelchair and to employ a friend of his to be his Personal Assistant (PA). This enabled him to get out and about in the community. He was also assisted to find accessible housing and to feel supported in his everyday life. He is now happy and feeling optimistic about the future being able to join new clubs with the support of his PA and has extended his thanks to his Support Officer Judy.

Our service is tailored to your needs, however complex. We are here to help improve your day to day life ensuring that your care needs are addressed in a way that suits you best.





## Help to make your home more energy efficient

The Welsh Government Warm Homes Nest scheme makes Welsh homes warmer and more energy efficient places to live.

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

You could also be eligible for free home energy efficiency improvements such as heating, insulation or solar panels. Since 2011, Nest has provided over 60,000 households with free home energy improvements.

Call their team on freephone 0808 808 2244, Monday–Friday, 9am–6pm or visit [www.gov.wales/nest](http://www.gov.wales/nest) to find out more.



[www.gov.wales/nest](http://www.gov.wales/nest)



0808 808 2244

# 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 |
| Maternity Allowance             | 0800 055 6688        | National Insurance Enquiries                  | 0300 200 3500 |
| Bereavement Service Helpline    | 0800 151 2012        | Post Office Card Helpline                     | 0345 722 3344 |
| <b>Carers Allowance</b>         | <b>0800 731 0297</b> | Council Tax / Housing Benefit                 | 01970 633 253 |
| Disability Living Allowance     | 0800 121 4600        | NHS Health Costs (HC1)                        | 0345 603 1108 |
| Attendance Allowance            | 0800 731 0122        | Wales                                         |               |
| Report benefit fraud            | 0800 854 440         | PIP - New Claims                              | 0800 917 2222 |
|                                 |                      | PIP - General Enquiries                       | 0800 121 4433 |

## Useful numbers



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

 [www.carersuk.org/wales](http://www.carersuk.org/wales)

 **Carers UK Helpline:**  
**0808 808 7777**

Monday to Friday, 9am – 6pm



**Gofalwr Ceredigion Carers (CREDU)**  
For all young and adult carers to enjoy well-being as they define it, be recognised, valued and have choices. Outreach support, funding assistance and respite opportunities.

 **03330 143 377**

 [www.gofalwyrcredigioncarers.cymru](http://www.gofalwyrcredigioncarers.cymru)

 [credigion@credu.cymru](mailto:credigion@credu.cymru)



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

 **01239 621974**

 [www.cabceredigion.org](http://www.cabceredigion.org)

 [ask@cabceredigion.org](mailto:ask@cabceredigion.org)



**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](http://www.hahav.org.uk)

For more information about times and dates, please see our Facebook page -  
 /CysylltuCeredigionConnecting

# Carers Forum

Support • Information • Friendship

## A new way to connect

We know that unpaid carers often juggle countless responsibilities, and finding time to attend formal meetings isn't always easy.

**We'll be joining Gofalwyr Ceredigion Carers at their Carers Cafe Drop-in sessions.** These relaxed, welcoming spaces give you the chance to chat, access information and advice, and share your thoughts on the support, services and events that matter to you.

Your voice remains at the heart of what we do — we're trying to make it easier for unpaid carers to be heard.

## Upcoming dates

-  **Plas Antaron, Aberystwyth**  
23/09/26 | 1.30pm - 3.30pm
-  **Aberporth Village Hall, Aberporth**  
07/10/26 | 1.30pm - 3.30pm
-  **Maes Mwldan, Cardigan**  
16/11/26 | 1.30pm - 3pm
-  **Trinity Church Hall, Newcastle Emlyn**  
14/12/26 | 10.30am - 12pm
-  **Mustard Seed Cafe, Lampeter**  
07/01/27 | 2.00pm - 3.30pm

**The Carers Magazine was brought to you by:**

The Carers and Community Support Team

Produced by: Robin Stanley, Lucy Steere, Lindsay Harkett

The Carers Information Service Magazine is also available online:

 [www.ceredigion.gov.uk/carers](http://www.ceredigion.gov.uk/carers)

**The next issue will be out in Winter 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.