

## Warm Welcome Spaces in Ceredigion

### Cardigan

<p>Aberporth Village Hall, Ffordd Newydd, Aberporth, Ceredigion, SA43 2EW</p>	<p>There are three warm spaces available, including a coffee morning and community lunch</p>	<p>Tuesdays 10am-12pm: Coffee morning at Canolfan Dyffryn.</p> <p>Thursdays 12pm-2pm: Community lunch, pay what you feel at Aberporth Village Hall</p> <p>Fridays 10am-12pm: Coffee morning at Aberporth Village Hall</p>	<p>Julie Ward 07930 995314</p>
<p>Depot, 35 Pendre, Cardigan.  (ages 11-25 only)</p>	<p>Depot is an early intervention, open-access, youth-led safe space in the heart of Cardigan. There's no need to sign up or be referred — you can simply walk in. Young people can relax, connect, or get support from our Youth Support Workers, who are available for guidance, signposting and emotional support. We provide a daily free meal, with fresh fruit and vegetables to take home, and affordable café options — with no expectation to buy anything. Free activities and facilities are available throughout opening hours, including games, computers and internet access, music, fitness equipment, and quiet spaces. Depot</p>	<p>Wednesday – Friday: 1.00pm – 7.00pm Saturday - 1.30pm - 7.00pm (Ages 14–25) Saturday: 12.00pm – 1.30pm (Ages 11–13)</p>	<p>Sam King and Michelle Costigan 01239 614566</p>

	is a warm, calm and inclusive environment run by young people, for young people. We also welcome 11–13-year-olds on Saturday mornings, offering earlier access to support in a safe, friendly setting.		
New Life Church, Quay Street Cardigan SA43 1HR	Warm 2-course lunch, friendship and chatting.	Wednesdays 12:30pm. Booking advised.	Janice Bell 01239 615864
Gardd Enfys, Cardigan SA43 2PB	Refreshments, light indoor gardening, friendly atmosphere.	Tuesdays 9:30-11:30 every other week.	Ruth Davies 07815 658955
Jig-So Children's Centre, 1 Pont-Y-Cleifion Cardigan SA43 1DW	Play sessions and community events from our centre in Cardigan and outreach locations.	Term time schedule: Tuesdays 10am to 12pm At Jigso Children's centre, 1 Pont-Y-Cleifion, Cardigan SA43 1DW  Tuesdays 3.30pm to 5pm At Bethania Chapel, William St, Cardigan SA43 1EL  Thursdays 10am to 12pm Llechryd Coracle Hall, Llechryd, SA43 2NR  Schedules change during half terms and holidays - for latest updates on sessions please	Alison Sinclair 01239 615922

		follow Jigso.cardigan on Facebook.	
Llechryd Coracle Hall, Cardigan SA43 2NR	We offer a welcoming warm space with tea and coffee (toast if the need is there) and a relaxed atmosphere. Attendees are encouraged people to bring whatever they want - knitting, jigsaws etc.	First and third Saturday of the month 10am-12pm.	Chris (she/her) 07890 648385 llechrydcoraclehall@mail.com
Ein Cegin CIC at Cardigan Farmers Market	Free hot soup and drink	Every 1st and 3rd Friday of the month	Sophie Bennett 07450429814

## Llandysul

Eglwys Talgarreg	Warm welcome space. Refreshments.	Saturday's 10am	Beth Davies 07901716957
Ffynnon Llandysul SA44 4HP	Awr Gymraeg - Welsh language learning Caffi Ffynnon - cafe serving hot drinks and a simple menu Ffy-Nom - cafe for young people aged 13-21 Gofod Gwaith - Hot desking Coffi a Chlonc - Coffee morning	Awr Gymraeg - Monday 10:30-11:30 Caffi Ffynnon - Monday 10:00 - 2:00 Ffy-Nom - Monday 3:30 - 5:30 Hot desking - Tuesday + Wednesday 9am - 4pm Coffi a Chlonc - 9:30 - 12:30	Rhys Hughes rhyshughes15@gmail.com
Llandysul Crafts4wellbeing Friendship Group Llandysul Cricket Club Pavillion Tirdref, New Road, Llandysul	Our craft group exists to promote community wellbeing and provide a warm, welcoming and friendly space for people of all ages in and around our local area. We meet once a week to enjoy creativity, companionship, and community and a wide range of crafts. Everyone helps contribute to the atmosphere of warmth,	Tuesdays 10.30 - 1.00	Linda 0788724358

SA44 4QS	support and respect. Each week we have a craft activity that can be freely enjoyed but participation in the crafts is always optional—being present and sharing the space is equally valued and members can bring along their own projects to work on if they prefer. Members also bring in cakes and other homemade foods, and we always have a small lunch together and there is always soup, tea and coffee on offer. If you feel this could be for you, pop in for a cup of tea and see what we are about.		
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## Lampeter

The Hub (Emmaus Christian Fellowship), 78 Bridge St, Lampeter SA48 7AB	Warm space. Hot meal and refreshments	Open every Friday between 12.00-2.00pm	Pip Warr (he/him) emmaus.lampeter@yahoo.com
Mydroilyn Church, Lampeter SA48 7AH	Knit and natter, Warm space, refreshments.	Mondays 10am.	Beth Davies 07901716957
Longwood Community Woodland, Lampeter SA48 8NE	Warm space, refreshments, knitting and crochet.	During the winter, Monday & Wednesday's 10am-3pm and Friday's 11am-1pm.	Robert Joyce 07710226621 <a href="mailto:info@longwood-lampeter.org.uk">info@longwood-lampeter.org.uk</a>

<p>Ceulanamaesmawr Community Council Cwtsh Cynnes Tal-y-bont Gwaelod Neuadd Goffa Tal-y-bont</p>	<p>Warm space, refreshments, chatting, community spirit.</p>	<p>10am-12 pm every Tuesday till the end of June, with the exception of Easter week.</p>	<p>Ellen ap Gwynn 07970215072</p>
<p>Llambed Development Trust, Victoria Hall, Bryn Road, Lampeter, SA48 7EE</p>	<p>Victoria Hall aims to offer a safe, inclusive, and welcoming space where the community can connect, learn, and feel supported. We provide free tea, squash, and cookies at every session, with the possibility of offering more substantial meals when we can. Visitors can access advice on topics such as financial wellbeing, health, and digital accessibility, and the space acts as a friendly hub where people can share information, seek guidance, and feel less isolated. Our Community Art Café provides art materials, informal sessions, and classes in a creative setting, and we also offer free or subsidised workshops in sewing, needle felting, writing for wellbeing, cooking, mindfulness, and upcycling. Social connection is further encouraged through board games,</p>	<p>Monday 10am-5pm Tuesday 3pm-5pm Friday 12pm-5pm Saturday session (16+) 2pm-4pm.</p>	<p>Perty Freeman 07771904973</p>

	community conversations, and activities that bring different generations together.		
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## New Quay

Llanarth Church Hall, SA47 0NJ	Refreshments, various activities, special events, crafts, visits from local schools	Every Monday 2pm.	Beth Davies 07901716957
New Quay Community Hub	Basic refreshments and snacks.	During January & February the warm space will take part on Thursday's 11.30-1.30pm.  From 20th Feb onwards it will change to Fridays 9am-12.30pm.	Sharon Evans 07949426609  Corin Attrill 07500 897072

## Tregaron

Caffi Dewi, Llanddewi Brefi Community Hall	We invite various agencies to run workshops, hold concerts, have monthly meetings with the local PCSO and other activities like clothes, toys and books swap sessions.	Tuesday's 10:00am-12:30pm Sunday's 1:30pm – 4:30pm	Sion Jones 07870 299370
Capel Bronant (Eglwys	Meeting in Vestry Bronant A variety of activities - games, keep fit and yoga.	First Friday of each month.	Eirlys Morgan 01974251610 m.morgan620@outlook.com

Bresbyteraidd Cymru)	Hot food in January, February, and March.	During January, February and March open from 12.30pm to 3pm  April onwards, it's 2pm to 4pm.	
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## Aberaeron

RAY Ceredigion Family Centre, Pengloyn, Tabernacle Street, Aberaeron SA46 0BN	Family Centre for parents, carers babies and toddlers	Mondays and Tuesdays 9.30am-2.30pm	Gill Byrne 01545 570 686
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## North Ceredigion

Borth Community Hub Clarach Rd Borth SY24 5LW	<p>Visits from other support organisations as well as support from our trained staff and volunteers. The support organisations include a monthly Citizens Advice Surgery; Community Connector Drop in and bi-monthly Age Dyfed digital support drop in. At 12:15pm on Fridays we hold lunch (pay-as-you-feel). Hot drinks are available at other times.</p> <p>After 13.30 until around 14.30 there is a craft, crochet and knitting group.</p> <p>We also have a book nook where people can exchange books.</p>	Friday's 09.30 to 14.30 (Lunch is one sitting at 12.15pm)	Helen Williams 07896616857 helen@borthcommunityhub.co.uk
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	We are setting up a library of things where people can borrow items eg spades, children's equipment, wheelchair etc.		
Talybont Youth Club, Talybont Village Hall	Talybont Youth Club is a bilingual, volunteer-led Youth Club provision open to young people year 6 to aged 16. It aims to provide young people with a safe and inclusive space to relax and enjoy with friends. The Youth Club supports young people to develop personally and socially, whilst encouraging positive mental health and wellbeing. Weekly activities include sports, art and crafts and cooking. The club provides refreshments and snacks, and often a cooking activity will allow young people to have a warm meal as well.	Term time only Fridays 6.30pm - 8.30pm	Lowri Evans 07730667126
Ysbyty Ystwyth Village Hall	Tea, coffee and cake. Occasionally we have organisations attending to give advice, visits from CAVO and the local PCSO comes every fortnight.	Wednesday's 11.00am - 13.00pm	Ian Williams 07547202144
Ystrad Meurig Community Association Canolfan Edward Richard Centre Ystrad Meurig		Second Thursday monthly, 10:30am to 12pm: Coffee morning and book exchange.  Third Thursday monthly, 12.30 pm: Lunch	Celia Bailey Jones 01974282294 canolfanedwardrichard@gmail.com

		<p>Third Thursday monthly 7pm-9pm: Games</p> <p>Third Wednesday monthly 7:30pm: Bingo</p>	
LLangynfelyn Older People Committee Llanfach Hall	Coffee and chat.	Third Wednesday of the month 10.30am - 12pm.	Meinir Fleming 07754155482 Meinirfleming@hotmail.co.uk
The Iron Room Eglwysfach.	Refreshments, chat, various activities. There is the offer of transport for those who need it to all the events.	<p>February 20<sup>th</sup>, 7pm: Bingo</p> <p>February 28<sup>th</sup>, 3pm: St. David's Eve afternoon Welsh tea and Quiz</p> <p>March: Date to be confirmed with Nat West Bank adviser &amp; a talk on Fraud and Scams in everyday life.</p>	Alison Swanson 07834884096
Ponterwyd Village Hall at Ysgol Syr John Rhys.	A warm welcome space with refreshments and cake. Hot soup and a roll provided by local businesses and a diverse community engagement	Saturday 14th February 2026 10:00-13:00	Patricia Vellender 07356053800

	programme with activities from craft to local interest talks, first aid and an exercise session.	Saturday 14th March 2026 10:00-13:00	
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## Aberystwyth

Penparcau Community Forum, Penparcau, Aberystwyth, Ceredigion, SY231RU	Our warm and welcome space is open for people to meet, build social connections and learn new skills. Warm space funding enables us to offer a free bowl of soup on set days (new day still to be determined) and has helped us to buy lots of age inclusive games which can be borrowed by any person visiting. Saturdays we offer a free snack (usually cereals and fruit), provide arts and crafts supplies and show cartoons through our projector and big screen.	Warm and welcome space: 6 days a week, 9-5pm Monday-Friday, 10-1pm Saturday  Free bowl of soup day of the week TBC – please contact Sam for further details.	Sam Hughes-Evans 01970 611099
Waunfawr Community Association, Waunfawr Community Hall.	Warm space with activities, tea and biscuits.	Friday's 2pm-4pm.	Duncan Tibbit 07885819261
Capel Y Morfa, Portland Street, Aberystwyth. SY23 2DX	Tea, Coffee, biscuits, soup, bread and cheese	Wednesdays 11 a.m. to 2 p.m.	Eifion Roberts 01970822095

<p>The Well - The Castle Rooms, Sea View Place, Aberystwyth</p>	<p>We offer a safe warm space to come and chat, play games etc. with a hot home cooked meals served at lunch time. Tea/coffee biscuits etc. served throughout. All free, on a donation basis.</p>	<p>Mondays and Fridays 11am to 3pm.  Alternate Sunday Lunchtimes (from about 11:30).</p>	<p>Rev Liz Rees at St Michaels Church 01970 617184</p>
<p>Gamepark, 2 Northgate Street, Aberystwyth, SY23 2JS</p>	<p>Card game and board game activities for young adults</p>	<p>Every day of the week from 5pm onwards</p>	<p>Jace Hope 01970624900</p>
<p>The Salvation Army, 2 Alexandra Road, Aberystwyth SY23 1LE</p>	<p>CAMEO (Come and meet each other group) and a DROP-IN</p>	<p>CAMEO - Wednesdays at 2pm; DROP-IN – Thursdays 10am-1pm</p>	<p>Paul Sass 07774625842 aberystwyth@salvationarmy.org.uk</p>
<p>Eco Hub Aber Ltd, 12 Cambrian Place Aberystwyth, SY23 1NT</p>	<p>A warm space with a series of craft workshops focussed on making and mending. Having a quiet calm space to learn new skills or bring your own work. There will be watercolour sessions to connect with winter plant species in the seasons. There will be a monthly sketch club to join in with as well in 2026 to learn about sketching for everyone at any level. These workshops are open to all but</p>	<p>31st January Winter Watercolour workshop with Chisara 7th February- Colourful Collages with Martine Ormerod 14th February - Animal Embroidery with Megan Elinor Art 21st Feb - Sketch Club with Megan Elinor Art 28th Feb Fabric Coiled Rope Baskets with Maeve Moran Maker 7th March - Repair Cafe Aberystwyth Bandstand 11-1pm.</p>	<p>Kate &amp; Cath <a href="mailto:ecohubaber@gmail.com">ecohubaber@gmail.com</a></p>

	<p>please check minimum age, normally 10+ and please book to confirm a space <a href="mailto:ecohubaber@gmail.com">ecohubaber@gmail.com</a>. Pay as you feel.</p>	<p>14th March - Visible Textile Mending with Maeve Moran  21st March - Sketch Club with Megan Elinor Art  28th March - Cyanotype printing with Maeve Moran</p>	
<p>Mature Munch Lunch Club, Castle Rooms, Vaynor Street, Aberystwyth</p>	<p>We provide a warm venue with a 2-course meal tea and coffee for £5.00 suggested donation. People meet for companionship, chat and there is a short talk and singing of hymns after the meal. Lifts can be arranged for anyone having difficulty in getting to the venue from the Aberystwyth area.</p>	<p>We meet every other Thursday, with the Castle Rooms open from 12:00 noon until 2:00 p.m. There are two small steps at the entrance, but a ramp can be provided for wheelchair users, and once inside, all floors and facilities are fully level and accessible. Our next Munch Lunch will take place on Thursday, 22 January 2026.</p>	<p>Hannah Green  01970 617184</p>
<p>St Paul's Methodist Centre, Queen's Rd, Aberystwyth SY23 2NN</p>	<p>Pay-as-you-feel hot meals &amp; game evenings</p>	<p>Tuesdays and Thursdays 10.30 - 14.00 offering hot meal (pay-as-you-feel) between 12.15-13.15.   Friday evenings 19.00-21.00 board games.</p>	<p>Ruth  07482 312860</p>
<p>Pantri Aber, Morlan Centre in Aberystwyth SY23 2HH</p>	<p>Hot &amp; cold drinks, biscuits, fresh fruit and a friendly chat</p>	<p>2pm to 4pm on Fridays.</p>	<p>Catherine Griffiths  <a href="mailto:pantriaber@gmail.com">pantriaber@gmail.com</a></p>