


**CEREDIGION
YOUNG CARERS
NEWSLETTER**



THE YOUNG CARERS BOOKLET

We have a NEW booklet that brings together the important things you should know if you are a young carer in Ceredigion.



It's called: Information for Young Carers.



What's in it?

1. Names of places you can get help in Ceredigion
2. Names of places you can get help in Wales
3. How to apply for a Young Carers ID Card
4. Who to tell if you are worried about how being a carer affects school or college
5. Who to ask for help with money
6. Help for carers who have a job
7. What to do in a medical emergency



You can read the booklet online [**here**](#) or email us and we can send you a booklet in the post.



YOUNG CARERS ACTION DAY (YCAD)



SAVE THE DATE

YCAD 2023

WILL BE ON

15 MARCH



What is it?

- The aim of the day is to make people aware of what young carers do as part of their caring role. We hope by letting more people know we can get better support for young carers and their needs.
- Every year the Action Day has a theme. The theme for 2023 is **Make Time for Young Carers.**

What happens on the day?

- There will be lots of activities planned across the UK but we want to know, **what do you want to happen in Ceredigion?**
- If you have ideas to share and want to be part of our Young Carers Action Day planning group, please email us at: **connecting@ceredigion.gov.uk** – we'd love to hear from you!!

THE CEREDIGION WARM SPACES PROJECT

We know things are tough for lots of people right now, so we wanted to let you know about **Ceredigion's Warm Welcome Spaces Project**.

We believe everyone should have a warm and welcoming space to go to this winter and lots of places in Ceredigion have agreed to open their doors to do exactly this.



They want to give locals a space that is:

- Free
- Warm
- Welcoming
- Safe



Warm spaces are somewhere you can go to meet with friends and chat, or read and relax alone depending on what you need. Often you can get hot drinks, cooked meals or play activities and games along with access to free internet. Find your nearest warm space online [here](#).

The age restrictions might be different from one Warm Space to another, please check with the venue before you attend.

YOUNG CARER ID CARD - APPLY NOW

Are you are a Young Carer aged 17 and under?

If so you can apply for a Young Carer ID Card by filling in the online application!

How:

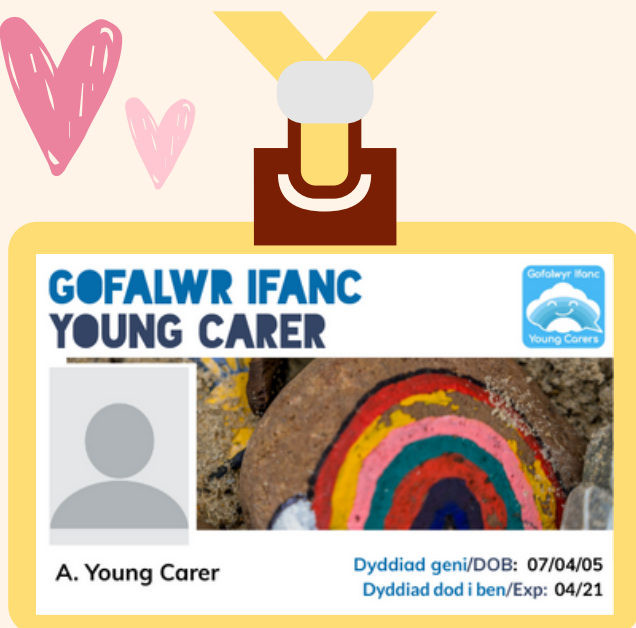
1. Upload a picture of yourself to be used on the card.
2. Personalise it by choosing your card design.
3. If you are under 14 years old, we will need to contact your parent/guardian to get their consent.

It is that simple.



Having an ID Card will:

- Raise awareness about your role as a carer.
- Let people know that you are a carer without having to explain your situation over and over again.
- Give you confidence to ask for help or understanding from professionals like your teachers, doctors and pharmacists.
- Give you local benefits and discounts.



For more information and to apply for a Young Carers ID card go to:

[Young Carer ID Card - Ceredigion County Council](#)

CARERS FUND - NOW OPEN!



Do you look after someone?

You can apply for the Ceredigion Carers Fund if you or the person you care for lives in Ceredigion.



You can apply for up to **£150** to spend on something to improve your health and wellbeing.


For more information and to apply for the carers fund go to:
[Ceredigion Carers Fund - Ceredigion County Council](#)

CEREDIGION YOUNG CARERS SERVICE


Gofalwyr Ceredigion Carers or GCC are here to help if you are a Young Carer in Ceredigion.

Our Outreach Workers, Jamie, Anthea, and Tracey, can give you the support and information you might need. You can also join our Young Carer groups that meet regularly or join other Young Carers on trips.

What have we been up to?

- We've been all over Ceredigion from  Llandysul, to Cardigan, to Aberaeron and Aberystwyth.
- Young Carers and their families have joined us for arts and crafts, board games and a cuppa and cake event.
- Our Young Carers have also been on plenty of trips, from swimming, to paddleboarding, and woodland exploring. We also enjoyed a half-term trip to Laser Station in Carmarthen!

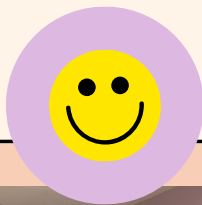
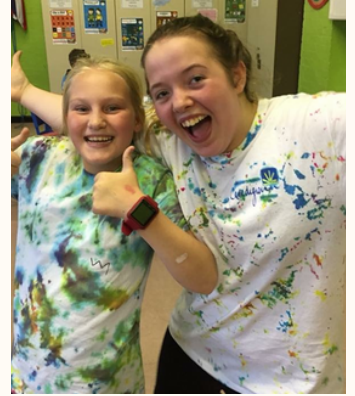


Coming up in 2023 

- We are looking forward to the new year and are busy planning lots of events and trips for 2023.
- **Do you have ideas for new events or activities we could try?** If you have something to share or would like to come along, please get in touch by emailing jamie@credu.cymru or call us on 07498 965274.

CEREDIGION SCHOOL-BASED YOUTH WORK

- Ceredigion's Youth Work and Engagement Service includes a team of school-based Youth Workers, they are based in all of Ceredigion's secondary schools.
- Our Youth Workers can help if you're struggling with how you're feeling, they can support you to make new friends or help with challenges in school. They can work with just you, or you can join one of their clubs at lunchtime or after school.
- Youth Workers are there to help you feel happy, confident, and are interested in what you're doing both in and out of school.



How to contact the Youth Worker in your school?

- If you'd like to know more about the Youth Worker at your school, or how to get hold of them, please speak to your Head of Year.

Please see the flyer below from the Ceredigion Youth Council



Mae'r ddogfen hon hefyd ar gael yn Gymraeg
This document is also available in Welsh

Interested in making a positive change by representing the voices of Ceredigion's young people?

Join Ceredigion Youth Council 2022—2023!



Meeting Dates:

21.10.22

03.02.23

17.03.23

14.7.23

**At Ceredigion
County
Chamber**

Penmorfa, Aberaeron

**CYNGOR
IEUENCTID
CEREDIGION
YOUTH
COUNCIL**



For further information contact:
Gwion.Bowen@ceredigion.gov.uk
[@GICeredigionYS](https://www.instagram.com/GICeredigionYS)

THINKING ABOUT UNIVERSITY



It's not too early to start looking at your options.

- Aberystwyth University is on the west coast of Wales.
- It's a place where you can study, explore and grow.
- It's celebrating it's 150th birthday this year.
- They offers Care Leavers, Young Carers and Estranged Students financial assistance.



- They offer a range of courses which are designed to give you as much choice and flexibility as possible.
- Courses include: Computer Science, Maths, Business, Physics, Biology, Geography, Art, Drama and many more.
- The Students' Union is home to over 100 clubs and societies.



If you want more information you can contact Marion Thomson and she will talk to you or even meet you and show you around the various facilities that the University has to offer.

Contact us on: 01970 621761 or accessibility@aber.ac.uk

INFORMATION AND SUPPORT



SAMARITANS

Whatever you're going through, the Samaritans are here for you. Call 116 123 or for support in Welsh call 0808 164 0123



You can call Childline to talk to them about anything, no problem is too big or small. Call 0800 1111



Barnados Support Young Carers and their families with various services. Visit: www.barnados.org.uk

This is **YOUR** newsletter, and we want to know what you would like to read about!

Let us know at:

Ceredigion Carers and Community Support Team

connecting@ceredigion.gov.uk

01545 574200

