

CEREDIGION YOUNG CARERS NEWSLETTER

December '24



SEASONS GREETINGS

Young carer
ID card

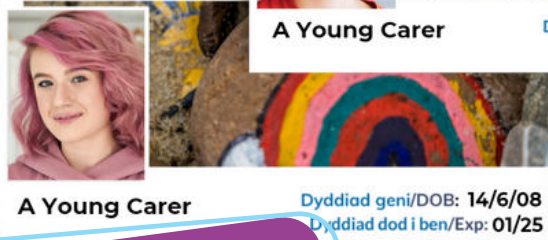
DESIGN YOUR
OWN CARD

APPLY NOW:

SCAN
ME! >>>



ceredigion.gov.uk/youngcarercard



FREE

WHAT'S
INSIDE?

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Competition

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YOUNG CARERS COMPETITION

To celebrate **Young Carers Action Day 2025**, we want **you** to design a cover for the Spring 2025 edition of our Carers magazine!

CARERS TRUST

**2025 THEME –
'GIVE ME
A BREAK'**



Here are a few of our previous magazine covers to help you get your creative cap on.

RULES

- The theme is 'Give me a break'
- Open to all Young Carers in Ceredigion. (Ages 18 and under)
- Only submit **one design**, to be submitted by **31/01/2025**
- All designs must be **A4 sized** and can be supplied in either digital and / or physical formats
- **No faces or identifiable information**
- Winners will be decided by the Carers & Community Support Team. **There will be 3 winners for each age category.** (Category 1 - Ages 6-11) (Category 2 Ages 12-18). **Winners will be contacted by 28/02/2025**

1st place
£150


2nd place
£100

3rd place
£50



HOW TO ENTER

 To enter, please send your **artwork** and **contact details**, to us by email – connecting@ceredigion.gov.uk

 To enter by post, please send your **artwork** and **contact details** to – Carers Information Service, Canolfan Rheidol, Llanbadarn Fawr, Aberystwyth, SY23 3UE

ACTIVITIES



FREE



CHRISTMAS FAIR

📅 18 December - All ages - Free event
🕒 4.00pm - 7.00pm
📍 Cardigan Secondary School, Park Place, Cardigan, SA43 1AD.

FREE



LANTERN PARADE

📅 18 December - All ages
🕒 7.00pm - 8.00pm
📍 Cardigan Castle, Green Street, Cardigan, SA43 1JA.

 Small World
Byd Bach

£30pp

AMGUEDDFA
CYMRU

CLICK TO BOOK
YOUR PLACE



WOOLLY HAT WORKSHOP

📅 18 December | 8 & 11 January - All ages
🕒 10.30am - 12.30pm
📍 National Wool Museum, Dre-fach Felindre, Llandysul, SA44 5UP

£6



FANTASY FARM PARK

📅 21 & 22 December
🕒 2.00pm - 4.00pm
📍 Fantasy Farm Park, Llanrhystud, Aberystwyth, SY23 5DA.

Park run 2025

FREE



Saturdays - All ages



9am

📍 **Teifi Marshes**
The Welsh Wildlife Centre,
Cilgerran, Cardigan, SA43 2TB.

📍 **Llanerchaeron**
Llanerchaeron National Trust,
Ciliau Aeron, Aberaeron, SA48 8DG.

📍 **Aberystwyth**
Plascrug Park, Plascrug Avenue,
Aberystwyth, SY23 1HL.



FUN FOR ALL THE FAMILY

Click the text for more information.



TIPS FOR A HAPPY HOLIDAY SEASON

Christmas can be a time for family, friends and being happy. Sometimes it can be harder to enjoy yourself when you have more responsibilities than most.

Sometimes we feel worried, sad, lonely, or even angry. But you are not alone. You can get help when you are feeling like this, and it's completely normal at this time of year.

Here are a few tips you can try this year:



Connect with others - Don't shut yourself off. Chat to friends, join a group or connect with other young carers. Sharing worries can help lighten the load.



Take breaks - It's easy for caring to take over your life. It's even easier to forget about your own wants and needs too. Taking a break can make a huge difference, set aside some "me time" each day.



Be kind to yourself - It's totally normal to feel a mix of emotions. Remember, no-one is perfect. You're doing your best, and that's more than enough.



Stay active - Getting some exercise can really help lift your spirits and boost your energy. Even a quick walk can help clear your head and reduce stress.




Create new traditions - We all celebrate in different ways. Finding your own ways to make the holidays special for you and your family, can make some new traditions that are meaningful and unique to you.



Gofalwyr Ceredigion Carers are here to support you, in any way we can.

- Chat to our outreach worker in your area about what is happening for you and any support you might need.
- Join a young carer group or activities near you
- Join in online
- Get support to work with your school to overcome challenges with juggling caring and learning
- Get support to work out how to go to university / get work when you look after someone
- Take part in trips and events

 03330 143 377

 ceredigion@credu.cymru

 gofalwyrceredigioncarers.cymru

 Gofalwyr
Ceredigion Carers

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YOUNG CARER CHRISTMAS CHALLENGE

Join in with our Young Carer Christmas challenge

How many can you complete before January 1st?

Each challenge is worth 1 point. See if you can get 10 or more!

- Find a quiet place for "me time"
- Watch your favourite film
- Go outside for a 10 minute walk
- Give someone you love a big hug
- Dance to your favourite song
- Try some new foods
- Take a relaxing shower or bath
- Do something nice for yourself
- Read your favourite book
- Play your favourite game

Name one person you'd like to spend more time with



One thing you can do to make this Christmas the best ever?



Write 3 things that make you excited for next year

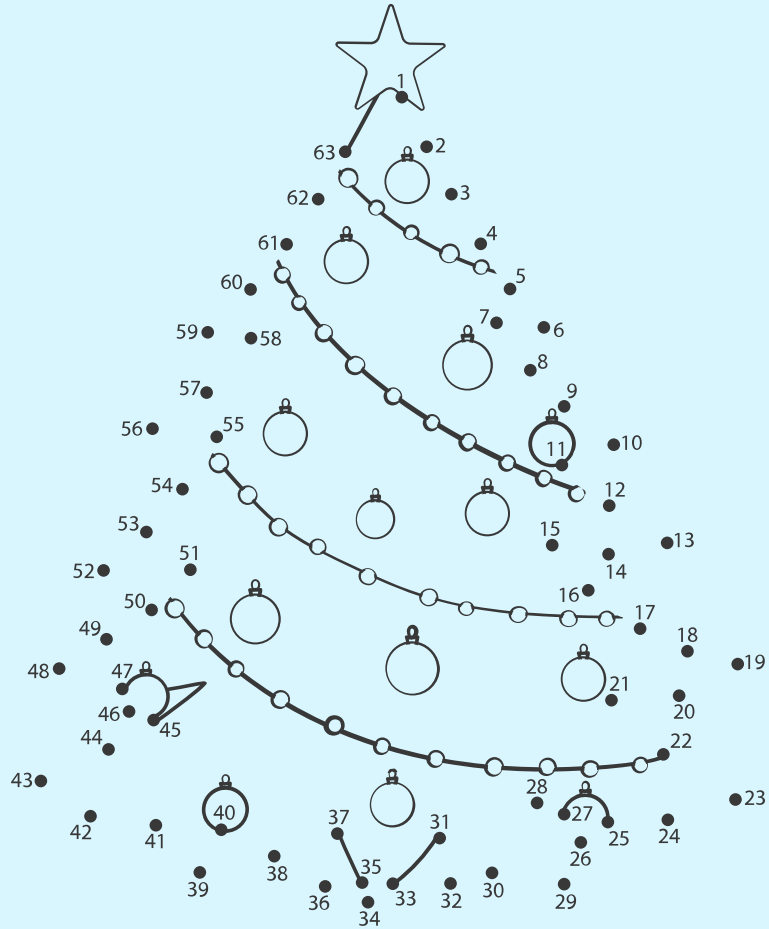
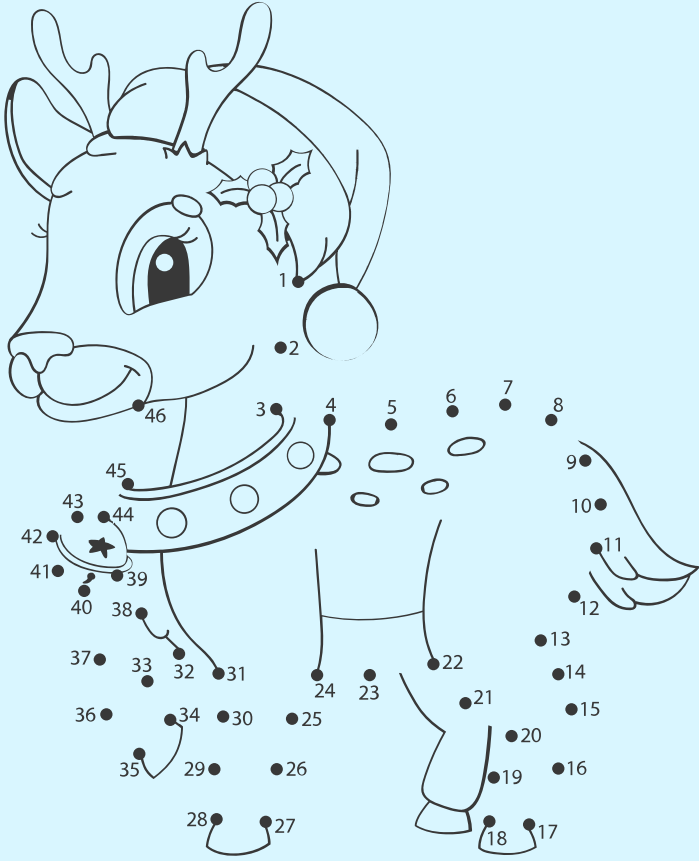
Points scored





CHRISTMAS GAMES

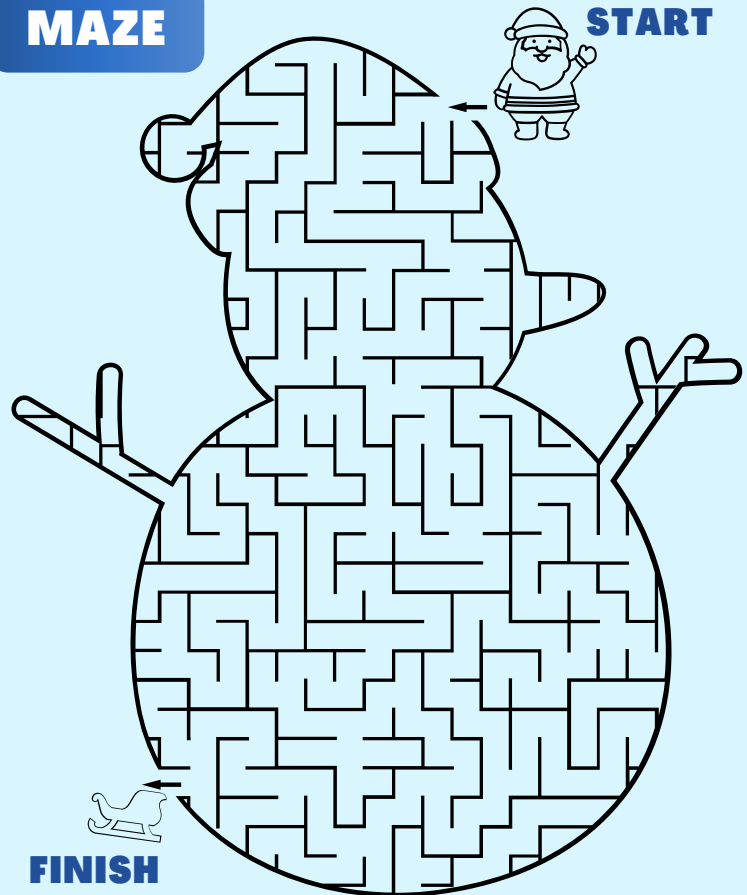
JOIN THE DOTS



SUDOKU

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

MAZE



INFORMATION & SUPPORT



SAMARITANS

Whatever you're going through, the Samaritans are here for you.

Call: **116 123** or
0808 164 0123
for support in Welsh.

ChildLine

0800 1111

You can talk to Childline **about anything**.
No problem is too big or small.

Call: **0800 1111**

PAPYRUS

PREVENTION OF YOUNG SUICIDE

Free and confidential support, call the Hopeline.

Call: **0800 068 4141**
Text: **07860039967**
Visit: www.papyrus-uk.org

meic

Go to our website to chat online and find out more.

Call: **080880 23456**
Text: **84001**
Visit: www.meiccymru.org
Support available in Welsh.

Barnardo's

GIVING CHILDREN BACK THEIR FUTURE

Barnados Support Young Carers and their families with various services.

Visit:
www.barnados.org.uk

choices

young person substance use support

For help and advice with drugs & substance misuse.

Call: **0330 363 9997**
Visit:
www.choiceswest.cymru

kooth

Our app provides free, safe and anonymous support straight to your phone.

Visit:
www.kooth.com

Sibs

For brothers and sisters of disabled children and adults.

Visit:
www.sibs.org.uk

YOUNGMINDS

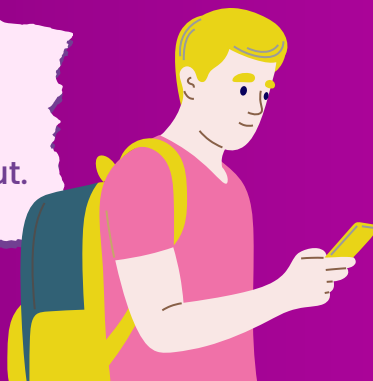
fighting for young people's mental health

Support for young people struggling with mental health issues.

Visit:
www.youngminds.org.uk

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

SCAN ME! >>>



Tell us what you'd like to see :



01545 574200



connecting@ceredigion.gov.uk



[/connectingceredigioncysylltu](https://www.facebook.com/connectingceredigioncysylltu)



Carers & Community Support Team,
Ceredigion County Council, Canolfan
Rheidol, Rhodfa Padarn, Llanbadarn
Fawr, Aberystwyth, Ceredigion, SY23 3UE.



Cyngor Sir
CEREDIGION
County Council



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