

# 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.



Cover design by Tanwen Owen

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Cyngor Sir  
**CEREDIGION**  
County Council

# A message from the Carers and Community Support Team

Welcome to the spring 2025 edition of the Carers Magazine, Ceredigion's only magazine for unpaid carers.

Looking after our health and wellbeing is important, both for ourselves and the people we care for. But wellbeing means different things to different people. In this issue, we've put together a range of activities, events, groups, and services to help support you in the way that suits you best.

We're busy planning events for **Carers Week**. After the success of last year's events at Consti and Bargoed Farm, we're excited to bring them back. The Hornettes: Take Two will be performing again, and there will be a free buffet. **Find out how to book on page 2.**

If you're part of the Carers Information Service, you'll be the first to receive invites to all our upcoming events. If you haven't signed up yet, now's a great time to do it! Find out how to join below.

We hope you find this edition useful and enjoyable. If there's a topic you'd like us to cover in the future, please get in touch - we'd love to hear from you.

Best wishes

Carers and Community Support Team

**Congratulations to our winner!**



We are thrilled to announce that Tanwen Owen has won the young carer competition for designing the cover of our magazine.

Tanwen's beautiful design reflects how she enjoys taking a break from her caring responsibilities. Well done, Tanwen! 😊




## 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)

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



**FREE**

**CELEBRATING CARERS WEEK 2025**

# CARERS' NIGHT

For unpaid carers and guests

Booking is essential

WITH

*The Hornettes:  
Take Two*



**LIVE MUSIC,  
DANCING  
& FOOD**

**Bargoed Farm**  
Llwyncelyn  
Friday  
6 June  
6 - 9pm

**Consti**  
Aberystwyth  
Saturday  
14 June  
6 - 9pm

For more information or to book tickets:

 [bit.ly/WG2025CW](https://bit.ly/WG2025CW)

 01545 574200

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

**Please book before  
23 May 2025**

**SCAN  
ME**



Cyngor Sir  
**CEREDIGION**  
County Council



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



# 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.

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



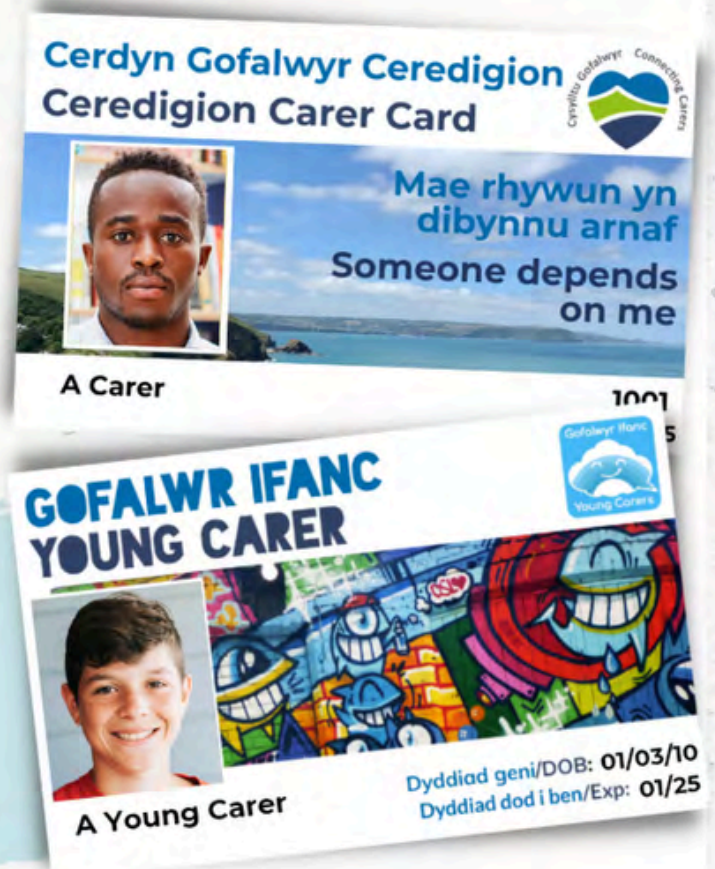
**Adult Carer Card:**

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



**Young Carer ID Card:**

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



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.

## New offers

All offers correct at time of printing (March 2025)



### Feet-Matter-Ceredigion – Discounted foot care

**Carers' feet matter! Special rate: £30 per person, per visit.**

Tamra and Tasha are Level 4 Foot Health Care Practitioners, dedicated to providing expert foot care to support overall well-being.

#### Services include:

- Routine nail cutting and filing
- Fungal nail care
- Athlete's foot treatment
- Callus and hard skin reduction
- Diabetic foot care

Based in Cardigan, the clinic offers easy access with parking right outside.

#### For more information or to book an appointment:

[feetmatterceredigion.simplybook.it](http://feetmatterceredigion.simplybook.it)

Tamra - 07480 412219 or Tasha - 07572 268835



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



### Kelly's Closet - 10% Off

**Kelly's Closet** specialises in plus-size ladies' clothing (sizes 16 - 32), along with a variety of footwear, accessories, and gifts. Located at 6 Water Street, Aberaeron, customers can explore a collection of new and preloved items in-store or have them delivered directly to their door.

Keep up to date with the latest arrivals and special offers by following Kelly's Closet on Facebook: [👉 Kelly's Closet on Facebook](#)



### Miles of Smiles – 30% off all party packages

Based in Aberystwyth, Miles of Smiles provides fun-filled children's party entertainment, offering exciting packages to make any celebration unforgettable.

Party packages start from £65 and carers can enjoy 30% off all packages with a valid carer card.

For package details, visit: [👉 Miles of Smiles on Facebook](#)

**For bookings and enquiries:**

☎ Sion Wyn - 07309 272373



### Halen a Pupur – Free drink

**Coffi and Bwyd in the heart of Tregaron!**

Halen a Pupur is a locally owned café in the centre of Tregaron, serving delicious food and drinks in a warm and friendly setting at Y Sgwar, Tregaron, SY25 6JL.

**Carers enjoy a free drink** with a valid carer card!

**Opening hours:** Monday - Saturday: 9am – 3pm, Closed on Sundays



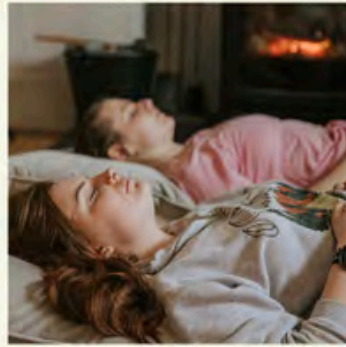
### Driver Theory Support – Discounted sessions

Get ready for your driver theory test with online support sessions, delivered through Microsoft Teams.

- Group sessions, lasting 2 hours, are available for £10
- Individual pre-test sessions are also available for £15

Please note: all sessions are delivered through medium of English.

To book a session, visit [👉](#) the 'Driver Theory Support' Facebook page and use the discount code **DRIVER33** to claim this offer.



## Seedlings Retreats and Holidays - 10% Off

Founded by Jen Bailey-Hobbs, an international breathwork instructor, cold water specialist, and mindful yin yoga teacher, Seedlings Retreats and Holidays in Aberaeron offers a sanctuary for relaxation and renewal. With expert-led breathwork, meditation, yin yoga, ice bath experiences, and luxury retreats, Seedlings provides the perfect space to unwind and recharge.

Seedlings Retreats and Holidays are offering unpaid carers in Ceredigion 10% off all wellness sessions, accommodation, retreats, and photography services. To claim this offer, simply quote 'carers10%' and present your Ceredigion Carer Card.

For more information follow 'Seedlings Retreats and Holidays' for updates:

- **Instagram** – seedlings-retreats-by-jen
- **Facebook** – Seedlings Retreats and Holidays

### Bookings and enquiries:

 [www.seedlingsretreatsandholidays.com](http://www.seedlingsretreatsandholidays.com)


 07884 007525

# More benefits and discounts

**Disclaimer:** All offers listed 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.




### Aberystwyth Arts Centre

- **Café** – Enjoy 10% off drinks and food; get a discount card at the Box Office.
- **Box Office** – Concessionary ticket rates for theatre, dance, and film (varies by event). More at  [aberystwythartscentre.co.uk](http://aberystwythartscentre.co.uk)




**Borth and Ynyslas Golf Club** – Play golf for £30 per person. Book tee times in person or call 01970 871557.



**Cadw** – Enjoy 10% off entry to top Welsh attractions. Find details at  [cadw.gov.wales](http://cadw.gov.wales).



**Cardigan Bay Active** – 10% off all activity prices. Check the full activity timetable at  [cardiganbayactive.co.uk](http://cardiganbayactive.co.uk).



**Cardigan Island Coastal Farm Park** – Get a concessionary admission fee, matching the disabled adult/child price. Visit [cardiganisland.com](http://cardiganisland.com).



**Cliff Railway, Aberystwyth** – Travel for free on the funicular railway. Check opening times at [aberystwythcliffrailway.co.uk](http://aberystwythcliffrailway.co.uk).



**Council Leisure Centres and Swimming Pools** – Free, unlimited access to leisure centre facilities and community swimming pools (Aberaeron & Llandysul). Some age restrictions may apply; staff can advise.



**Denmark Farm Conservation Centre** – Get 10% off selected one-day workshops. Visit [denmarkfarm.org.uk](http://denmarkfarm.org.uk), or call 01570 493358.



**Dysgu Bro** – Carer Card holders get the first session of any weekly course free (ages 16+). Visit [dysgubro.org.uk](http://dysgubro.org.uk), or call 01970 633540.



**Eco Hub Aber** – Get half-price services like bike hire, hot desk space, and membership. Contact [ecohubaber.com](http://ecohubaber.com), or [ecohubaber@gmail.com](mailto:ecohubaber@gmail.com) with "Connecting Carers" in the subject.



#### **Free Flu Vaccinations**

- **GP Surgery** – Request directly.
- **Pharmacy** – Check availability with your local pharmacy.



**Home Café, Pier Street, Aberystwyth** – Get 10% off food. See the menu at [homecafe.uk](http://homecafe.uk)



**Llandysul Paddlers** – Enjoy 50% off open lake sessions. Visit [llandysul-paddlers.org.uk](http://llandysul-paddlers.org.uk) or call 01559 363209 to book.



**Llanerchaeron** – Free entry for Carer Card holders. Find opening times at [nationaltrust.org.uk](http://nationaltrust.org.uk).



**Magic of Life Butterfly House** – Concessionary rates available. Check opening times at [magicoflife.org](http://magicoflife.org).



**Silver Mountain Experience** – Get concessionary rates on full ticket prices. Select the senior/student option when booking online at [silvermountainexperience.co.uk](http://silvermountainexperience.co.uk).



**Theatr Felin Fach** – Enjoy 10% off tickets. View upcoming events at [theatrfelinfach.cymru](http://theatrfelinfach.cymru)

# Welsh Government announces extra support for unpaid carers

The Welsh Government has extended funding for unpaid carers, providing £5.25m for 2025-2026. This includes support for short breaks through the **Short Breaks Scheme**. It also provides financial help for low-income carers with essential costs like food and bills through the **Carers Support Fund**.

This funding aims to make life easier for carers by providing essential support and giving them the chance to take a well-deserved break.

## What is a short break?

A short break doesn't have to be a holiday. It can be anything that gives you a chance to recharge - whether it's pursuing a hobby, going for a walk, spending time with friends, or even just enjoying a hot cup of tea in peace.

## How to access short breaks in Ceredigion:

- **Ceredigion Carer Card** – Get a FREE Carer Card for discounts on activities, days out, and even free gym membership. To find out more visit page 3.
- **Gofalwyr Ceredigion Carers** – Helps carers find the right type of break and funding options, including temporary replacement care. To find out more visit page 13.
- **Carer's Needs Assessment** – Identifies support needs, including help to take a break. More information on page 36.
- **Carers Information Service** – FREE to join, members get updates on carer break offers and regular copies of the Carers Magazine. Find more details on page 1.

## What is the Carers Support Fund?

This fund offers emergency financial support for low-income carers, covering essentials like food, bills, and household items. It also provides advice on managing finances and benefits.

## How to access financial support:

- **Gofalwyr Ceredigion Carers** – Offers small grants to help with food, heating, and staying connected. Call 03330 14 22 77.
- **Money Matters Support Service** – Provides FREE advice for unpaid carers on saving money, budgeting, and accessing benefits. Call 0300 0200 002.



Llywodraeth Cymru  
Welsh Government

**The Welsh Government says that a short break is:**  
*'Any break, which strengthens and/or sustains informal caring relationships and enhances the wellbeing of carers and the people they support. This may be achieved through a service, an activity or an item.'*





GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

# Download safe health apps

**Our health and care apps library contains reliable, tried and tested health apps to choose from.**

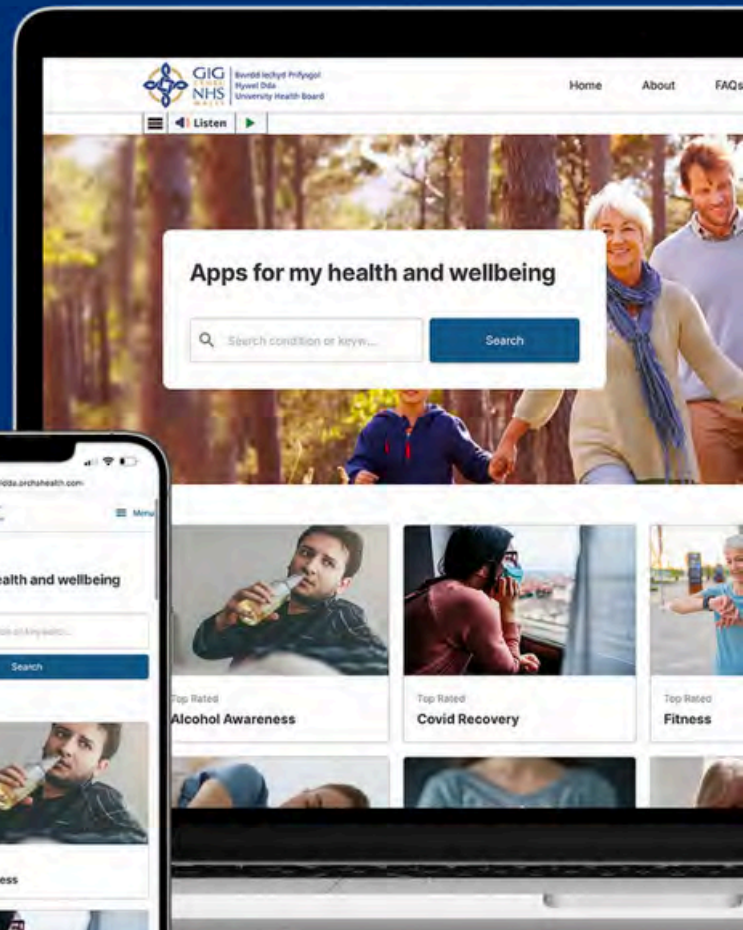
Discover apps to improve your health: •

Making healthy food choices

- Exercising and keeping fit
- Looking after your mind
- Sleeping well
- Giving up smoking
- Losing weight
- And more

All the apps in our app library are reviewed by experts for clinical safety and data security.

Scan me



Scan the QR code or visit:  
**HywelDda.OrchaHealth.com**



Service provided by ORCHA, The Organisation  
for the Review of Care and Health Apps

# Carer Wellbeing

## You're important too – a gentle reminder to look after yourself!

Caring for someone can be very rewarding, but it can also be tiring and stressful. It's easy to forget about your own health and wellbeing when you are busy looking after someone else. But taking care of yourself is important, both for you and the person you care for.

None of this is new to you, this list is just a gentle reminder of ways to look after yourself and help you remember how important YOU are.

### Take breaks when you can

Small breaks, even if they are only for a few minutes, can help you feel less stressed and more refreshed. Step outside, read, garden, or simply sit quietly, whatever helps you reset.

### Try this simple breathing exercise

- **Find a comfortable position** – Sit, stand, or lie down in a relaxed position. Keep your back supported and your feet hip-width apart if sitting or standing. Loosen any tight clothing.
- **Relax your body** – Place your arms comfortably by your sides or on the chair arms. Let your shoulders drop and relax.
- **Breathe deeply** – Inhale slowly through your nose, letting the air fill your belly without forcing it.
- **Exhale gently** – Breathe out through your mouth at a steady pace.
- **Use a slow count** – If helpful, count to 5 as you breathe in and again as you breathe out. Don't worry if you can't reach 5 at first.
- **Repeat for 5 minutes** – Continue this slow, deep breathing for at least 5 minutes to feel the calming effects.

*(Breathing exercise from nhs.uk website)*



### Sleep

It can be hard to get enough sleep when you're caring for someone, especially if they need help at night. But sleep is very important for your health. Try to make sure you get enough rest, even if it means asking for help at night or taking naps during the day. A good night's sleep will help you feel better, both physically and mentally.

Try out some of the sleep apps recommended by the NHS. Find information and links on page 8.

## Eat healthy foods

It's easy to skip meals when you're busy, but eating well helps keep your energy up. Eating regular, balanced meals and staying hydrated can help you feel better. Try to eat lots of fruits, vegetables, whole grains, and protein to keep your energy levels up.

Talk to your GP or contact Hywel Dda's Health Improvement Dietetic Team to get support with your diet:

✉ [Hidieteticteam.HDD@wales.nhs.uk](mailto:Hidieteticteam.HDD@wales.nhs.uk)

☎ 01267 227067

Visit the **Nutrition skills for Life** website for recipe ideas:

🌐 [nutritionskillsforlife.com](http://nutritionskillsforlife.com)

**Nutrition Skills for Life**®



**Sgiliau Maeth am Oes**

## Move!

Simple activities like stretching, walking, or even dancing to your favourite music can make a big difference. Moving your body helps reduce stress, improve your mood, and boost your energy.

### Need a bit of support to get moving?

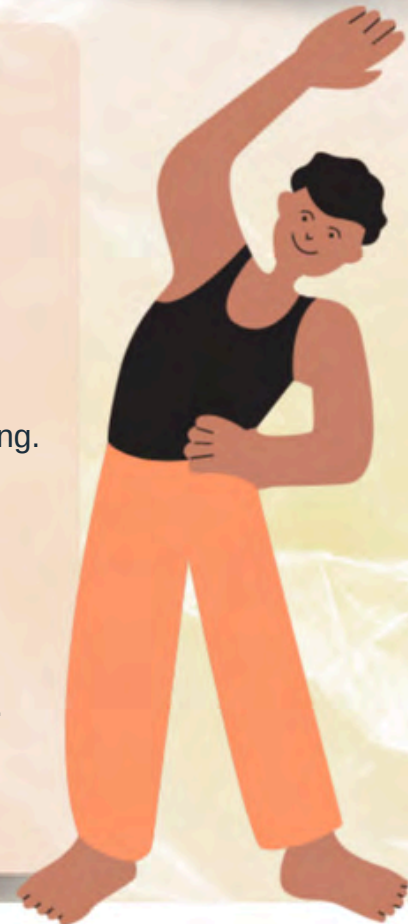
The National Exercise Referral Scheme (NERS) is here to help. If you have a medical condition and your doctor thinks exercise could benefit you, NERS offers a 16-week personalised programme to support your health and wellbeing.

If you're over 16 and not regularly active, this supervised programme, led by Ceredigion Actif's expert Health Intervention Team, can help you build confidence, enjoy exercise, and make it part of everyday life.

**Want to know if NERS is right for you?** Contact Health Interventions Coordinator, Paul Jones, for more information.

☎ 07812087968

✉ [paul.jones@ceredigion.gov.uk](mailto:paul.jones@ceredigion.gov.uk)



**It's okay  
to ask  
for help!**

## Ask for help

Many carers feel like they must do everything themselves, but you don't have to. Talk to family members, friends, or professionals about the support you need. This could mean asking for help with tasks around the house or finding someone to provide replacement care for a short time. Don't be afraid to reach out for support when you need it. Gofalwyr Ceredigion Carers might be able to help you. See page 13 for more information.

### Find replacement care

Check out the Catalyst for Care directory of small carer businesses in the county. All listed carers are self-employed, insured and DBS checked.



[bit.ly/3VhD00L](https://bit.ly/3VhD00L)



**Catalysts for Care**

MICRO ENTERPRISES WEST WALES

### Talk about your feelings

Looking after someone can bring up a lot of different emotions. You might feel stressed, sad, frustrated, or even lonely. Talking to others who understand can make you feel less isolated and more supported. Gofalwyr Ceredigion Carers might be able to help you. See page 13 for more information.

### Know your rights

As a carer, you're entitled to support. This could include financial help, replacement care, or healthcare services. A Carers Needs Assessment can help you voice your concerns, explore what support is available and what might work best for you.

Find out more about Carers Needs Assessments and how to request one on page 36.



### Final thoughts

Caring for someone else doesn't mean neglecting yourself. These small reminders aren't about adding to your to-do list, they're about recognising that looking after yourself is just as important. Whether or not it always feels like it, what you do matters, and support is there when you need it.

## Carer Break OFFER



## Relax, Recharge and Refresh – Free Wellbeing Session!

We're delighted to be working with **Seedlings Retreats and Holidays** to bring you this special free wellbeing session. Together, we're offering you the chance to experience the benefits of mindful breathwork and restorative meditation in a peaceful setting.

Join Jen Bailey-Hobbs, an international breathwork instructor and mindful Yin Yoga teacher, for a free 45-minute session of mindful breathwork and restorative meditation. End your session with a friendly wellness chat over coffee and cake.



#### Dates:

- Wednesday 21st May
- Saturday 12th July



#### Times:

- 9:30am – 11am | 11:30am – 1pm | 1:30pm – 3pm



**Location:** Cadwgan Place, Aberaeron, SA46 0BU

#### How to book:



Online form: [www.bit.ly/3QQ5AF7](http://www.bit.ly/3QQ5AF7)



01545 574200



**Limited spaces available – book now!**

**ATTENTION all unpaid carers**



## **Clynfyw Carers' Group**

Clynfyw Farm, Abercych, SA37 0HF

A safe space to come and chat about anything and everything!

**10am - 12pm**

**Every third Thursday and first Saturday of the month**



**CONTACT LIZZIE:  
07838 840593  
adminCBS@clynfyw.co.uk**

## **Carers Wales MeTime sessions**


Prioritise your wellbeing with **FREE** online activities designed just for you.

Every month, Carers Wales offers a variety of sessions to help you relax, learn and connect with others.

### **Enjoy sessions on:**

- Carers' rights and practical advice
- Mindfulness and other relaxing ways to take a break
- Creative activities like crafting and cooking

New activities each week – all at no cost to you!

Find out what's on and sign up today:  
 [bit.ly/MeTimecw](https://bit.ly/MeTimecw)



## **Walking for Wellbeing**

Aberystwyth	Tuesday	10am
Cardigan	Tuesday	10am
Lampeter	Tuesday	10am
Aberporth	Wednesday	10am
Aberaeron	Wednesday	1:30pm
Borth	Friday	10:30am
Tregaron	Friday	10:30am



Cyngor Sir  
**CEREDIGION**  
County Council



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

# SUPPORTING CARERS IN CEREDIGION

Gofalwyr  
Ceredigion  
Carers

Do you look after someone with a health condition and/or disability?

Then you matter too!

Gofalwyr Ceredigion Carers supports people who look after someone, often called young and adult carers, in different ways, including:

- Listen to enable you to work through challenges and find ways forward that work for you.
- Practical information (e.g., services for the person you look after, respite care, and financial benefits)
- Emotional support and counselling
- Young and adult carer groups (online and offline)



☎ 03330 14 33 77

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

🌐 [gofalwyrceredigioncarers.cymru](http://gofalwyrceredigioncarers.cymru)

Funds are available to support with finding ways to balance life and caring, as well as small grants to support with food / heating / connections etc. If you feel you could benefit from this support, just get in touch and you will get a warm welcome.

## DROP-IN SUPPORT

Looking for a friendly place to relax, chat, and connect with other carers? Our Carers Cafés across Ceredigion are just that, a welcoming space where you can take a break, meet people who understand, and enjoy a cuppa with a treat. Feel free to bring the person you care for if you'd like or just come on your own for some well-deserved time out.

Wreath making in Aberporth



In **Aberporth**, our Carers Café meets on the first Wednesday of each month at the newly refurbished village hall, a spacious and comfortable spot with beautiful coastal views. Up to 20 carers come along to share stories, make friends, and enjoy optional activities. Before Christmas, we even made wreaths! A team of carers and former carers serve refreshments, and from time to time, visitors from organisations like **Citizens Advice** and **Age Cymru** drop in to offer advice and support.

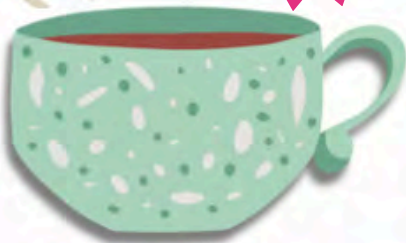
**No need to book - just turn up!** You'll also find smaller monthly cafés in Aberystwyth, Lampeter, and Cardigan, and we're launching a new one in Newcastle Emlyn this spring. We'd love to see you there!

# 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, 1:30 - 3pm
- ABERPORTH VILLAGE HALL**  
1st Wednesday of the month, 1:30 - 3:30pm
- MUSTARD SEED CAFE, LAMPETER**  
1st Thursday of the month, 2 - 3:30pm
- PLAS ANTARON, ABERYSTWYTH**  
4th Thursday of the month, 2 - 3:30pm

An opportunity to meet other carers and have a chat over a cuppa.

## 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](mailto: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:** Every Friday, 10am - 11:30am
- **Where:** Menter Aberteifi, The Guildhall, Cardigan, SA43 1JL



Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



## Short breaks for parent carers

The Children's Disability Health Team (CDHT) work with local professionals and organisations to give carers a break from their daily responsibilities. These activities offer a chance to relax, meet others, and take some time for themselves.

All activities are shaped and chosen by the carers through the Chat and Connect group. Here are some examples of what they have been doing over the last few months...

### Ceramic and jewellery workshops

A creative session with Carys Boyle Ceramics allowed carers to explore jewellery making and pottery. The activity was followed by lunch at Llety Parc

### Woodworking workshop

Mindfulness Practitioner, Jessamy Elmhirst led a woodworking session in Cardigan, where carers learned new skills in relaxed surroundings.

### Cilgerran Wildlife Park, walk and lunch

A group of parent carers and children took part in a walk through Cilgerran Wildlife Park, enjoying nature and good company. The walk ended with a relaxed lunch, giving everyone a chance to chat and share experiences.

### Wellbeing and relaxation session

Carers attended a session featuring yoga, mindfulness, and reflexology, led by Rachel Jones and Rachel Harvey, at the Moody Cow. This provided a much-needed opportunity to de-stress and focus on their own wellbeing.

These activities provide a much-needed break to the carers and their families who attend them. If you or someone you know is a parent carer, why not contact CDHT to find out more about Chat and Connect:

✉ [ceredigionCDHT.HDD@wales.nhs.uk](mailto:ceredigionCDHT.HDD@wales.nhs.uk)

If you are a carer and would like support to find out how you can access a break, contact Gofalwyr Ceredigion Carers. See page 13 for details.

This is my only outlet and social life – I wouldn't leave the house if it wasn't for these days.



I actually felt like I existed today, and it makes me feel alive to be part of something like this.



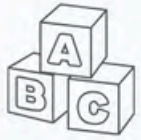
Thank you so much, it was such a treat.





# Cerebra: Helping families with children who have brain conditions

Cerebra is a charity in the UK that supports families with children who have brain-related conditions like autism, ADHD, Down's syndrome, cerebral palsy, epilepsy, and developmental delays. They offer different services to help parents and carers, including:



## **Book and Toy Library**

Cerebra has a free postal library for families across the UK. Parents can borrow books for both **adults** and children about different brain conditions. They also provide sensory toys specially designed for children with these conditions. Families can borrow one item at a time for 28 days, and Cerebra takes care of delivery and collection.



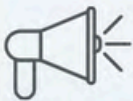
## **Sleep Advice Service**

Many children with brain conditions struggle with sleep, which can be tough for the whole family. Cerebra offers a **Guide to Sleep**, workshops, and phone support to help improve sleep routines for children and their parents.



## **Cerebra Innovation Centre**

This project creates unique and custom-made equipment to help disabled children enjoy activities and everyday life. Examples include specially designed buggies and adapted surfboards to help children take part in sports and leisure activities.



## **Legal Rights Service (LEaP)**

Cerebra also helps families understand their rights and get the right support for their child. Their Legal Rights Service provides advice on accessing services, education, and financial support. The LEaP project helps solve legal and practical problems for families.

**To find out more or access these services, visit Cerebra's website: [cerebra.org.uk](http://cerebra.org.uk)**



# Community Connector message board:

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.

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? Here are some great activities you could get involved with...



## Waun Fawr Friday Social Club

- Every Friday
- 2 - 4pm
- Waunfawr Community Hall, Brynceinion, Waunfawr, Aberystwyth, SY23 3PN



## Llanrhystud Village Meet and Greet

Join the meet and greet group every week for a warm and welcoming get together! Enjoy a friendly chat over coffee, make new friends, and take part in activities. Everyone is welcome.

- Every Thursday
- 11am - 1pm
- The Black Lion, Llanrhystud, SY23 5DG


## Dal Ati – Practice your Cymraeg

Twice a month we hold a Dal Ati session in Cletwr where learners can meet up with friendly fluent speakers and practice chatting over a paned.

1st and 3rd Saturday of the month

10.30 - 11.30am

Caffi Cletwr, Treddol, SY20 8PN

 [cletwr.com](http://cletwr.com)


Cymraeg

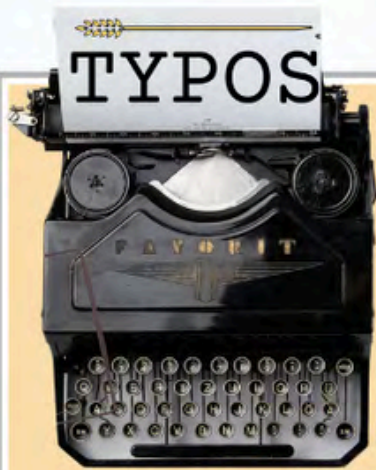
## Conversational Welsh

Every Friday

10 – 11am

Rhydepennau Hall (Leri room), Pen-y-garn,  
Bow Street, SY24 5BQ

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



## Typos Writing Group – Lampeter

Founded two years ago, Typos Writing Group meets every Friday at The Falcondale, sharing creativity over coffee and cake. Our friendly and welcoming group includes writers of all levels - published, self-published, and aspiring.

We welcome all genres, and group members can bring something to read or just choose to listen in. Constructive feedback is offered in a supportive and motivating environment. Many members share valuable advice on self-publishing, finding editors and illustrators, and suggestions for your book's title.

Beyond writing, we're open to community events and enjoy outings to spas and tea rooms. Everyone is welcome and we realise that not all can make every meeting, so there's no pressure to attend every week - just a space to connect, create, and grow.

For more information,  
contact Karen:

☎ 07779 651116

- Every Friday
- 10:30am – 12:30pm
- The Falcondale,  
Lampeter

## Cletwr Knit and Natter Group

Every Tuesday  
2pm – 4pm  
Caffi Cletwr, Treddol,  
SY20 8PN  
🌐 [cletwr.com](http://cletwr.com)

## Paned a Chlonc – Caerwedros

Join your friends and neighbours for a cuppa and a chat at Caerwedros Hall. All are welcome.

- Last Monday of  
every month
- 10am – 12pm



A B E R A E R O N

## Friendship and Games Group

The group meet weekly at Aberaeron Sports Club to play games, indoor bowls, dominoes, scrabble and many other favourite board games. An admission fee of £2 includes refreshments.

- Every Monday
- 2 – 4pm



## Cardigan Community Drop-In

Join Community Conector, Carys, at Maes Mwldan, Bath House Road, Cardigan, SA43 1JZ

- 3rd Friday of every month
- 10am - 1pm



## Aberystwyth Croquet Club

Founded in 2024, Aberystwyth Croquet Club is off to a great start, thanks to a £6,000 Sport Wales grant. The club already has almost 30 members and welcomes new players year-round.

Croquet is a low-impact outdoor sport, great for health and well-being. It's easy to learn, beginners can start playing in just 10 minutes, but skill and strategy keep the game engaging. As a new club, everyone is learning together and enjoying the fun and friendship along the way.

The club aims to grow in 2025 and welcomes new members at any time. Find out more at:

[🌐 sites.google.com/view/abercroquet/home](https://sites.google.com/view/abercroquet/home)

### Open Day and Free Taster Session

- Tuesday, 13 May 2025
- 2 – 4pm
- For enquiries and to book a place email: [abercroquet@gmail.com](mailto:abercroquet@gmail.com)

## Want to start your own group?

A cuppa and chat, Knit and Natter, Singalong, Crafting with like-minded people - what could be better? If you're looking for a local group, your Community Connector can help.

If there isn't one that fits, why not start your own? It's easier than you think! Our Community Group Facilitator is here to support both new and existing groups by:

- advising on publicity materials
- helping find a venue
- looking for grants to help with costs
- supporting with learning skills or connecting with someone who can
- providing short-term support to help get you started

If you want to know more or an informal chat about your ideas, contact **Lindsay Harkett**:

📞 01545 574200

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

**Please note**, you don't have to contact a Community Connector to attend any of these groups or activities.

If you or someone you care for wants to learn more about groups and activities in your area, contact your local Community Connector.

📞 01545 574200

✉ [clic@ceredigion.gov.uk](mailto:clic@ceredigion.gov.uk)



Follow the Community Connectors on Facebook to find out when and where their regular drop-in meetings are:

[f cysylltuceredigionconnecting](https://www.facebook.com/cysylltuceredigionconnecting)



**4TH WEDNESDAY OF EVERY MONTH**

# MEMORY CAFE

**10AM - 12PM**

**TYSUL CHURCH HALL (NEXT TO LIBRARY),  
CHURCH STREET, LLANDYSUL**

Parking available, disabled access  
and disabled toilet.

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



Cyngor Sir  
**CEREDIGION**  
County Council



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



## Borth Community Hub

Creative Dementia Support Group

**Mondays 10am-12pm**  
**Borth Community Hub**

Cuppa & biscuits included

Come and join us for a bit of fun &  
good company. This group invites  
relatives & carers and people with  
memory problems.

No previous experience needed,  
Martine will be there to guide you  
through the process.



**For more information:**

Martine@borthcommunityhub.co.uk, or 07726 420129

**Supported by: The Margaret and Alick Potter Charitable Trust**



## Ceredigion Sanctuary

### About the Project

The Sanctuary, based in Aberystwyth centre, is an out-of-hours service providing practical and therapeutic, holistic person-centred support to people at risk of mental health crisis in Ceredigion. The service is set in a welcoming and homely environment, with a lounge area, kitchen / dining area, shower, and clothes washing facilities. There are also private areas for those who need quiet time or one-to-one support.

We aim to lessen hospital admissions and reduce the risk of harm to people in their homes. Individuals' safety and wellbeing will be fully assessed before they return home, with referrals to other services as appropriate.

### Who do we support?

We offer support to people aged 18 and above living in Ceredigion who may be at crisis point or struggling with their mental health. We aim to support those experiencing difficulties with loneliness and isolation, stress and anxiety, low mood, or any family or relationship worries. The Sanctuary can also support those with financial worries and help anyone who may be suffering from domestic violence.

### How do we do it?

We provide a safe space for people to talk about the issues they are facing. There is minimal waiting time for an appointment, and we are available during times when there are no other services open. We offer face-to-face or telephone appointments, for up to two hours at a time and will also signpost to other services.

✉ [ceredigionsanctuary@adferiad.org](mailto:ceredigionsanctuary@adferiad.org)

☎ 01970 629 897\*

**Open:** Thursday to Sunday,  
5pm - 1:30am

\*Please note phones lines are only open during these times

**Scan to access  
the referral form**





**Do you want to...**

**Find out more about your health condition?  
Gain skills and confidence with managing your health?  
Reduce the risks of serious health complications?**

## **Hywel Dda Be Well Service**

**We offer a range of Health and Wellbeing Programmes for anyone over the age of 18 that has a chronic condition, or cares for someone that does.**

**Programmes include:**



**Chronic Disease Self-Management Programme**

**Diabetes Self-Management Programme**

**X-PERT Diabetes Programme**

**STANCE - Diabetic Foot Care**

**Living with COPD**

**Pain Management Programme**

**Cancer: Thriving and Surviving**

**Living with Fibromyalgia**

**Long COVID**

**Healthy Ageing**

**Living with Lymphoedema**

**Introduction to Looking After Me - For Carers**

**Healthy Bladder and Bowel**

**Foodwise for Life - Weight Management Programme**

**For more information, contact:**

 **0300 303 8322 (option 5)**

 **epp.hdd@wales.nhs.uk**



**Follow us on facebook**

**Bydd Iach - Hywel Dda - Be Well**



# Byw Adref Home Support Services



**CONTACT**



01239 615556

Byw Adref home support service supports over fifties to continue living independently in their homes with day-to-day domestic tasks such as:

- General household chores
- Laundry and bed changes
- Light essential shopping from a local shop
- Meal Preparation
- Sitting Service
- Dog walking

**£21.50  
per  
hour**

The service is chargeable, and is available in Ceredigion and parts of Carmarthenshire, and Pembrokeshire.

Please ring or email to discuss your home support needs.

**Email: [angharad.jones@agecymrudfyfed.org.uk](mailto:angharad.jones@agecymrudfyfed.org.uk)**





# Are you unemployed?

Support is available for all people living in Wales who are not in education, employment, or training.



## Support we offer:

### 1:1 mentoring

includes creating an employability pathway, creating CVs, application support, interview support and more.

### Training

Offer qualifications or work relevant certification to support into employment.

### Upskilling

Support to develop skills, values, behaviours and knowledge moving you closer to employment.

### In work support

Support with work experience, volunteering opportunities, work trials and in work support.

**Remember, there are people out there who can help you.**

For more information on available support, please contact  
01970 633422 or TCC-EST@ceredigion.gov.uk



# SUPPORT FOR YOUNG CARERS

## Taking a break: Why young carers need time for themselves

Being a young carer means helping someone who is ill, disabled, or struggling with their mental health. While this can be rewarding, it can also be exhausting. That's why Young Carers Action Day 2025 focused on the theme 'Give Me a Break', emphasizing the importance of rest and relaxation.

A break can be anything that helps you recharge, like a hobby, a day out, or simply spending time with friends. If you're finding it hard to make time for yourself, support is available to help you.

### You are not alone

Taking a break isn't selfish; it helps you stay well. If you're feeling overwhelmed, reach out for support. There are people and services ready to help.

'Give me a break!'



**Young Carers  
Action Day 2025**



## Who can help?

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

SCAN ME



# Your rights as a young carer

The United Nations Convention on the Rights of the Child states that all children and young people have the right to:

- Learn and have an education
- Spend time with friends and join clubs or groups
- Relax and play
- Privacy
- Have a say in decisions that affect them



In Wales, young carers are also entitled to a **Carer's Needs Assessment**. This assessment helps identify the support you might need, such as breaks, emotional support, or help with school.

## What is a Carer's Needs Assessment?

A **Carer's Needs Assessment** looks at how your caring responsibilities affect your life and what kind of support would be helpful. In Ceredigion, these assessments are carried out by Gofalwyr Ceredigion Carers, in partnership with Ceredigion County Council's Social Care department.

### Should you get an assessment?

You don't have to, but it's a good idea if:

- Caring is making you feel tired, sad, or stressed
- You need extra help, like money, equipment, or time to rest
- School, work, or family life is becoming too much
- You want to plan for the future

### What happens in an assessment?

You will talk to a member of the Gofalwyr Ceredigion Carers team about things like:

- What tasks you do for the person you care for
- What parts of caring are hard for you
- If you need help with school, hobbies, or work
- What would make caring easier for you

### What happens after the assessment?

The council will decide if you can get help. This might include:

- **A break** so you can rest
- Support to take part in **hobbies or activities** you enjoy
- **Tools or equipment** to make caring easier
- **Someone to talk to** if you feel upset or stressed

### How to ask for an assessment

You can contact Gofalwyr Ceredigion Carers:

☎ 03330 14 33 77

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

If you need help, you can ask a friend, family member, or someone you trust to help you.

**Remember that help is available, and that you deserve support too!**



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 relax.

### Depot Youth Café – 35 Pendre, Cardigan

Depot is a safe, friendly, and inclusive space where young people from all backgrounds can relax, socialise, and enjoy entertainment in a supportive, drug- and alcohol-free environment. It also offers guidance, life skills, and employment support, helping young people build connections and access valuable opportunities.

Opening times:

Monday – Saturday 11am – 7pm

📍 @depotyouthcafe

### Borth Youth Club – Borth Community Hub

Every Thursday (term-time only)  
6pm – 8pm.

For ages 11–17, Borth Youth Club is a place where young people can spend time with friends, play games, try new activities, or simply relax. The club also organises a few trips throughout the year.

If you're interested just drop by and see what it's all about!

### RAY Ceredigion – Tabernacle Street, Aberaeron

Term time activities: 3:30 – 6pm.

For ages 6–19, RAY Ceredigion offers a variety of fun activities, with each session including a meal and healthy snacks.

- Monday – Aeron Arts, art and youth club workshop (ages 11–19)
- Tuesday – RAY Actif art, games, dance youth club (ages 11–18)
- Wednesday – RAY Actif Juniors games, arts and crafts (ages 6–11)
- Thursday – RAY Actif art, games, dance youth club (ages 11–18)
- Friday – Aeron Live Music and youth club workshop (ages 11–19)

For more information:

☎ 01545 570686

✉ enquiries@rayceredigion.org.uk

🌐 www.rayceredigion.org.uk

### Feelz on Wheelz – mobile youth café

The Feelz on Wheelz mobile café travels across Ceredigion, welcoming young people aged 13 – 25 to drop in for a cuppa and support from trained staff. Follow @feelzonwheelzceredigion on Instagram to see when they're visiting near you!



# Carers Allowance 2025/26



The government raised the Carers Allowance earnings limit from **£151** per week to **£196** a week in April 2025. The 2025/26 rate payable for Carers Allowance is **£83.30**.

To check if you are eligible for Carers Allowance and to apply, please visit the Gov.UK website: [www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance) or contact the Department of Work & Pensions Carers Allowance Unit on **0800 731 0297**.

# Cost of Living Support

We want to make sure all Ceredigion residents are aware of the financial help and household support available to them.

See what support you could be eligible for to help with the rising goods and energy costs, inflation and cost of living pressures on our web page:

 [bit.ly/3ldhxjE](https://bit.ly/3ldhxjE)

If you cannot access the webpage:

 visit your local Library, or

 **01545 570881**

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




ask for information on Cost of Living Support.






# 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)



Helping you  
to make the  
most of your  
money!

## Money Matters Support Service

Specialist Money Matters Advisor can offer FREE information guidance and support for carers with:

- Money saving hints and tips
- Welfare Benefits
- Budgeting
- Accessing grants discounts and concessions

**YMDDIRIEDOLAETH  
GOFALWYR**

Croesffyrdd  
Gorllewin Cymru

**CARERS  
TRUST**

Crossroads  
West Wales



Cyngor Sir  
**CEREDIGION**  
County Council



**0300 0200 002**  
**(FREE)**



**info@ctcww.org.uk**

## Is it difficult to pay your energy bills? Are you warm enough at home?

### FREE SUPPORT INCLUDING

- £ Fuel debt support
- ☼ Carbon monoxide advice
- ☎ Advice on Priority Service Register
- 💡 Energy efficiency and bill advice
- 🔌 Liaising with your supplier

If you are feeling overwhelmed by home energy and need someone on your side, email us to arrange a confidential appointment.

 **communityadvice@severnwye.org.uk**

or call Severn Wye's advice team to arrange a visit

 **0800 170 1600**

 **severnwye.org.uk/communityadvice**



Funded by the Energy Industry  
Voluntary Redress Scheme.



Llywodraeth Cymru  
Welsh Government



## Advicelink Cymru can help make it easier to claim what's yours.

**Call Advicelink Cymru's free and confidential helpline to check if you are entitled to financial support or benefits.**

Our trained advisors will talk to you about your circumstances and support you throughout the application process.

You may be entitled to extra money from welfare benefits such as:

- Council Tax Reduction Scheme
- Personal Independence Payment
- Carer's Allowance
- Pension Credit.

**Call Advicelink Cymru's free helpline today:**



**0808 250 5700**  
**gov.wales/claimwhatsyours**



# Manual Handling for Unpaid Carers

Advice and support

**Penmorfa Centre for Independent Living**

**Aberaeron**

**SA46 0PA**



**Book now:**

**16 April**

**21 May**

**18 June**

- **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)



# 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.

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



**OPEN**  
Monday to Friday  
10:30 - 3:30

Located on the ground floor of the County Council's offices at Penmorfa, Aberaeron, SA46 0PA



For more information contact the Clic Contact Centre on:

☎ 01545 570 881

✉ clic@ceredigion.gov.uk



# Social Footcare Clinics in Aberystwyth and Cardigan



Keeping mobile is important, especially as we age. Looking after your feet, especially cutting toenails, can become harder. Age Cymru Dyfed provides a social footcare clinic for people over 50 who need a little extra help.

## What are the key benefits of this service?

- Keeping you active and mobile
- Reducing the chances of falls
- Helping you to stay independent
- Having a chat and seeing a friendly face



## How much does it cost?

- First appointment: £37 (includes your own nail-cutting kit)
- Follow-up visits: £22 each

Please note: We are unable to take on clients with diabetes or taking certain blood thinning and steroid medication.

## Where and when?

- Cardigan: Wednesdays
- Aberystwyth: Fridays

## Who runs the clinics?

Our volunteers are trained in basic footcare by the Podiatry Department of Hywel Dda University Health Board.

## Contact us:

☎ 01239 615556

✉ [angharad.jones@agecymrudyfed.org.uk](mailto:angharad.jones@agecymrudyfed.org.uk)

# Make life easier in three simple steps with AskSARA...

- 1 Choose a topic
- 2 Answer some questions
- 3 Get advice

<https://wwcp.livingmadeeasy.org.uk>

SCAN ME



AskSARA is an online self-help guide that gives expert advice and information on products and equipment for older and disabled people.



  
Partneriaeth Gofal Gorllewin Cymru  
West Wales Care Partnership

# Carers Discharge Support Service



## Meet Beth and Liz, 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. There can be a lot of meetings, paperwork, and difficult decisions. It's easy to feel left out or unrecognised for the care you provide.

Sometimes, the carer is the one who needs hospital treatment. If you're facing a hospital stay and worried about your responsibilities, you're not alone. You may feel pressured to leave early to care for someone else, making it harder for you to recover.

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.

## Find Beth and Liz at their regular drop-in information stands

- Bronglais General Hospital**  
Main entrance/outpatient foyer  
9:30am – 12pm  
First Tuesday of every month
- 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

## Get in touch even if you don't live in Ceredigion, we can still support you!

### Liz

☎ 07498 965279  
✉ liz@credu.cymru

### Beth

☎ 07984 464977  
✉ beth@credu.cymru

## What this might look like:

- Regular conversations to talk through what is happening and allow you to think through your own needs.
- Help in finding the support that you want.
- Attending meetings with you, including hospital meetings, to support you in planning for the future.
- Help in providing you with the tools you need to succeed post-discharge.
- Following you through your hospital journey, whether that is between wards, to other settings, or home.

## What carers say:

"I appreciate having someone dependable to rely on as I navigate a very difficult time."

"Thank you for listening to me as it's the first time that I have felt heard."

# Did you know you can register as an unpaid carer at your GP Surgery?



Registering as an unpaid carer could help your health care team to:

- Understand your caring responsibilities.
- Signpost you to information, help and support, either now or in the future.
- Share information about the person you care for (with appropriate written consent).
- Provide more flexible appointments that reflect your caring role.
- Offer you an annual flu jab (free).
- Refer you to other services or organisations that might be able to help you.

Investors in Carers work with GP surgeries and other settings to help raise awareness of vital contribution unpaid carers make to our communities. Helping to increase identification, so unpaid carers can get information and support earlier in their carer journey.

Ask your GP Surgery for further information and a registration form.



Perhaps you also know of a relative, friend or neighbour who is helping to look after someone who could not manage without their help. You might be able to help them by passing on this information.

NHS 111 *Wales* 

**1112** & PRESS OPTION 2

**For urgent mental health support call 111 and press OPTION 2**  
Healthcare advice you can trust - 24 | 7

**111.WALES.NHS.UK**

# Preparing for your Carer's Needs Assessment

Caring for someone is a big responsibility, and it's important to have the right support. If you're an unpaid carer, knowing what a Carer's Needs Assessment is and when to request one can really help.



## What is a Carer's Needs Assessment?

A Carer's Needs Assessment is a way for your local council to understand your needs as an unpaid carer. It's an opportunity for you to talk about how your caring role affects your life and what support you might need to continue providing care. The assessment is about you and your wellbeing, not just the person you care for.

During the assessment, a social worker or another professional will talk to you about:

- **Yourself:** What's important to you and how caring impacts your life.
- **Your caring role:** Information about the person you care for and the tasks you do each day or week to care for someone.
- **Your wellbeing:** What you do, and what you would like to be doing, outside of your caring role.
- **Planning for the future:** What support could help you now and in case of emergencies.

## Who can have a Carer's Needs Assessment?

Unpaid carers of any age can have an assessment, regardless of:

- The type or amount of care they provide.
- How much money they have
- The level of support they need.
- Whether they live with the person they care for or not



A Carer's Needs Assessment is not a judgement about how well you look after the person you are caring for; it's about you and your wellbeing.

## When should I have an assessment?

All unpaid carers can ask for a Carer's Needs Assessment whenever they want. However, you should think about asking for one if:



### You feel overwhelmed:

If the demands of caring are affecting your health or wellbeing.



### You need more support:

Whether it's practical help, financial assistance, or emotional support.



### You're balancing multiple responsibilities:

If you're juggling work, family, and caring duties, and it's becoming too much.



### Your situation changes:

If there's a change in your circumstances or the needs of the person you care for, such as a new diagnosis or hospital discharge.



### You want to plan for the future:

If you're considering long-term care options or want to explore how you can sustain your caring role.



## How do I ask for an assessment?

If you would like to have an assessment, contact Porth Gofal, Ceredigion County Council's Social Services Department. You can do this online or by phone.

### Porth Gofal

☎ 01545 574000

📧 [www.bit.ly/Carerenquiry](http://www.bit.ly/Carerenquiry)

## Getting ready for your assessment

Getting ready for your assessment can help you get the support you need.

During the assessment, you'll be asked to explain the kind of help you give. It might be helpful to keep a diary for a week or two before the assessment. In the diary, you can note how much time you spend with the person you care for, what tasks you do for them, and how long these tasks take.

### Here are some more things to think about:

- Are you able, or willing to continue to care?
- Do you need help to continue working or to get into work, education or leisure opportunities?
- What kind of support do you need to care or continue caring?
- Which parts of caring do you find difficult or stressful?
- How would you like things to be different in the future?

The assessment will also give you a chance to talk about how caring for someone affects your life outside of your caring role and how you can be supported to do the things that are important to you.

## What happens after the assessment?

After the assessment, the council will use the information you have given them to decide if you are eligible to receive services. This might include:



**Practical help:** Equipment or adaptations to make caring easier.



**Emotional support:** Access to counselling or support groups.



**Respite care:** Opportunities for you to take a break.



**Financial assistance:** Information about benefits or grants you might be entitled to.

You should be informed of the outcome of your Carer's Needs Assessment and given a copy of the assessment for your own records.

If you have had an assessment in the past and your circumstances have changed, you are entitled to ask for another one.

## Can anyone help me?

If you need support to ask for an assessment or during the assessment, you can get help.



### Gofalwyr Ceredigion Carers

Gofalwyr Ceredigion Carers can guide you through the process. Contact them for more information and other types of support:

☎ 03330 14 33 77

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

**You can ask a friend, family member or advocate to be with you during your assessment.**

To get more information about your rights and other support that is available for unpaid carers in Ceredigion, join the Carers Information Service:

☎ 01545 574200

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

📧 [www.bit.ly/CISCERE](http://www.bit.ly/CISCERE)




# Directory of carer's leaflets

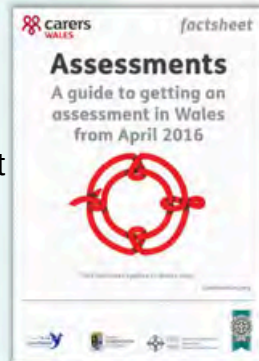
available from Ceredigion County Council

All of the booklets listed here are available in paper format or can be viewed and downloaded online. If you would like a paper copy sent to your home address, please call **01545 574200** or email your request to **connecting@ceredigion.gov.uk**

## Assessments – a guide to getting an assessment

This booklet explains the aims of a carer's needs assessment and what happens during a carer's needs assessment.


 [bit.ly/3ojhY0E](https://bit.ly/3ojhY0E)



## Working Carers Guide

In this guide, you can find information on:

- your rights at work
- making adjustments at work
- talking about your caring role
- planning for the future
- and much more!


 [bit.ly/3l2tgcU](https://bit.ly/3l2tgcU)



## Being Heard: a self-advocacy guide for carers

Carers Wales' guide provides advice to help you communicate your needs with professionals, know your rights and look after your wellbeing.


Find online versions on the Carers Wales website:

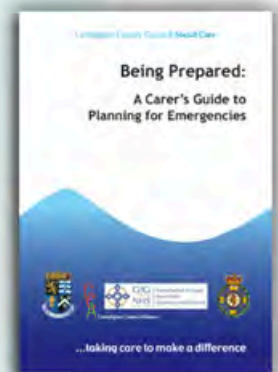
 [bit.ly/3Q8l2vS](https://bit.ly/3Q8l2vS)



## Being prepared - A carer's guide to planning for emergencies


This booklet is full of advice and helps you to think about the safety measures you can take if something happened to you in the future. It also includes an application to join the FREE Ceredigion Carers Emergency card scheme.

 [bit.ly/3GsLEli](https://bit.ly/3GsLEli)



## Coming out of hospital


This booklet explains how to plan for coming out of hospital so you can make sure your views and feelings are listened to and there is support in place.

 [bit.ly/315Dm2T](https://bit.ly/315Dm2T)



## Life after caring


The 'Life after caring' book has information and practical advice about managing when your caring role comes to an end or changes.

 [bit.ly/3p2cc4W](https://bit.ly/3p2cc4W)



## Information for Young carers



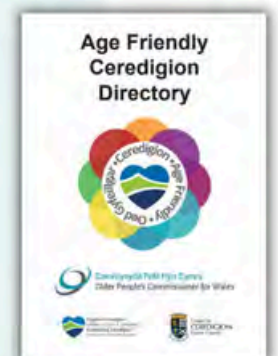
 [bit.ly/4iYCie9](https://bit.ly/4iYCie9)



## Age Friendly Directory

This booklet provides a directory of useful services and general information for Ceredigion residents.


 [bit.ly/4ib8fp1](https://bit.ly/4ib8fp1)




# Useful contacts



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

 01239 621974


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

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



**Age Cymru Dyfed** provides services and support for anyone aged 50+, their families and carers living in Ceredigion.



 0333 344 7874


 [reception@agecymrudyfed.org.uk](mailto:reception@agecymrudyfed.org.uk)

 [www.ageuk.org.uk/cymru/dyfed](http://www.ageuk.org.uk/cymru/dyfed)

**Older Persons Service (50+)**  
Supporting you to live independently in your own home.

If you need support to live well and independently as you get older, our free advice and support service can help you:

- by carrying out a full benefit check and support you to apply for any entitled benefits
- to access home adaptations, care and other services
- to stay safe and healthy
- to feel part of your community
- to deal with any other housing-related issue

 07971 954375 or 0800 052 2526


 [older.persons@castellventures.wales](mailto:older.persons@castellventures.wales)


 [www.castellventures.wales](http://www.castellventures.wales)



## 24/7 Mental Health Support

The **DPJ Foundation** is a charity supporting those in the agricultural sector with poor mental health by providing support, spreading awareness and training those in farming to be aware of poor mental health and its impact within our communities.

 0800 587 4262

 Text - 07860 048799

[THEDPJFOUNDATION.CO.UK](http://THEDPJFOUNDATION.CO.UK)



#SHARETHELOAD



LGBT+ Cymru Helpline  
0800 917 9996


We offer general information, advice, and confidential support on various LGBT+ matters for individuals, families, and friends. Our qualified staff and trained volunteers are here to assist. You can reach out to us regardless of your sexual orientation or gender identity. Whether you have questions about a child, parent, sibling, friend, partner, or spouse, we're here to listen and help.


Ceredigion Social Services  
**Porth Gofal** offers quick and easy access to advice and information about the



Cyngor Sir CEREDIGION  
County Council

Department's services and the range of other resources available both locally and nationally.

 01545 574000

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



## 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 (Cheap rate for mobile phones)	0800 859 5924 0300 101 5000	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

### THE MARGARET & ALICK POTTER CHARITABLE TRUST

Charity No 1088821 Number 1088821

**The Margaret and Alick Potter Charitable Trust.** Grants to help people living with dementia in Ceredigion.

To discuss applying for a grant contact the Secretary:

 **07794 674339**


 **secretary@pottertrust.org**



# Bawso

**Bawso** provides and specialise in supporting BME (Black and Minority Ethnic) domestic abuse victims in all areas of support. BAWSO has expertise in dealing with FGM (Female Genital Mutilation), honour-based violence, human trafficking, and modern-day slavery.

Please contact us if you, or someone you know, needs confidential advice and support, or refuge.


 **07970 685783** (Aberystwyth)

**01792 642003** (Swansea)

 **bawso.org.uk**

**Cymru Versus Arthritis** provides support and Services for people across Wales, providing people, friends, families and professionals with support, understanding, information and expertise, so that they can cope with the condition and get the most out of their life.

**CYMRU  
VERSUS  
ARTHRITIS**


 **0800 756 3970**

 **wallessupport@versusarthritis.org**

 **versusarthritis.org**

## West Wales Domestic Abuse Service

24/7 Helpline and advice

 **01970 625585 or  
01239 615385**

 **info@westwalesdas.org.uk**


 **www.westwalesdas.org.uk**



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

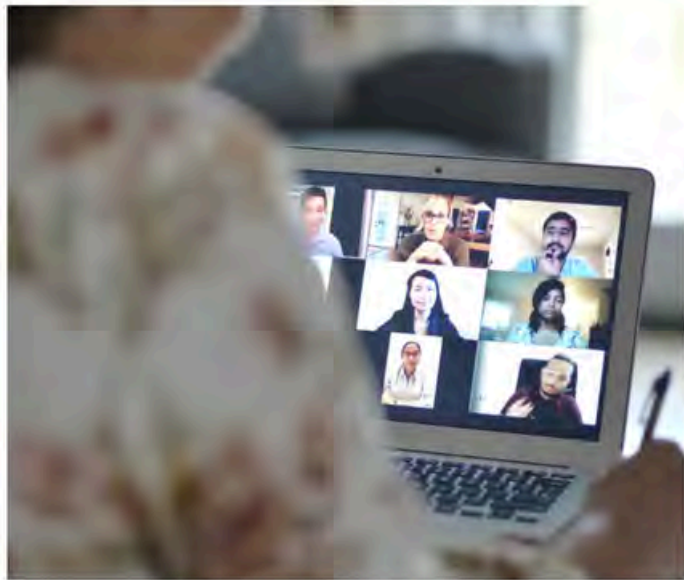
 **www.carersuk.org/wales**

**Carers UK Helpline:**

 **0808 808 7777**

Open Monday to Friday, 9am – 6pm

 **carers  
WALES**






# Carers Forum

Support · Information · Friendship

The Ceredigion Carers Forum is your opportunity to shape future support, services, events and information to help unpaid carers overcome the challenges they face everyday.

Join us to get expert advice from a variety of guest speakers and stay updated with any changes affecting unpaid carers in Ceredigion.

## Upcoming forum dates

	<b>April 30th</b> 10:30am - 12:30pm	<b>July 23rd</b> 5:30 - 7:30pm	<b>October 22nd</b> 10:30am - 12:30pm
	<b>Carers Support</b> with Gofalwyr Ceredigion Carers	<b>Money Matters</b> with Citizens Advice Bureau	<b>Carers Rights</b> with West Wales Regional Partnership Board
	Join us at the Penmorfa Centre for Independent Living*, or online from 11am: <a href="http://www.bit.ly/CFAPR2025">www.bit.ly/CFAPR2025</a>	Available online only - <a href="http://www.bit.ly/CFJUL2025">www.bit.ly/CFJUL2025</a>	Join us at the Penmorfa Centre for Independent Living*, or online from 11am: <a href="http://www.bit.ly/CFOCT2025">www.bit.ly/CFOCT2025</a>

\* The Penmorfa Centre for Independent Living is on the ground floor of the County Council's offices in Penmorfa, Aberaeron, SA46 0PA.

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

Susan Kidd: Co-ordinator

The Carers and Community Support Team: Editorial support

The Carers Information Service Magazine is also available online:

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

### The summer issue will be out in August 2025.

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.

# Fit4Life Classes

## PLASCRUG LEISURE CENTRE, ABERYSTWYTH

### TUESDAY

10 - 11am	Walking for Wellbeing
11am - 12pm	Gym Class
12 - 12:45pm	Seated Yoga
12:55 - 1:40pm	Yoga
1 - 2pm	Walking Football

### WEDNESDAY

9 - 10am	Circuits
10 - 11am	Circuits
11:30am - 12:15pm	Seated Yoga
12:30 - 1:15pm	Core, Back & Pelvic Floor
2:15 - 3pm	Swim

### THURSDAY

11:45am - 12:45pm	Circuits
12:45 - 1:45pm	Circuits

### FRIDAY

9 - 10am	Gym Class
10 - 11am	Gym Class
10:30 - 11:30am	Walking for Wellbeing (Borth Hub)
11:30am - 12:15pm	Yoga



## ABERAERON LEISURE CENTRE

### MONDAY

2 - 3pm	Gym Class
3:30 - 4:30pm	Circuits
5 - 6pm	Walking Sports

### TUESDAY

2 - 3pm	Gym Class
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### WEDNESDAY

1:30 - 2:30pm	Walking for Wellbeing
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### THURSDAY

2 - 3pm	Gym Class
3:30 - 4:30pm	Circuits

### FRIDAY

2 - 3pm	Gym Class
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## TEIFI LEISURE CENTRE, CARDIGAN

### MONDAY

9 - 10am	Gym Class
10 - 11am	Gym Class
12 - 1pm	Dance Fitness
1 - 2pm	Stretch and Core
2 - 3pm	Tabata
8 - 9pm	Pickleball Club

### TUESDAY

10 - 11am	Walking for Wellbeing
2 - 2:45pm	Spin
6 - 7pm	Walking Basketball

### WEDNESDAY

10 - 11am	Walking for Wellbeing (Aberporth)
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### THURSDAY

10:30 - 11:30am	Dance Fitness
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### FRIDAY

9 - 10am	Gym Class
9 - 10am	Cardio Circuits
10 - 11am	Gym Class
10:15 - 11:15am	Functional Circuits



## WELLBEING CENTRE, LAMPETER

### MONDAY

9 - 10am	Gym Class
3:30 - 4:30pm	Walking Basketball

### TUESDAY

10 - 11am	Walking for Wellbeing
2 - 3pm	Gym Class

### WEDNESDAY

12 - 1pm	Seated Yoga
1 - 1:30pm	Spin
2 - 3pm	Gym Class

### THURSDAY

9 - 10am	Gym Class
10:30 - 11:15am	Aqua Aerobics
12:30 - 1:30pm	Circuits

### FRIDAY

10:30 - 11:15am	Aqua Aerobics
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## CARON LEISURE CENTRE, TREGARON

### MONDAY

10 - 11am	Circuits
11am - 12pm	Circuits

### WEDNESDAY

10 - 11am	Circuits
11am - 12pm	Circuits

### FRIDAY

10:30 - 11:30am	Walking for Wellbeing (Cors Caron)
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## CALON TYSUL, LLANDYSUL

### THURSDAY

10 - 11am	Seated Class
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### FRIDAY

7:30 - 8:30am	Swim
10 - 11am	Circuits
10 - 11am	Gym Class

\*All dates and times correct at time of going to print.

**Pre-booking is essential**