

CEREDIGION YOUNG CARERS NEWSLETTER



Young carer ID card

FOR YOUNG CARERS IN CEREDIGION WHO HELP TO LOOK AFTER A FAMILY MEMBER OR FRIEND.

FREE



DESIGN YOUR OWN CARD

APPLY NOW:

SCAN
ME! >>>



ceredigion.gov.uk/youngcarercard

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EXERCISE BUDDY CARDS



As a Ceredigion Young Carer card holder, you are already able to access our wellbeing centres for free. But wouldn't it be better if your friends could go for free too? Well now they can!

Our new exercise buddy cards allow you and a friend to use any council-run swimming pools or fitness suites for free!

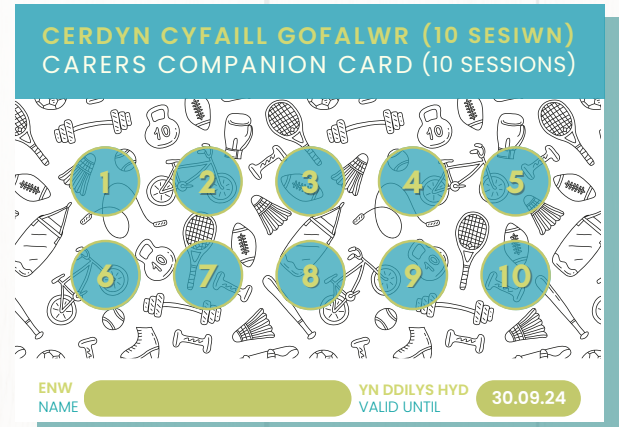
(Up to 10 sessions. Participants must be aged 14+ to use fitness suites)

There are a limited number of exercise buddy cards available, so get yours before they're gone!

Full terms & conditions can be found at your nearest wellbeing centre.



FREE SWIM & GYM THIS SUMMER



Get in touch using the contact details at the bottom of the page.



You can apply now, for free!

You must have a Ceredigion Young Carers card to apply.



Get in touch for more information

Carers & Community Support Team

01545 574200

connecting@ceredigion.gov.uk

ACTIVITIES



SUMMER ROADSHOW

OPEN ACCESS EVENTS FOR ALL AGES & ABILITIES

**FREE
EVENTS**



These open access events are full of inclusive games and activities for all ages and abilities to enjoy. Just turn up and have fun!

There will also be stalls from various service providers throughout the county, providing advice and support for all your needs.



10am - 2pm



Plascrug

26th July

 Llanbadarn Fawr,
Aberystwyth, SY23 1HL

10am - 2pm



Cardigan

14th August

 College Road
Cardigan, SA43 1HG

10am - 2pm



Lampeter

22nd August

 Peterwell Terrace,
Lampeter, SA48 7BX



**FREE
EVENT**

**CLICK FOR
MORE INFO**

YOUNG CARERS FESTIVAL

20 - 22ND AUGUST

Royal Welsh Showground, Builth Wells, LD2 3SY

Held at the Builth Wells Showground every August, it is a 3 day / 2 night event with camping and **all activities, entertainment, food and drink provided making it a cash-free zone.**

The purpose of the festival is to give young carers a much needed and deserved break from their caring role, the chance to have fun, relax and make new friends.

**CONTACT CREDU FOR TICKETS -
CALL 03330 143 377**

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

The support we give is tailored to your needs, whether it's a friendly ear, connecting with other carers, going to groups, accessing support or enjoying a day out with your family and friends.

 03330 143 377

 ceredigion@credu.cymru

 gofalwyrceredigioncarers.cymru

Get in touch to see how we can help you.

We have events for everyone this Summer, see below for a taster of what's happening in Ceredigion.

24TH JULY

CLICK FOR MORE INFORMATION



RHEIDOL RAILWAY TOUR

 24 July 2024

 All day event - For all ages

 Vale of Rheidol Railway, Park Avenue, Aberystwyth, Ceredigion, SY23 1PG

26TH JULY

CLICK FOR MORE INFORMATION



HEATHERTON FUN DAY

 26 July 2024

 All day event - Booking required

 Heatherton Country Sports Park, St Florence, Tenby, Pembrokeshire, Wales SA70 8RJ

20 - 22ND AUGUST

CONTACT US FOR MORE INFORMATION



YOUNG CARERS FESTIVAL

 20 - 22 August 2024

 Weekend event

 Royal Welsh Showground, Llanelwedd, Builth Wells, LD2 3SY

29TH AUGUST

CLICK FOR MORE INFORMATION



FOLLY FARM FUN DAY

 29 August 2024 - Coach available

 All day event - Booking required

 Folly Farm, Begelly, Kilgetty SA68 0XA

Y BARTNERIAETH AWYR AGORED

PROFIAD • MWYNHAU • LLWYDDO • GYDA'N GILYDD



THE OUTDOOR PARTNERSHIP

EXPERIENCE • ENJOY • ACHEIVE • TOGETHER



/OutdoorPartnership



info@outdoorpartnership.co.uk



outdoorpartnership.co.uk/

The Outdoor Partnership transforms the lives of unpaid carers with outdoor activities all across Wales. Improving their mental health through local outdoor activities, fostering well-being and community engagement.

12TH AUGUST

CLICK TO BOOK
YOUR PLACE

LLAIN ACTIVITY CENTRE

📅 12 August

🕒 All day event - Booking required

📍 Llain Activity Centre, Llain, Llanarth SA47 0PZ

28 - 29TH
SEPTEMBER

CLICK TO BOOK
YOUR PLACE

FIRST AID TRAINING - FREE

📅 28 - 29 September - Accommodation available

🕒 2 day training event - Booking required

📍 Llandysul Paddlers Canoe Centre, Wilkes Head Square, Pontwelly, Llandysul, SA44 4AA



SCAN ME! >>>



Do the activities you want to do.

Whatever you like doing in the great outdoors, we want to help you do it.

We're always looking at ways of improving access to outdoor activities and would love to hear more about the things you like to do.

Please help us by **clicking the link** and answering a few quick questions about your favourite outdoor activities - bit.ly/TOPBO24

If you have trouble accessing any of the activities, you can also view and book onto them using the link below.

outdoorpartnership.co.uk/events



Young Persons Sanctuary Service

Mental health support for **12-18 year olds**.

Providing mental health advice and guidance to the **young people of Ceredigion**, in a supportive environment in the centre of Aberystwyth.

Friday 17:00 - 22:00

Saturday 17:00 - 22:00

Sunday 17:00 - 22:00

Call or text

07377 369 241

for an appointment.



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.



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

Call: **0800 1111**



Free and confidential support, call the Hopeline.

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



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

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



Barnados Support Young Carers and their families with various services.

Visit:
www.barnados.org.uk



For help and advice with drugs & substance misuse.

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



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

Visit:
www.kooth.com



Digital mental health support for Children and Young People.

Visit:
www.silvercloudhealth.com

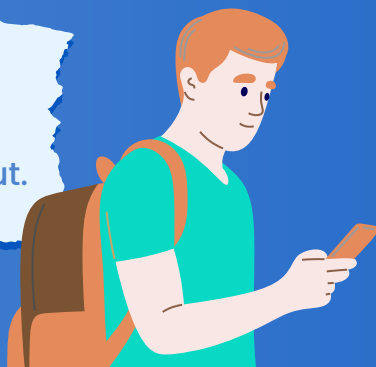


Support for young people struggling with mental health issues.

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