



INTERNATIONAL OLDER PERSONS DAY 2024

Ceredigion County Council, Penmorfa, Aberaeron, SA46 0PA



Welcome to Ceredigion's Celebration of International Older Persons Day.

We're thrilled to have you here as we come together to discuss how to make our communities better for people of all ages. This event brings together experts, policymakers, advocates, and community leaders, all working towards the same goal: creating places where everyone can thrive, no matter their age. Today, we will share ideas, learn from each other, and build partnerships to support age-friendly initiatives.

Let's work together to create a future where everyone can live with dignity and respect. **Thank you for joining us on this important journey.**

UNABLE TO JOIN US ON THE DAY?

Click here to view all the presentations from the day.

TIMETABLE OF ACTIVITIES - MORNING

TIME	ITEM
10:00	Welcome - Eifion Evans, Chief Executive of Ceredigion County Council
10:15	Order of the day - Councillor Alun Williams, Deputy Leader, Cabinet Member for Through Age and Wellbeing and Older People's Champion
10:20	A message from Wales' Older People's Commissioner - Dave McKinney
10:40	Community Led Initiatives - Professor Charles Musselwhite, Centre for Ageing and Dementia Research
11:00	One Voice Wales - Vanessa Owens
11:10	Strategic Equalities Plan - Cathryn Morgan, Equalities and Inclusion Manager of Ceredigion County Council
11:20	Age-Friendly Ceredigion (The story so far) - Greg Jones, Corporate Lead Officer: Porth Cymorth Cynnar, Ceredigion County Council
11:30	Question and answer session
12:45 - 1:15	Optional tour of Penmorfa Independent Living Centre
12:50 - 1:20	Outdoor Wellbeing Session - with Alex Holloway, The Joyful Life Guide

TIMETABLE OF ACTIVITIES - AFTERNOON

1:30	Age-Friendly Gwynedd - Mirain Llwyd Roberts, Age-Friendly Lead, Cyngor Gwynedd
1:40	Is your community Age-Friendly? - Workshop with Lindsay Harkett, Carers and Community Support Team, Ceredigion County Council
2:10	Ceredigion Anchor Groups - Sue Lewis, Aberporth Village Hall and Gill Byrne, RAY Ceredigion
2:20	Tackling Fuel Poverty in Wales - Aled Jenkins, Warm Wales
2:30	Yr Ardd Community Garden - Suzanne Hughes-Owen
3:05	Waiting List Support Service - Carol Seabourne, Hywel Dda NHS Trust
3:15	Cardigan U3A - Howard Lillyman, Chairman of Cardigan Branch
3:25	Arts 4 Wellbeing - Mike Hotson, Co-Director
3:35	Digital Inclusion - Michael O'Hara, Digital Communities Wales
3:45	Tackling Food Poverty - Ann Owen, Ceredigion Food Partnership
3:55	Word of Thanks - Councillor Alun Williams, Deputy Leader, Cabinet Member for Through Age and Wellbeing and Older People's Champion

If you need further information on any of the organisations that joined us for International Older Persons Day please contact:

 **01545 574200**

 **connecting@ceredigion.gov.uk**



Cyngor Sir
CEREDIGION
County Council



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