

CEREDIGION YOUNG CARERS NEWSLETTER



YOUNG CARERS BOOKLET

WHAT'S INSIDE?

Our **NEW** booklet contains everything you need to know about being a young carer in Ceredigion.

- Places where you can get help in Ceredigion
- How to apply for a Young Carers ID Card
- Who to tell if you are worried about how being a carer affects school or college
- Who to ask for help with money worries
- Help for carers who have a job
- What to do in a medical emergency



Read the booklet online **here** or email us and we'll send you one in the post.

YOUNG CARERS ACTION DAY

**CARERS
TRUST**

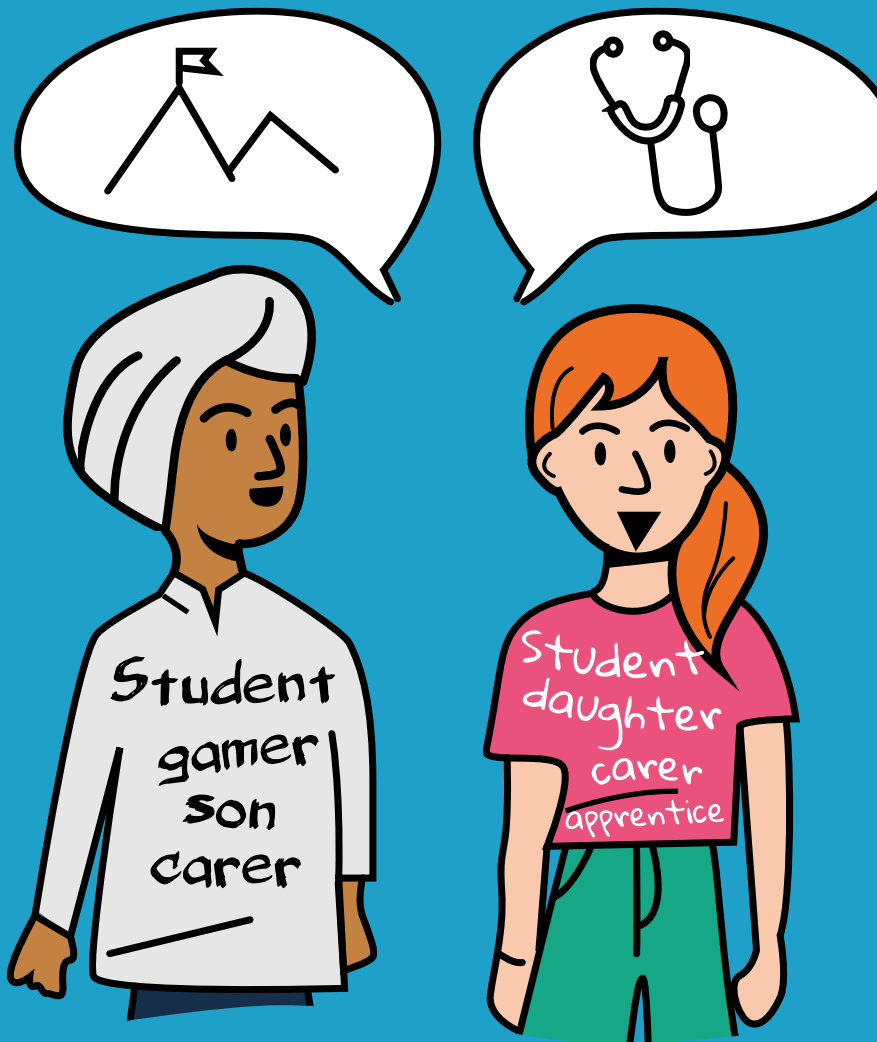
WEDNESDAY 13 MARCH 2024

Fair Futures for Young Carers

Being a young carer shouldn't be a barrier to a young person's dreams. It should be a stepping stone to a brighter future.

Together, let's create a future where young carers can dream without limits.

Your voice matters. Support us on Young Carers Action Day so every young carer can learn, earn, and thrive!



Find out more and get involved:
[Carers.org/ycad](https://carers.org/ycad)

#YoungCarersActionDay



ACTIVITIES



The Outdoor Partnership Mid Wales have a wide selection of **FREE outdoor activities**, for you and your families.

Just click on the activity for more information or to book.

CLICK TO BOOK YOUR PLACE



16 March 2024
11:15am - 12:30pm
The Old Drift Mine, Trelewis, Treharris, CF46 6RD



18 March & 29 April 2024
4:00pm - 6:30pm
Llangorse Multi Activity Centre, Brecon, LD3 7UH



16 March 2024
1:30pm - 4:00pm
Bwlch Nant yr Arian Forest Visitor Centre,
Ponterwyd, SY23 3AB



30 March 2024
11:00am - 3:00pm
Aberporth, SA43 3BW
(Depending on conditions, could be Moylgrove)

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

www.eventbrite.co.uk/o/the-outdoor-partnership-mid-wales-40346662393

Young carer ID card

FREE

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

- **FREE** swims and gym entry* at council-run leisure centres:

★ Plascrug ☆ Cardigan

★ Aberaeron ★ Lampeter

★ Tregaron ★ Llandysul

- Check out our website for more offers...



APPLY NOW:

SCAN ME! >>>



ceredigion.gov.uk/youngcarercard

*age restrictions may apply

DESIGN YOUR OWN CARD



Cyngor Sir CEREDIGION
County Council



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



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



Folly Farm Fun Day



Our trip to Folly Farm was a great success!

Despite the weather, a total of 105 young carers and their families attended.

Here are a few of the amazing comments we received;

"We had a lovely day at Folly Farm... It is amazing for young carers to be so recognised, valued and treated to days out."

"Just want to say a massive thank you for today. We thoroughly enjoyed our first trip with young carers, it was fab!"

"The weather may have been awful, but we had a fantastic day. It certainly didn't stop us from making amazing memories. The boys really enjoyed it. Days like today mean so much to us "

Cyfle Cymru

Healthy
WORKING
Wales



Unlocking potential
Opening doors
Creating opportunities

What is Cyfle Cymru?

Cyfle Cymru is a service which helps people with substance misuse issues and/or mental health conditions into work, education or training.

How can we help?

Cyfle Cymru provides the support you need to find the right job, training opportunity or qualifications.

Who is eligible?

- We can support you towards and into work if: you are aged **16 to 24** and not in employment, education or training.
- you are aged **25 or over** and long-term unemployed or economically inactive. you live in
- **Cardiff & Vale of Glamorgan Dyfed North Wales, Powys or, Swansea Bay**
- you are in **recovery** from substance misuse and/or mental health issues.

- **one-to-one guidance from a peer mentor** who can draw on their own experience of substance misuse, recovery and/or mental health conditions.
- **Specialist employment support**, including training courses, volunteering opportunities and help and advice on how to search and apply for jobs.
- **We work closely with large employers** to ensure that we've got the connections you need to find a rewarding new job.
- We're experienced in treatment and rehabilitation and **understand your recovery**, so you can trust us to help you make the right decisions.

Our help and support can continue after you enter employment, training or education to help you settle in.



Gofalwyr Ifanc Ceredigion Young Carers

PASG EASTER

Sul / Sun
24/03/24

Taith i deuluoedd
Family trip

HEATHERTON

Bydd pob teulu'n cael
rhai credydau
Every family will
receive some credits

- Bws o Geredigion
- Bus from Ceredigion

Cysylltwch â Jamie neu Dylan am
fwy o wybodaeth:

jamie@credu.cymru

Contact Jamie or Dylan for more
information:

dylan@credu.cymru

Dywedwch fod gennych
ddiddordeb - Ffurflen

Tell us you are interested -
Form



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



Cyngor Sir
CEREDIGION
County Council

YMDDIRIEDOLAETH
GOFALWYR
CYMRU

CARERS
TRUST
WALES

credu
Ceredigion
celfnogi gofalwyr ifainc ac oedolion sy'n Ofalwyr
supporting young and adult Carers

Gofalwyr
Ceredigion
Carers



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



Cyngor Sir
CEREDIGION
County Council



DIWRNOD HWYL I DEULVOEDD
FAMILY FUN DAY

@URDD LLANGRANNOG

**Gofalwyr ifanc a
theuluoedd
Young Carer and
Family**



Y GWEITHGAREDDAU THE ACTIVITIES

Beiciau Modur / Quads

Twr gyda Gwifren Wib /
Tower with Zip wire

Ceirt Modur/Go Karts (9+)

Gwibgartio / Tobogganing

Canolfan Ddringo/Climbing
Centre



Dydd Iau/ Thursday

Mawrth 28 March

10:00-16:00



Cinio / Dinner



**Opsiynau trafnidiaeth ar gael
Transport options available**

**COFRESTRWCH NAWR
REGISTER NOW**

Ffurflen / Form:

<https://forms.office.com/e/pwZvdhPvQD>

jamie@credu.cymru
07498 965274

dylan@credu.cymru

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**
Email: pat@papyrus-uk.org
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

SilverCloud

Digital mental health support for Children and Young People.

Visit:
www.silvercloudhealth.com

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



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