**Cardigan**

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| Depot35 Pendre,CardiganCeredigionSA43 1JS | A safe space youth café for 14-25 year olds.Provides access to support, information, supported employment and counselling.Subsidised food. | Monday to Saturday11:00 - 19:00 | Depot@area43.co.uk |
| New Life ChurchLower MwldanCardiganSA43 1HR | Hot drinks, sofas and tablesSoft play area for young children. | Term Time: Thursday, Friday and Saturday 10:00 – 17:00School holidays:Wednesday, Thursdays, Fridays and Saturdays10:00 - 17:00 | Jenny Hewitt or Mandy Faunchnlcc966@gmail.com |
| Aberporth Village HallAberporthSA43 2EN | Lunches and a coffee morning.  | Light LunchMonday 11:30 - 13:00Hot LunchThursday 11:30 - 13:30Coffee morning and Hot RollsFriday 10:00 - 12:00 | Sue Lewisavhprojectofficer@gmail.com |
| Canolfan Dyffryn Aberporth Cardigan , Ceredigion Sa432eu | A range of community events, detailed in the opening times. Co-ordinator Nic is also at the village hall Mon-Thur 8.30-2.30- there is a room available at the village hall if anyone wants to pop in for a brew! | Community FridgeMonday 10:00 - 12:00Tuesday 10:00 - 12:00Thursday 10:00 - 12:00Friday 10:00 - 12:00Saturday 10:00 - 12:00Coffee MorningTuesday 10:00 - 12:00Knit and NatterTuesday 14:00 - 16:00Digi ClubMonday 11:00 - 12:00Wednesday 11:00 - 12:00 | Sue Lewisavhprojectofficer@gmail.com |
| Guild Hall Cardigan, 1 Pendre, Cardigan | Bendith – parents and kids craft sessions every Friday. A warm space with food and activities for families with children in Cardigan area. | After school clubs 2 times a month (Friday afternoon) and a mother's club 2 times a month (Friday morning). Must book via Facebook page. | suebrett1966@gmail.com |
| MwldanBath-House Rd, Cardigan SA43 1JY | Everyone is welcome to use free Wi-Fi, Café/bar area with no obligation to buy anything. | Term time: Tuesday- Sunday 12:00-20:00. School Holidays: Monday- Sunday 12:00- 20:00 | jasmine@mwldan.co.uk 01239 622 406. |
| St Tydfil's Church Llechryd SA43 2NR | A warm space with a friendly welcome for all. We have free tea and coffee, magazines and newspapers. | Friday 10:00 - 12:00 |  beman.co@btopenworld.com |
| Ferwig Old SchoolFerwigCardiganSA43 1PH | We hold a coffee morning on the 3rd Wednesday morning of the Month - and anyone is welcome to join - it's a convenient place and cuppa and chat for everyone. | 3rd Wednesday morning of the month | post@henysgolyferwig.cymru |
| Home Start Dyffryn Centre, Aberporth Cardigan , Ceredigion SA432EU | Pre School Group. We offer families, warm space, hot refreshments and food for the children. | Every Thursday 09:30-11:00 | homestartaberaeron@gmail.com |

**Llandysul**

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| Ffynon,Llandysul,SA44 4HP | Monday and Friday mornings - Café and Chat, pay for hot drinksTuesday and Wednesdays - Working space for those working from homeThursday mornings - parent and child group, small donation | Monday 9:00 - 12:00Tuesday 8:30 - 16:00Wednesday 8:30 - 16:00Thursday 9:30 - 11:30Friday 9:00 - 12:00 | Meirion Morrismeirion@llechwedd.cymru |
| Llandysul Library,Canolfan Ceredigion,Llandysul,SA44 4QS | Free tea and coffee | Tuesday 10:00 - 16:00Thursday 10:00 - 13:00Saturdays 10:00 - 12:00 | Susanllyfrgell@llandysul.cymru |

**Lampeter**

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| Camfan,4 Drovers Road,Lampeter,SA48 7AT | Unlimited tea and coffee throughout the day. A variety of activities and access to the internet. | Monday to Friday9.30 -15.30 |  |
| St Thomas' Methodist Church,St Thomas' Street,Lampeter,SA48 7DQ | Coffee morning, tea, coffee and biscuits. A warm and welcoming and social space. | Tuesday 10.00 - 12:00 | Revd Flis Randallceredigionsuper@outlook.com |
| Longwood Community WoodlandLongwood CentreLlanfair ClydogauLampeterSA48 8NE | Longwood community woodland visitor centre is open and heated during the opening times below. | Monday Wednesday, Friday and Saturday10:00 - 16:00 | Robert Joyceinfo@longwood-lampeter.org.uk |
| Lampeter Wellbeing CentrePeterwell Terrace, Lampeter SA48 7BX | Warm Welcome Space in Lampeter Wellbeing Centre, everyone welcome.  | Monday 16.00-20.00Wednesday 16.00-20.00Saturday 10.00-15.00 | Elin.Evans2@ceredigion.gov.uk |
| Home Start Home Start Offices, Lampeter, SA48 7AW | Pre School Group. We offer families, warm space, hot refreshments and food for the children | Monday 12:30-2:00 | homestartaberaeron@gmail.com |
| Community Food Project Lampeter North Rd, Lampeter (opposite the Rugby Club) | We provide food and other basic essentials for people in need in these difficult times. There is also a social element to the project in that we can provide a space where people can sit and chat, enjoy a cup of tea or coffee and a hot meal. | Tuesday 12:00- 14:00 | food.project.lampeter@gmail.com |
| The Hub- Emmaus Christian Fellowship78 Bridge Street, Lampeter, SA487AB | A warm space that serves hot food and tea/coffee to those struggling with cost of spiralling energy cost. | Friday 12:00-14:00 | 01570 400 126 |

**New Quay**

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| New Quay Memorial HallTowyn RoadSA45 9QQ |  Warm Hub refreshments, chat and advice, Friendship Group, Indoor market, Wednesday Clonc. | Warm Hub Monday, Tuesday, Wednesday 1pm – 3pmFriendship Group Thursday 12-2pmIndoor market Friday 9-12Wednesday Clonc 10 -11:30 | development@nqch.org.uk / 01545 909585 |

**Tregaron**

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| Tregaron Memorial hallTregaron Square,Tregaron,SY25 6JL | Cosy friendly warm space and a free warm meal. Stay and Play for families starts at 10:30, the whole community are welcome to join for a hot meal at 12:00. | Tuesday10:30 - 13:30We won't be running during the school holidays  | Tregaron Family Centrekarlitregaro@plantdewi.co.uk |
| Caffi a Siop Llangeitho,SY25 6TL | A warm space to sit and enjoy a free mug of tea or coffee and toast. | Monday - Thursday09:00 - 14:00 | Ceridwen Richardscridrich31@yahoo.com |
| Mynachlog Fawr,Abbey Road,PontrhydfendigaidSY25 6ES | Monthly coffee morning - hot drinks, cakes, magazines, friendly group.Wednesday to Saturday each week - free to enter exhibition with places to sit and explore our collection and reference books. | Coffee morning - last Monday of the monthExhibition - Wednesday to Saturday 11:00 - 15:00 (please check website to confirm) | info@strataflorida.org.uk |
| Bronant Vestry SY23 4TG | An opportunity to socialise, to learn more about the history of our village, and possibly to play board games or do some craft work; an opportunity also for learners to practice their Welsh. But, most importantly, to enjoy each other’s company. | First Friday of each month14:00 - 16:00 | Eirlys Morgan |

**Aberaeron**

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| Vale of Aeron,Felinfach,Lampeter,SA48 8AE | A warm welcome and with access to board games and reading material in the the Vale of Aeron community pub in Felinfach. | Monday, Tuesday, Wednesday, Thursday: 6pm - 11pmFriday: 4pm - 12amSaturday: 3pm - 1amSunday: 3pm - 7pm | Carys Lloydcarys@tafarn.cymru |
| Pennant Community CentrePennantLlanonCeredigionSY23 5PA | Regular activities: Yoga classes, Time for Dads playgroup, Youth club, dance, accessible exercise classes, film nights, choir, art and crafts, Coffee mornings. Check the website for more info |  | cympencom@gmail.com |
| Holy Trinity Church Hall,Aberaeron,Ceredigion,SA46 0AY | A warm and welcoming place for all to enjoy chat, warmth, games and advice. Free hot drinks, soup and cakes will be available. We also have information about our 5K+ Foodbank. Everyone is welcome. | Friday: 10:00 - 16:00 | Mrs Lee Oldaleleeoldale56@gmail.com |
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**Aberystwyth and Surrounding areas**

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| The Castle Rooms,Seaview Place,Aberystwyth,SY23 1DZ | The WellPool, games, chat, hot drinks, and a hot meal at 12:30 | Monday 11:00 - 15:00Friday 11:00 - 15:00 | Liz Reesliz@stmikes.net |
| St Paul's Methodist Centre,Queen's Road,Aberystwyth,SY23 2NN | Hot drinks, cooked meals and board games.Lunch - Tuesday and Thursday between 12:00 and 13:30. | Tuesday 11:00 - 14:00Thursday 11:00 - 14:00Friday 19:00 - 21:00 | Ruth Flatman |
| St Anne's Church,Penparcau,Aberystwyth,SY23 1RY | Mondays (term time): Baby and Toddler Group. A chance for the children to play and grown-ups to enjoy a warm drink in the company of others in a similar situation. Drinks and snacks provided.Tuesdays: Games, company, warm drinks and food. | Monday 09:30 - 12:00 £1 donationTuesday 10:00 - 14:00free | Liz Reesliz@stmikes.net |
| Morlan CentreQueen's RoadAberystwythSY23 2HH | Hot drinks, light lunch, a space to relax, have a chat and advice on everyday matters. | Every Wednesday11:00 - 14:00 | Eifion Robertsmorlan.aber@gmail.com |
| Eco Hub AberThe Arcade, Bath St, Aberystwyth, SY23 2NN | A series of craft workshops focussed on making and mending textiles, drawing upon heritage methods of sustainably, communally and cosily crafting.Friday 7th February - Crochet for Absolute BeginnersFriday 21st February - Frame Loom Weaving for BeginnersFriday 7th March - Visible Mending - DarningFriday 21st March - Visible Mending - PatchingBooking Essential - maeverosemoran@gmail.com and see website ecohubaber.com for more information | Fridays 13:00 - 16:00Booking Essential | ecohubaber@gmail.com |
| The National Library of WalesAberystwythCeredigionSY23 3BU | A comfortable space for people to visit to read, relax, socialise and have free internet access. | Open Monday to Friday: 09:00-17:00; Saturday 09:30:16:30 | Ffion Morrisenquiry@library.wales01970 632800 |
| The Bookshop by the Sea,7 Market St,Aberystwyth,SY23 1JX | A warm space for people to come and sit.A workspace is available for students and members of the public, a hot drink will be on offer. | 11:00 - 17:00 Wednesday to Saturday12:00 - 16:00 Sundays | Freya Blythethebookshopbythesea@gmail.com |
| Penparcau Community Centre Penparcau Road Aberystwyth SY23 1RU | A free bowl of soup and roll in the cafe area for Penparcau residents and toys to help entertain children. There will be jigsaws and 'grown up' games on offer, too. | Monday: 11:00 - 16:00 | Sam Hughes-Evans01970 611099 or contact@penparcau.cymru |
| Home Start Penparcau Community Centre,Penparcau Road,Aberystwyth,SY23 1RU | Pre School Group. We offer families, warm space, hot refreshments and food for the children | Tuesday 12:00-13:30 |  homestartaberaeron@gmail.com  |
| Aberystwyth Arts Centre, Aberystwyth University, Aberystwyth SY23 3DE | All are welcome to come and work or socialise in the theatre bar. It's warm and there is free Wi-Fi. | Monday to Saturday 9:00 - 22:00 | Louise Amery01970 62 32 32 email artsadmin@aber.ac.uk |
| Home Start Aberystwyth Library, SY23 2EB | Pre School Group. We offer families, warm space, hot refreshments and food for the children | Tuesday 09:30-11:00 |  homestartaberaeron@gmail.com  |
| Ysbyty Ystwyth Pontrhydygroes & Ysbyty Ystwyth Village Hall, Ysbyty Ystwyth, SY25 6DE. | Coffee Morning and chat in Ysbyty Ystwyth, small donation is requested | Wednesday 11:00- 13:00 | kevinpenbont@gmail.com |

**North Ceredigion**

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| Borth Community Hub,Clarach Road,Borth,SY24 5NL | Community pay as you feel café.Games area.Crochet class and other talks and activities. | Thursday 18:00 - 20:00 (youth club)Friday 09:00 - 15:30 | Helen Williamshelen@borthfamilycentre.co.uk |
| Home Start Village Hall Penrhyncoch, SY23 3ER |  Pre School Group. We offer families, warm space, hot refreshments and food for the children. | Every Thursday 12:30-14:00 | homestartaberaeron@gmail.com |
| Cwtsh CynnesTal y Bont Memorial Hall,Tal y Bont,SY24 5DY | Come and chat, meet old and new friends and enjoy the warmth of the company. The Warm Space is held in Ystafell Waelod, Talybont Memorial Hall. Hot drinks and biscuits available.Everyone is welcome, including children. There are some toys, games and colouring books for children. | Tuesday 10:00 - 12:00 | Ellen ap Gwynellen.apgwynn@gmx.com |
| Tal y Bont Memorial Hall,Tal y Bont,SY24 5DY | Youth club for 10 -16-year-olds. | During term time, Friday 18:30 - 20:30 | Lowri Evanslowri\_masonevans@hotmail.com |
| Home Start Tal y Bont Memorial Hall,Tal y Bont,SY24 5DY |  Pre School Group. We offer families, warm space, hot refreshments and food for the children. | Every Thursday 10:00-11:30 |  homestartaberaeron@gmail.com |
| CletwrTre'r Ddol,Ceredigion,SY20 8PN | A warm welcome space in Cletwr café. Visitors can be reassured that they will be provided a space to sit, undisturbed in our cafe area surrounded by a safe and friendly atmosphere, with staff on hand toassist with any additional needs. Plug sockets available, visitors are welcome to browse the second hand book section. | Monday - Saturday: 09:30 - 17:00Sunday 09:30 - 16:00 | Chloe Birdscletwr@cletwr.com |
| The Iron room, Furnace, Eglwys Fach, SY20 8SY | Come and join us for a warm drink. An informal Warm Welcome Space for sitting, reading, knitting, playing cards, scrabble, chess or catching up.Donations to cover the cost of the room hire are welcomed. | Tuesday 14:00 - 16:00 | Harry Toland and Claire Tolandhht@aber.ac.uk, clizztoland@gmail.com |
| Neuadd Llanfach, Taliesin, Machynlleth SY20 8JG | Coffee and chat for parishioners and friends.  | 3rd Wednesday of every month at 10.30. | kirst.manley@gmail.com |