



# **Age Friendly Ceredigion Newsletter**

## **December 2024**

**Welcome to the very first Age Friendly Ceredigion Newsletter!!**

Firstly, a big thank you to everyone who attended our first forum at the end of November. 44 of you attended from around Ceredigion, with people joining us in person at 3 venues and online.

If you received this newsletter by email then the minutes will have been attached, if it came by post then a paper copy of the minutes will have been included.

If this newsletter is the first time you've heard of Age Friendly Ceredigion, then get in touch if you want to find out more and get involved

**Contact Details:**

Phone: 01545 574200

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

**Here are the details of the organisations that presented at last week's forum;**

**Pembrokeshire Association of Community Transport:** if you'd like to find out more about their work and what services they support in South Ceredigion –

Call the team on: **01437 701123**

Listen to the message and select the option you require, or you can

**e-mail:** [admin@pacto.org.uk](mailto:admin@pacto.org.uk)

If you need help organising a journey for day opportunities you can email [transportconnector@pacto.org.uk](mailto:transportconnector@pacto.org.uk)

For MiDAS Training/Assessment then contact Craig on 07535 921528 or

Email: [craig@pacto.org.uk](mailto:craig@pacto.org.uk)

**Website:** [www.pacto.org.uk](http://www.pacto.org.uk)

**Address:** Unit 5b, The Old School Estate, Station Road, Narbeth, SA46 7DU

**Cavo** are holding a transport hackathon on 10.12.24 at the Feathers Hotel, Aberaeron. Call them direct to book a place on **01570 426 232**

**Green Dragon Bus** operates a dial a ride in the Cardigan area 3 days a week (The Cardigan Town Rider) and can offer minibus hire and an accessible car  
The Green Dragon Community Transport Office: **01239 698 506**

**Dolen Teifi:**

based in Llandysul and operates around Carmarthenshire and Ceredigion, providing dial a ride services in Lampeter and Llandysul with more routes to be added before April 2025

**Email:** [info@dolenteifi.org.uk](mailto:info@dolenteifi.org.uk)

**Phone:** **01559 362403**

**Address:** Dolen Teifi Community Transport, Llandysul and Pont - Tyweli Ymlaen Cyf, The Old Post Office, New Road, Llandysul, Ceredigion SA44 4QJ

**Website:** [www.dolenteifi.org.uk](http://www.dolenteifi.org.uk)

**50+ Champion Nick Lloyd, Southwest Wales** (Department of Work and Pensions informed us of the Access to Work Scheme and his role in supporting Older People in the workplace and will be attending future forums with updates on a regular basis.

50 Plus Champion Southwest Wales District, Department for Work and Pensions, Work and Health Services, 23 Gordon Street, Pembroke Dock, SA72 6EP

**Phone:** **07825933504**

**Severn Wye:** deal with domestic energy issues, advising on practical and achievable energy-saving measures in the home, signposting retrofit measures or helping those in crisis fuel situations. They check and explain energy statements and advise on ways to manage debt or reduce large energy bills. They advocate on a client's behalf with energy suppliers. They aim to empower clients to manage their own domestic energy situation in the future. Anyone living in Ceredigion who has problems with their domestic energy supply or bills is eligible

Email the advocacy team on [communityadvice@severnwye.org.uk](mailto:communityadvice@severnwye.org.uk)  
Amanda Harries Senior Community-based Energy Adviser, Ceredigion

**Email:** [amandah@severnwye.org.uk](mailto:amandah@severnwye.org.uk)

**Mobile:** 07778 359857

### **The All Wales Concessionary Fare Scheme:**

The All Wales Concessionary Fare Scheme, funded by the Welsh Government and Local Authorities, entitles people over 60 and people with certain disabilities who are resident in Wales to travel free at any time of day on local bus services throughout Wales.

To apply for a Concessionary Travel Pass please contact Transport for Wales by clicking on this link: [Your Concessionary Travel Card - Transport for Wales \(TfW\)](#)

To apply for a pass via post you can download the application form from Transport For Wales by clicking on this link: [Application Form - Transport for Wales \(TfW\)](#)

**If you need to get in touch with Transport for Wales regarding your travel card application, please email [travelcards@tfw.wales](mailto:travelcards@tfw.wales) or call 0300 303 4240.**

## **Other News**

### **Flu and Covid Vaccinations for Unpaid Carers:**

Did you know that unpaid carers are eligible for flu and COVID-19 vaccines this winter? Vaccination is one of the safest and most effective ways of preventing you and those you care for from getting seriously ill. If you haven't had an invitation to be vaccinated against flu and/or COVID-19, you'll find your local health board's website which will have all the details on how to get vaccinated in your area [here](#). If you have any questions about the vaccine or your eligibility, please do not hesitate to contact the health board on 0300 303 8322 or by emailing [ask.hdd@wales.nhs.uk](mailto:ask.hdd@wales.nhs.uk) and they'll be happy to advise you.

**Elinor Jones Unpaid Carers Policy Manager, Welsh Government**

### **Public Health Wales Bowel Screening Project:**

Bowel Screening Wales are carrying out a project to look at improving the response from people who receive a bowel screening result saying blood has been found in their poo.

We are looking for small groups of people (approx. 6 - 8) aged 50 -74 to take part in focus groups to look over our bowel screening result and reminder information and answer some questions. The sessions will take approximately 1 hour 30 minutes. We can attend groups either in person or online.

We have a very tight time scale for the review of the letters and would like to engage before Christmas if possible.

**Contact: [Emma.Chadwick@wales.nhs.uk](mailto:Emma.Chadwick@wales.nhs.uk)**

### **Public Health Wales Lung Screening Project:**

The Screening Division is undertaking a scoping project around the possible introduction of a national lung cancer screening programme in Wales.

This work is following a recommendation from the National Screening Committee, and is building on learning from a lung screening pilot which began in [Cwm Taf Morgannwg health board in 2023](#).

We are currently planning our first phase of focus groups and surveys. We're keen to have feedback from a range of communities, with a focus on the likely target cohort for this programme – so we'd particularly like to engage with anyone aged 50-75, who is a current or ex-smoker.

Our ask:

- Focus groups of eligible service users aged 50- 75, who are smokers or ex-smokers, all genders.
- Focus groups size would be ideally around 6-8 people. Our preference would be to tap into existing groups (social/support groups, coffee mornings etc) but we can probably help to co-ordinate if there are willing people.
- We would be looking to attend/hold these focus groups January/February time.
- Also, our online survey will be available to share soon

**Contact: [Emma.Chadwick@wales.nhs.uk](mailto:Emma.Chadwick@wales.nhs.uk)**

Age Cymru Dyfed have produced a list of Community Christmas Meals. If you require a paper copy of the full list covering Ceredigion, Pembrokeshire and Carmarthenshire please get in touch. The full list has also been attached if you received this newsletter by email and has been included in the letter if you received this by post.

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The Tourist Information Office has created 3 different lists of events in December. Again, they have been attached if you received this newsletter by email and have been included in the letter if you received this by post.

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The next Age Friendly Ceredigion Forum will be held on **Wednesday 26 February 2-4pm**, details of venues and online link to join will be sent out nearer the time to all forum members.

