

Carers Magazine

For unpaid carers in Ceredigion



You are a carer if you look after a friend or family member who cannot manage on their own because they have an illness, poor health, disability, mental health issue or an addiction.



**Special
Feature
pages
8 - 15**

SUPPORT FOR YOU



Ceredigion Carer Card offers - pgs. 3 - 6

Age-Friendly Communities - pg. 20

Food banks and community cafes - pgs. 21 - 23

Support for young carers - pgs. 25 - 26

and lots more...



Cyngor Sir
CEREDIGION
County Council

A message from the Carers and Community Support Team

Hello and welcome to the summer edition of the Ceredigion Carers Magazine. In this issue we're focusing on the incredible and often unseen work of unpaid carers. We know that caring for someone can be both rewarding and challenging. Whether you're looking after a parent, partner, child, or friend, your dedication is invaluable.

As an unpaid carer, it's easy to forget about your own needs. You might feel like you need to be strong and handle everything on your own. However, it's important to remember that asking for help is a sign of strength, not weakness. Support can come in many forms - whether it's a chat with a friend, seeking professional advice, or joining a local carers' group. There are many resources available designed to help you balance your caring responsibilities with your own wellbeing.

This summer, we encourage you to take some time for yourself. Even small breaks can make a big difference. Don't hesitate to reach out and use the support networks around you. Remember, caring for yourself is just as important as caring for others. You are not alone, and help is available.

We hope you enjoy the magazine and take care of yourself this summer!

Best wishes

Carers and Community Support Team





Carers Information Service

Join the Carers Information Service to receive:

- Regular Carers Information Service magazines, by email or by post
- Useful information about services, support, the law, etc.
- Information about local events for carers
- Information about relevant training courses
- Notification about consultations taking place on local and national issues

If you are new to caring or perhaps have not seen this magazine before, you can register with the Carers Information Service to receive the above benefits. The Carers Information Service is **FREE** to join.

-  Online form: www.bit.ly/CISCERE
-  01545 574200
-  connecting@ceredigion.gov.uk
-  www.ceredigion.gov.uk/carers





CARER SAFETY

FALLS PREVENTION AND SAFE HANDLING

WEDNESDAY 23 OCTOBER

10AM - 3PM

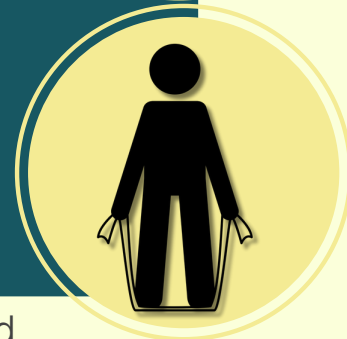
**PENMORFA CENTRE FOR INDEPENDENT LIVING,
ABERAERON, SA46 0PA**



Are you an unpaid carer looking to enhance your skills and ensure the safety of the person you care for? Join us at a special event for an opportunity to learn about fall prevention and safe handling techniques.

WHY ATTEND?

- **Learn practical skills:** Improve your fall prevention and handling techniques. Learn practical solutions you can use right away.
- **Expert Advice:** Get tips and guidance from professionals.
- **Telecare:** See how digital technology can support you and the person you care for.
- **Self-Care Tips:** Learn how to take care of your own health and wellbeing while caring for others.



Drop in at any time. Snacks and drinks will be provided.

For more information contact the Carers and Community Support Team

✉ connecting@ceredigion.gov.uk

☎ 01545 574200



Cyngor Sir
CEREDIGION
County Council



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



**Wales National Exercise
Referral Scheme (NERS)**
Cynllun Atgyfeirio Cleifion
i Wneud Ymarfer Corff Cymru



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

**Gofalwyr i
Ceredigion
Carers**

CEREDIGION CARER CARD

Unlock exclusive benefits with your FREE carer card

If you are an unpaid carer living or caring for someone who lives in Ceredigion, you can apply for a carer card.

To apply for a card and for more information, visit :

Adult Carer Card:

 ceredigion.gov.uk/carercard

Young Carer ID Card:

 ceredigion.gov.uk/youngcarercard



If you don't have access to the internet or are having trouble applying online, you can phone Ceredigion County Council on **01545 574200** to ask for help and to apply.



YOUNG CARERS

DESIGN YOUR OWN CARD



Important note: To use any of the advertised offers, you must show your Ceredigion Carer Card or Young Carer ID Card when requested.

NEW OFFERS

CANOLFAN Y CELFYDDYDAU ABERYSTWYTH ARTS CENTRE



Café

Aberystwyth Arts Centre Café is a place where you can enjoy a cup of coffee and some art, grab a quick bite before a movie or a show, or simply meet up with some friends.

Aberystwyth Arts Centre are offering Ceredigion Carer Card holders **10% discount** off their café drinks and food menu.

To be eligible for this offer you must **present your Ceredigion Carer Card to the Box Office and request a 10% discount card which can be used at the Arts Centre Café.**

Box Office

The award-winning Aberystwyth Arts Centre is Wales's largest arts centre and is recognised as a national flagship for supporting world, regional and local arts. It hosts a wide range of events such as theatre, dance, opera, comedy, musicals, and family shows.

The Box Office at Aberystwyth Arts Centre are offering Ceredigion Carer Card holders a **concessionary rate** for their ticketed shows, screening, and events.

Please note: Concessionary rates will vary depending on the type of event.

Please refer to Aberystwyth Arts Centre 'Your Visit' page for opening times and accessibility so you can plan your visit: aberystwythartscentre.co.uk

Cardigan Island Coastal Farm Park

Cardigan Island Coastal Farm Park are offering a **concessionary admission** price to Adult and Young Carer Card holders.

Cardigan Island Coastal Farm Park is family farm that has something for the whole family to enjoy, whether it's meeting and feeding the friendly farm animals, taking a clifftop walk to enjoy the spectacular scenery and wildlife, or making the most of the outdoor play area.

You can find the opening hours, concessionary ticket prices and all the terms and conditions on the Cardigan Island Coastal Farm Park website: cardiganisland.com or call 01239 623637

Please note that the admission price for carers is the same as the entry rates for disabled adults and children.



BENEFITS AND DISCOUNTS

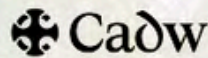
All offers correct at time of printing (July 2024)



Borth and Ynyslas Golf Club

Offer: Play golf for £30 per person.

Booking: Reserve tee times through the Pro Shop in person or by calling 01970 871557.



Uyddraeth Cymru
Welsh Government

Cadw

Offer: 10% off entry to some of Wales's best visitor attractions.

Note: For more information, visit the Cadw website:
cadw.gov.wales

© Crown copyright (2024) Wales



The Cliff Railway, Aberystwyth

Offer: Travel for free on the funicular railway

Note: Opening time on the website:

aberystwythcliffrailway.co.uk



Denmark Farm Conservation Centre

Offer: 10% off the full ticket price for selected one-day workshops.

Note: See denmarkfarm.org.uk for further details or contact them directly on 01570 493358, during office hours.

Free gym membership

Offer: Free, unlimited access to Ceredigion Council's leisure centre facilities and community swimming pools (Aberaeron and Llandysul)

Note: Please be aware that some age restrictions may apply when using some equipment, leisure centre staff will be able to advise.



Important note: To use any of the advertised offers, you must show your Ceredigion Carer Card or Young Carer ID Card when requested.



Dysgu Bro

Offer: First training session free for Carer Card holders.

Notes: Available to people aged 16 and over. For more information, visit www.dysgubro.org.uk or call 01970 633540.



Theatr Felin-fach

Offer: 10% off the full ticket price with card

Note: Check Theatr Felin Fach's website to view their programme of events and plan your visit: theatrefelinfach.cymru



Free flu vaccinations

How to claim:

- GP Surgery: Request your free flu shot from your GP.
- Local Pharmacy: Verify availability with your local pharmacy.



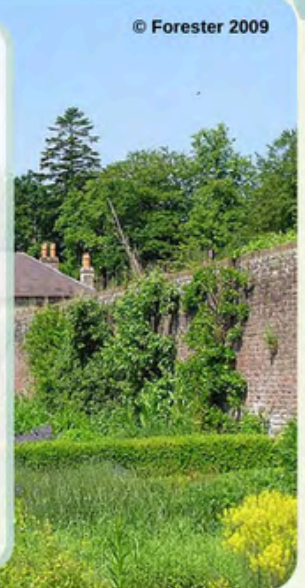
Ymddiriedolaeth
Genedlaethol
National Trust

Llanerchaeron

Offer: Free entry with card

Note: For opening times, visit the National Trust website:

nationaltrust.org.uk



© Forester 2009



Eco Hub Aber

Offer: Half price services, including bike hire, hot desk space and Eco Hub Aber membership.

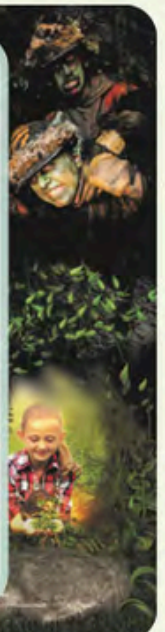
Booking: Complete the "contact us" form on our website ecohubaber.com or email ecohubaber@gmail.com with the subject line "Connecting Carers"



The Silver Mountain Experience

Offer: Concessionary rates on full ticket prices.

Booking: When booking online, select the senior/student ticket option to apply the discount. Visit silvermountainexperience.co.uk for more details and terms and conditions.





Multi award winning, craft festival is coming to Cardigan!

Craft Festival Wales will blaze a trail across Cardigan from September 6 - 8 hosting over 80 makers at Cardigan Castle. The Castle Grounds will be heaving with activity including demonstrations, sculpture trail, exhibitions, talks, workshops, children's activities, opportunities to brush up on your Welsh, local food, live music, walk-about theatre and storytelling. Its jam-packed!

From early September, The Town Craft Trail presented by Oriol Myrddin, will see 6 venues across Cardigan hosting 6 emerging makers from Wales. The Trail will feature new works, inspired by objects from the National Museum Collection. Collect the Trail stamps and you will be entered into a prize draw.

Carmarthen School of Art are presenting a Sculpture Trail around the Castle from September 6 until October 6th. Students and tutors present their responses to the Cardigan Castle Gardens site in wood, metal and stone. They are also joined by a piece from Coleg Ceredigion's unique Furniture Making course with their own chair response to the site-specific chair at the Castle.

Also, Significant Forms hosted at Canfas Gallery, is an exhibition of Museum quality ceramics from across Wales curated by local potter, Peter Bodenham will run from September 6-October 6th.

Funded by Arts Council Wales, QEST and Cynnal y Cardi via Ceredigion County Council.

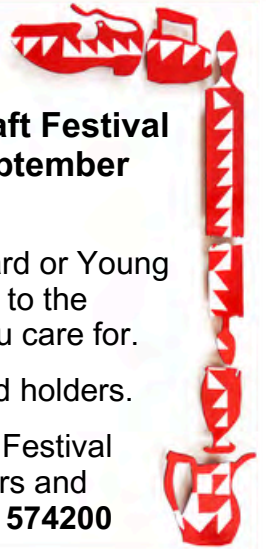
Festival Partners: Castell Aberteifi, Mwldan, Make it in Wales, Oriol Myrddin, Llantarnam Grange Arts Centre, Carmarthen School of Art, National Museum, Sea & Slate, Discover Ceredigion, Menter Iaith

Supported by Cardigan Town Council, Cardigan Bay Brownies, Awen Teifi, Oriol Canfas, Crwst, Fforest, Small World Theatre and St Dogmaels Pottery

For full details go to:

 craftfestival.co.uk/wales

SPECIAL OFFER!



We have 50 free tickets to Craft Festival Wales at Cardigan Castle, September 6 - 8 to giveaway.

If you have a Ceredigion Carer Card or Young Carers ID Card, you get free entry to the event, even without the person you care for.

Spaces are reserved for carer card holders.

IMPORTANT: To get on the Craft Festival guest list, please contact the Carers and Community Support Team: **01545 574200**

Or complete the online registration form: bit.ly/CFW24Car

CRAFT Festival WALES GŴYL Grefft CYMRU

CARDIGAN CASTLE | CASTELL ABERTEIFI
SEPTEMBER | MEDI 6-8 2024



A MAJOR NEW EVENT
AT CARDIGAN CASTLE
DIGWYDDIAD NEWYDD PWYSIG
YNG NGHASTELL ABERTEIFI
www.craftfestival.co.uk/wales





Do you look after someone in your family or a friend?

Then you matter too!

Gofalwyr Ceredigion Carers offer the following support:

Practical Information	Carer groups and activities
Emotional Support	Access to counselling and therapy
Peer support	Short term replacement care
Short breaks	

Funds are available to support with finding ways to balance life and caring, as well as small grants to support with food / heating / connections etc. If you feel you could benefit from this support, just get in touch and you will get a warm welcome.

Information and support

Speak to someone who understands the demands of providing unpaid care and support. Our team offers you support tailored to your individual needs, so you can make informed choices which are right for you.

Connect with others

Carers groups offer you the opportunity to connect with other carers in your area or online. Take some time out from your caring responsibilities, enjoy new experiences and make memories by taking part in activities and trips, with other people who understand how complicated your life can be.

Breaks and respite

There are different ways of making sure that you get the breaks you need, we can help you work out the best approach for you. We work with two highly reputable Carers Trust Crossroads organisations to provide short-term respite / replacement care.

Meet the Gofalwyr Ceredigion Carers Team...

We asked the team to tell us more about themselves, their roles and to share information about the great work they have been carrying out across the county.

Young carer support

Jamie

Jamie is a **Young Carer and Family Outreach Worker** in Ceredigion. His role focuses on supporting young carers and developing opportunities for young carers peer support and family support.



Pete

Pete is our **Outreach Development Worker** for Ceredigion, his role focusses on building peer support groups and other carer-led ideas across the whole of the county.



Melissa

Melissa is an unpaid carer and a **Volunteer**. She organises enjoyable activities for other unpaid carers.



Mandy

Mandy is our **Co-ordinator**. She works across the county, supporting the outreach team and Carers.

Outreach support

Sue

Sue is our Outreach Carer Support Worker in the North of Ceredigion and her role involves supporting unpaid carers in their role, on a one to one basis and running groups .



Tracey

Tracey is our Outreach Worker for unpaid carers in South Ceredigion. She connects with carers, listening to what matters to them. Her support can be offered in a tailored way, to fit around you, it may be via 1:1 meet ups, walk and talk sessions, meeting via other community groups and at our Carers Cafes.

Caryl

Caryl is our **Outreach Worker** who supports unpaid carers in the Devil's Bridge, Tregaron and Lampeter areas of Ceredigion. She also supports Welsh speaking carers in the south of the county. Caryl's role involves working with carers to provide information and support on matters that are important to them.



Support in health settings



Beth

Beth is our **Carer Officer for Bronglais General Hospital**, Aberystwyth. Her role is to provide a link between carers and hospital staff, listen to carers and help them think about and prepare for a hospital discharge.



Liz

Liz is our **Carer Officer for Ceredigion Community**. Her role is to provide a link between carers and hospital staff, listen to carers and help them think about and prepare for a hospital discharge or a transfer of care.

Gofalwyr Ceredigion Carers – providing short breaks

This year we have been able to offer adult carers in Ceredigion several events which have provided them with an opportunity to take a break from their caring role and connect with other carers. Here are some examples of the events held and feedback from those who attended.

Yoga retreat – February 2024

We hosted two rejuvenating yoga retreat days for carers at Camp Siriol, Clarach, which were funded by the Welsh Government's Amser Project.

These retreats offered a much-needed break. Hosted by the lovely Louise, in her yurt, we enjoyed sessions featuring Hatha yoga, breathwork, restorative yoga, guided meditation, and journaling. Participants enjoyed refreshments throughout the day and a delicious, shared lunch.

"This was my first short break session and it was wonderful. It's made a huge difference to my stress levels."

Spa and lunch wellbeing sessions – Cliff Hotel, Gwbert

We recently organised three relaxing sessions for carers from Ceredigion, funded by the Welsh Government's Amser Project. Carers of all ages, from their 20s to 80s, attended and appreciated the chance to spend quality time together and connect with other carers.

Held at the luxurious Cliff Hotel, with its stunning views of Cardigan Bay, each day included an hour in the spa (steam room, sauna, jacuzzi, and pool) followed by a leisurely lunch overlooking the bay. Enjoyed by all, these sessions provided much-needed mental and physical breaks.

"Absolutely wonderful. Felt very spoilt. Brilliant time. Thank you. Feel so very grateful."



Wellness day at Devil's Bridge

In March 2024 we were joined by the lovely Simone Chester – Artist and Wellness Facilitator, at the beautiful Tyn Rhyd Retreat in Devils Bridge. Simone created a wonderful space for carers to rest and restore through yoga, breathwork, setting intentions and creating vision boards. A delicious lunch was also enjoyed by all.

"I feel very fortunate to be able to receive such amazing short breaks. Thank you so much."

Family Fun Days

This spring was packed with exciting days out for young carers and their families! We've explored all over the county and beyond, with trips to cool spots like the Urdd Centre at Llangrannog and Heatherton Activity Centre at Easter. During the May half-term, we had a blast at the Welsh Wildlife Centre near Cardigan and checked out the Old Mine Site in Old Goginan. These awesome events were made possible thanks to Ceredigion County Council, The Outdoor Partnership, and the Welsh Government's Amser Fund.

Our family fun days are all about offering a mix of activities to suit everyone. From skiing and climbing to go-karts and paddleboarding, there's always something exciting to try. And it's not just for the kids – even the mums and dads (especially the dads!) had a great time getting involved. For those who prefer a more laid-back vibe, we had chill activities like crafting and just soaking up the beauty of nature.

Most young carers came along with their families, including the adults they help care for. These outings provided a much-needed break from daily routines, allowing everyone to relax, explore, and have fun together. It was a fantastic opportunity for the young carers to hang out with other kids their age, while parents could connect and support each other.

"I had a lovely time with my family, it was nice to get out and have fun."

We hope to be able to arrange more events for carers soon.

If you are interested in joining us for future events, we would love to hear from you.

We also welcome any suggestions you might have of activities that you would be interested in doing.

Carer story

A reminder to look after yourself

In 2023, Joan's husband suddenly became very ill, and she found herself needing support. Joan wanted to share her experience with Credu GCC and to explain that it is sometimes, even the strongest carers need to ask for help.



"I just want to say how much being connected with the team at Credu GCC changed my life. That might sound dramatic, but it's true.

Out of nowhere, my healthy husband had a massive brain haemorrhage. In less than two hours, our 'normal' lives were completely upended.

Thanks to his strong will to survive and the incredible emergency care from the NHS and our doctors, he pulled through, even though at one point, they didn't expect him to live more than a few hours.

In an instant, we went from being husband and wife to patient and carer. I never realised how much this would impact us both. Before the stroke, we were busy working and planning for retirement. It never crossed our minds that one of us would become so ill so suddenly.

Sixteen months later, he is stronger but still struggles with chronic fatigue that comes and goes unpredictably. We've adapted to manage these periods.

I didn't anticipate how much this would affect me as well. I always thought I was mentally strong and could handle anything. But I

focused so much on my husband that I neglected my own health. I stopped going to fitness training and taking care of myself. I poured all my energy into helping my husband get better.

Our GP gave me the phone number for Credu GCC early on, and they offered support. But I felt selfish asking for help since I wasn't the one recovering. Eventually, I reached a breaking point and turned to my GP and the team at Credu GCC. They understood, listened, and helped me realise that I had been running on adrenaline for over a year and was now burned out.

With their support, I learned that it's common for carers to neglect their own needs. Credu GCC helped me understand that taking care of myself is just as important as caring for my husband. They supported me in finding a balance and helped me realise that asking for help is not a weakness but a vital part of being a carer.

I can't thank Mandy and Tracey at Credu GCC enough for their understanding and support. They have been my lifeline. Three months on, I wouldn't have made it without them."



SINGING FOR FUN

Every other Friday, 11 – 12.30
at Plas Antaron, Aberystwyth
in collaboration with HAHAV.

Contact Iona:

 **07833 647234**

 **ionasawtell@yahoo.co.uk**

Please note: From July 2024 – Sept 2024 moving to the Morlan Centre Aberystwyth SY23 2HH

VOLUNTEER

with Credu – Gofalwyr Ceredigion Carers

Make a difference to unpaid carers in a way that suits you!

Whether you want to support other carers informally through your existing volunteering or by joining Gofalwyr Ceredigion Carers, there are many exciting opportunities available. We value your unique hobbies, skills, passions, and life experiences, believing everyone has something valuable to offer. We are committed to helping you thrive in a role we create together.

Credu offers the necessary information, training, and support to help you make a positive impact in our community.

✉ ceredigion@credu.cymru

☎ 03330 14 33 77

FUN TIMES!

Regular volunteer, team member, and carer Melissa (see page 9) has been a tremendous help and inspiration to us all over the last few years. She runs the **Fun Times Facebook group** and has played a key role in shaping the activities and experiences we offer.



Thanks to Melissa and the Fun Time Group, carers have enjoyed:

- Paddleboard yoga
- Navigational skills walks
- Relaxation and sound baths
- Hypnotherapy and relaxation courses
- Wellbeing weekends and overnight stays

Contact Melissa:

✉ Melissa@credu.cymru



Flexible opportunities:

- Control your hours and workload
- Provide personalised support
- Lead large or small groups
- Invite guest speakers

If you are interested in volunteering download an expression of interest form:

🌐 bit.ly/4bNFcni

or phone 03330 143 377

'When I found out about the event, we were right in the middle of a very tricky time with our 2 autistic children. Just taking a weekend away to relax and recharge gave me the full battery I needed to support my kids' needs. Weekends like this are so valuable. I'm incredibly grateful to Melissa and the team for everything they did to make the weekend what it was. I met some beautiful, strong women along the way, who I believe are friends for life. 😊 diolch/thank you so much. xx'

CARERS CAFE

Drop in session for unpaid carers and the people they support

Pop in
when it
suits you



CANOLFAN DYFRYN, ABERPORTH

1st Wednesday of every month, 1:30pm - 3:30pm



MUSTARD SEED CAFE, LAMPETER

1st Thursday of every month, 2pm - 3:30pm



PLAS ANTARON, ABERYSTWYTH

4th Thursday of every month, 2pm - 3:30pm

Please note: From July 2024 – Sept 2024 we will be at the Morlan Centre Aberystwyth SY23 2HH

An opportunity to meet other carers and have a chat over a cuppa.

Do you have a friend or family member in or leaving hospital?

We are here for you



Beth and Liz

It can be very stressful being the carer of someone who has been admitted to hospital. It can become even more stressful when they are ready to come home.

To help during this time, each of the Hywel Dda University Health Board hospitals have a dedicated Carer Officer to support you and help ensure a smooth discharge process.

The Carer Officers aim to:

- Make sure new or existing carers are identified as early as possible in a hospital stay and have information about support available to them.
- Make sure the carer / carers perspective is included in discussions about discharge or transfer of care.
- Provide a link between carers and staff to facilitate good communication of relevant information.
- Listen to carers and help them think about and prepare for a hospital discharge.
- Provide information and / or a referral to the Outreach Support Team if ongoing support is needed.

Get in touch if you think we can help.

Liz - 07498 965279 - liz@credu.cymru

Beth - 07984 464977 - beth@credu.cymru

HAHAV Ceredigion

Supporting Clients and Carers



Set up in 2014, HAHAV Ceredigion is an independent charity supporting people across Ceredigion with chronic, life-limiting illnesses, including carers and those who have suffered a bereavement. All our services are free.

Are you an unpaid carer? Here's how we can help:



Home Support Mobile Complimentary Therapy Service:

As a carer to someone with a chronic, life-limiting illness, it is important to look after yourself. You can also benefit from our Home Support Mobile Complimentary Therapy Service. Enjoy a gentle, relaxing massage (reflexology or aromatherapy) from one of our trained therapists. Treatments are about 30 minutes.

Wellbeing activities:

As a carer, you can join our wellbeing activities at HAHAV's Living Well Centre in Aberystwyth. We offer seated yoga, Tai Chi, singing, and arts and crafts, with no experience needed. Refreshments are provided, and sessions usually last an hour.

Bereavement support:

Caring for someone with a terminal illness often involves grieving before they pass away. With dementia, there can be many losses throughout the illness. It's important to take time to process your feelings, though it can be hard to do this with the person you're caring for. Talking to someone outside the family can help. We provide anticipatory grief support in person, online, or by phone, in Welsh or English. If you need bereavement support, we are here for you too.

Respite care:

For the person you are looking after, we will match them with a trained, DBS-police checked volunteer. Support from your volunteer might include dog-walking, companionship, light housework, and gardening. If safe to do so, the volunteer can also take clients on social outings, for a walk, or help with transport needs.

Our HAHAV volunteer is like family. Having broken my arm, it was thanks to Celia that I was able to spend time with my husband in the hospital before he died.



Caffi Cofion: Afternoon Tea Club

If you care for someone with dementia or memory problems, join HAHAV's Caffi Cofion. **Each Wednesday, between 2 – 4 pm**, we offer a lovely, homemade afternoon tea, music, and entertainment.

The Caffi runs from HAHAV's Living Well Centre, Plas Antaron in Aberystwyth SY23 1SF, with ground floor access and free parking.

For more information:

 01970 611550

 hahav.org.uk



Borth Community Hub

Borth Community Hub is a local charity which provides activities that support the health and wellbeing of the people of all ages and abilities across North Ceredigion and Machynlleth. We run activities for families, young people, Borth Men's Shed and activities for older adults.

Come and join us.

Everyone is Welcome!

Support for Carers

This summer Borth Community Hub has started a new drop-in support group for carers. The sessions are friendly and informal, a place where you can chat to others about your caring role and help to find the support that you may need. If you are caring for a family member or someone else close to you and feel you would like to come along, please do get in touch:

☎ 07896 616857

✉ contact@borthcommunityhub.co.uk



Enjoying a walk!



The Dementia Friendly Group visit their exhibition at Bronglais

Dementia Friendly Group

Our Monday morning creative session is facilitated by local artist Martine Ormerod. It is a warm and friendly group for those living with memory loss, their family members, and carers. It is a space where new friendships can be made, untapped creative skills are discovered, and support is found through shared meaningful experience. This year from March to June, an exhibition of beautiful and brave artwork from the Dementia Friendly Group and the Get Together Group was displayed at Bronglais Hospital for all to enjoy and hopefully inspire! **The Dementia Friendly Group is held on Monday mornings in Borth Community Hub from 10am – 12noon.** If you are looking after someone with dementia and feel they would benefit from these sessions, please get in touch.

Find us on Facebook & Instagram
contact@borthcommunityhub.co.uk
07896616857 / 07483356503



Walking for Wellbeing

Join us on Friday mornings for a short, accessible walk followed by refreshments at Borth Community Hub. This weekly social group enjoys some fresh air and gentle exercise in our local environment. The Wellbeing Walks are led by friendly, trained volunteers who are on hand to provide encouragement and support, and they also make sure no one gets left behind!

Borth Community Cafe

Our Community Cafe offers a friendly and inviting environment for people of all ages to enjoy a home cooked meal together. We are a 'Pay as you Feel' Cafe so come and join us to make some new friends.



VOLUNTEER
BORTH COMMUNITY HUB

If you would like to volunteer at the Hub, we have many exciting volunteering opportunities including: the Community Cafe, Borth Family Centre, the Hub Garden and many more.

For further information:

contact@borthcommunityhub.co.uk
01970 871609

We would love to hear from you!

Weekly activities

Monday

- Bumps & Babies
- Dementia Friendly Group
- Get together Group

Tuesday

- Borth Actif
- Men's Shed Cymru

Wednesday

- Little Lunch Club

Thursday

- Youth Club

Friday

- Outdoor Play
- Walking for Wellbeing
- Community Cafe
- Crochet Club



CRONFA
GYMUNEDOL
COMMUNITY
FUND



INTERNATIONAL OLDER PERSONS DAY



Do you care about your community?
Can you make a change for older people?
Do you want your voice heard?

To mark International Older Persons Day this year we will be launching Age-Friendly Ceredigion.

— **MONDAY, 30 SEPTEMBER 2024**

— **9AM - 4PM**

— **COUNCIL CHAMBERS,
PENMORFA, ABERAERON,
SA46 0PA**

Guest speakers, showcases, workshops and plenty of networking.

Get in touch with the Carers and Community Support Team to book your place.

 01545 574200

 connecting@ceredigion.gov.uk



SICRHAU CYMUNEDAU
SY'N YSTYRIOL O OEDRAN
Gemund Cymru yn Genedl a Cymunedau sy'n Gyfeillgar i Oed
AGE-FRIENDLY
COMMUNITIES IN PRACTICE
Making Wales a nation of age-friendly communities

Ageing Well



Growing older is often shown in a negative light. The media shows it as a time of decline, and there's a huge market for products that promise to fight ageing. Yet, ageing is a privilege not everyone gets to experience. Why not celebrate it and value the contributions of older people?

Ceredigion is joining a global network called Age-Friendly Communities.

What is an Age-Friendly Community?

The World Health Organisation says, 'Age-Friendly communities are places in which older people, communities, policies, services, settings and structures work together in partnership to support and enable us all to age well.'

How can we achieve this?

We're making Age Friendly Ceredigion community led, meaning what's important in one area might differ from another. Each community decides its own priorities, whether it's adding a shelter at the bus stop or finding a safe place to meet for a chat.

- **Do you think your community is Age-Friendly?**
- **Have you got ideas about things that could be done to make a positive change in your community?**
- **Would you like to meet like-minded people to make that happen?**

We need you...

We need Citizen Representatives who understand their local areas and support our Age-Friendly goals. Citizen Representatives will lead the Age-Friendly initiative in their community and represent their community on **Ceredigion's Age-Friendly Forum**. Our Carers and Community Support Team will support Citizen Representatives and their communities to develop these ideas further.

A Start-Up Group has already begun planning how to turn Age-Friendly Ceredigion into reality. This group is due to meet again in August and we plan to launch Age-Friendly Ceredigion at our **International Older Persons Day event, in Aberaeron, on Monday 30 September**.

**Carers and Community Support Team
Ceredigion County Council**

☎ 01545 574200

✉ connecting@ceredigion.gov.uk

🌐 ceredigion.gov.uk/agefriendly

HOW TO GET INVOLVED

LEARN MORE:

Visit our website to find out more about Age-Friendly Ceredigion and for free resources.

ACT:

Start small projects that make your neighbourhood more Age-Friendly.

CONNECT:

Reach out to the Carers and Community Support Team to express your interest, find out more about becoming a Citizen Representative and find others who are motivated.



NEXT MEETING

Thursday, 29 August

2pm - 4pm

Penmorfa Centre for Independent Living, Aberaeron, SA46 0PA

JOIN US IN BUILDING AN AGE-FRIENDLY CEREDIGION

Community Connector message board:

01545 574200

connecting@ceredigion.gov.uk

www.ceredigion.gov.uk

Ceredigion foodbanks, food surplus and community cafes

Ceredigion's Community Connectors work closely with community groups and organisations who support the wider community. The Community Connectors have put together a handy guide to the food surplus, foodbanks and community cafes in Ceredigion.

Whether you want to get involved with the great work that is going on in your community or you would like to make use of the support these services provide, there are lots of options...



Foodbanks

If you need a food parcel, please contact the following organisations, who will refer you to your nearest foodbank:

Care Society	01239 623983
Ceredigion Community Mental Health Team	01559 364160
Homestart Ceredigion	01570 218546
New Quay Surgery	01545 560203
Social Services Ceredigion	01545 574027
Barcud Cymru	03456 067654
Tanyfron Surgery	01545 570271
Wales & West Housing Association	01239 712000
The Wallich	01970 611832
Womens Aid	01970 612225
Flying Start	01545 570686
RAY Ceredigion	01970 612225
Citizens Advice Ceredigion	01239 621974



Aberaeron Foodbank

Contact:

Dafydd Tudur

☎ 07765 737108

✉ bancbwydaberaeron@gmail.com

📘 Banc Bwyd Aberaeron Food Bank

Opening times:

🕒 Mon - Fri: 9am – 5pm
Sat: 10am – 12:30pm



Holy Trinity Church

Contact:

Canon John Lewis

☎ 01545 570433

✉ vicar@aberaeronparish.org.uk

📍 Holy Trinity Church Hall, Bridge Street,
Aberaeron, SA46 0AX

Details:

Provides food assistance through the church community.



Aberystwyth Foodbank

Contact:

☎ 0800 242 5844

✉ jubileestorehouse@broaberystwyth.co.uk

📘 Jubilee Storehouse Facebook Group

🌐 jubileestorehouse.org

Opening times:

🕒 **Phone Line:** 9am – 1pm
Foodbank Hours: 10am – 2pm
(weekdays only)



Cardigan Foodbank

Contact:

☎ 07949 127307

✉ info@cardigan.foodbank.org.uk

🌐 cardigan.foodbank.org.uk

📍 New Life Church, Lower Mwldan,
Cardigan, SA43 1HR

Opening times:

🕒 Tues & Fri: 10:00am – 4pm



Lampeter Foodbank

Contact:

☎ 07582 905743

✉ lampeterfoodbank@gmail.com

📘 Lampeter Foodbank Facebook Group

📍 Creuddyn, 5 Upper Ground Floor,
Pontfaen Road, Lampeter, SA48 7BN

Opening times:

Mon, Wed, Fri: 9am – 5pm
Tues, Thurs: 9am – 1pm



Llandysul Foodbank

Contact:

☎ 01559 363874

✉ bancbwydllandysul@gmail.com

📘 Llandysul Foodbank Facebook Group

📍 Capel Seion, Llandysul, SA44 4BY

Opening times:

🕒 Tues & Thurs: 9am – 12pm

If you would like to drop off food donations:

North Ceredigion

- Tesco Aberystwyth
- Morrisons
- Nisa in Borth
- Cletwr in Tre'r Ddol
- St Anne's Church

Mid Ceredigion

- Penial Chapel Vestry,
Aberaeron
- Holy Trinity Church Hall,
Aberaeron
- Lampeter Co-op

South Ceredigion

- New Life Church
- Tesco Cardigan



Food Surplus and Community Cafes



Aberporth Community Fridge

Contact:

☎ 07368 327654

✉ avhcommunity.fridge@gmail.com

🌐 aberporthvillagehall.co.uk

📘 Aberporth Heart of the Community Fridge

📍 Aberporth Village Hall, Aberporth, Cardigan, SA43 2EU

Details:

Shares surplus food from local businesses, producers, households, and gardens.

Additional Service: Recycled clothes rail 'Dillad Dwywaith'



Community Food Project Lampeter

Contact:

✉ food.project.lampeter@gmail.com

📍 Minds Eye Venue, off North Road, Lampeter, SA48 7JA

Details:

Provides food and basic essentials

- Hours: Every Tuesday, 12pm – 2pm
- Social Element: Space for socialising with tea, coffee, and hot meals
- Access: Open to all, no referrals needed



St Paul's

Contact:

✉ ceredigioncircuitpa@outlook.com

📍 St Paul's Methodist Centre, Queen's Road, Aberystwyth, SY23 2NN

Hot drinks, cooked meals, and board games

🕒 Tuesday and Thursday:
12pm - 1:30pm



Aber Food Surplus

Contact:

✉ afscommunityhub@gmail.com

🌐 aberfoodsurplus.co.uk

📘 Aber Food Surplus Facebook

📍 ECO Food Sharing Hub,
15 Chalybeate Street, Aberystwyth,
SY23 1HS

Details:

Surplus Food Selection Box:
Available Wednesday to Friday



The Well

Contact:

✉ liz@stmikes.net

📍 The Castle Rooms, Seaview Place,
Aberystwyth, SY23 1DZ

Details:

Pool, games, chat, hot drinks, and hot meals

🕒 Monday and Friday, 11am – 3pm
Hot meal served at 12:30pm

The Community Connectors can be found all over the county and can help with things like:



Blue badge applications



Connecting you with service providers



Putting you in touch with local groups

Contact us:

☎ 01545 574200

✉ connecting@ceredigion.gov.uk

🌐 www.ceredigion.gov.uk

Follow the Community Connectors on Facebook to find out when and where their regular drop-in meetings are:

📘 cysylltuceredigionconnecting



Are you over State Pension age, or know someone who is?

Pension Credit tops up pension income and can help with day to day living costs.

If you are over State Pension Age, you may be eligible to claim **Pension Credit**, even if you own your home or have savings. People who claim **Pension Credit** may also be able to get:

- help with heating costs
- help with rent and Council Tax
- a free TV licence for those aged 75 or over
- help with the cost of NHS services, such as NHS dental treatment, glasses and transport costs for hospital appointments

You could be eligible for **Pension Credit** if your weekly income is below £218.15 or, if you have a partner who lives with you, £332.95. Qualifying income level may be higher in some circumstances.



SCAN TO FIND OUT MORE



Don't miss out.



Check your eligibility at gov.uk/pension-credit or by calling **0800 99 1234**

SUPPORT FOR YOUNG CARERS

Gofalwyr
Ceredigion
Carers

Do you help to look after someone who has a disability or is unwell? Many children and young people do, and we think you are amazing.

When you help take care of someone, you learn so many skills like how to be kind and understand others, how to organise things, and how to handle tough situations. It feels good to be there for someone else, but we also know it can be hard sometimes, especially when you're trying to balance school, friends, and all the fun stuff you want to do.

☎ 03330 14 33 77

✉ ceredigion@credu.cymru

SCAN ME



Young carer support quiz

Take this quick quiz to see if you might need some extra help as a young carer. Being a young carer can be tough, but you don't have to do it all alone. This quiz helps you see if you need extra support. Getting help can make your life easier and give you time to take care of yourself too. There are many ways to get support, like talking to someone you trust or joining a young carer group. Taking this quiz is a good first step to finding the help you need.



Answer each question with 'Yes' or 'No'.

EMOTIONAL WELLBEING



Do you often feel overwhelmed or stressed because of your caring duties?

Yes

No

Do you feel lonely or like you're the only one in your situation?

Yes

No

Do you have trouble sleeping or feel tired all the time?

Yes

No

Do you often feel sad, anxious, or depressed?

Yes

No

PHYSICAL HEALTH

Are you skipping meals, exercise, or doctor visits because of your caring duties?

 Yes No

Do you feel worn out or have aches and pains a lot?

 Yes No

SCHOOL

Do your caring duties make it hard for you to go to school or be on time?

 Yes No

Do you have trouble focusing on your schoolwork or finishing homework?

 Yes No

SOCIAL LIFE

Do you have little or no time to hang out with friends or do things you enjoy?

 Yes No

Do you feel disconnected from your friends?

 Yes No

FAMILY

Do you think your family depends on you too much for caring?

 Yes No

Is it hard for you to talk about your needs and feelings with your family?

 Yes No

SCORING YOUR QUIZ

Count how many times you answered 'Yes'.

1 - 3

You seem to be doing well but keep an eye on your needs and the help available.

4 - 6

You might benefit from some extra support. Try talking to a trusted adult or looking into local resources and support, such as Gofalwyr Ceredigion Carers.

7 - 9

You could benefit from more support. You might like to join a young carer support group to meet like-minded people your own age. Reach out to Gofalwyr Ceredigion Carers to find out how you can do this.

10 - 12

You may need a lot more support, but you are not alone, and there are many support services and groups available to you. You can speak to Gofalwyr Ceredigion Carers about the support you need or ask to speak to the 'Carer Lead' in your school or college. You can take small steps to start building a strong support network around you.

Remember, it is important to look after yourself and asking for help is a good thing. Gofalwyr Ceredigion Carers is here to help you get the support you need and want.

Getting support is easy, just give us a call or send an email, and we'll get back to you.

Child Trust Funds



Were you born between 1 Sept 2002 and 2 Jan 2011?



Go get your money



Then YOU may have money in a Child Trust Fund



Find out about Child Trust Funds and getting your money at: meiccymru.org

When do I get it?

When you're 16 you can take responsibility for the account, decide how to invest it or add to it.

When you're 18 you can get the money. You can spend it or save it.

How do I get it?

If you ask your parent or carer they should have bank statements or letters with all the information you need. If they don't know, go to: findctf.sharefound.org

Fill in the form and they will find your account for you... and it's free! You'll need your National Insurance Number, but if you don't know it... Meic can help with that too!

One last thing...

This money is for you. If someone tries to control how you spend it, or take it away from you, contact Meic or talk to someone else you trust.



080880 23456

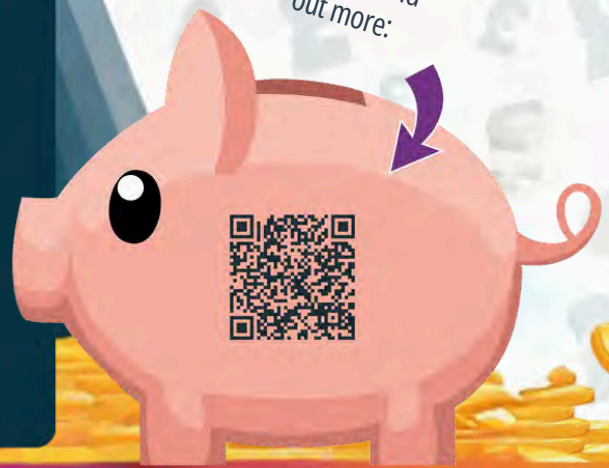


text on 84001



instant message

Scan to find out more:



Apprenticeships

At HCT we are able to offer a wide range of vocational apprenticeship courses to those in employment that are looking to gain a skills qualification. We offer both Level 2 and Level 3 Apprenticeship programmes including **Hairdressing, Carpentry, Plumbing, Electrical Installation, Motor Mechanics and Business Administration.**



Earn as you learn

Whilst spending 4 days per week learning on the job and gaining experience



1-day per week in centre

Well-equipped training facilities working towards a recognized qualification



Open to all ages

There's no upper age limit to apprenticeships, it's never too late to start learning!



For more information, contact us on info@hctceredigion.org.uk or call 01970 633040.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Download safe health apps

Our health and care apps library contains reliable, tried and tested health apps to choose from.

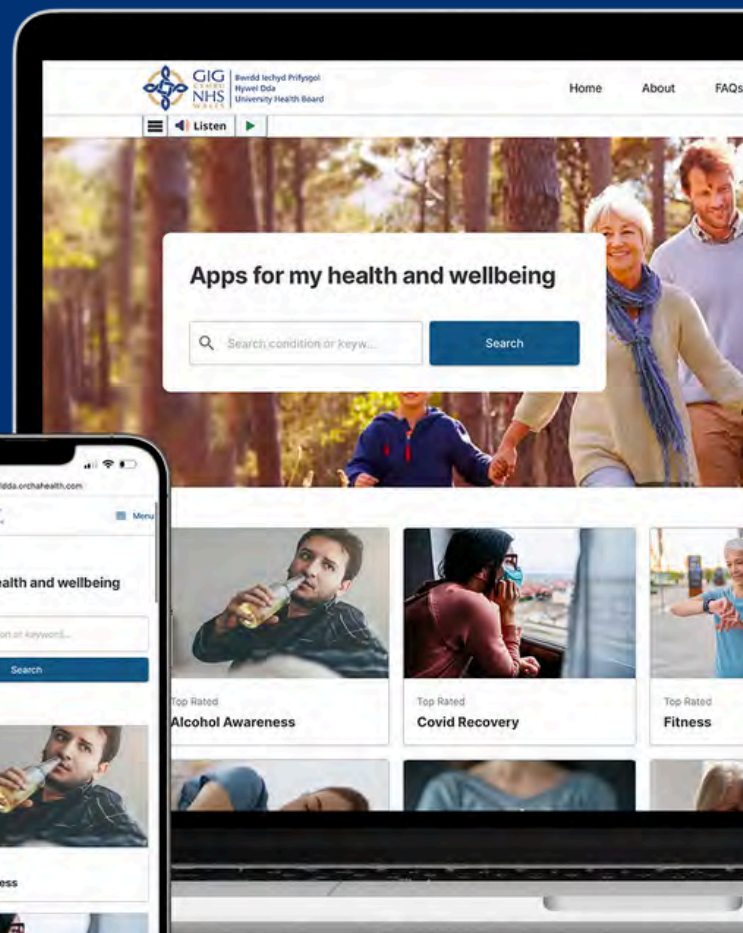
Discover apps to improve your health: •

Making healthy food choices

- Exercising and keeping fit
- Looking after your mind
- Sleeping well
- Giving up smoking
- Losing weight
- And more

All the apps in our app library are reviewed by experts for clinical safety and data security.

Scan me



Scan the QR code or visit:
HywelDda.OrchaHealth.com



Service provided by ORCHA, The Organisation
for the Review of Care and Health Apps

Chat and Connect

A friendly place for parents and carers to meet, chat and support one another.

Term
time
only

Join us to:

- Talk about resources and services for children with disabilities and additional needs
- Explore helpful resources and pick up information leaflets



Everyone is welcome!

Aberystwyth

- **When:** Every Monday, 9:30am - 11:00am
- **Where:** Penparcau Community Forum, Penparcau, Aberystwyth, Ceredigion, SY23 1RU
- Parking available across the street

Cardigan

- **When:** Every Friday, 10:00am - 11:30am
- **Where:** Menter Aberteifi, The Guildhall, Cardigan, SA43 1JL

If you have any questions, please contact us:

✉ ceredigionCDHT.HDD@wales.nhs.uk



Gofalwyr
Ceredigion Carers

✉ mandy@credu.cymru

PDA Get Together

Join us for a cup of tea and a chat with other parents. You'll receive a warm welcome.

This group is for parents or carers of a child with a demand avoidant profile of autism – diagnosed or not.

When: Meetings are on the third Friday of every month, from 12:30pm to 2:30pm

IMPORTANT NOTICE

Usually, we meet at Plas Antaron in Penparcau, Aberystwyth. However, from July to September, we'll be at **The Morlan Centre, Queens Road, Aberystwyth SY23 2HH** due to building work. There is some parking at the venue or nearby on the street.

Family Centres

There are six Family Centres in Ceredigion. They offer free activities for parents with young children and an opportunity to meet up with other parents.



Borth Community Hub

☎ 07896616857 or 07483356503
✉ contact@borthfamilycentre.co.uk
f [borthfamilycentre](https://www.facebook.com/borthfamilycentre)



Penparcau Family Centre

✉ timteulu@ceredigion.gov.uk



Lampeter Family Centre

Main contact: Elin Vaughan-Miles
☎ 07538171721
f [lampeterfamilycentre](https://www.facebook.com/lampeterfamilycentre)



Tregaron Family Centre

Main contact: Karli Poole
☎ 07498521067
f [tregaronfamilycentre](https://www.facebook.com/tregaronfamilycentre)



Llandysul Family Centre

Main contact: Miles Parker
☎ 07984072922
f [canolfandeuluolllandysulfamilycentre](https://www.facebook.com/canolfandeuluolllandysulfamilycentre)



Ray Family Centre, Aberaeron

Main contact: Megan Tomlins
☎ 01545570686
f [rayfamilycentre](https://www.facebook.com/rayfamilycentre)

COMMUNITY PERIOD PRODUCTS

Ceredigion Youth Council think it's important that people can make informed choices about what best suits their bodies when it comes to periods.

The community period products scheme offers the opportunity to try a variety of sanitary products for **FREE**, allowing you to choose the products that work best for you.

This scheme is designed to promote period dignity and tackle period poverty. Many of the options are eco-friendly, plastic free or reusable. Take what you need, whenever you need it. In life there are plenty of things to worry about, periods shouldn't be one of them.

End
Period
Poverty

Find your
nearest free
period
products:



🌐 bit.ly/3XRdK4J

☎ 01545 570881

Direct Payments website

If you or someone you care for gets help from social services, you can apply for direct payments. These let you choose and buy the services you need yourself, instead of getting them from your council.

The website explains:

- ✓ What Direct payments are
- ✓ What Personal Assistants (PAs) are
- ✓ How you can employ PAs

You will also find:

- ✓ Current PA vacancies and online training
- ✓ Regular news and updates
- ✓ Useful contacts and links



How can I apply?

If you are currently in the process of having your needs assessed by Social Care ask the assessor about Direct Payments. Otherwise, you will need to contact Porth Gofal to ask for a Carers Needs Assessment or an assessment of needs.

Porth Gofal:

☎ 01545 574000

🌐 bit.ly/DPCere



Catalysts for Care

Looking for help? Need a carer? The Catalysts for Care project in Ceredigion offers an online directory of over 20 small carer businesses in the county.

You can easily make enquiries through an online button and every carer on the directory has a DBS, is insured and self employed.

Funded by the UK Shared Prosperity Fund, this project helps people start their own care or support business. It aims to provide more local, personalised care options for people to choose from.

If you are a carer and are interested in setting up your own business, project co-ordinator Sue Lewis offers free advice and support to get you started.

☎ 01545 574000

✉ sue.lewis@planed.org.uk



The project also supports social enterprises in the county. Contact Chesca Ross at CAVO free help with:

- Developing your business idea and social goals
- Conducting feasibility studies and business planning
- Choosing the best legal structure for your enterprise
- Finding finance and funding opportunities for your start-up

✉ chesca.ross@cavo.org.uk








WARM WALES
CYMRU GYNNES

WARM WALES

WALES' OLDEST CIC WORKING TO **TACKLE FUEL POVERTY** BY OFFERING FREE ADVICE AND SUPPORT TO ENSURE PEOPLE ACROSS WALES TO HAVE WARM AND SAFE HOMES.

AREAS WE CAN OFFER

SUPPORT


-  **Energy Advice, Support, Education & Affordable Warmth:** help and advice to empower householders to understand energy bills and maintain a warm and safe home
-  **Money Maximisation:** support and signposting for benefit checks and council tax reduction applications.
-  **Home Safety Measures:** carbon monoxide awareness, smoke alarms, Slips, trips and falls.
-  **Health & Personal Wellbeing:** improving mental & physical wellbeing, and reducing isolation through Social Prescribing.
-  **Basic Needs:** depending on where you live, we may be able to help you access emergency support in the form of emergency top-up vouchers for pre-payment meter and food packs.

Scan Me!



CONTACT US:

If you, or someone you know, is finding it hard to heat their home, please get in touch

 **01352 711751**

 **Nwreferrals@warmwales.org.uk**

Or fill out our online referral form via our website.

Have you registered as a carer at your GP surgery?

Why should I?

Registering as a carer will help your care team to understand your caring responsibilities, signpost you for help and support, offer a free flu jab, and much more.

The Investors in Carers scheme works with GP surgeries and other settings to help more carers see themselves as carers and be able to find out about the information and support available from a wide range of organisations in Ceredigion.



Ask your GP Surgery for further information and a form. Forms can also be found on the County Council and Health Board websites. The form also has a section that you can complete for a referral for further help and support.

Perhaps you know of a relative, friend or neighbour in this sort of situation, you might be able to help them by passing on this information.



Get your FREE flu vaccine this autumn

As autumn arrives, it's important to get your FREE flu shot from your doctor or pharmacist.

Every year, many unpaid carers get a free NHS flu vaccine. Flu can be serious, especially with Covid-19 around. Getting a flu vaccine each year helps protect against the flu.

Flu is very contagious and can spread easily. It can affect anyone but is especially dangerous for newborns, pregnant women, cancer patients, and those with long-term health issues. These people can get very sick if they catch the flu, so the flu vaccine is crucial.

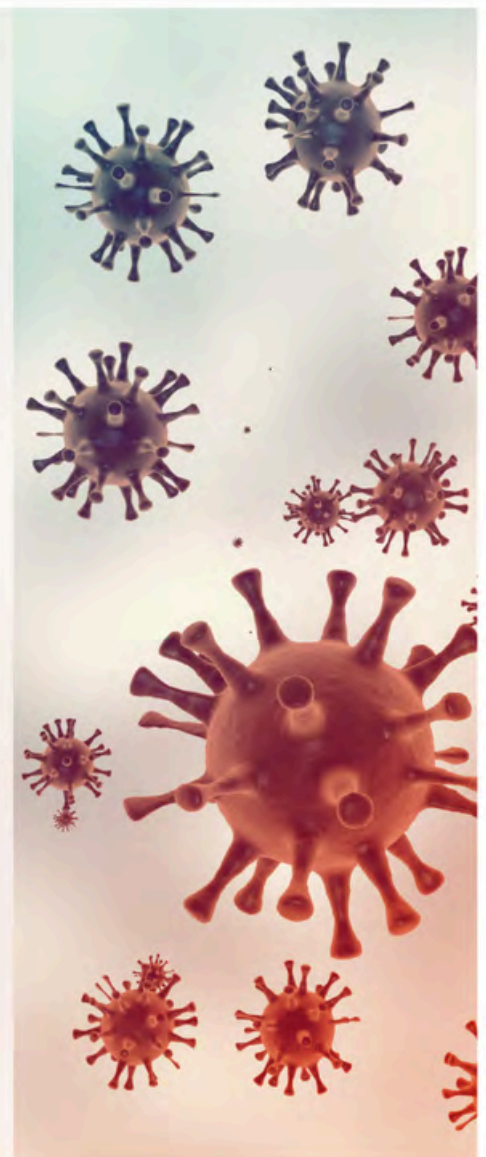
Who can get a free flu vaccine?

If you care for someone whose health could be at risk if you get ill, you can get a FREE flu vaccine from your doctor or pharmacist..

- You don't need to live with or be related to the person you care for.
- You don't need to receive Carers Allowance.
- You don't need to show proof that you are a carer.

Get your flu shot to protect yourself and those you care for.

Please note not all pharmacy's offer free flu vaccines.



The importance of exercise



As we grow older, we face many challenges, especially when it comes to our health, diet, and mental wellbeing. It's essential to care for our bodies and ourselves to live longer, healthier lives.

Simple changes in our eating habits, adding or increasing exercise, and focusing on our mental health can make a big difference. These changes don't have to take much time and can be easy to implement. It's easy to make excuses, but taking small steps toward better health is worth it.

Local and national services are widely available, just a click or phone call away. One such service is the National Exercise Referral

Scheme (NERS). This program helps prevent and manage chronic conditions through a 16-week physical activity plan for individuals referred by health professionals.

Participants who qualify after an initial assessment receive a personalised, supervised exercise program. NERS classes aim to improve health and wellbeing, build confidence, support lifestyle changes, enhance mental wellbeing and reduce social isolation through group activities.

Low impact exercise options include gym sessions, circuit training and aqua aerobics. After completing the 16-week program, participants can join the Fit4Life scheme to continue their health journey.

For more information, contact your local NERS Coordinator, Paul Jones:

✉ Paul.Jones@ceredigion.gov.uk
☎ 07812 087968



Walking for Wellbeing

Aberystwyth	Tuesday	10am
Cardigan	Tuesday	9:30am
Lampeter	Tuesday	10am
Aberporth	Wednesday	10am
Cardigan	Friday	10am
Borth	Friday	10:30am
Tregaron	Friday	10:30am

To book on to a walk, or for more information contact Dawn Forster:

✉ dawn.forster@ceredigion.gov.uk
☎ 07866 985753



Funded by
UK Government



POWERED BY

**LEVELLING
UP**



Cyngor Sir
CEREDIGION
County Council

CEREDIGION
ACTIF

Carer's Needs Assessments

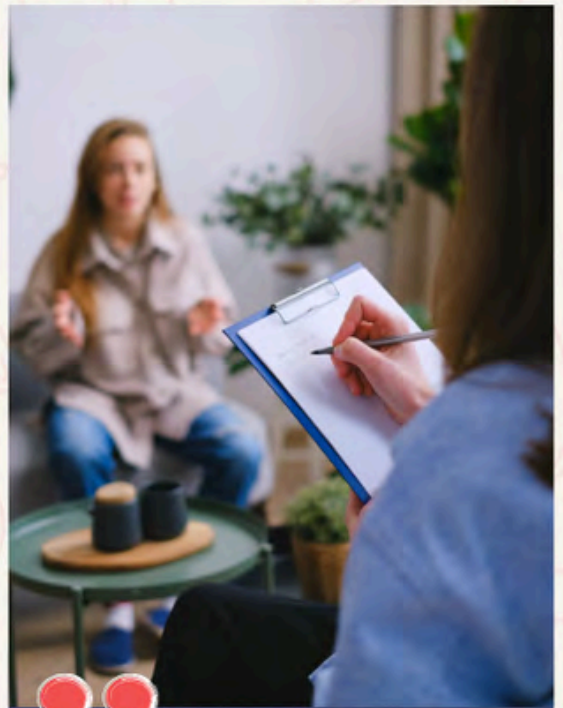
Caring for someone is a significant responsibility, and it's essential to ensure you have the right support. If you're an unpaid carer, understanding what a Carer's Needs Assessment is and when to ask for one can make a big difference.

What is a Carer's Needs Assessment?

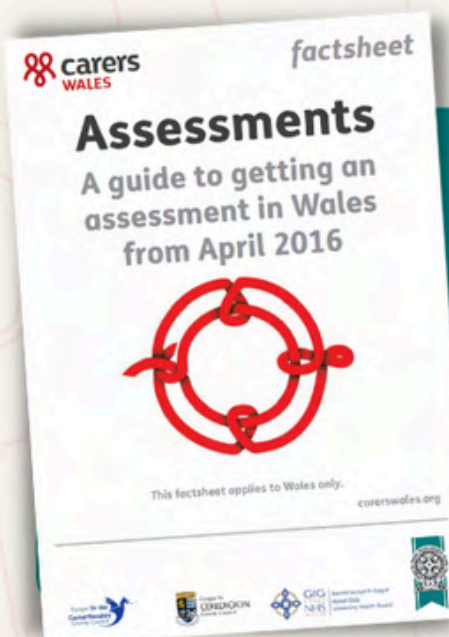
A Carer's Needs Assessment is a way for your local council to understand your needs as an unpaid carer. It's an opportunity for you to talk about how your caring role affects your life and what support you might need to continue providing care. The assessment is about you and your wellbeing, not just the person you care for.

During the assessment, a social worker or another professional will discuss various aspects of your life, such as:

- Your caring role:**
What tasks do you perform daily or weekly?
- Impact on your life:**
How does caring affect your physical and mental health, work, social life, and personal relationships?
- Support network:**
Do you have help from family, friends, or local services?
- Goals and aspirations:**
Do you want to continue working, studying, or have more time for yourself?



We understand that sometimes it can be difficult for certain issues to be discussed. If you feel that there are issues which need to be discussed away from the person you care for, your assessment can be arranged to take place in private, at a mutually convenient time and location.



The **assessment guide book** explains more about the aims and what happens during a Carer's Needs Assessment.

You can request a copy of the of the book by contacting Social Services **Porth Gofal**.

 **01545 574000**

You can also view and download a copy online.

 **bit.ly/3ojhY0E**

When should I ask for one?

All unpaid carers can ask for a Carer's Needs Assessment whenever they want. However, you should think about asking for one if:

- You feel overwhelmed:**
If the demands of caring are affecting your health or wellbeing.
- You need more support:**
Whether it's practical help, financial assistance, or emotional support.
- You're balancing multiple responsibilities:**
If you're juggling work, family, and caring duties, and it's becoming too much.
- Your situation changes:**
If there's a change in your circumstances or the needs of the person you care for, such as a new diagnosis or hospital discharge.
- You want to plan for the future:**
If you're considering long-term care options or want to explore how you can sustain your caring role.



How to request an assessment

To request a Carer's Needs Assessment, contact Porth Gofal, Ceredigion County Council's social services department. You can do this online or by phone. It's a straightforward process, and you don't have to do it alone - support organisations like Gofalwyr Ceredigion Carers (see page 8) can guide you through it.



bit.ly/3L00m6K



01545 574000

What happens after the assessment?

After the assessment, the council will decide what support they can offer. This might include:

Practical help: Equipment or adaptations to make caring easier.

Respite care: Opportunities for you to take a break.

Emotional support: Access to counselling or support groups.

Financial assistance: Information about benefits or grants you might be entitled to.

A Carer's Needs Assessment is a valuable tool to help you manage your caring role and ensure you have the support you need. Don't hesitate to reach out and ask for one - it's about making sure you can provide the best care possible while also taking care of yourself.

Make life easier in three simple steps with AskSARA

AskSARA is an online self-help guide that gives expert advice and information on products and equipment for older and disabled people.

Visit our website and...

- 1 Choose from the topic list
- 2 Answer the questions
- 3 Receive a personal report with information, advice, links and potential solutions



<https://wwcp.livingmadeeasy.org.uk>

Developed and managed by an established UK Charity, Disabled Living Foundation **AskSARA** is now available across the Hywel Dda West Wales region in Ceredigion, Carmarthenshire and Pembrokeshire.

SCAN ME



Please note that AskSARA is not a substitute for an assessment by your local council, GP or NHS occupational therapists. For a full independent assessment of your needs, contact your council. Any concerns or questions about symptoms and/or health in general, contact your GP or Community Pharmacist.

Before using an application, please read the terms and conditions of use. The application end-user licence agreement will be between the user and the supplier of the application. Please read the associated privacy agreement before sharing any information.

Directory of carer's leaflets

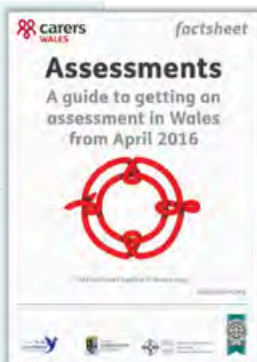
available from Ceredigion County Council

All of the booklets listed here are available in paper format or can be viewed and downloaded online. If you would like a paper copy sent to your home address, please call **01545 574200** or email your request to connecting@ceredigion.gov.uk

Assessments – a guide to getting an assessment


This booklet explains the aims of a carer's needs assessment and what happens during a carer's needs assessment.

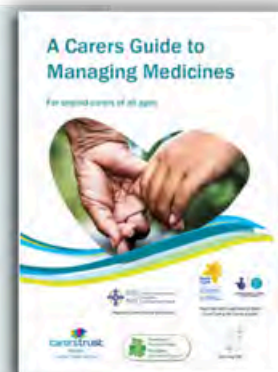
 bit.ly/3ojhY0E



A Carers Guide to Managing Medicines

The booklet is for carers who regularly handle and give medication to the person they care for. It has lots of advice about how and when to give medication safely.


 bit.ly/3I9HgOQ



Being Heard: a self-advocacy guide for carers

Carers Wales' guide provides advice to help you communicate your needs with professionals, know your rights and look after your wellbeing.


Find online versions on the Carers Wales website:

 bit.ly/3Q8I2vS



Being prepared - A carer's guide to planning for emergencies


This booklet is full of advice and helps you to think about the safety measures you can take if something happened to you in the future. It also includes an application to join the FREE Ceredigion Carers Emergency card scheme.

 bit.ly/3GsLEli



Coming out of hospital


This booklet explains how to plan for coming out of hospital so you can make sure your views and feelings are listened to and there is support in place.

 bit.ly/315Dm2T



Life after caring

The 'Life after caring' book has information and practical advice about managing when your caring role comes to an end or changes.

 bit.ly/3p2cc4W



Say 'I'm Fine'... and Mean It!

The 'Say 'I'm Fine'... and Mean It!' booklet aims to help support carers' mental health and emotional wellbeing.

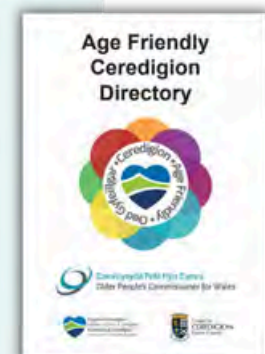
 bit.ly/Sayimfine



Age Friendly Directory

This booklet provides a directory of useful services and general information for Ceredigion residents.


 bit.ly/3xXgWkS



Useful contacts



The **Citizens Advice Bureau** provides FREE impartial and confidential advice on debt, benefit, employment, consumer, housing, relationship and many other issues.

 01239 621974

 ask@cabceredigion.org

 www.cabceredigion.org



NHS 111 *Wales*


Need mental health and wellbeing support?

CALL 111, OPTION 2

- For mental Health advice or concerns, for you or a loved one, call 111 option 2 between 9am and 11:30pm, 7 days a week and speak to our dedicated team.
- For people of all ages across Carmarthenshire, Ceredigion and Pembrokeshire.
- In life threatening situations, always call 999 or attend A&E.



Age Cymru Dyfed provides services and support for anyone aged 50+, their families and carers living in Ceredigion.

 0333 344 7874

 reception@agecymrudyfed.org.uk

 www.ageuk.org.uk/cymru/dyfed



LGBT+ Cymru Helpline
0800 917 9996


We offer general information, advice, and confidential support on various LGBT+ matters for individuals, families, and friends. Our qualified staff and trained volunteers are here to assist. You can reach out to us regardless of your sexual orientation or gender identity. Whether you have questions about a child, parent, sibling, friend, partner, or spouse, we're here to listen and help.



Older Persons Service (50+)
Supporting you to live independently in your own home.

If you need support to live well and independently as you get older, our free advice and support service can help you:

- by carrying out a full benefit check and support you to apply for any entitled benefits
- to access home adaptations, care and other services
- to stay safe and healthy
- to feel part of your community
- to deal with any other housing-related issue

 07971 954375 or 0800 052 2526

 older.persons@castellventures.wales


 www.castellventures.wales

Ceredigion Social Services
Porth Gofal offers quick and easy access to advice and information about the Department's services and the range of other resources available both locally and nationally.



Cyngor Sir
CEREDIGION
County Council

 01545 574000

 www.ceredigion.gov.uk

Benefits enquiries

To claim Benefits - ON LINE or:	0800 055 6688	Tax Credits	0345 300 3900
Primary Benefits & Signing Off	0800 169 0310	Child Benefit	0300 200 3100
Universal Credit Service Centre	0800 328 5644	Pension Service	0800 731 0469
Social Fund	0800 169 0140	Healthy Start	0345 607 6823
Maternity Allowance	0800 055 6688	National Insurance Enquiries	0300 200 3500
Bereavement Service Helpline	0800 731 0469	Post Office Card Helpline	0345 722 3344
Carers Allowance	0800 731 0297	Council Tax / Housing Benefit	01970 633 253
Disability Living Allowance	0800 121 4600	PIP - New Claims	0800 917 2222
Attendance Allowance	0800 731 0122	PIP - General Enquiries	0800 121 4433
Report benefit fraud	0800 854 440		

THE MARGARET & ALICK POTTER CHARITABLE TRUST

Charity No 1088821 Number 1088821

The Margaret and Alick Potter Charitable Trust. Grants to help people living with dementia in Ceredigion.

To discuss applying for a grant contact the Secretary:

 07794 674339

 secretary@pottertrust.org



BYW ADREF

We offer help and support with:

- Household chores
- Assistance with laundry
- Ironing
- Shopping
- Someone to chat to



All for **£20.35** per hour.

- We offer a free benefit check
- Staff are DBS (Police) checked
- Staff are insured to work in your home

A friendly face, a service tailored to your individual needs and peace of mind.


 01239 615556

 bywadref@agecymrudyfed.org.uk

 bit.ly/bywadrefe

Cymru Versus Arthritis provides support and Services for people across Wales, providing people, friends, families and professionals with support, understanding, information and expertise, so that they can cope with the condition and get the most out of their life.



 0800 756 3970

 walessupport@versusarthritis.org

 versusarthritis.org

West Wales Domestic Abuse Service

Community support

Offering confidential specialist domestic abuse support to women and men of all ages in Ceredigion.

Safe accommodation

Refuge and accessible housing for women and children.

Child and young people's support

One to one support held in school or our offices.

24/7 Helpline and advice

01970 625585 or 01239 615385

info@westwalesdas.org.uk

www.westwalesdas.org.uk



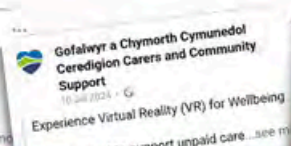
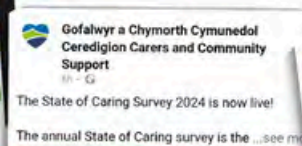
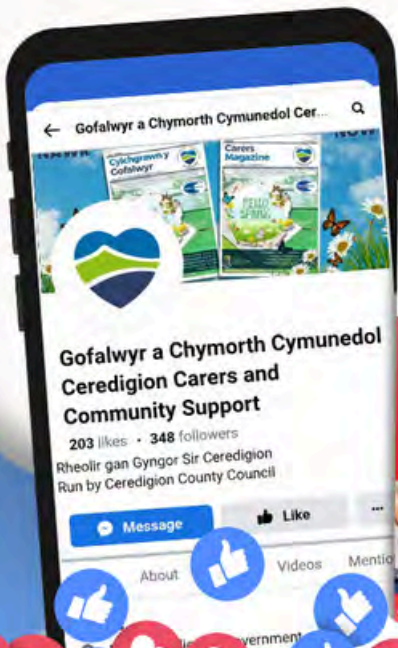
FOLLOW US ON FACEBOOK

You can keep up to date with all the latest news and events for unpaid carers in Ceredigion, and more, on our Facebook page.

- Events
- Training
- Groups
- Activities
- Surveys
- And more



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The Carers Magazine was brought to you by:

Susan Kidd: Co-ordinator

The Carers and Community Support Team: Editorial support

The Carers Information Service Magazine is also available online:

 www.ceredigion.gov.uk/carers

The winter issue will be out in November 2024.

We reserve the right to edit articles received. The information in this magazine is intended as guidance and opinions expressed may not be those of Ceredigion County Council or Hywel Dda University Health Board. Neither are any articles nor products given as recommendations on behalf of Ceredigion County Council, they are reported for the reader to consider and form a personal opinion. All sources/references are credited wherever they have been provided/made available. Thanks are further expressed to sources of information, which by being passed on through this magazine are beneficial to carers in Ceredigion.



Cyngor Sir
CEREDIGION
County Council



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



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board