



# Age Friendly Ceredigion Newsletter

June 2025

## Age Friendly Forum – May 2025

### **BARCLAYS Digital Wings**

At our May Age-Friendly Forum, we were delighted to welcome Mali Mathias from Barclays Digital Wings.

Mali shared how Barclays is helping people of all ages improve their digital skills and stay safe online. The Digital Wings programme is designed to make learning about technology and financial literacy easy, accessible, and empowering—whether you're just getting started or looking to build your confidence online.

[Sign up here](#) to learn more about managing your finances and being safe online.



Amie Andrews from Aberystwyth University joined the May Age Friendly Forum to inform us of The Rural Wales Local Policy and Innovation Partnership (LPIP Rural Wales) project she is involved with.

Amie introduced the idea of innovation labs focusing on Food and Wellbeing. If you are interested in this topic and would like to be involved please contact Amie at [lpip@aber.ac.uk](mailto:lpip@aber.ac.uk) or [ama108@aber.ac.uk](mailto:ama108@aber.ac.uk).



### **Free Digital Support for Over-50s**

Age Cymru Dyfed offers free digital inclusion sessions to help older people build confidence and skills online. Just bring your commitment and willingness to learn!

#### What's available?

- Local sessions led by friendly volunteer Digital Champions
- Tablet Loan Scheme (6-8 weeks) with internet access
- One-to-one support tailored to your goals
- Free data SIMs and loaned devices available

#### Why get online?

Stay connected, manage your health, save money, shop online, and access key services.

#### Resources to help you learn:

- [Age Cymru Dyfed Digital Directory](#)
- [Instruction Guides](#)
- ['Learn My Way' free courses to learn digital skills:](#)
- [My Computer My Way simple guides](#)

## Penmorfa Centre for Independent Living

Helping you to live independently in Ceredigion



The Centre, promoting independence and community support, is set to transform the way individuals find solutions and access information to help themselves.

**OPEN**  
Monday to Friday  
10:00 - 16:00

Located on the ground floor of the County Council's offices at Penmorfa, Aberaeron. SA46 0PA

- AskSARA dedicated room
- Telecare and smart devices
- Carers and cared-for support
- Care and mobility equipment
- Visual impairment support
- Housing adaptations
- Fire Safety awareness
- Direct Payment guidance
- Advice on daily living tasks

For more information Cllc contact centre on: 01545 570 881  
clic@ceredigion.gov.uk




Cyngor Sir CEREDIGION County Council

## TELECARE



**WHAT IS TELECARE?**  
Telecare is the use of technology to provide health and care services to people in their own homes, helping people to live independently and safely. An example is having a 'lifeliner' which is a call button worn as a pendant.

**TELECARE IN CEREDIGION**  
Our person-centred approach working with everyone in the circle of support - family and friends, support workers, other Community Integrated Care colleagues and Health professionals - to ensure the best possible solution is delivered.

**HOW DOES IT WORK**  
Telecare links you to a monitoring centre if something goes wrong. Simply pressing the button on your pendant or the response unit will connect you directly to our friendly team. They will be able to speak to you through the loudspeaker on the unit. You may also have equipment that automatically raises the alarm if you are unable to do it yourself. The team will take immediate action to help you, 24 hrs a day, 365 days a year. This could include contacting a family member, a carer or the emergency services. Meaning customers across Ceredigion can feel confident, safe and secure in their homes.

**OTHER ASSISTIVE PRODUCTS / TELECARE DEVICES**  
Telecare here in Ceredigion can be more than a push button alarm. Some people may have quite specific needs where other devices programmed to the alarm unit would be of particularly useful. The Smart Hub will link with a wide range of sensors around the home and is directly connected to the monitoring centre. Examples of these would be heat, carbon monoxide, fall detection, door and fire and smoke.

**HOW MUCH DOES TELECARE COST?**

|  |  |
|--|--|
| <b>BASIC TELECARE</b><br>£50 ONE OFF INSTALLATION COST THEN<br><b>£ 4.10</b> /wk | <b>ASSISTIVE TECH</b><br>£50 ONE OFF INSTALLATION COST THEN<br><b>£ 7.60</b> /wk |
|--|--|

SCAN ME  Email: [Telecare@ceredigion.gov.uk](mailto:Telecare@ceredigion.gov.uk)  
Phone: 01545 574000

Cyngor Sir CEREDIGION County Council



### Toilets for Public Use

During May's Age Friendly Ceredigion Forum an issue was raised regarding public toilets in Ceredigion.

We have spoken with colleagues in the Economy and Regeneration Department of Ceredigion County Council and have been advised :

"Ceredigion did have a Toilet Strategy in place from 2018, but a revised version has not yet been published. At present, we are awaiting approval from Full Council on an interim statement that addresses this. As part of a broader restructuring effort, the management and responsibility for public toilets are in the process of being transitioned away from the County Council. The intention is for these facilities to be operated by local community groups and Town/Community Councils going forward where possible. I am also aware of the Welsh Government's digital Toilet Map and understand the importance of ensuring its accuracy. I will review Ceredigion's entries on the map as soon as possible to check that the information is up to date. If you or your group have specific concerns about certain locations, feel free to share them and I'll do my best to direct them to the appropriate channels."

The national toilet map is a map of toilets identified by local authorities as available for public use. The map includes public toilets, toilets in public buildings and some toilets owned by businesses. It shows the type of toilets at each location such as baby change facilities and Changing Places. [Find toilets open to the public | GOV.WALES](#)

You do not have to be a customer to use any toilet listed on the map. There is also [Toilet Map: Home](#). The project aims to map all publicly-accessible toilets - that means all toilets that the public can access without needing to be a customer. Anyone can go on the website and [add, edit or remove toilets](#).

# Upcoming Events



## You're Invited! Join Us for a Community Drop-In Day in Penparcau

We're excited to be teaming up with Penparcau Community Forum to launch a brand new Age-Friendly Ceredigion event – and we'd love for you to come along!

**17** Wednesday, 18th June 2025  
Penparcau Hub, Aberystwyth  
Drop in any time between 10am and 3pm

This relaxed, friendly event is open to everyone and brings together a range of information, support, and free health checks, all in one place. It's a great opportunity to find out what's available in your community to help you stay well, connected, and informed.

Come for a chat, pick up some useful advice, and enjoy a cuppa – we'd love to see you there!



## Have Your Say on the Future of Clinical Services in Hywel Dda

Hywel Dda University Health Board is currently consulting on proposals for the future of urgent and planned care services across west Wales. As part of this process, members of the public are invited to attend local drop-in events to meet Health Board

staff – including clinicians – over a cup of tea or coffee.

These sessions are a chance to ask questions about the options or share your own ideas.

Ceredigion drop-in events:

- 2pm–7pm, 30 June 2025 – Morlan Centre, Aberystwyth SY23 2HH
- 3pm–6pm, 8 July 2025 – The Guildhall, Cardigan SA43 1JL
- 3pm–6pm, 14 July 2025 – Aberaeron Memorial Hall, Aberaeron SA46 0DP

Prefer to attend online?

Virtual events are also available.

To register or find out more:

Visit the website or call: 0300 303 8322 (option 5)

**Open Day 2025  
Cardigan  
u3a**

**Thursday 26<sup>th</sup> June  
2pm Guildhall**

**MEMBERS ON THEIR OWN**

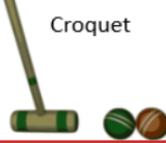
**MONTHLY MEETING WITH GUEST SPEAKERS**













## Consultations & Have your Say!



### Have Your Say on the Future of Clinical Services in Hywel Dda

Hywel Dda University Health Board is currently consulting on proposals for the future of urgent and planned care services across west Wales. You can get involved by completing the questionnaire online, requesting a paper copy (contact details below), or speaking to the team at a local event.

#### Ways to take part:

- Complete the online questionnaire
- Request and return a paper copy by post to:
- Opinion Research Services, FREEPOST SS1018, PO Box 530, Swansea SA1 1ZL (no stamp needed)
- Email: [hyweldda.engagement@wales.nhs.uk](mailto:hyweldda.engagement@wales.nhs.uk)
- Call: 0300 303 8322 (option 5)
- Visit: Hywel Dda website for event details

The consultation closes 31 August 2025 – don't miss your chance to share your views.



## Draft Disabled People's Rights plan

The Welsh Government has launched a consultation on its Draft Disabled People's Rights plan, setting out a positive ambition for advancing the rights and opportunities of all disabled people across Wales over the next decade. The plan is based on the work of the Disability Rights Taskforce, which brought together people with lived experience and expertise. It addresses real challenges faced by disabled people in their everyday lives and

outlines both immediate actions and long-term outcomes to create lasting change in how society addresses barriers to inclusion.

The 12-week consultation welcomes input from individuals, community groups, businesses and organisations, with particular emphasis on hearing directly from disabled people about their priorities.

The consultation is open until 7 August 2025.

Please take some time to read the plan and share your thoughts. You can find the consultation and details on how to respond [on their website](#).



## Help Us Shape the International Day of Older Persons 2025!

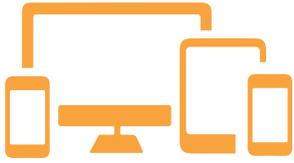
We're starting to plan how we'll mark the International Day of Older Persons this year – and we'd love to hear your ideas.

Do you have suggestions for events, activities or themes that would celebrate and reflect what matters most to older people in Ceredigion?

Whether it's a community get-together, creative workshops, wellbeing sessions, or something completely different – we're all ears!

 **17** The day is officially marked on 1 October, but we're open to ideas for the whole week.

👉 Got an idea? Please email us at:  [elinor.chandler@ceredigion.gov.uk](mailto:elinor.chandler@ceredigion.gov.uk) or [melanie.walters@ceredigion.gov.uk](mailto:melanie.walters@ceredigion.gov.uk)



## Would a Digital Drop-In Day Be Helpful to You?

We're exploring the idea of running a Digital Drop-In Day – a relaxed, friendly space where you can pop in for help and support with all things digital.

Whether it's using your smartphone, sending emails, video calling family, online shopping, or staying safe online, we'd love to know what kind of support would be most useful to you.

- 👉 Would you be interested in attending?
- 👉 What would you like help with?

If this sounds like something you'd find helpful, please let us know by emailing:  
✉ [elinor.chandler@ceredigion.gov.uk](mailto:elinor.chandler@ceredigion.gov.uk) or [melanie.walters@ceredigion.gov.uk](mailto:melanie.walters@ceredigion.gov.uk)

We'd love to hear your thoughts!



## Have Your Say: Review of Ceredigion Household Waste Sites

Ceredigion County Council is reviewing its Household Waste Sites and is asking for your views.

The site at Glanyrafon (Aberystwyth) is the only facility in the north of the county and is also the busiest. For these reasons, the Council would prefer to keep it open.

In mid-Ceredigion, the sites at Rhydeinon and Lampeter serve overlapping areas.

Cilmaenllwyd provides a facility for residents in the southwest of the County.

The Council is proposing to suspend use of the Rhydeinon site while continuing to operate the other sites as normal. This would align with the Council's aim to deliver services across three geographical areas, as set out in its Corporate Strategy.

- 📣 Take part in the consultation by 4 August 2025:
  - Complete the survey online: [Ceredigion Household Waste Sites Consultation](#)
  - Pick up a paper copy from your local Library or Leisure Centre
  - Request alternative formats by calling 📞 01545 570881 or emailing ✉ [clcc@ceredigion.gov.uk](mailto:clcc@ceredigion.gov.uk).



## Changes to Ceredigion's Waste Collection Service

From 23 June 2025, Ceredigion County Council will limit residual waste ("black bags") collections to three bags per household every three weeks. This change aims to increase recycling rates—currently, around 50% of black bag contents could have been recycled, with food waste making up 24%.

There is no limit to recyclable materials placed in clear bags, food waste bins, or glass boxes, if used correctly. Absorbent Hygiene Product (AHP) bags provided by the Council are also excluded from the limit. Households that genuinely need more residual capacity due to specific circumstances (e.g. disability or excess non-recyclable waste) can apply for an exemption. The application form is available online.

Residents must sort their waste before visiting Household Waste Sites. Unsorted black bags will need to be opened and sorted on arrival. Proof of residency is also required. This change brings Ceredigion in line with all other Welsh councils, supporting better recycling and reducing landfill.

- The Absorbent Hygiene Products (AHP) Collection Service will continue to be available for residents. More information can be found here: [Absorbent Hygiene Products \(AHP\) Collection Service](#)
- More information about the changes to residual waste, including FAQs, can be found here: [Residual Waste \(Non-Recyclable Waste\)](#)
- The A- Z of recycling can be found here: [A to Z of Waste](#)

For any queries, residents can contact the Customer Services Contact Centre on 01545 570881 or by email on [clie@ceredigion.gov.uk](mailto:clie@ceredigion.gov.uk).

## Need local support? Dewis Cymru can help



Dewis Cymru is the place to go to find local services and support to help with your well-being – whether for yourself or someone you care for. From help at home to staying active and connected, Dewis lists trusted organisations and information to guide you.

Visit: [www.dewis.wales](http://www.dewis.wales) to search what's available in your area.

## Liver Health Promotion

**Where?**  
Aberystwyth Bandstand,  
Marine Terrace, Aberystwyth SY23 2BY

**When?**  
Monday the 14<sup>th</sup> and Tuesday the 15<sup>th</sup>  
of July 09:30am-16:30pm

**No appointment needed, just come along ☺**

**Contact Us**  
Donna Blinston, Hepatology ANP  
01970 635614  
Chloe Lewis, Alcohol Liaison Nurse  
07890 062198

**All services relating to chronic conditions with regards to the liver will be present including:-**

- DDAS – alcohol support services
- Public Health Wales
- Ystwyth Surgery – health promotion team
- The Wallich
- CDAT
- Diabetes Team
- Heart Failure specialist
- Dieticians
- Smoking cessation
- Weight loss services
- Stroke awareness/thrombosis
- Ceredigion carers support services
- Palliative Care (Wish Ambulance)
- Hospice at home
- Osteoporosis

**What we can offer?**

- Blood pressures
- Fibroscans
- Point of care testing
- Brief interventions
- Health promotion and education
- Family and carer support and referrals

**Liver Functions**

Removes potentially toxic substances from certain medications

Prevents damage of substances by storing them, neutralising and excreting

Metabolises and breaks down drugs, alcohol and poisons to prevent energy storage in the body

Helps store body fat in the liver

Prevents most of the substances that require travel through the liver

Prevents bile, a compound needed to digest fat and to absorb vitamins A, D, E and K, from the blood




## Join Our Local Dementia Support Group

Support • Friendship • Wellbeing

**Mondays 10.00 to 12.00 Borth Community Hub**

[contact@borthcommunityhub.co.uk](mailto:contact@borthcommunityhub.co.uk)  
07896 616 857

### Update from the Welsh Government Warm Homes Nest scheme

Nest has updated its eligibility criteria, meaning more households in Wales could now qualify for free home energy efficiency improvements.

If a property qualifies but isn't suitable for a heat pump, and the existing boiler is at least 12 years old, a new boiler may be offered instead.

To qualify for free energy improvements (such as insulation, a heat pump, solar panels or a boiler), households must:

- Own or privately rent their home
- Receive a means-tested benefit, live on a low income, or have an eligible chronic health condition
- Have an EPC rating of 68 (D) or lower

More details and the full eligibility criteria are available [on the Welsh Government website](#).



### Want to help make Ceredigion more age-friendly?

We're looking for new members to join our Age-Friendly Forum – a space where older people can share ideas, raise local issues, and help shape positive change in their communities. Everyone's voice matters – come and get involved!

☎ 01545 570881

✉ [elinor.chandler@ceredigion.gov.uk](mailto:elinor.chandler@ceredigion.gov.uk) or  
[melanie.walters@ceredigion.gov.uk](mailto:melanie.walters@ceredigion.gov.uk)