

Activities available in the Ceredigion area:

There is a session in Coleg Ceredigion for students with learning disabilities which is run in partnership with BMO Coaching. There are also programs run in the local secondary schools called 'Play 4 All' which the Physical Activity and Play team look after. Please contact- Llyr Jones Llyr.Jones@ceredigion.gov.uk for more information.

Mighty Ducks and Lions - Aberystwyth Basketball aberbasketball@gmail.com Mighty Ducks is based in Plascrug Leisure Centre SY23 1HL Aberystwyth. It is an inclusive club catering for all ages and abilities and includes a wheelchair team.

Lions Disability Club is based in Cardigan. Address: 11 Preseli View, Llechryd, Cardigan, SA43 2NS Please contact Tel. 01239682130. Email: lionsdisabilityclub@gmail.com for further info . This is a Disability Sports Club for children with disabilities and their siblings. They run weekly Multi skills sessions in a sports hall.

These are both weekly sessions. Both clubs cater for disabled children and young people between the ages of four and 17 as well as their siblings.

Activities at Mencap Ceredigion:

Sunday Lunch Club

Fantastic grub and good company! Our Sunday lunch club sees our groups join together once a month for lunch in restaurants dotted around the county

The Gardening Project

For our green fingered group members, Mencap Ceredigion arranges a meet twice a month (Saturdays) in Newcastle Emlyn to work their magic and beautify public gardens, parks and nature trails. These sessions are followed by lunch afterwards at the Three Compasses Pub. Don't come dressed up!

Our Voice, Our Choice

Our Voice, Our Choice is a self-advocacy group for people with learning disabilities in Ceredigion. Running independently alongside our organisation, we support their mission by facilitating events for members. Meetings are held regularly in addition to a big get together for the whole county every 3 months

Ceredigion Animation Club

Meeting via Zoom and for face-to-face sessions, the animation club is the perfect option for those who are ready to let their creativity shine. The friends discuss, plan, draw and create animation film

Cinema Club

For anyone who's a film buff at heart, Mencap Ceredigion organises a monthly meet to visit Mwldan Cinema, Cardigan, to catch the latest blockbusters. Experience the immersion of the cinema whilst enjoying some sweet treats and enjoying time with friends. s to be enjoyed by the whole of Newcastle Emlyn and beyond.

Everyone's welcome at Mencap Ceredigion. Contact our team to join one of our groups by calling 07495 992247