



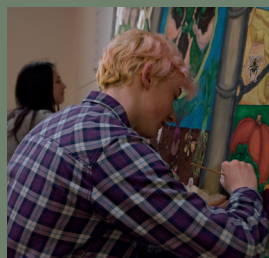
GET SUPPORT MEET FRIENDS & FIND OPPORTUNITIES

**Area 43 is based in Cardigan,
West Wales and we provide Information,
Support and Training to young people
aged 16-25 and counselling services to
those aged 10-25**

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**Area 43, 1 Pont y Cleifion, Cardigan,
Ceredigion, SA43 1DW**



Area 43 is an Independent Registered Charity, based in Cardigan, West Wales, providing information, support, training and counselling to young people predominantly aged 16-25. We have been at the centre of the Third Sector in West Wales for more than 20 years, founded as a community needs led project in 1996.

Area 43 runs a 'Drop-in centre' in its administrative hub in Cardigan, providing a safe, informative and inspiring environment for young people to access support. The centre also provides free hot drinks, subsidised food and an internet café, which is available Monday to Friday all year round.



Our experienced staff aim to empower young people to express themselves by engaging with the issues that affect them directly, particularly those challenged by homelessness, unemployment, substance/ alcohol misuse, criminality and discrimination.

We do this through educative, participative practice, enabling young people to develop knowledge, understanding and positive attitudes towards their communities by being inclusive and non-judgemental in our approach.



In addition to this, we offer a range of engaging activities which are delivered in an informal environment.

These include many kinds of Arts and Crafts and Personal Development such as Confidence Building, Communication Skills, Emotional Literacy and Practical Life Skills. As an Agored Cymru registered training centre, we can provide accreditation for a range of these activities.

We have an online jewellery business called Silver 43, which offers a stunning range of sterling silver and semi-precious stone items created by young people in the centre, please have a look at silver43.com, this social enterprise donates all proceeds to Area 43.

Area 43 also delivers the Independent Schools Based Counselling Service in Carmarthenshire and Ceredigion, this service is available to all children and young people between 10 and 18 in both counties, whether they are in school, home or 'educated otherwise'. We also offer fully professional and confidential counselling services both online and to all young people at our Cardigan centre.

Area 43 has a multi-skilled team and are able to offer a wide range of other services to young people, please get in touch with us if you are interested in working together, commissioning us or if you would simply like to find out more about us.

