

Time Credit earning opportunity

StreetACE

How can I earn time credits here?

By helping to set up at events in the local community, giving out information and talking to people about the projects that ACE is running.

Anything else I need to know?

StreetACE events are usually outdoors, in different locations around Ely & Caerau.

How do I get involved?

Contact Caroline for an informal chat about opportunities available.

Contact: Caroline 02920 003710

Time Credit earning opportunity

Litter Pick

How can I earn time credits here?

By helping to pick litter at one of our regular litter picking events.

Anything else I need to know?

Litter picking equipment and safety briefing provided, children must be accompanied by an adult.

How do I get involved?

Contact Caroline for upcoming dates or for more information.

Contact: Caroline 02920 003710

Time Credit earning opportunity

Health & Wellbeing Group

How can I earn time credits here?

By giving your opinions and ideas about local health issues and services

Anything else I need to know?

You will need to be a patient at one of the GP Surgeries in Ely, Caerau, Canton or Riverside to take part. You can participate by email or by coming to events and meetings.

How do I get involved?

Contact Hazel for more information.

Contact: Hazel 02920 003710, hazelc@elycaerau.com

Time Credit earning opportunity

The Grow Well Project & Billy Bee's Green Fingers

How can I earn time credits here?

By helping to plant, develop and maintain a community garden at the back of the Dusty Forge.

Anything else I need to know?

No experience needed.

How do I get involved?

Come along to one of our sessions on a Monday, 12pm - 3.30pm, at the Dusty Forge.

Contact: David 07555 450456

Time Credit earning opportunity

Refresh Community Garden

How can I earn time credits here?

Come and help us to maintain our community garden, all ages welcome but children must be accompanied by an adult.

Anything else I need to know?

No gardening experience needed

How do I get involved?

Come to the Community Room at Ely Hub on a Friday between 4pm—5pm and meet the group.

Contact: Michelle 07900 514112

Time Credit earning opportunity

Youth Club Volunteering

How can I earn time credits here?

Offer your skills and act as a role model for young people at a weekly club in Pentrebane (ages 11-14) or Fairwater (ages 14-19)

Anything else I need to know?

You will receive induction and training

How do I get involved?

Contact Kimberley for an informal chat about opportunities available.

Contact: Kimberley 07703495790 kimberleyj@elycaerau.com

Time Credit earning opportunity

CAER Heritage Project

How can I earn time credits here?

Volunteer your time gardening, undertaking archaeological work and/or joining our community groups to share ideas and shape the project

Anything else I need to know?

www.caerheritageproject.com

How do I get involved?

Contact Kimberley for an informal chat about opportunities available.

Contact: Kimberley 07703495790 kimberleyj@elycaerau.com

Volunteering opportunity

The Dusty Shed

How can I get involved?

Fully equipped wood workshop aimed at men with time on their hands. Help needed with back-office administration, woodworking and publicity.

Anything else I need to know?

No experience needed, training given.

How do I get involved? Contact Dave for an informal chat about opportunities available

Contact: Dave King 07795 640324

www.thedustyshed.org.uk

Why Volunteer?

Volunteering has been shown to benefit both physical and mental health and wellbeing. It's a great way to be more active, meet new people and develop new skills or discover skills you didn't realise you had.

Here's what one two local (Ely/ Caerau) volunteers said: -

'My confidence has rocketed, my health has improved loads'

'My life and health have improved dramatically'

Time Credit spending opportunity Refresh coffee morning

What's on offer: Attendance at the weekly coffee morning for 1 time credit or £1 per family, tea / coffee and toast included.

Further details: Refresh is a volunteer-led group, providing a friendly and supportive weekly coffee morning, children welcome but must be accompanied by an adult.

How do I access this?: come to the Ely & Caerau Hub on a Wednesday, 9.30 - 11.30am to join the coffee morning.

Contact: Michelle 07900 514112



Local Volunteering Opportunities

Ely & Caerau

Winter 2017

Timeplace

Time Credit spending opportunity Western Leisure Centre

What's on offer: Various activities available for time credits, e.g. gym, swim, soft play, court hire and some classes. Please check with the centre for activities and timetables.

Further details: Gym induction required before 1st session.

How do I access this?: For classes, gym inductions and other bookings, please call the centre to check availability, stating you will be paying with Time Credits.

Contact: 02920 675060

What are Time Credits?

Most of the opportunities listed in this booklet offer **time credits** in return for your time.

Time credits are a 'community currency'. You can get paid in time credits for the time you give as a volunteer.

1 hour given = 1 time credit.

You can then spend those credits on a range of activities to benefit you or your family. A few examples are listed below as 'Time Credit Spending Opportunities'

Time Credit spending opportunity Samye Foundation

What's on offer:

Half-day introduction to mindfulness for 3 time credits.

Further details:

For ages 16+, mindfulness is a great way to help with anxiety or stress in a holistic way. Located at 250

Cowbridge Road East, Canton, CF5 1GZ

How do I access this?:

Book by phone or email

Contact: admin@sfwales.org, 02920 860054, www.sfwales.org

This booklet.....

This booklet gives just a few examples of places you can earn and spend time credits.

For a full list of places to spend credits, please visit www.aceplace.org (select 'ACE projects', then 'Timeplace') or ask in the Dusty Forge for more information.

For information on other ways to earn credits, or if you're not sure what you would like to do, please contact us on 02920 003710 or pop into the Dusty Forge and ask for Caroline or Hazel.

Time Credit spending opportunity PJD Aromatherapy

What's on offer:

Back, neck and shoulder massage for 1 time credit.

Further details:

Paula is a qualified and experienced Holistic Aromatherapist, located at 19 Oakfield Street, Roath, CF24 3RD

How do I access this?:

2 appointments available per month, Mon - Fri, 9am - 3pm, book by email, first come, first served.

Contact: paulajanedear@gmail.com