



## How ACE can help?

### ACE/Dusty Forge - Update January 25th 2021

Whilst the Dusty Forge is currently shut for public use due to Covid restrictions, ACE is working towards re-opening to the public in the near future. Further details will be published in February. ACE has continued to refocus its resources (staff and volunteers) to offer as much support as we can for the local community. **If you or someone you know needs some support or just some friendly reassurance please get in touch, give us a call (02920 003132), email ([info@aceplace.org](mailto:info@aceplace.org)) or message on Facebook.**

**Community support and advice line (02920 003132):** Staff are on hand to offer advice, guidance, and a friendly chat to anyone who needs it. Pre-booked telephone support sessions are available on Monday or Thursday mornings for foodbank assessments, benefits issues, energy advice and help with grants for household items. Sessions can be booked by calling our support and advice line.

**ACE Your Local Pantry:** ACE are running the Dusty Forge Pantry on Wednesdays and Thursdays. Members of the Pantry can access the Pantry shop at the Dusty Forge by appointment only. We are asking Pantry members to book appointments through our membership line (which has been sent to all members). If you are a Pantry member and don't have this number, contact the community support and advice line and we will give you the details. We currently have a waiting list for Pantry membership, but please get in touch and we can give you information on this and other community food projects.

**Community Health and mental health support:** Our 'yourspace' wellbeing team are operating a phone based service until restrictions allow for face to face meetings again. Anyone registered with a GP in South West Cardiff (Ely, Caerau, Canton, Riverside) can self-refer into this service for support to find and access services and activities to boost your wellbeing. Our 'Tier 0' mental health team are also operating a phone based service delivering 1:1 guided self-help support on a range of topics including anxiety and depression, accessible via referral from a GP or you can self-refer by calling us on 02920 003132.

**Online groups and activities:** While the Dusty Forge remains closed we are continuing to help people to stay active and meet others through online groups and activities, including an online art group and photography workshops run through our 'Yourspace' wellbeing team. Our Macmillan Development Officer hosts a regular online coffee morning for people affected by cancer and a weekly online peer-support group for people affected by bereavement. For more information call us on 02920 003132 or email [healthy@aceplace.org](mailto:healthy@aceplace.org).

**Phone Friends:** This new service matches people to others from their local community for a weekly chat over the phone, aiming to replace the 'pre-lockdown' chats we might have had at the bus stop, or the local shops. Please ring 02920 003132 if you would be interested in taking part, or if you would like to sign up as a volunteer please email us on [healthy@aceplace.org](mailto:healthy@aceplace.org).

**Youth work provision:** Expansion of 'Youth Cooking Project' (ages 13-19 living in Ely, Caerau, Canton, Pontcanna or Riverside) to 20 young people living in Pentrebanne/Fairwater in partnership with Pentrebanne Zone. Please contact us via Facebook (ACE Youth Offer) to sign up.

ACE Street-based youth workers are engaging with young people in the community. They will engage with young people offering support, advice and guidance whilst strictly adhering to health and safety restrictions. Online youth support continues with advice and guidance from youth workers, sign-posting to other services and sharing information on topics such as mental health, healthy eating & art competitions via Facebook (ACE Youth Offer); Instagram (@aceyouth2019) and e-mail ([youth@aceplace.org](mailto:youth@aceplace.org)).

**A range of online based activities:** through existing projects, including ACE Arts, CAER Heritage and the Working Well project – see project facebook groups or give us a call for details.

**Home learning resources:** a range of activities for families - see facebook groups or give us a call for details. We have a number of learning packs from our partners at Save the Children, if you would like one please get in touch.

**CAER Heritage:** ACE is working with the community to develop a series of online workshops which include: interpreting the heritage of the Hidden hillfort, creating artwork for the site and researching the local history of our community. Please sign up to the mailing list on our website for more information <https://caerheritageproject.com/> or email [hiddenhillfort@aceplace.org](mailto:hiddenhillfort@aceplace.org).



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