



## How ACE can help?

### ACE/Dusty Forge - Update April 26th 2021

Whilst the Dusty Forge is currently shut for public use due to Covid restrictions, ACE is working towards re-opening to the public. The first step towards re-opening comes into effect from Monday April 26th with outdoor activities being able to resume including the gardening group and Caer Hidden Hillfort volunteer sessions (see update below for other activities). From Monday 3rd May Community Centres will be able to open and accommodate indoor organised activities for up to 15 adults, plans are currently in place to restart the Breaking the Mould Art Group and the Dusty Community Shop. 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. We hope to restart face to face appointments at the Dusty Forge from 17th May.

**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.

**Dusty Forge Community Kitchen:** Healthy and nutritious meals cooked on Monday every week at our community kitchen project. These are available free to low income families. Contact our support line - 02920 003132 - for more information on how to receive these.

**Community Health and mental health support:** Our 'yourspace' wellbeing team are operating a phone based service as well as some face to face outdoor provision in line with current restrictions. 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.

**Outdoor wellbeing activities (after 26th April):** We are currently planning a range of outdoor activities following the change to covid rules on 26th April and will be advertising activities soon, including walking sessions and coffee mornings. If you would like to find out more or to share your ideas for activities, please join us for an outdoor coffee morning on 29th April - for timings and to book a space please call us on 02920 003132 or email [healthy@aceplace.org](mailto:healthy@aceplace.org).

**Youth work provision:** Expansion of 'Youth Cooking Project' (ages 13-19 living in Ely and Caerau), 25 young people participating in fortnightly cooking sessions.

ACE Street-based youth workers are engaging with young people in Ely Caerau, Pentrebanne and Fairwater. They will engage with young people offering support, advice and guidance whilst strictly adhering to health

and safety restrictions. Online presence continues 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. A post-box has been set up outside the Dusty Forge so you can post a Kindness Card; an A4 drawing or message to be delivered to those who need it most. If you would like to take part, please post these on your daily walk. 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:** CAER's Love our Hillfort volunteering group will be meeting weekly from the 30th of April. The group meets every Friday between 10am and 12noon to carry out a range of maintenance activities on and around the hillfort. Activities including litter picking, pathway maintenance and vegetation clearance. If you would like to join the group please contact Sulafa on 07792333280 or email [hiddenhillfort@aceplace.org](mailto:hiddenhillfort@aceplace.org).



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