



# What's On @ ACE

## Groups and Activities

Group/Activity	Description	Timings & Venue	Booking/info	Eligibility
Allie's Crochet Club	Learn crochet skills whilst making friends	Mondays 10:00am - 12:00 pm and Fridays 12:30pm - 2:30pm at the Dusty Forge	ACE Support Line 029 20003132	Anyone
CAER Hidden Hillfort - Love our Hillfort Group	Looking after Caerau Hillfort and developing the new Heritage Centre	Fridays 10:00am - 12:00pm	Email: or phone Sulafa sulafa@aceplace.org / 07792333280	Anyone
Curiosity	Science, Technology, Engineering and Maths (STEM) youth club for young people living in Caerau and Ely	Thursday 5:00pm - 6:00pm	email: curiosity@aceplace.org.uk	Anyone aged 10 - 18
Diana Garden Regeneration Project	Help regenerate this peaceful wildlife garden in the middle of Ely	Monthly at the Diana Garden	Email: info@aceplace.org for more info	Anyone
Dusty Shed	The Dusty Shed is committed to combating loneliness and social isolation by providing a safe environment where they can come together and engage in social activities.	New members, Thursday 11:00am - 12:30pm at the Dusty Shed (Dusty Forge site)	To book, please visit thedustyshed.org.uk/ thursday-morning-social/	Older men



Our Place - Dusty Forge  
460 Cowbridge Road West, Ely,  
Cardiff CF5 5BZ, Tel: 029 2000 3132



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Grief Space	Peer support space where community members can voice their grief, loss and bereavement.	Wednesdays, alternating between an evening session 6:00pm-7:30pm and a morning session 10-11.30am at the Dusty Forge	Phone 029 20003132	Anyone affected by bereavement, living in the South West Cluster area (Ely, Caerau, Canton, Riverside)
Grow Well	Therapeutic gardening groups in the Dusty Garden	Monday 10:00am - 12:00pm and 12.30pm - 2.30pm at the Dusty Forge garden	Email Claire: <a href="mailto:Claire@growcardiff.org">Claire@growcardiff.org</a>	People living in the South West Cluster area (Ely, Caerau, Canton, Riverside)
Knit and Natter	Social group offering a range of activities such as arts, crafts and crochet	Weekly Fridays 9.30am - 11.30am at the Dusty Forge	Phone 029 20003132	Anyone
Retreat	Social group supporting wellbeing and friendship	Fortnightly Thursdays 10.30am - 12.30pm at the Dusty Forge	Phone 029 20003132	Anyone
Wellbeing Coffee Mornings	Space to meet others, chat and enjoy the Dusty garden.	Thursdays 10:00am - 11.30am at the Dusty Forge garden	Phone 029 20003132	Adults living in the South West Cluster area (Ely, Caerau, Canton, Riverside)



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Service	Description	Timings & Venue	Booking/info	Eligibility
ACE Community Support	Support for those experiencing financial hardship. Foodbank voucher assessments, fuel vouchers, firm filling, benefit support, debt assistance and support to access essential household items	Monday 10am -1:00pm, Thursday 10:00am - 2:00pm	Book face-to-face slot at Dusty Forge: 029 20003132	Anyone
ACE Community Pantry	Food membership club. Access a selection of ambient, chilled and frozen food for £5.00 each week	Wednesday 10:00am - 4:00pm, Thursday 10:00am - 2:00pm at the Dusty Forge	Collect member application form from Dusty Forge	Members only
Dusty Community Shop	Provides a range of household items for free or a voluntary small donation	Monday 10:00am - 4:00pm, Friday 10:00am - 1:30pm at the Dusty Forge	Drop in	Anyone
Wellbeing Newsletter	A newsletter aimed at people who are unable to access our social media or online / in-person sessions, providing information on local projects and activities to do at home.	bimonthly	Phone 029 20003132	Adults living in the South West Cluster area (Ely, Caerau, Canton, Riverside)



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Repair Cafe	A drop in 'cafe' offering the opportunity to get every day items repaired by our team of fixers	Monthly on the fourth Saturday of the month, 10:00am-1:00pm at the Dusty Forge	Drop in	Anyone
Yourspace - 1:1 support (Wellbeing Connectors)	1 to 1 support to explore wellbeing needs and interests and to find and access services and activities	By arrangement	Phone 029 20003132	Adults (18+) registered with a GP in the South West Cluster area (Ely, Caerau, Riverside, Canton)
Guided Self-help and Social Prescribing (Tier 0)	1 to 1 guided self-help for those with mild to moderate mental health problems	By arrangement	Phone 029 20003132	Adults (18+) registered with a GP in the East, North, South West and West Cluster areas
Stress Control courses	An open-access course designed to help people learn to control their stress or anxiety better.	By arrangement	Phone 029 20003132	People living in the South West GP Cluster area (Ely, Caerau, Canton, Riverside)



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## Other Projects

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Café Barr	Meet others and enjoy tasty home cooked food at Dusty Forge	TBC	Opening soon, more info to follow!	Anyone
Volunteering	Opportunities to volunteer across ACE projects and activities	Monday - Friday	Email: <a href="mailto:volunteering@aceplace.org">volunteering@aceplace.org</a>	Anyone
Working Well	Ongoing development of projects to support low income working families	Ongoing	Phone 029 20003132	Working families
Community Health Development and Patient Engagement	Opportunities to give feedback and views on local health services and to take part in setting up new wellbeing groups and activities.	Various dates, times and venues	Phone 029 20003132 or email <a href="mailto:healthy@aceplace.org">healthy@aceplace.org</a>	Adults (18+) registered with a GP in the South West Cluster area (Ely, Caerau, Riverside, Canton)
Youth Work	Street based sessions in Caerau & Fairwater	Weekly Tuesdays and Thursdays 4.30pm - 7:30pm	Out on the streets	Young people 10 -19
ACE Training	QNUK Level 1 Health & Safety in a Construction Environment (RQF) Training & Assessment & CSCS Test & Card. CSCS Tests only are also available as well as other work based qualifications e.g. Asbestos Awareness, Manual Handling, First Aid.	Every Tuesday 9 am - 5.30 pm	Contact 02920 003132 or <a href="mailto:training@aceplace.org">training@aceplace.org</a>	



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