



# What's On @ ACE

<i>Groups and Activities</i>				
Group/Activity	Description	Timings & Venue	Booking/info	Eligibility
Kerallie's Crochet Club	Learn crochet skills whilst making friends	Mondays 10:00am - 12:00pm 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	Wednesday 10:00am - 12:00pm	Email: <a href="mailto:info@aceplace.org">info@aceplace.org</a>	Anyone
Cuppa with a Copper	Discuss your neighbourhood and issues you have over a nice cup of tea with your local community police.	Wednesday 10:00am - 12:00pm	Drop-in.	Anyone
Curiosity	Science, Technology, Engineering and Maths (STEM) youth club for young people living in Caerau and Ely	Thursday 5:00pm - 6:00pm	email: <a href="mailto:curiosity@aceplace.org.uk">curiosity@aceplace.org.uk</a>	Anyone aged 11- 18
Diana Garden Volunteering Project	Help regenerate this peaceful wildlife garden in the middle of Ely. We do a variety of tasks such as garden clearing, sowing, planting, nature crafts, educational and wildlife activities.	Every Tuesday 10am to 12pm.	Email: <a href="mailto:vaidab@aceplace.org">vaidab@aceplace.org</a>	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, Friday 10:00am - 2pm at the Dusty Shed (Dusty Forge site)	To book, please visit <a href="http://thedustyshed.org.uk/thursday-morning-social/">thedustyshed.org.uk/thursday-morning-social/</a>	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: Claire@growcardiff.org	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	Thursdays 10.30am - 12.30pm at the Dusty Forge	Phone 029 20003132	Anyone
Stay & Play	Join a once a month Saturday play group, for 0- 4 year olds. £2 per session	Every 2nd Saturday every month. 9:30am-11am, at the Dusty Forge	Phone 029 20003132	0-4yrs children and parents.
Walking Group	Leisurely walking and talking in Trelai Park. Phone to book.	Mon 11am - 12:30pm	Phone 029 20 003132	Anyone
Coffee Morning	Open drop in coffee morning at CAER Heritage Centre	Tuesday 10:00am—11:30 am	Phone 029 20109976	Anyone



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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  Every day, crisis support drop-in 9:00am—10:00 am	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, Tuesday 10:00 am—12:00, 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.	Quarterly	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 and Action for Living courses	An open-access course designed to help people learn to control their stress or anxiety better.	By arrangement See <a href="http://www.stepiau.org">www.stepiau.org</a>	Phone 029 20003132	Anyone



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<i>Other Projects</i>				
Project	Description	Timings	Booking	Eligibility
Café Barr	Meet others and enjoy tasty home cooked food at Dusty Forge	Tuesday 10am-3.00pm, Thursday 09.30am-3.00pm	No booking requirement	Anyone
Volunteering	Opportunities to volunteer across ACE projects and activities	Monday - Friday	Email: volunteering@aceplace.org	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 healthy@aceplace.org	Adults (18+) registered with a GP in the South West Cluster area (Ely, Caerau, Riverside, Canton)
Youth Work	Youth Club Caer Heritage Centre Cooking club Heritage Centre	Tuesday 6pm-8pm Friday 5:30-7:30pm	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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