



What's On @ ACE

Groups and Activities

| 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 |
| Love our Hillfort - CAER Hidden Hillfort Group | Looking after Caerau Hillfort and developing the new Heritage Centre | Wednesday 10:00am - 12:00pm | Email: caerheritage@aceplace.org Call: 02920003132 | Anyone |
| CAER Hidden Hillfort Gardening Group | Join other volunteers to help the CAER garden grow! | Thursday 10:00am - 12:00pm | Email: caerheritage@aceplace.org Call: 02920003132 | 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 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: vaidab@aceplace.org | 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 thedustyshed.org.uk/thursday -morning-social/ | Older men |
| Wellbeing Coffee Mornings | Space to meet others, chat and enjoy the Dusty garden. | Thursdays 10am- 11.30am at the Dusty forge garden | Phone 029 20003132 | Adults living in the South West Cluster area (Ely, Caerau, Canton, Riverside) |



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



www.aceplace.org



ACE - Action in Caerau and Ely (FB group)



@elycaerau



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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 - 12.00pm at the Dusty Forge | Phone 029 20003132 | Anyone |
| Retreat | Social group supporting wellbeing and friendship | Thursdays 10.00am - 12.30pm at the Dusty Forge | Phone 029 20003132 | Anyone |
| Walking Group | Leisurely walking and talking in Trelai Park. Phone to book. | Mon 11am - 12:30pm | Phone 029 20003132 | 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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Help and Support

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|-----------------------|--|--|--|---|
| 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 |
| ACE Benthg - Library of Things | Borrow items at at low cost instead of buying. Including DIY tools, cleaning equipment, camping gear, and more. | Tuesdays and Fridays, 10am - 2pm. | Phone 029 20003132 | 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 www.stepiau.org | 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 | Youth Club Drop In. Cooking Club contact: jumah@aceplace.org | Young people 11 -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 training@aceplace.org . www.acetraining.org | 16 years+ |



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