

What's On @ACE

Your guide for:

- *Practical Financial Support*
- *Wellbeing & Support*
- *Community & Social Activities*
- *Training & Volunteering*
- *Youth Work*



ace

Action in Caerau & Ely
Gweithredu yng Nghaerau a Threlái

Tel: 029 2000 3132

ACE Training



Do you need
a CSCS Card?

Book online today!

- **QNUK Level 1 Health & Safety in a Construction Environment (RQF) qualification and CSCS Card**
1 day course
- **HS&E Test (CSCS) only.**

for prices go to:

www.acetraining.org.uk

Call Tel: 029 20003132

We support you to do your best.

ace  **training**

Our Place - Dusty Forge

460 Cowbridge Road West, Ely, Cardiff CF5 5BZ

ACE Places



**ACE - Action in Caerau and Ely,
Our Place: Dusty Forge**
460 Cowbridge Rd West, Ely
Cardiff CF5 5BZ. Tel: 029 2000 3132

- Advice drop-in
- Crisis Support
- Pantry
- Café Barr
- Community Shop
- ACE Training
- ACE Arts
- Grief Space
- Retreat social group
- Wellbeing coffee mornings
- Knit and Natter
- Crochet club
- Benthylg - Library of Things
- Repair Cafe
- Grow Well - community garden
- The Dusty Shed



**CAER Heritage Project
Hidden Hillfort Centre,**
Church Rd, Caerau, Cardiff CF5 5LQ
Tel: 029 2010 9976.

- Love Our Hillfort group
- Hidden Hillfort Gardening group
- Carers Club group
- Umbrella - neurodiversity support group for parents
- Community Learning



Diana Garden Project
Hiles Rd, Cardiff CF5 4JB

- garden development and regeneration
- volunteer gardening sessions
- nature activities for families
- wildlife, gardening and nature crafts sessions

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Practical Financial Support.

ACE Community Support Advice Drop-in.

Support for those experiencing financial hardship. Foodbank voucher assessments, fuel vouchers, firm filling, benefit support, debt assistance and support to access essential household items.

When:

Tuesday- 10:30am -1:00pm,
Thursday 10:30am -1:00pm

To book: For appointment, come in person to the Dusty Forge at 9am, or call 029 20003132 at 9am.

Spaces are limited.

For: Anyone.

Crisis Hour.

Crisis support drop-in for those needing help with energy or food.

When:

Mondays - 9:15am to 10:15am,
Wednesdays - 9:15am to 10:15am,
Fridays - 9:15am to 10:15am.

To book: come in person for appointment to the Dusty Forge at 9:00am. Spaces are limited.

For: Anyone.

GP Fitness

When:

Wednesdays - 9:15 - 10:15.

To book: referrals from GP or Health Team for appointment only.

For: Anyone.

ACE Community Pantry.

Food membership club. Access a selection of ambient, chilled and frozen food for £5.00 each week.

When:

Wednesday 10:00am - 4:00pm,
Thursday 10:00am - 2:00pm
at the Dusty Forge.

Collect member application form from Dusty Forge.

For: Members only.

ACE Benthg - Library of Things.

Borrow items at low cost instead of buying. Including DIY tools, cleaning equipment, camping gear, and more.

Open:

Wednesdays and Thursdays,
10:00am - 2:00pm.

Collections and Deliveries:

Fridays, 10:00am - 2:00pm.

Call: 029 20003132.

For: Anyone.

ACE Training & Volunteering.

ACE Training.

QNUK Level 1 Health & Safety in a Construction Environment (RQF) training and assessment, & HS&E Test (CSCS) and Card.

HS&E Test (CSCS) only are also available.

Course & When:

Level 1 H&S in a Construction Environment CSCS Card Package Training

- Tuesday, 9:00am - 5:00pm.

QNUK Level 1 Health & Safety in the Construction Environment – Retest only

- Tuesday, 2:30pm - 4:30pm.

HS&E Test (CSCS) – test only

- Wednesday, 9:30am - 11:00am.

For: 16 years+.

To Book: go to training Calendar
- www.acetraining.org.uk/training-course-calendar/

For more info:

www.acetraining.org

T: 02920 003132 or

E: training@aceplace.org.

ACE Volunteering.

Opportunities to volunteer across ACE projects and activities.

When: Monday - Friday.

Email: volunteering@aceplace.org.

org to find out more or visit www.aceplace.org/ace-volunteering/.

For: Anyone.

Wellbeing & Support.

Diana Garden 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.

When: Tuesday 1pm - 4pm.

If you're interested:

phone ACE 029 2000 3132 or

email: vaidab@aceplace.org

Grief Space.

Peer support space where community members can voice their grief, loss and bereavement.

When: Alternating weeks on Tuesdays 1:00pm - 2:30pm, then Wednesdays 10:00am - 11:30am at the Dusty Forge.

Call: 029 20003132.

For: Anyone affected by bereavement, living in the South West Cluster area (Ely, Caerau, Canton, Riverside)

Grow Well.

Therapeutic gardening groups in the Dusty Garden led by staff from Grow Cardiff in partnership with ACE and the Cardiff SW Primary Care Cluster is the hidden gem behind the Dusty Forge. We learn together and share skills in many ways; recipes, crafting, DIY and a listening ear. You can be referred by your health care professional or staff at ACE, but self-referrals are also welcome.

When:

Monday 10:00am - 12:00pm and 12:30pm - 2:30pm at the Dusty Forge garden.

Contact: Email Chris
- Chris@growcardiff.org.

For: People living in the South West Cluster area (Ely, Caerau, Canton, Riverside).

Retreat.

Social group supporting wellbeing and friendship.

When:

Thursdays 10:00am - 12:30pm at the Dusty Forge.

Call: 029 20003132

For: Anyone.

Walking Group.

Leisurely walking and talking in Trelai Park. Phone to book.

When: Monday 11:00am - 12:30pm.

Call: 029 20003132.

For: Anyone.

Wellbeing Coffee Mornings.

Space to meet others, chat and enjoy the Dusty garden.

When:

Thursdays 10:00am - 11:30am at the Dusty forge garden.

Call: 029 20003132.

For: Adults living in the South West Cluster area (Ely, Caerau, Canton, Riverside).

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.

When: Quarterly.

Call: 029 20003132

For: Adults living in the South West Cluster area (Ely, Caerau, Canton, Riverside).

Yourspace - 1:1 support (Wellbeing Connectors).

1 to 1 support to explore wellbeing needs and interests and to find and access services and activities.

To book - by arrangement - call
T: 029 20003132.

For: Adults (18+) registered with a GP in the South West Cluster area (Ely, Caerau, Riverside, Canton).

Activities.

Forge Masters - Social Club.

A space for men to socialise, play pool, darts, table tennis, and more. 'Bonding People Together'.

When:

Every Thursday, 6-8pm at the Dusty Forge.

To book:

No need to book, just turn up.

For: Men, 18+

CAER Hidden Hillfort Gardening Group.

Join other volunteers to help the CAER garden grow!

When:

Thursday 10:00am - 12:00pm.

Email: caerheritage@aceplace.org.

Call: 02920003132

For: Anyone, 18+

Carers Club

Open drop-in coffee morning at CAER Heritage Centre.

When:

Tuesday 10:00am - 11:30am.

Call: 029 20109976.

For: Unpaid Carers, 18+

The 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.

When:

Friday 10:00am - 2:00pm (New members) at the Dusty Shed (Dusty Forge site).

Call: 07592 240736

For: Older people.

Crochet Club

Learn crochet skills whilst making friends.

When:

Mondays, 10:00am - 12:00pm at the Dusty Forge.

Call: 029 20003132.

For: Anyone.

Knit and Natter.

Social group offering a range of activities such as arts, crafts and crochet.

When:

Weekly Fridays 9:30am - 12:00pm
at the Dusty Forge

Call: 029 20003132.

For: Anyone.

Love Our Hillfort - CAER Hidden Hillfort Group.

Looking after Caerau Hillfort and developing the new Heritage Centre.

When:

Wednesday, 10:00am - 12:00pm.

Email: caerheritage@aceplace.org.

Call: 029 20003132.

For: Anyone.

Repair Café.

A drop in 'cafe' offering the opportunity to get everyday items repaired by our team of fixers.

When:

Monthly - on the fourth Saturday of the month, 10:00am - 1:00pm at the Dusty Forge.

Drop in.

For: Anyone.

ACE Arts

ACE Arts run FREE art sessions on a Monday and Thursday daytime at the Dusty Forge (*term time only).

Please contact nicolap@aceplace.org for details and to book a space

For: Anyone.

Working together.

Community involvement opportunities.

We need your help to create new services and community activities. ACE regularly work with local authorities, health services, and partner organisations to research and create new projects to support people in our local communities. Below are the current feedback opportunities you can get involved with:

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.

When: Various dates, times and venues.

Call: 029 20003132 or email healthy@aceplace.org.

For: Adults (18+) registered with a GP in the South West Cluster area (Ely, Caerau, Riverside, Canton).

Community plan

Tell us what you think!

In Ely and Caerau, we're asking: What do we have? What do we need? What do we want to change? We want as many people as possible to share their ideas and contribute to a community plan for Ely and Caerau, so please get in touch at **communityplan@aceplace.org**.

Find out more on our Facebook page:

<https://www.facebook.com/ECCCommunityplan>

Look out for groups and events across the community and be part of the conversation.



Room Hire

For Meetings & Corporate Events

For bookings:
Tel: 029 2000 3132
Email: dusty@aceplace.org

*Single session or regular events available.
Prices start from £8.00 per hour for our small meeting room for up to 6 people.*

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Email: info@aceplace.org

Website: www.aceplace.org

Facebook: ACE - Action in Caerau and Ely

Twitter: [@elycaerau_ACE](https://twitter.com/elycaerau_ACE)