

# What's On @ACE

Your guide for:

- Practical Financial Support
- Wellbeing & Support
- Community & Social Activities
- Training & Volunteering



ace

Action in Caerau & Ely  
Gweithredu yng Nghaerau a Threlai

## Action in Caerau and Ely

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](http://www.acetraining.org.uk)

Call Tel: 029 20003132

We support you to do your best.

**ace**  **training**

Our Place - Dusty Forge

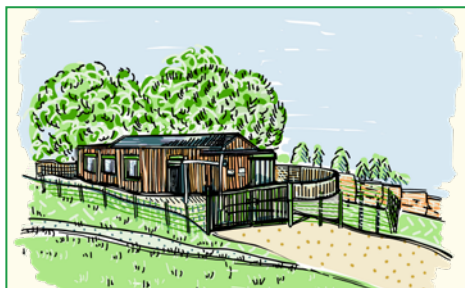
460 Cowbridge Road West, Ely, Cardiff CF5 5BZ

# 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
- Your Local Pantry
- Café Barr
- 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.

Benefit support, help to manage debts, access grants. Appointments released on the day

### When:

Tuesday 9.30am - 12-30pm

Thursday 10.30am - 1.30pm

### Contact

02920 003132 to book your appointment.

## Crisis Hour.

Support to access emergency food/fuel.  
No appointment needed.

### When:

Monday - Friday  
9.15am - 10.15am.

## Financial Fitness Assessments

Open to those referred via their GP. Come along and check your benefit entitlements and ensure your getting all the financial help available.

### When:

Wednesday 10am-3pm

## Legal Clinics

Children's Law, Power of Attorney and Financial Safeguarding and generalist legal advice.

### Contact

Contact Jamie on 02920 003132 to book an appointment or for further information.

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## ACE Community Pantry.

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

### When:

Wednesday 10am - 4pm,

Thursday 10am - 2pm

at the Dusty Forge.

Collect member application form from Dusty Forge.

For: Members only.

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## ACE Benthylg - Library of Things.

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

### Open:

Wednesdays and Thursdays, 10am - 2pm.

### Collections and Deliveries:

Fridays, 10am - 2pm.

Call: 029 20003132.

For: Anyone.

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# 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, 9am - 5pm.

### 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 - 11am.

For: 16 years+.

To Book: go to training Calendar  
- [www.acetraining.org.uk/training-course-calendar/](http://www.acetraining.org.uk/training-course-calendar/)

For more info:

[www.acetraining.org](http://www.acetraining.org)

T: 02920 003132 or

E: [training@aceplace.org](mailto:training@aceplace.org).

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## ACE Volunteering.

Opportunities to volunteer across ACE projects and activities.  
New opportunities available after March 2024.

When: Monday - Friday.

Email: [volunteering@aceplace.org](mailto:volunteering@aceplace.org)

to find out more or visit [www.aceplace.org/ace-volunteering/](http://www.aceplace.org/ace-volunteering/).

For: Anyone.

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## 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: [stevel@aceplace.org](mailto:stevel@aceplace.org)

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### Grief Space.

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

When: Tuesday mornings from the 30th Jan for 6 weeks, 10am - 11:30am in the Shelter @the Dusty Forge.

Call: Spaces are limited please book by call ACE reception, 02920 003132

For: Anyone affected by bereavement, living in the Cardiff area

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### **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 10am - 12:pm 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).

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### **Retreat.**

Social group supporting wellbeing and friendship.

When:

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

Call: 029 20003132

For: Anyone.

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### **Walking Group.**

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

When: Monday 11am - 12:30pm.

Call: 029 20003132.

For: Anyone.

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### **Wellbeing Coffee Mornings.**

Space to meet others and chat.

When:

Thursdays 10am - 11:30am

Call: 029 20003132.

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

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### **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).  
For North and West Cardiff see [aceplace.org](http://aceplace.org) or call ACE.

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# Activities.

## **Forge Masters - Social Club.**

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

When:

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

To book:

No need to book, just turn up.

For: Men, 18+

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## **CAER Hidden Hillfort Gardening Group.**

Join other volunteers to help the CAER garden grow!

When:

Thursday 10am - 12pm.

Email: caerheritage@aceplace.org.

Call: 02920003132

For: Anyone, 18+

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## **Carers Club**

A weekly peer support group for unpaid carers in the Ely/Caerau area'

When:

Tuesday 10am - 11:30am.

Call: 029 20109976.

For: Unpaid Carers, 18+

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## **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:

Tuesday 10am - 2pm (members)

Friday 10am - 2pm (visitors & members) at the Dusty Shed. (Dusty Forge site).

Call: 07592 240736

For: Older people.

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## **Crochet Club**

Learn crochet skills whilst making friends.

When:

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

Call: 029 20003132.

For: Anyone.

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## **The Workshop**

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

When:

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

Call: 029 20003132.

For: Anyone.

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### **Love Our Hillfort - CAER Hidden Hillfort Group.**

Looking after Caerau Hillfort and developing the new Heritage Centre.

When:

Wednesday, 10am - 12pm.

Email: caerheritage@aceplace.org.

Call: 029 20003132.

For: Anyone.

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### **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:am - 1pm at the Dusty Forge.

Drop in.

For: Anyone.

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### **ACE Arts**

ACE Arts run FREE art sessions at the Dusty Forge.

When:

Monday, 11am - 12pm.

Thursday, 10am - 12pm.

(\*term time only)

To book: Email nicolap@aceplace.org or phone the Dusty Forge to book

For: Anyone.

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### **Umbrella Group Peer Support Group**

Peer support for parents and sensory play for children with suspected or diagnosed ALN.

When:

Fridays 1pm - 3pm.

Contact:

For further information contact Stacie on 02920 003132.

## 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.

## 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](mailto:healthy@aceplace.org).

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

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# Room Hire

## For Community Meetings & Events

At both the Our Place: Dusty Forge and CAER Hillfort Community Centre, you can hire from small meeting rooms to the main halls, starting from £8.50 per hour. Kitchen, with tea/coffee making available.

**For bookings:**

**Tel: 029 2000 3132, Email: [dusty@aceplace.org](mailto:dusty@aceplace.org)**



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Email: [info@aceplace.org](mailto:info@aceplace.org)

Website: [www.aceplace.org](http://www.aceplace.org)

Facebook: ACE - Action in Caerau and Ely

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