



What's On

Your guide for:

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

Tel: 029 2000 3132



ace

Action in Caerau & Ely
Gweithredu yng Nghaerau a Threlái

Action in Caerau and Ely

↓ Broken? ↓



→ Don't bin it - Fix it! ←

Dusty Forge Repair Café

→ Our FREE Repair Service ←

Our friendly fixers mend:

- Bikes/Scooters
- Electricals
- Clothes
- Toys
- Garden tools
- Offer IT/Computer Advice

Monthly 4th Saturday
January - November
10am - 1pm



→ Venue

Our Place - Dusty Forge,
460 Cowbridge Road West,
Cardiff CF5 5BZ

CAFFI TRWSIO CYMRU
REPAIR CAFE WALES



ACE Places

ACE's places include two community centres and a wildlife garden, offering welcoming spaces for people of all ages. From crisis support, wellbeing and social prescribing to learning, employment, arts, heritage, cooking, growing and volunteering, these spaces bring people together, strengthen community connections, and support people to thrive.

Our Place: Dusty Forge

460 Cowbridge Rd W, Ely, Cardiff CF5 5BZ

A place for help, connection and community

The Dusty Forge is a welcoming community space where people can find support, meet others and get involved in local activities.

Practical support

The Dusty Forge offers Power Hour, ACE Bentyg, Re-Store, a community fridge, a weekly ACE meal and the monthly Repair Cafe.

Health and wellbeing

A range of wellbeing activities and social groups take place here, including ACE's YourSpace service and community-led sessions.



Also based here

The site includes Grow Well gardening, the Peace Garden, and rooms available for meetings and events. The Dusty Shed is a friendly space, particularly for older people, where members can reduce loneliness, build confidence, share skills and enjoy practical activities together. The Repair Cafe is a monthly pop-up where volunteer fixers help repair broken household items, encouraging reuse, saving money and reducing waste.

CAER Heritage

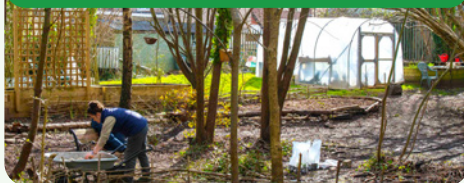
Church Rd, Caerau, Cardiff CF5 5LQ



CAER Heritage Centre is a community hub for heritage, learning and local activities. Through the CAER project, residents explore Caerau's rich past through archaeology, research, art, courses and community events.

Diana Garden

Hiles Rd, Ely, Cardiff CF5 4JB



Diana Garden is a thriving community green space where local people grow food, learn new skills, improve wellbeing, connect with others, and help transform their neighbourhood through shared activity.

ACE - Dusty Forge - at a glance

Mondays

Power Hour.	10am - 11am.
ACE Benthg - Library of Things.	10am - 2pm.
Grow Well.	10am - 1:30pm.
Trelai Park Walking Group.	11am - 12pm.
Grow Well.	12:30pm - 2:30pm.
Food Cycle.	6:30pm.

Tuesdays

The Dusty Shed.	10am - 2pm.
Souper Tuesday.	12pm - 1pm
Diana Garden Project.	1pm - 4pm.
Menogals.	1:30pm - 3pm.

Wednesdays

Roath Park Walking Group.	10am - onwards.
Power Hour.	10am - 11am.
Grief Space.	10am - 11:30am.
Dusty Shed's 'Wellbeing Group'.	10am - 2pm.

Thursdays

Drop-in (Bi-weekly)	11am - 12pm.
ACE Benthg - Library of Things.	10am - 2pm.
Retreat.	10am - 12:30pm.
The Dusty Shed.	10am - 2pm.
Victoria Park Walking Group.	2pm - 3.30pm
Forge Masters - Social Club.	6pm - 8pm.

Fridays

Power Hour.	10am - 11am.
The Dusty Shed.	10am - 2pm.
ACE Benthg - Collections/Deliveries.	10am - 2pm.
The Dusty Shed (non-memebrs).	10am - 2pm.

Saturdays

Repair Café.

Every fourth Saturday of the month, 10am - 1pm.

CAER Heritage Centre - at a glance

Mondays

Tuesdays

CAER Carers Club.

10am to 11:30am.

Power Hour.

10am - 11am.

Flying Start

- family play & wellbeing

1pm - 3pm.

Wednesdays

Love Our Hillfort Volunteer Group.

10am to 12pm.

Thursdays

CAER Gardening Group.

10am to 12pm.

Fridays

Flying Start - stay and play session.

9:15am - 11:15am
Term times only.

*For further details, please contact CAER Heritage Centre,
Tel: 029 2010 9976.*

Practical Financial Support.

ACE Community Support

Power Hour .

Support to access emergency food/fuel. Arrive after 9am to be allocated a slot, slots are limited to 10 people and available on a first come first served basis. Must present themselves in Dusty

When:

(Dusty) Monday 10am - 11am.

(Caer) Tuesday 9am - 10am.

(Dusty) Wednesday 4pm - 5pm.

(Dusty) Friday 10am - 11am.

For: Anyone in need of food or fuel support.

Drop-in.

4 bi-weekly appointments (to be booked in advance) to help with benefits, fuel and debt support.

When:

Thursday (Bi-weekly) 10am - 12pm

Call:

02920 003132 to book your appointment.

For: Anyone in need of financial advice.

ACE Bentyg - Library of Things.

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

Open:

Mondays, 10am - 2pm.

Fridays, 10am - 2pm.

Call: 029 20003132.

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.

Call: 029 20003132.

Email: stewel@aceplace.org

For: Anyone.

Grief Space.

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

When: Wednesday mornings, 10am - 1:30am in the Shelter at the Dusty Forge.

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

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

Grow Well.

Grow Well at Dusty Garden is a therapeutic gardening group

where people build skills, share ideas and support wellbeing. Referrals are welcome from professionals, ACE staff or by self-referral.

When:

Monday 10am - 2pm in the Dusty Forge garden - Dec '24 to end of Feb '25.

Email: claire@growcardiff.org.

Retreat.

Social group supporting wellbeing and friendship.

When:

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

Call: 029 20003132.

For: Anyone.

Trelai Park Walking Group.

Leisurely walking and talking in Trelai Park.

When: Monday 11am - 12:30pm.

Call: 029 20003132.

Email: sophiaf@aceplace.org.

For: Everyone welcome.

Roath Park Walking Group

Leisurely walk around the park then a cuppa and chat in Teranova Cafe.

When: Wednesday 10.00am meet outside Teranova Cafe.

Call: 029 20003132.

Email: clarew@aceplace.org.

For: Everyone welcome.

Menogals.

Menopause peer support group - pamper sessions/guest speakers/wellbeing walks .

When:

Every other Tuesday between 1.30 and 3pm in Dusty Forge.

Call: 029 20003132.

For: Women who are peri-menopausal/menopausal & Post-Menopausal.

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 or call ACE.

Activities.

CAER Hidden Hillfort Gardening Group.

Join other volunteers to help the CAER garden grow!

When:

Thursday 10am - 12pm.

Call: 02920003132.

Email: caerheritage@aceplace.

org.

For: Anyone, 18+.

Carers Club

A weekly peer support group for unpaid carers in the Ely and Caerau areas.

When:

Tuesday 10am - 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 craft and social activities.

When:

Tuesdays, Thursday (members) and Fridays 10am - 2pm (visitors & members) at the Dusty Shed (Dusty Forge site).

Dusty Shed's 'Wellbeing Group'.

A Wednesday social talking social group, combating

loneliness and isolation, where where older men can just sit and chatter about how things are, about our lives, and feel better. Spend time talking about things on your mind.

When:

Wednesday 10am - 2pm, at the Dusty Shed (Dusty Forge site).

Call: 07395 414683.

Email: enquiries@thedustyshed.org.uk

For: Older people.

Love Our Hillfort - CAER Hidden Hillfort Group.

If you love Archaeology and local history come along to Caer Heritage Centre every Wednesday. Everyone welcome, come and get involved!

When:

Wednesday, 10am - 12pm.

Email: hickstd3@cardiff.ac.uk.

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:am - 1pm at the Dusty Forge.

For: Anyone.

Do you want to volunteer and want to make a difference?



ACE Volunteers

We support a range of volunteers with different skills, ideas, personalities and dedication to help us achieve our aim.

Want to find out more?

Pop in to the Dusty Forge and meet the Volunteer Development Officer on Thursdays 10-12pm.

Food Cycle.

Enjoy a free meal. No referral needed, just turn up!

When:

Mondays, 6:30pm.

Contact:

For further information contact ACE on 02920 003132.

Souper Tuesday.

Enjoy a free lunch! Cooked by our amazing team of volunteers. No referral needed, just turn up!

When:

Tuesdays, 12pm to 2pm.

Contact:

For further information contact ACE on 02920 003132.



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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



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Action in Caerau and Ely

Our Place - Dusty Forge

460 Cowbridge Road West, Ely, Cardiff CF5 5BZ

ACE Bentyg



Don't buy - borrow!

How does it work?

1

**Find an item
and join!**

Search for an item you want to borrow and join the library that stocks it.

2

**Reserve and
borrow**

Reserve and borrow an item for a small fee - this can be as little as £1!

3

Return

Return your item in good condition ready for someone else to use.

**To browse and borrow, go to
ACE.BENTHYG.CYMRU**



Open For Collections:
MONDAYS 10am - 2pm
THURSDAYS 10am - 2pm





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Action in Caerau and Ely

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Cardiff CF5 5BZ. Tel: 029 2000 3132

Email: info@aceplace.org
Website: www.aceplace.org
Facebook: ACE - Action in Caerau and Ely
Twitter: [@elycaerau_ACE](https://twitter.com/elycaerau_ACE)