

What's On @ACE



Action in Caerau and Ely

Your guide for:

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

Tel: 029 2000 3132



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



ace

Action in Caerau & Ely
Gweithredu yng Nghaerau a Threlai

Action in Caerau and Ely

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

- Crisis Support
- Café Barr
- ACE Arts
- Grief Space
- Retreat social group
- Wellbeing coffee mornings
- Crochet club
- Benthyg - 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

Crisis 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.

When:

Monday & Friday,
10am - 11am.

Call: 029 20003132.

For: Anyone.

ACE Volunteering.

Opportunities to volunteer across ACE projects and activities. New opportunities always available. Check Website and Social media for updates.

ACE Benthyg - Library of Things.

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

Open:

Mondays and Thursdays,
10am - 2pm.

Collections and Deliveries:

Fridays, 10am - 2pm.

When:

Volunteer Development Officer drop in Thursdays 10-12pm

Call: 029 20003132.

Email: volunteering@aceplace.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.

Call: 029 20003132.

Email: stevel@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.

Email: sophiaf@aceplace.org

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

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

Email: Chris@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. Phone to book.

When: Monday 11am - 12:30pm.

Call: 029 20003132.

For: Anyone.

Victoria Park Walking Group

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

When: Thursday 2pm - 3.30pm

meet outside Boomerang Cafe.

Call: 029 20003132.

For: Everyone welcome.

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).

Taff Talk Men's Group

Space to meet others and chat, play board games or just come in and have some space.

When:

Every 1st and 3rd Monday of the month, 11am - 12:30pm.

Call: 029 20003132.

For: Men of any age.

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 social activities.

When:

Tuesdays 10am - 2pm (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.

Call: 07395 414683.

Email: enquiries@thedustyshed.org.uk

For: Older people.

Crochet Club.

Learn crochet skills whilst making friends.

When:

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

Call: 029 20003132.

For: Anyone.

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 'café' 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.

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.

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.

ACE - Dusty Forge - at a glance

Mondays

Crisis Hour.	10am - 11am.
ACE Benthyg - Library of Things.	10am - 2pm.
Grow Well.	10am - 2pm.
Crochet Club.	10am - 12pm.
Trelai Park Walking Group.	11am - 12:30pm.
Taff Talk Men's Group. (1st & 3rd of mth)	11am - 12:30pm.
Grow Well.	12:30pm - 2:30pm.
Food Cycle.	6:30pm.

Tuesdays

The Dusty Shed (members).	10am - 2pm.
Souper Tuesday.	12pm - 1pm
Diana Garden Project.	1pm - 4pm.

Wednesdays

Grief Space.	10am - 12pm.
Dusty Shed's 'Wellbeing Group'.	10am - 2pm.

Thursdays

Advice Drop-in.	11am - 12:30pm.
ACE Benthyg - Library of Things.	10am - 2pm.
Wellbeing Coffee Mornings.	10am - 11:30am.
Retreat.	10am - 12:30pm.
Victoria Park Walking Group.	2pm - 3.30pm
Forge Masters - Social Club.	6pm - 8pm.

Fridays

Crisis Hour.	10am - 11am.
ACE Benthyg - Collections/Deliveries.	10am - 2pm.
The Dusty Shed (non-members).	10am - 2pm.

Saturdays

Repair Café.	Every fourth Saturday of the month, 10am - 1pm.
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CAER Heritage Centre - at a glance

Mondays

Tuesdays

CAER Carers Club. 10am to 11:30am.

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.

Umbrella Group Peer Support Group. 1pm to 3pm.

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

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/ECCommunityplan>

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.

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

Carers Club

Every Tuesday
@CAER Heritage Centre

Are you an ex-carer and now feeling lost or lonely? Pop along for support and a chat.

“It’s a great space to meet.

**It’s open. I can talk and unload
about things about me”**

- Carers Club member.

Carers Club is a peer support group for unpaid carers in the Ely & Caerau areas of Cardiff. A chance to chat with others on a similar journey caring for family or friends. Why not come along to Carers Club!

We meet every Tuesday at the
CAER Heritage Centre, Church Road, Caerau.
10am - 11:30am

For more information contact ACE on 02920 003132 and ask for Rachel or a member of the Wellbeing Team.

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What's On @ACE



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Action in Caerau & Ely
Gweithredu yng Nghaerau a Threlifi

Our Place: Dusty Forge
460 Cowbridge Rd West , Ely
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