

A photograph of children participating in a community gardening activity. In the foreground, a young girl with braided hair, wearing a dark quilted jacket, is focused on planting small green seedlings into a wooden raised garden bed filled with dark soil. To her right, another child in a blue polka-dot shirt and purple leggings is also working in the bed. In the background, a woman in a brown coat and blue hat stands near a stroller, and a man in a green shirt is bent over, possibly watering or tending to the plants. The scene is set outdoors on a paved area with buildings and parked cars in the distance.

Our Ambitions for Our Community through Our Own Efforts

Action in Caerau & Ely

Annual Report
2015 - 2016



ace

Action in Caerau & Ely
Gweithredu yng Nghaerau a Threlai



Chair's Report

2016 has been another year full of highlights, and of course many changes.

We have seen the Dusty Forge turn into a thriving community centre, delivering a range of activities with local people at its heart. One of our most promising projects to date is the development of training services, supporting local people into work, and we are incredibly excited about developing this further into a sustainable social enterprise.

The development of ACE's energy/fuel poverty work, which is making a difference for some of the most vulnerable people in our community, is hugely exciting and is starting to deliver services further afield in Cardiff.

We hope in the coming months to hear the outcome of our Heritage Lottery Fund application with the CAER heritage team, a substantial project aimed at developing Church Road Gospel Hall into a community heritage centre.

Our delivery of the Communities First Programme is as strong as ever, with a huge range of health, economic and learning outcomes for local people and we have been pleased to be delivering the Welsh Government's Communities for Work Programme, allowing us to reach and support those furthest from the labour market.

We have been able to engage with 7040 participants across 30 projects, supporting 89 people into employment and a further 2691 people were financially better off through our work. More than 580 people gained one or more qualification and 1032 children improved their academic performance, to name but a few outcomes.

The potential end of the Welsh Government's Communities First Programme no doubt presents a challenge, it has allowed us to deliver some fantastic work, enabling the formation of ACE as an independent, locally owned organisation. We will approach the

challenge positively, continuing in our vision to develop ACE as a sustainable, local, force for change and will be working hard to position ourselves to be at the heart of whatever comes next.

ACE was set up as a lasting legacy to continue long after Communities First and I offer huge thanks to all those that serve on our Volunteer Board of Trustees and the staff team, together we have worked tirelessly to develop relationships and stabilise the organisation and will proudly continue, with community support, to ensure that government policy is enacted in a way that puts local people at the centre.

The future of ACE is very much centred around preparing The Dusty Forge for expansion and development of services to be offered across the city, ensuring the longevity of ACE, our membership and the positive impact of our community based organisation.

Cassie Bodington

ACE Staff Team

Maisey Andrews
Communities for Work Triage Officer

Hazel Cryer
Health and Wellbeing Coordinator

Nicola Brydon
Community Focus Schools Officer

Carey Davies
Community Enterprise Officer

Taela-Mae Davies
Community Development Coordinator

Becki Donaldson
Family Learning Officer

Julie Evans
Admin Assistant

Denise Farrant
Community Health Officer (Healthy Eating and Physical Activity)

Sam Froud-Powell
Community Energy Co-ordinator

John Hallett
Cluster Manager

Sam Holt
Community Health Officer (Community Growing)

Dave Horton
ACE Development Manager

Donna Hurley
Communities For Work Adult Mentor

Dean Jones
Youth Participation Officer

Helena Jones
Communities For Work Youth Mentor

Kimberley Jones
Community Engagement Officer/
CAER Young People's Opportunities Project

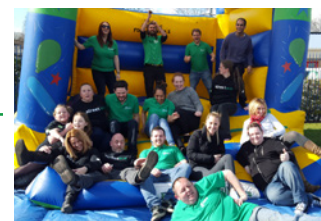
Linsay Jones
Communities for Work Parent Employment Advisor

George Keane
Communications Officer

Billy Mainprize
Dusty Forge Estates Manager

Corey McDevitt
Assistant Energy Advisor

Ruth McDonald
Federation Schools and Community Learning Coordinator



Simon Murray
Community Training Officer

Michelle Powell
Deputy Cluster Manager

Hywel Price
Communities for Work Community Employment Advisor

Fiona Robinson
Programme Administrator / Office Manager

Hasan Roap
Finance Officer

Tazmin Rowe-Anthony
Community Learning Officer

Nerys Sheehan
Financial Wellbeing Officer

Charmaine Simons-Evans
Communities for Work Community Employment Advisor

Carly Whelpley
Community Mental Health Officer

ACE board of trustees 2015-2016

The board of trustees is elected by the membership. We are grateful to the following people who have served during 2015-2016:

Cassie Bodington (Chair) runs a local business and lived in Caerau for several years.

Nigel Jones (Vice Chair) is a solicitor specialising in commercial and property law.

Jean O'Keefe (Treasurer) lives in Caerau. She sits on the Timeplace steering group.

Barbara Cuddihy lives in Caerau and is a committed volunteer.

Gareth Pierce manages the Ely & Caerau Community Hub.

Anne O'Regan lives in Caerau. She volunteers with Age Connects and Families Need Fathers/Both Parents Matter.

Gloria Yates lives in Ely. She leads Age Concern's Healthy, Wealthy and Wise project.

Veronica Moore lives in Ely. She volunteers on ACE's energy project.

Ken Long lives in Caerau and is a volunteer with the Community Ambassadors and a number of other projects.

Caroline Barr lives in Caerau and has helped lead the Timeplace timebank. She has recently been employed by ACE.

Ian Berryman was the deputy head teacher at Glyn Derw High School. He has recently left Cardiff for a new job.

Gareth Bateman lives in Ely and is a regular volunteer at Our Place: Dusty Forge.

Sue Leader lives in Ely. She is a local activist and branch secretary for Unite Community.

Simon Murray works for ACE and was elected by his colleagues as the staff representative to the board.

Sue Leader, Caroline Barr, Ian Berryman and Gareth Bateman resigned their posts during 2015/2016. We thank them for the significant contribution they made to ACE during their time on the board.

ACE vision, beliefs and objectives



ACE's VISION is of a happy and healthy community characterised by co-operation, equality and social justice. We believe that everyone who lives in our community has something unique to contribute. Our 1000 members actively participate in turning this vision into a reality.

We base our efforts on the following BELIEFS:

- Local people know their community best
- Everyone has something unique to contribute
- Everyone's contribution should be valued equally
- Poverty should not be accepted as a fact of life
- Social injustice should be challenged and changed

Our objectives are described in our 5 year Strategic Plan (available at www.aceplace.org):

Objectives for the community:

- To create individual opportunities for residents through community development activity
- To tackle poverty by creating employment and building the local economy
- To improve the quality of life for residents of Ely and Caerau generally by enhancing the environment, improving facilities and fostering partnership and co-production

Organisational objectives:

- To progressively reduce our dependency on grants and to become financially sustainable in the long term by operating a strategy for diversifying and maximising our sources of income
- To design, operate and monitor policies and procedures which ensure high standards of governance and management, financial propriety and personnel management
- To design and operate an effective Promotions Strategy

ACE Membership

Act



Anyone who lives, or has an interest in, Ely and Caerau, and who supports the aims of the organisation, can become a member. There is no charge.

When you join ACE you automatically become a member of Timeplace too, which means you can earn time credits for your efforts in the community.

Members who are over 18 can vote at the Annual General Meeting (AGM) and can put themselves forward for election to the board of trustees. Every registered member receives an invitation to the AGM with information on making nominations to the board.

All members are asked to make the following pledge:

I will...

Act with others to help make Ely and Caerau an ace place to live

Care for the streets and parks and places we share as a community

Encourage my family, friends and neighbours to do the same.

Visit our website or contact us for more information and for a membership application form.

www.aceplace.org

Enco

ACE achievements 2015-2016

ACE has continued to develop innovative projects and approaches that put local people at the heart of community regeneration efforts:

Our Place: Dusty Forge, our new community centre and the home of ACE, has become a thriving hive of activity providing a range of essential services and activities. (See page 7 for more info).

ACE has taken on the delivery of the Welsh Governments' Communities for Work programme, enabling us to support those currently furthest from the labour market.

We have begun to offer in-house courses and invigilation in Level 1 Health and Safety in a Construction Skills Environment at Dusty Forge, allowing us to improve our into work support for local people seeking access to the construction industry. (See page 10 for more info).

The CAER Heritage team piloted the fantastic CAER Opportunities Project, working with young people in danger of school exclusion to develop bespoke placement opportunities. They still found time to run three heritage projects and submit a large Heritage Lottery Fund application!

(See page 10 for more info).

Following the closure of arts charity People Around Here, ACE have been able to 'adopt' the Breaking the Mould project, ensuring it can continue in Ely and providing a basis to build further creative arts projects. (See page 9 for more info).

ACE's community energy work (aimed at tackling fuel poverty) has continued to develop through our Ebico funded co-production project. We are beginning to offer services in other areas of the city. (See page 9 for more info).

ACE has been a key partner in the launch of Cardiff's first 'Men's Shed'. Initial volunteers have worked hard to prepare the old bookies at Dusty Forge ready for the full launch of the renovated 'Dusty Shed' in November 2016.



ACE have been active members of Cardiff and Vale Citizens, enabling us to involve local people in campaigns related to pupil aspirations and living wage employment. (See page 12 for more info).

Care

Future Plans

In the coming year ACE aims to:

Re-design the Dusty Forge and acquire funding to ensure that the building is fit for the future whilst expanding opportunities for project development and local involvement.

Work with the Welsh Government and Cardiff Council to ensure that ACE is involved in the delivery of Communities First follow-up programmes.

Work to our strengths to offer services in other areas of the city (including ACE energy services, community health projects and co-production learning).

Further develop our in house training services at Dusty Forge, offering current courses to new clients and developing additional courses.

Develop Church Road Gospel Hall into a community heritage centre supporting local learning and developments at Caerau Hillfort (dependent on a successful Heritage Lottery Fund bid).

Work with People Around Here artists to ensure the fantastic work of the charity continues as an ACE creative arts programme.



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Communities First /ACE Weekly Activities



communities first cymunedau yn gyntaf

Monday - Friday

Job Club

Training courses, CVs, job applications.

Our Place: Dusty Forge.

Monday - Friday

Communities for Work

Job search, CVs, training, reduce barriers to work.

Ely & Caerau Community Hub.

Monday - Thursday

Communities for Work

Job search, CVs, training, reduce barriers to work.

Our Place: Dusty Forge.

Monday - Friday

Timeplace Project

Time Credit project, find out how to get involved and start Earning and Spending yours.

Multiple Venues.

Monday

Drop in

Support with debt/benefit issues and foodbank voucher provision.

Ely & Caerau Community Hub.

Tuesday

Food Co-op

Bags of fresh fruit/veg/salad at reduced cost, £3/bag, and order a week in advance.

Our Place: Dusty Forge.

Tuesday (School Holidays only)

Story Café

Activities inspired by a fun children's book.

Tuesday (term time only)

Parent Drop in

Drop in parenting support plus play provision for under-4s.

Alternate Tuesdays

Communities for Work

Job search, CVs, training, reduce barriers to work.

Pentrebanne Zone.

Wednesday - Friday

Communities for Work

Job search, CVs, training, reduce barriers to work.

Fairwater Hub.

Wednesday

Training Advice Drop In

Information on available training courses.

Ely & Caerau Community Hub.

Wednesday

Refresh

Community Group with various activities.

Ely & Caerau Community Hub.

Thursday

Growing Club

Club for families to grow fruit and veg together.

Pentrebanne Zone.

Thursday (term time only)

The Getaway Project

Take time out for yourself, relaxation, art and good food.

Our Place: Dusty Forge.

Thursday

Foodbank drop in

Support with debt/benefit issues and foodbank voucher provision (proof of ID and issue may be required).

Our Place: Dusty Forge.

Thursday

Energy Advice Drop In

Take control of energy costs with free advice.

Our Place: Dusty Forge.

Fridays (once a month)

Baby Showers

Activities, pampering and freebies for expectant mothers.

Friday

Growing Club

Club for families to grow fruit and veg together in the hub garden.

Ely & Caerau Community Hub.

Various Days

Foodwise

An 8 week programme to help you manage your weight the healthy way.

Various days

Cooking on a Budget

Fun interactive way of cooking family meals on a budget.

Various days

Parent Nurture Programme

Family support programme around behaviour.

For further information regarding any of these activities, please contact ACE using details on the back.



All back to Our Place!

ACE took on the running of Our Place: Dusty Forge in March of 2015. It's been an exciting challenge, and an opportunity for many of us to learn new skills!

A number of local groups make regular use of the facilities including the Getaway, Knit and Natter and Bounce. ACE staff and volunteers continue to provide weekly debt and benefit drop-in support services. The Breaking the Mould Project (funded by Paul Hamlyn Foundation) has provided a range of creative pursuits (and is busy developing a community or artists) while the Dusty's Shed group, with the help of Willmott Dixon, have brought the old bookies into use as Cardiff's first Men's Shed.

We have been keen to ensure that the centre embodies ACE's core values and unique approach. This means that local people and partner organisations have been involved in all aspects of the building's development. In keeping with our DIY approach the Getaway group and People Around Here oversaw the re-design of the Reception area and Hall (which look fantastic). Local young people helped upgrade the IT room (recycling old pallets into desks and creating smart slate mouse-mats!) Volunteers have been helping with reception duties, maintenance tasks, gardening and advice services. You can read about one person's life changing experience at the Dusty Forge on page 8.

We are very excited about future developments at the centre. We recently made a first stage application to the Community Facilities Programme and, if successful, we intend to oversee a complete re-design of the building to prepare it for a bright and sustainable future. Potential work includes: Bringing the basement into use as a social enterprise 'incubation' space, improving disabled access throughout, opening up the main front entrance and providing independent access to key areas of the building, increasing office space to allow co-location with partners, creation of café facilities, and development of childcare facilities.

An ACE journey

Staff member Carey Davies met with our Estates Manager Billy Mainprize to discuss his journey with ACE. Billy has lived in Ely for over 40 years. Carey tells the story here:



Billy Mainprize feels his life was typical of many individuals who are let down and left behind by society. His life was one of routine and repetition and he felt that, as a result, he had become increasingly lazy. He never had money to do anything with his three children and very rarely did he leave the house to socialise or interact with anybody. He had not worked for over 9 years and for many years had felt that his life lacked purpose and meaning. In January 2000 Billy had the first of six heart attacks and, even though he tried on occasions to get work, no one would give him a chance.

In February of 2015 Billy was told that he had to do voluntary work in order to keep his benefits and the Job Centre gave him a placement in Newport. After his first day he felt that the placement and travel were totally unrealistic and unsustainable. In the past Billy had enjoyed one off volunteering opportunities with ACE and so he decided to drop in to the Dusty Forge and ask if he

could do his placement with us. The ACE team offered Billy the chance to help manage and maintain our new community building 'Our Place: Dusty Forge'.

The placement lasted for 7 months, during which time Billy helped with maintenance tasks, with managing health and safety in the building, and with welcoming community members and centre users. When the time came for him to finish his placement he wasn't happy and felt that he would be in danger of reverting back to his old routine causing a downward spiral.

By this time Billy had become a much loved and highly valued member of the ACE team. When the organization found itself in a position to advertise the post of 'Estates Manager' Billy applied, attended an interview, and was offered the job. He is employed part time but insists on volunteering additional hours (for which he is paid time credits, which his children use to go to the

cinema!) Billy even comes in on Friday mornings to support the Knit and Natter group, where I am sure he is knitting woollen hats for his colleagues for Christmas. He has attended courses in First Aid, Fire Safety, Managing Health and Safety in a Work Environment, and Manual Handling.

"Volunteering with ACE has helped me change my life around, it has given me confidence and control of my life again and I feel like I am now able to move forward. I also feel more healthy! It's the best thing that has happened to me since the birth of my three children!" Billy (ACE Estates Manager).

"Billy is a good example of someone who has been told by society he has nothing of value to contribute. It is clear from our experience that nothing could be further from the truth. We wouldn't have been able to run Our Place: Dusty Forge without him!" Dave (ACE Development Manager).

Getting creative!



One of ACE's closest working partners in recent years has been community arts charity People Around Here. Sadly the charity decided to close its doors recently following the departure of lead artist Bill Taylor-Beales to pastures new.

We have been keen to ensure that creative activity continues within ACE's work, and particularly at Our Place: Dusty Forge. With this in mind, ACE has worked with People Around Here's staff and trustees to 'adopt' the charity's projects and approaches. Initially this means that

ACE will be continuing to run the Paul Hamlyn Foundation funded Breaking the Mould Project on Monday's at Our Place: Dusty Forge.

The project has been going from strength to strength and now sees upwards of ten participants each week engaging in a range of artistic activities and pursuits. We hope that, with time, this group (along with new participants) will become a community of artists who are learning new skills and exhibiting their work in Ely, Caerau and further afield. We will be using this project



as a basis, working with People Around Here artists, to develop a larger programme of creative activities at Dusty Forge and other venues.

Helping people take control of energy costs

ACE is working on a new initiative to provide vital help with energy costs for Cardiff residents in times of crisis. Funding from the Ebico Trust has enabled ACE to employ a part time project worker and train a team of 3 dedicated community volunteers to provide information and practical help to anyone getting support from Foodbank. This includes regular drop in advice sessions at the Hub, Dusty Forge and Ely Baptist Church, and follow up support sessions or home visits.

Our friendly team works with some of the most vulnerable members of

our community, ensuring they get the best deal on their energy, manage fuel debt, and access warm home discount and free boiler / insulation schemes. Immediate help to reduce bills is available too, with free energy saving devices to reduce costs straight away. For those on prepayment meters with no access to gas or electricity due to lack of money, emergency top ups are available through the Cardiff Foodbank's Fuel Bank scheme.



A key approach for this work is making sure that those benefiting work with us to improve services, ensuring we are tackling both short and long term issues, and building skills and confidence to take control of their energy costs in the future.



The CAER Heritage Project



Learning from the past to build for the future.

The CAER Heritage Project works with the communities of Caerau and Ely to explore the area's rich heritage, addressing contemporary challenges through researching the past. CAER Heritage has had another amazing year in 2015/16 and has delivered a range of exciting new projects including:

The Model Village Project

Which gave a group of pupils from Michaelston Community College the chance to research the origins of the Ely housing estate and to explore the medieval archaeology of Michaelston-super-Ely.

CAER Young People's Opportunity Project

Which enabled a group of young people facing exclusion to create bespoke work opportunities that engaged them positively in their community and heritage.

The Dusty's First World War

Which is working with local community groups and local school pupils to co-produce research and create an exhibition about the First World War story of Ely.

Trek to Connect

A project bringing together three communities to create a geocache heritage trail from Merthyr to the Bay via Ely and Caerau.

The Hidden Hillfort Project.

This exciting Heritage Lottery Fund grant application was submitted in September 2016. If successful, it will instigate an inspiring, two-year, programme of community co-ordinated co-research and infrastructural improvements at Caerau's magnificent Iron Age hillfort.



The CAER Heritage Project is run in partnership with Cardiff University School of History, Archaeology & Religion.

Our Place: Dusty Forge Training

272 people accessed into work support and training services at Our Place: Dusty Forge between April 2015 and April 2016. Of these, 172 gained one or more employment related qualifications and 90 entered employment. This is one of the most significant projects developed at Dusty Forge, both in terms of its impact on poverty, and in its potential for further development.

Of the qualifications regularly on offer Construction Skills Certification Scheme training, Level 1 Health and Safety in the Construction Environment and IOSH Working Safely training continue to be the most popular.

However, we have been flexible in identifying targeted training needs with individuals, and have often succeeded in sourcing external funding to support this. As a result qualifications have been gained in 26 different subjects including: Plastering, Food Safety Level 2, Personal Track Safety,



Counterbalance and Reach Lift Truck, 17th edition Electrical, and Level 1 Scaffolding Tubes and Fitting.

Over the last year we have developed Our Place: Dusty Forge training facilities, have registered with the British Safety Council and have begun offering Level 1 Health and Safety in the Construction Environment ourselves. In addition

we are currently preparing to offer CSCS testing services in house. Our aspiration, over the coming year, is to extend the training we can offer in house, allowing us to provide a wide range of employment related skills and qualifications in a community setting whilst establishing a viable social enterprise to secure the future of this work.

Communities First – ACE, delivering community shaped outcomes in our community.



ACE Communities First

Developing Communities and Creating Opportunities



ACE took on the delivery of the Welsh Government Communities First programme in February 2013. Now delivering across Ely, Caerau, Fairwater and Pentreban a team of 20 staff deliver a broad range of projects and activities in partnership with partner organisations and importantly community members and groups. ACE has worked with 7040 participants with work focusing on three themes – Healthy, Learning and Prosperous Communities.

Key successes include the training and employment of 89 community members, and 2691 people financially better off.

The Learning team worked with 2182 community members - with 580 adults earning one of more qualification, 541 parents reporting that they felt more positive supporting their children and 1030 children improving their academic performance.

The Health team worked successfully with a number of community run groups - seeing 1930 people making healthier choices and 1578 people reporting they felt more positive and confident to improve their lives.

Perhaps most exciting was the 8636 outcomes achieved across the communities of Ely/Caerau and Fairwater/Pentreban and 13650 volunteer hours in activities such as the Timeplace and community group projects.

For further details about Communities First delivery in Cardiff West please contact the ACE office.

Promoting local learning

The Learning team continues to provide support to all the schools in Ely, Caerau, Fairwater and Pentreban to help raise educational outcomes. Programmes include out of school hours, extra-curricular and transition interventions as well as family learning, parent engagement and community learning courses.

Of late we have prioritised activities in the Glyn Derw & Michaelston Federation due to the many changes young people there have had to face. Projects have included setting up a free breakfast club with pastoral support to encourage better attendance, punctuality and engagement in school. This was funded by Communities first and Families First and provides 50 free

breakfasts every day for KS3 pupils. From January to March about 92 pupils received a free breakfast and of these 72% showed improved attendance which is an improvement of 1.2%.

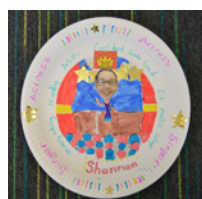
The Family Learning Officer has worked closely with all the primary schools and has seen significant progress in projects that engage with dads. She organises regular peer support group meetings with the school's Family Engagement Officers and supports them to plan, design and deliver their own family learning projects.

The Adult Learning Programme aims to improve adult life skills for local people to prepare them for

further training and employment. 33 learners (mostly young parents) have recently completed a Level 3 Psychology course. 29 completed the course, passed their exams and are now applying for a foundation degree course. A range of courses for parents (including Understanding Childhood, Stress Management and Child Psychology) are also running in schools to help parents better support their child's learning. A Learning Partnership Board which includes Head teachers from all the schools in Ely & Caerau meets every half term with key partnerships to discuss barriers to learning and to design a cohesive cross cluster programme of learning activities to help raise educational attainment.



ACE are working with Cardiff & Vale Citizens on a new project to help improve employment outcomes for pupils leaving secondary school in Ely and Caerau.



We facilitated creative workshops with year 6 and 7 pupils and their parents from every school in Ely & Caerau

to help young people explore and express their future aspirations.

Supporting our young people's aspirations

Each pupil designed a personalised caricature drawing on a paper plate of what they would like to be when they grow up - with their photograph, name, school and action words.



These formed a massive display representing all the schools at the Governance of Wales Accountability Assembly event on 17th March 2016. A group of 20 parents and pupils went on stage in front of about 800 people to challenge the party leaders about the importance of creating opportunities to match pupils' aspirations.



Parents were also invited to sign up for a Cardiff University

Neighbourhood Leadership Level 3 Training course to equip them with communication & negotiation skills to enable them to have a voice in community decision making. ACE is now exploring possible schools' membership of the alliance and is planning further community work with parents and pupils.



Time for health!

This year ACE has trialled two approaches to 'Social Prescribing' with local GP Surgeries, meaning that GPs are recommending community-based health and wellbeing projects to patients as an alternative or supplement to traditional medicine. A 'prescription slip' resource has been created for local GPs, which enables them to 'recommend' key ACE health activities to patients. Patients receive a slip from their GP with details of the recommended activity and an option to hand their slip in and receive a call-back with further information and/or to book a place. The slips have become very popular with GPs and local groups

have started to report new participants joining them as a result.

A new project is being trialled in one Surgery whereby GPs can 'prescribe' time credits to a patient, issued via an appointment with ACE where the patient can talk through 'earn' and 'spend' activities. Timeplace participants tend to report improved health and wellbeing and reduced social isolation and we hope to see the same outcomes for patients accessing time credits through this scheme.

ACE Communities First Activities

A: Open Access Activities: The activities below are open access, so you do not need to pre-book, just come to the venue at the time given. If you would like more information or to talk to someone before you come please contact us (details on the back) or complete your details below, drop this form into the Ely & Caerau Hub or the Dusty Forge and we will contact you. All activities are free of cost unless stated otherwise.

<input type="checkbox"/> The 'Getaway' Thursdays (term time) 11am-1.30pm Our Place: Dusty Forge A volunteer-led mental wellbeing drop-in group, offering therapeutic activities and a welcoming space.	<input type="checkbox"/> ACTION for Living Thursdays 11th Feb - 3rd March 9.30-11.30am, Western Leisure Centre An Acceptance and Commitment Therapy based course aimed at helping people to accept and live with emotional problems.
<input type="checkbox"/> Baby Shower Friday 19th February & 18th March 10am-12pm, Ely & Caerau Hub Activities, pampering and freebies for expectant mothers.	<input type="checkbox"/> Mindfulness Mondays Mondays 9.30-11.30 (Jan - March 2016) Our Place: Dusty Forge 30 minutes of Mindfulness followed by beginner's yoga and a healthy light snack.
<input type="checkbox"/> Pilates Mondays 9.30-10.30 (Jan - March 2016) Ely & Caerau Hub Pilates is an exercise class that focuses on stretching and strengthening the whole body.	<input type="checkbox"/> Family Growing Club Every other Thursday starting 21st January 4-5pm: Ely and Caerau Hub A club for families to grow fruit and veg together in the Hub Garden.

B: Pre-bookings: If you would like to attend any of the activities below, please complete your contact details and drop this form into the Ely & Caerau Hub or the Dusty Forge and we will contact you.

<input type="checkbox"/> Foodwise An 8 week programme to help you manage your weight the healthy way.	<input type="checkbox"/> Healthy Cooking Courses Learn to cook healthy food on a budget, all ingredients and equipment provided.
<input type="checkbox"/> Parenting Courses Various courses available from ACE and partner organisations.	<input type="checkbox"/> Men's Group Activity group covering woodworking, gardening & woodland skills.

Name _____ Phone no. _____
 Address/email _____
 Additional information _____

Building a local movement



ACE continues to put community involvement at the heart of everything we do. Two great examples include our well established community currency, Timeplace, and our Streetace outreach sessions.

The Timeplace time bank allows us to place equal value on everyone's contribution, rewarding every hour given to the community with a

time credit. Timeplace continues to be led by a steering committee of local people from Ely, Caerau, Pentreban, and Fairwater. This year they have focused on working with participating groups to increase local spend opportunities. After six months the local spend numbers are looking good (with 1311 credits spent in a 6 month period). The committee's efforts culminated in a fantastic collection of activities

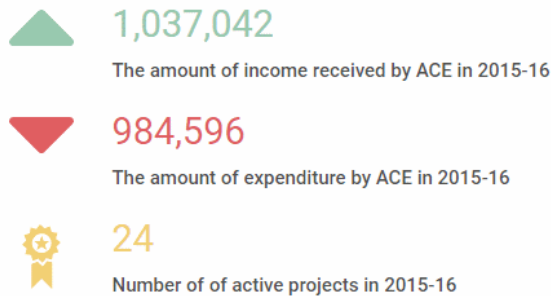
promoted through our hugely successful Summer Brochure, which was distributed to every primary school pupil in Ely and Caerau.

Our Streetace project sees staff and volunteers regularly hitting the streets to meet new people, share the work of ACE, and invite people to get involved. Some sessions are themed, and have included a focus on promoting our Communities for Work programme, healthy eating sessions, energy saving advice, litter picking and more. During many of our sessions we have been joined by partners from the fire service and the police.

Additional recent community engagement activities have included job fairs, sports days, community group led fun days, and schools based events. In total 1,931 people have been engaged through these activities, 234 people are known to have become participants in ACE activities, and 72 have become members of ACE.

ACE Finance Report

Income & Expenditure

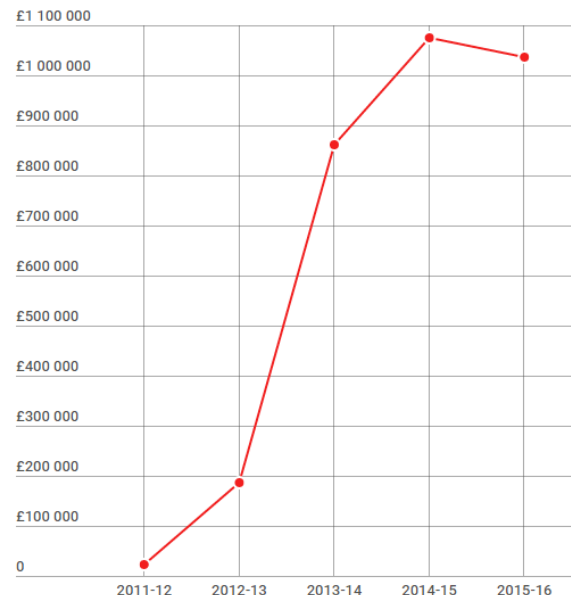


ACE received a total income of £1,037,042 in the 2015-16 financial year, the majority of which was voluntary income such as donations and grants from the government and other charitable foundations. Some of our biggest funders for the year included the Welsh Government, Big Lottery and Cardiff Council. Of the above we spent £1,005,019 over the course of the year.

ACE's income from funders has increased significantly year on year. In 2011-12 we had received £22,864 and that had increased by x8 to £185,359. It then increased to £861,115 in 2012-13 (increase of x4.5 of the previous year) and now in 2015-16 it has increased to £1,037,042.

This income is currently spread across 24 projects. The biggest project is Communities First with approx 75% of ACE's income.

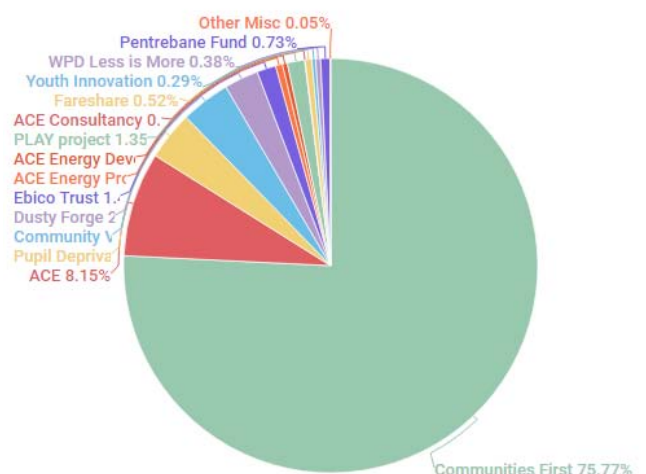
ACE Income 2011-2016



ACE Projects



Project Budgets



Partners & Funders



ACE would like to thank the following people for their contributions during the previous year:

The many volunteers who invest their time freely for the good of our community.
 The ACE staff team, who continue to show real commitment to the cause and who regularly 'go the extra mile'.
 Our board of trustees who work hard, in their own time, to steer the organisation towards a bright future.
 The many local community groups and partner organisations who share our values and aims and who develop and deliver projects with us.
 The growing group of funders who provide essential resources and support, allowing us to try new ideas and continue developing old ones that work!

We look forward to continuing our work with you all!



ace

Action in Caerau & Ely
Gweithredu yng Nghaerau a Threlái

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