

# ACE Newsletter

## Volunteering

### Spring '25



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

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

029 20 00 3132

#### Message from ACE



Hello all!

Welcome to spring!

Welcome to the Spring ACE Volunteering Newsletter, which has been lovingly put together by ACE staff, Volunteers and Partners.

In this edition we hope to share some key information to help and support volunteering, share some of our successes and highlight how we are always growing.

If you would like to contribute in any way in the making of the next newsletter the 'Summer Edition', please do let us know on the above contact details.

#### Post Code Gardener Launch Event

At the start of March ACE launched the 'Ely and Caerau Postcode Gardener Community Greening Project' at the CAER Heritage Centre.

Together with ACE volunteers; ACE staff; Friends of the Earth; CAER Heritage Project; The Cooperative Bank; Upfront Gardens; Grow Cardiff; HMPPS; Cardiff West High School and other partners a wonderful hedgerow, sunflowers and wildflowers were successfully planted outside of the centre.

A huge thank you to all those who came to take part and show your support.

If you would like to volunteer to be part of this project or would like to hear more about it please get in contact with Rob (Postcode Gardener):

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

029 20 00 3132



#### Save the Dates

**Easter Egg Hunt:** CAER Heritage Centre

Wednesday 16th April, 12:30-2:30pm

**Volunteers Week:** Monday 2nd - Sunday 8th June

**ACE Volunteers Celebration Event:**

Thursday 5th June @ Dusty Forge

Address: ACE - Action in Caerau & Ely

Our Place - Dusty Forge

460 Cowbridge Road West

Cardiff

CF5 5BZ

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

### Our Dusty Repair Cafe:

Opens the last Saturday of the month at 10.00am with 'last orders' by 12noon latest. Our friendly team of volunteer fixers will check out your wobbly buggy\ trolley wheels and portable electrical items (sadly NOT microwaves), do basic bike repairs and sharpen tools ready for the spring, and give your favourite top\ bag\ jewellery some TLC. Our IT fixer can check out software hitches on your phone\ tablet\ laptop. Our warm welcome includes free light refreshments while you wait to be matched with a fixer - come early to avoid the queue!

### Benthyg (ben-thig) means to borrow or lend in Welsh:

You can rent, hire, loan or indeed borrow a 'thing' from your local community Library of Things. They have a range of items Including 'pressure washers, carpet cleaners, camping equipment & cooking equipment & much more.

[ace.benthyg.cymru](http://ace.benthyg.cymru)

### Tuesday's Lunch Club:

Join us for a FREE hot meal every Tuesday 12pm @ the Dusty Forge  
No need to book, arrive on time to ensure a good spot as it can get busy.

All are invited, come and make new friends, or just to try the delicious food.



### ACE Partner Volunteer Vacancy CCAWS: Community Care and Wellbeing Service, Volunteering Opportunities

**CCAWS** is a mental health and wellbeing charity that delivers support services across Cardiff's diverse communities.

There are a variety of benefits for volunteering with CCAWS, such developing and improving your administrative and interpersonal skills, as well as having the satisfaction of supporting your community. Full training is provided. We can also pay travel expenses. We also offer Tempo Credits to our volunteers, which you can use towards gym sessions or trips to the theatre.

How you can help:

- **Become a befriender**
- **Advocate our clients needs**
- **Help run support groups**

If you have some spare time to give back to the community please get in touch:

📍 62 Whitchurch Road, CF14 3LX

📲 029 20 345 294

✉️ [info@ccaws.org.uk](mailto:info@ccaws.org.uk)

## ACE Volunteering Vacancies

If you are interested in volunteering and want to find out more – please visit ACE Volunteering page: [www.aceplace.org/volunteer-opportunities/](http://www.aceplace.org/volunteer-opportunities/) or call us on: 02920 003132 or email: [Volunteering@aceplace.org](mailto:Volunteering@aceplace.org)

### Volunteer Role: ACE Volunteer Driver (18+):

**Project details:** Dusty Forge's Community Fridge is a volunteer-led project, which is part of the ACE Good Food Hub. They use excess food to avoid waste and feed the community with free donations of food from Greggs / Fareshare and other places. ACE has an electric van, so you don't need to have your own vehicle.

**Time:** Monday PM and or Tuesday and or Wednesday and or Thursday 4:30–5:30pm, possible additional driving as and when needed. (Time Credits will be available for this role).

### Volunteer Role: Diana Garden Volunteer:

**Project details:** Diana garden is a lovely green space in the middle of the residential area in Ely that was opened by Princess Diana 30 years ago. ACE are working on regenerating it and making it a space for community wellbeing, growing and learning.

ACE is looking for volunteers (18+) to support Diana Garden development workers in a variety of ways. We are looking for someone who would enjoy being outdoors, previous gardening experience isn't necessary. You will learn a lot about growing and maintaining a garden. You will also be welcome to join in a variety of educational and creative activities.

**Time and place:** Wednesdays 1–5pm, Diana Garden, Hiles Rd, Cardiff CF5 4JB (Time Credits are available for this role).



### Gardening and Wildlife Tips

#### Gardening Tip for Spring:

Mulch your borders, or use compost. Just put a layer / handfuls of your mulch at the base of your plant.

#### Wildlife Tips for Spring:

Birds are starting to nest: Clean your bird feeders ready for the fledglings.

Don't cut your lawn too short as there still be invertebrates (mini-beasts) and small mammals there.

### The Grow Well Project

#### Tea, Talk, Create, Garden

- Something for everyone beginners welcome
- Learn new skills rekindle ones
- Plant some seeds, watch nature unfolding

improve your local community & your health and wellbeing, green the city

#### Where and When:

 **17** Mondays: 11am–2pm

 The Dusty Forge, 460 Cowbridge Rd West, Ely

 07935734577

 [growwell@growwell.org](mailto:growwell@growwell.org)

# 'Recognising the students' support at CAER Heritage, in Student Volunteering Week '25.'

CAER Heritage Hidden Hillfort Project  
Church Rd, Ely, Cardiff CF5 5LQ

Open: Monday - Friday 9am-4pm

February 12th - 18th was 'Student Volunteering Week', and Action in Caerau and Ely were extremely proud to present Student Volunteer Awards to Cardiff University Students, who have been supporting the archaeology work and community activities at the CAER Heritage Centre.

The CAER Heritage project, launched in 2011, revitalises Caerau Hillfort's 6,000-year history, enhancing community services and fostering pride and learning.

'For outstanding contributions to CAER Heritage and the communities of Caerau and Ely in post-excavation practices and public engagement that shed light on local heritage' Student Awards have been given out to the following amazingly commitment students:

**Jay Lloyd-Evans:** 'Great community experience, always learning new skills with expert archaeologists



**Sophie Bell:** 'Such an amazing opportunity to meet new people, learn new techniques and engage with local archaeology ❤'

**Scott Bees:** 'Volunteering at the CAER Heritage centre has been a fantastic experience. The Knowledge and experience I have gained whilst volunteering has really helped in my university studies. As a recipient of the Caer Heritage Scholarship fund, it also helped purchase a laptop and supplies for my studies'

**Hannah Huxley**  
**Kwan Yw Chow, Tony**  
**Dan Queally**

"Thank you to all our awesome student volunteers for your hard work! It's great to see the Cardiff Uni Archaeology students volunteering and working alongside the Love Our Hillfort group doing post-excavation and experimental archaeology, with everyone sharing their experiences and knowledge, working towards shared goals, and building the CAER Heritage community even further!"

