



ace

Action in Caerau & Ely  
Gweithredu yng Ngherau a Threlai

# Action in Caerau & Ely

Annual Report 2018 - 2019

*Our Ambitions For Our Community  
Through Our Own Efforts*





“When we get together  
it’s exciting and I feel  
like I’m part of a wider  
community.”





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## 1. Message from the Chair

Since the end of Communities First in March 2018, ACE has gone from strength to strength. Against the odds, we have survived a massive financial contraction and kept the core of our brilliant staff team together. For a while there were doubts over whether we could preserve our community support services, including crucial debt and energy advice which have saved residents tens of thousands of pounds. We have adapted quickly; developing skills in charity fundraising, securing and managing contract work, and running a commercial training business in a competitive environment.

A year ago, I reported that the Dusty Forge, the former pub and youth centre ACE had taken on lease from the city council was thriving as a multi-purpose community centre. Volunteering activity had taken off and a range of new projects and activities were being delivered and developed by a committed group of staff and volunteers.

This extraordinary trajectory has continued. Today we are running the prestigious CAER Hidden Hillfort Project in collaboration with Cardiff University and funded among others by the National Lottery Heritage Fund to bring Caerau's rich ancient history to the centre of community activities. We have major contracts with the Health Board in Cardiff to help GP surgeries provide alternatives for people struggling with their mental health. ACE Training is growing. Funding has even been secured recently to restore some youth work activities to the area.

Volunteers are increasingly at the heart of our work in projects such as the

Community Shop, the Dusty Garden and the new membership-based Your Local Pantry which makes good value food available to local people at remarkably low prices. The Welsh Government are funding the first phase of a substantial programme to upgrade the Dusty Forge and improve facilities for users.

A fully revised Strategic Plan provides the blueprint and confidence to suggest that with careful management ACE can achieve the Holy Grail of long term sustainability. New financial and staffing arrangements are enabling us to manage expansion safely. There is a long way to go yet, and we cannot expect to maintain the phenomenal growth of the past two years. But thanks to the unprecedented fundraising successes of the staff our turnover in 2019-20 is set to reach an all-time record of £1.2m.

Not that spending money proves we're doing a good job. Evidence of this comes from a new monitoring approach called "most significant

change" which involves interviewing volunteers and service users in depth, and recording their stories. This helps us to understand and communicate how ACE's work can transform people's lives for the better – sometimes lifting them from financial crises, isolation and despair to stability and security which enables them in turn to contribute to the community and their families in ways they couldn't previously have imagined.

Wider recognition of the benefits ACE creates is growing too. This year we have been shortlisted in two categories of the WCVA Welsh Charity Awards.

As the Chair of this remarkable organisation I am constantly amazed and humbled by the impact that ACE clearly has in Ely and Caerau and our neighbouring communities. I heartily thank everyone – staff, volunteers and my fellow trustees – for their contributions in yet another year in which we exceeded all expectations.

Mel Witherden, ACE Chair, 28.10.19





## 2. About ACE - our vision and values

### Our Vision:

To create 'vibrant, equal and resilient communities for all, where people find fulfilment in themselves, each other, and the place where they live'.

### Our Values:

#### Asset-based

Our community is not primarily a problem needing solving but a vibrant community with assets and opportunities that have been undervalued and ignored.

#### Co-productive

We work with local people as full participants to co-produce services and activities that make use of assets and meet needs.

#### Visionary

We mobilise local people behind a shared vision to achieve lasting positive change for an equal and just Cardiff.

#### Collaborative

We utilise local strengths and collaborate with private, public and third sector organisations to make our communities fairer and more inclusive.

### Our Theory of Change:

#### Need

We tackle poverty, disadvantage and related complex needs on all fronts using a fully integrated approach.

#### Solutions

Co-produced initiatives build confidence, skills, capacity and resilience, improving mental health and promoting supportive social networks.

#### Outcomes

Local people report a range of outcomes including improved wellbeing, securing employment, completing training, stronger social networks and greater aspirations.

#### Impact

Local people who have developed confidence, skills and energy contribute these to collective approaches to community development.



**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**





"I feel happier, able to cope. I have peace of mind. I know where to go when I need help, and know I won't be turned away or not listened to."

### 3. Community Support

#### ACE Advice & Support

ACE offers a free advice and support service, providing advice on issues including money management, problems with benefits and help accessing grants for essential household items. Working with our community partners enables us to provide tailored and holistic advice and support for people in crisis or who are vulnerable and struggling to manage.

"Nearly half of all households in Ely are living in poverty." (Cardiff Council's South West Neighbourhood Report (2017)). Welfare reform, debt and increased costs of living mean many in our communities face significant financial challenges. We work in some of the most deprived areas of Cardiff, where many are struggling to afford essentials such as heating, food or rent.

Over the last year we have supported over 450 people facing a wide range of issues, through our weekly drop in service and our network of referral partners. We provide practical support and work with people to find solutions to underlying issues. Using an assets based approach we seek to build people's skills and confidence to overcome challenges themselves.

450 people



*In 2018, we provided advice to 450 people through our weekly drop-in service.*

#### Working Well

We engage with local people to better understand the challenges facing working families. With the families involved, we are developing community action projects, based on identified needs and building on local resources and assets. Through community organising with Citizens Cymru we also enable people to tackle wider social issues affecting working families.



Increasing numbers of working households in Wales are living in poverty. "60% of those in poverty live in households where at least one adult is in work." (Bevan Foundation). Low-paid and unstable jobs, coupled with rising living costs and cuts to in work benefits all increase pressure on working families.

ACE has received almost £500,000 from the National Lottery Helping Working Families Programme, to work with local families to find solutions that tackle in work poverty. New project ideas include a school uniform exchange, a period poverty red box scheme, and meal planning workshops linked to our Local Pantry project.



*"60% of those in poverty live in households where at least one adult is in work." Bevan Foundation.*

**"Through engaging with Working Well our families have extended their support network and taken steps towards improving the community for both themselves and other families. It has empowered them to make positive changes and feel more in control of their situations."**

**- Ceri-Ann Gilbert, Family Engagement Officer at Windsor Clive Primary School**





## Your Local Pantry Dusty Forge

Your Local Pantry Dusty Forge is part of a network of community food stores run by volunteers for the benefit of their local communities. It is a membership scheme aimed at reducing food shopping bills through providing access to good quality surplus food. Our partners in this work include Food Cardiff and Church Action on Poverty.



"A fifth of people in Wales are worried about running out of food" (Food Security in Wales, FSA (2018)) Access to good quality, healthy food is vital for physical/mental health and wellbeing, but increasing food prices and squeezed family budgets are contributing to rising food poverty and food insecurity. Many families also lack basic cooking equipment and food skills.

ACE have set up the first Your Local Pantry community food store in Wales. Over 100 local members visit the Pantry weekly. Our great team of 10 volunteers are receiving training to run the Pantry and related workshops. Pantry members can save over £600 each year on food costs. The project also reduces social isolation and builds cooking skills.

"I like coming in to the Pantry to make new friends. Don't see anyone if I stay in the house. You can open yourself up. Never used to meet anyone."

Over 100 local members visit the Pantry weekly.



100 members

## ACE Community Shop

The ACE Community Shop opened in 2016 at the Dusty Forge centre and is run by a team of dedicated volunteers.

"Almost a third of households in Cardiff are living in poverty. Nearly half of them are in Ely. With more than 3,000 homes where the household income is below 60% of the median income, Ely is the most deprived suburb in the city." (Wales Online, 6/7/2019)



The Community Shop now serves around 100 people a week and is getting great feedback from the community. The shop provides clothing, household items and food. Donations are welcome, either cash or donated items.

"Great for my children who go through clothes and shoes like no tomorrow and I cannot afford full price in a shop."

In Ely



are below 60% of the median income in Cardiff



# ACE STORIES:



## “Come on, we’re going volunteering!”

I run a wellbeing group called Retreat and I go to the Breaking the Mould arts project and in the afternoon I join the gardening project. This gets me out of the house on my days off from work, I used to just laze around all day but now I love having Monday off so I can go to Breaking the Mould.

A few years ago I had a bereavement and was in a terrible state. **I didn’t want to meet people and just stayed in.** I met Cheryl and one day she knocked my door and asked me what I was doing today and I said “nothing” and she said “yes you are! Come on we’re going volunteering.” She had me out every day. So that’s what started me off. If I hadn’t met her I don’t know what I would have done, really. She was a volunteer running the community mums group. That’s how I met her so I just started washing up the dishes there and moved on to other things.

**I think it’s the volunteers that make the change happen,** I really do. I think it’s because of the personality of someone that volunteers anyway. They are just friendly and **all the staff here are really friendly too and they don’t judge.** It’s just so nice here. You can just come and have a cup of tea and a chat any time of the day you can come up, it’s lovely. You don’t have to have an appointment.

I love going to Breaking the Mould art group, it’s a lovely little group. Everyone’s really friendly and we all get on and it just feels so relaxed when you’re there and the tutors are lovely as well. It’s nice as you are meeting new people, and people are getting out more. They are saying ‘I haven’t been out in two weeks’, or ‘a year ago I didn’t go out at all’, and now there are people joining all the groups that they can, and there are lots of groups at the Dusty. It’s a good way to connect with people. **For me and a lot of other people, it’s built our confidence up as well - people feel happier doing stuff. Like for me, I would never have thought I could run a group, but now I’m doing that.** I love running the Retreat group, we are getting a lot more people through the door now, there were no chairs left in the last session!



## 4. ACE Training, Health, Wellbeing and Social Inclusion

### ACE Training



"I am so thankful to Gofal and ACE Training, they believed in me, maybe even more than I did."

- Igor Maticic (completed Level 1 H&S (Construction) and CSCS, English is his second language).

ACE Training is our locally based training enterprise that delivers work relevant courses. We offer courses in Health and Safety, Food Hygiene, Health and Social Care and Asbestos Awareness. Our courses are accessed by people who are currently seeking employment and local businesses whose staff need training or refresher courses.

There are 9000 people in Cardiff who are unemployed, this equates to 4.2% of the population. Of those unemployed 3690 (1.5%) are long term unemployed (12 months or more). Across the city 11.6% of the population have no qualifications with 4.7% of the population having a Level 1 qualification (Nomis 2018-19).

In 2018-19 we delivered training to 328 learners, in partnership with 10 employment support organisations (all course places fully funded) and 5 businesses. 70% of learners achieved a qualification that would enable them to gain employment. 22% of learners were aged 16-24, 84% of this cohort achieved a qualification.



"I am a better person and I have improved my life to a great extent" - a participant on the Stress Control course.

'Together for Mental Health – A Strategy for Mental Health' and 'Wellbeing in Wales' states that 1 in 4 adults experience mental health problems or illness at some point during their lifetime, and 1 in 6 of us will be experiencing symptoms at any one time. Poor mental health and mental illness can affect people of all ages, communities and the economy.

Tier 0 is an NHS Cardiff and the Vale service which ACE delivers in the East, West, South West and North of Cardiff. Over the last year our service has engaged with 223 individuals. 62 benefited from the 1-1 guided self help sessions, and 161 accessed the psycho-educational courses. Positive outcomes reported by participants were improvements in: managing their mental health, physical health & self care, social networks, identity & self esteem, and trust & hope for the future.

### 'Tier 0' Mental Health Support

The Tier 0 Mental Health Service provides Psychological Interventions through 1-1 guided self-help sessions and the delivery of Psycho-educational Courses. Psychological Interventions involve working with patients through a range of workbooks on a number of different topics. The Psycho-educational Courses 'Stress Control' and 'ACTion for Living' are aimed at empowering participants to better manage their wellbeing.



## ‘yourspace’ Wellbeing support

‘yourspace’ is a new service providing 1:1 wellbeing support and developing new community-led wellbeing activities, working across South West Cardiff. The service was commissioned by Cardiff and Vale University Health Board and the Cardiff South West Primary Care Cluster as part of wider work to enhance care and support for local patients.



**“Social relationships, or the relative lack thereof, constitute a major risk factor for health—rivaling the effect of well established health risk factors such as cigarette smoking, blood pressure, blood lipids, obesity and physical activity”**  
*(House, Landis, and Umberson; Science 1988)*

Our new team of trained Wellbeing Connectors are now taking referrals from local GP practices. Patients have been supported to resolve social and practical issues and to get more involved with local activities. They have begun building their social networks while supporting the wider community and seeing the benefits for their own wellbeing. Our new Community Health Development Workers are increasing the range of opportunities for people to get involved in community-led projects.

**“I have been less stressed and anxious as it has taken me out of my home more and got me doing more.”**

## Social Inclusion projects

**“It’s a good way to connect with people. For me and a lot of other people, it’s built our confidence up as well - people feel happier doing stuff.”**

ACE supports a number of social inclusion and wellbeing projects. ‘Retreat’ and ‘Knit and natter’ are creative wellbeing groups run by volunteers from our community. ‘Diana Gardens’ is an ACE community garden and regeneration project, and the ‘Grow Well’ community garden project at Our Place: Dusty Forge is run by Grow Cardiff.



**“Becoming more connected with the community has also been shown to have a positive influence on people’s health and the report estimates that social cohesion currently saves £254m in reduced demand on health services in Wales.”** (Inquiry into loneliness and isolation, National Assembly for Wales, Dec. 2017)

Over 60 people already engage regularly in our wellbeing projects; meeting new people, learning new skills, relaxing and taking time out in a supportive space. ACE’s new Wellbeing Connectors will support patients referred by their GP to access these friendly, welcoming groups and develop more activities to complement this work.

**“I’ve learned to just be myself around people. I think I kind of grew into a more confident person. It’s everything to me because everyone is like my family here.”**



# ACE STORIES:

## “The Pantry has changed how I shop.” - Natasha Hayes

Before the Pantry started I would spend between £70 and £80 a week on a food shop, that's because there's 6 of us. I've been using the Pantry from the start - around 4 months. I use it every week. **It's reduced my weekly shopping budget.** I now spend around £40 a week shopping. Plus I get dog food from the shop too. I can't feed six of us on one Pantry shop, but using my initiative and using other stuff I've got in my house I can make meals for my whole family. The things I look for in the Pantry is food I can use



to make meals like cooking sauces and pastas. **I am experimenting more with food now.** If there is something in the Pantry I would not normally buy in the shop, I pick it up from the Pantry and try it. Whatever I make using Pantry ingredients, I take a photo and

post it on the Pantry Facebook page. Last week I made two dishes, I made breakfast muffins and I made a pie using puff pastry and a casserole pack. It was lovely! **Every week there is different food in the Pantry so it's exciting to see what comes in.**

It's brought a lot more people here at the Dusty Forge - it's a good change for the Dusty. The new people coming to the Pantry now know about the community shop and the pet supplies so it's helping them with that too.

## 5. ACE Programmes and Activities

### CAER Heritage Hidden Hillfort

This collaborative project with Cardiff University aims to re-develop Caerau Hillfort into a unique and unforgettable place for residents and visitors by making the best use of its physical location, natural beauty, archaeological heritage and social history.



Ely and Caerau are rich in assets presented by a unique heritage, including a large Iron Age hillfort. Caerau Hillfort is an archaeological site of a national importance yet it is hidden and remains largely unknown: we believe the heritage and people of Ely and Caerau deserve more.

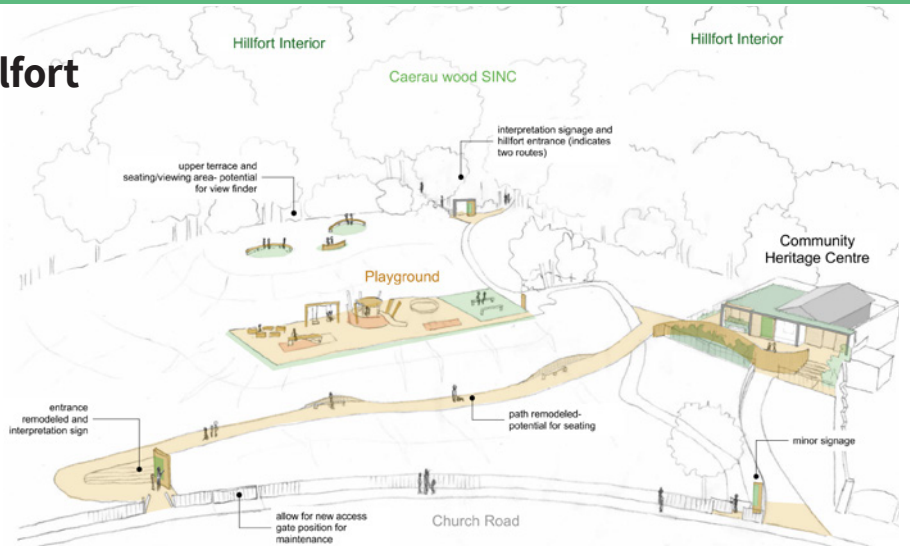


Image: Gillard Associates

In 2019, we secured a £830,000 grant from National Lottery Heritage Fund to work with local residents, schools and key partners to create a Hidden Hillfort Heritage Centre with accessible trails, interpretation, learning and creative opportunities. We are working alongside local people as co-creators, co-researchers and co-curators. We have also secured scholarships to support local pupils and adult learners into further formal learning, in partnership with Cardiff University.



**“It really has been a lifeline. It's been a great experience and I know that as well as the knowledge I've gained, I've come away with a lovely group of friends.”**  
*Rebecca, local volunteer*





## ACE Arts

**“When you’re rolling clay, problems disappear.” - Gloria, Breaking the Mould group member.**

ACE Arts delivers weekly ‘Breaking the Mould’ art workshops. Our artists support every participant to experience a range of art forms, develop their skills and create quality artwork. All of our members enjoy meaningful arts experiences, gallery trips and belonging to a friendly, encouraging, creative group.

‘Barriers to people accessing the arts include not having enough money, problems getting to places and not feeling welcome.’ (2009 Youth Arts Consultation, Mencap). Many of our group members have intersectional needs regarding mental health, learning disabilities and socio-economic deprivation, which makes it more difficult for them to participate in the arts.

ACE Arts achieves meaningful creative outcomes for each individual within a supportive group dynamic. They explore their creativity, challenge their artistic ability and create quality art for exhibition. Participants report feeling more confident, creative and relaxed. Attendance has tripled from an average of 6 per week in 2018 to 15-20 per week in 2019.



**“My depression has decreased considerably since I have been going to the Shed. The Shed has become an integral part of my life. I love to have a cuppa and talk to the guys; I feel very accepted and needed.”**  
*Cliff, 91, member of the Dusty Shed since 2016.*

## Dusty Shed

Our mission is to combat loneliness and social isolation, with emphasis on older men, by providing a safe environment where they can come together and engage in woodworking and other craft activities; or, if they prefer, simply hang out with their peers and swap stories over a cup of tea.

According to Age UK, hundreds of thousands of elderly people are cut off from society. A Bristol University study ‘Older Men at the Margins’ (July 2019) found that men aged 65 and over are particularly vulnerable; “older men struggle to access social support because they feel clubs for older people are mainly for women.”



Since 2016 over 60 people have accessed our well-equipped woodworking and craft facility, engaging in individual or group projects. People of all ages make new friends, gain confidence and increase self-esteem in a team environment where their life experiences and their contribution to society are valued.





Some of our challenges can be solved at a neighbourhood level, but many are the result of political decisions made at a distance. In the Cardiff Council 2017 elections only 29% of voters in Ely and 33% of voters in Caerau turned out. People have lost faith in politics. This crisis in democracy leaves everyday people powerless to make change.

Our work with Citizens Cymru Wales reconnects people with democracy by developing relationships of accountability with those in power. In February 2019 we organised a public accountability assembly with Welsh Government First Minister Mark Drakeford. 450 community members secured commitments to ban letting agency fees, increase living wage employment and transform social care in Wales.

## Citizens Cymru Wales (ACE Membership)

Citizens Cymru Wales is an alliance including charities, churches, mosques, unions, schools and colleges. Together we seek to identify challenges that our communities share and to engage with those in power to make change on key issues.

**“Working with Citizens Cymru and ACE has given me the tools, confidence and support needed to make more of a difference in our community. It has helped me realise that I am not alone in dealing with issues. There are always other people fighting against the same things and/or willing to help. Citizens and ACE help to provide that network of support within the community.” - Ceri-Ann Gilbert, Family Engagement Worker, Windsor Clive Primary School**

# ACE STORIES:

## “We need More Dusty Forges” - Helen Hanrahan

When I first moved to Ely, I’m from the travelling community, and there was no support. It’s very scary as there’s no one to turn to. **Family can’t help you when they can’t help themselves.**

You can’t turn to them. My fridge freezer broke in the middle of the summer. I had no way of getting a new one, I couldn’t get a loan off the social. It was horrible. There’s no surviving on benefits shopping for your kids without a fridge freezer. It was so difficult I was using Foodbanks and all of it. **I was struggling a lot, I had to cut down to one meal a day.**

**ACE got me a fridge freezer** from Building Blocks [Save the Children partnership project]. I will never ever forget that. Having the fridge freezer really made a big change as I’m now finding it a lot easier, I can shop weekly and stock my freezer up. And the learning

packs for the children were lovely. The children loved them.

You don’t realise how much having a fridge freezer means to you until you haven’t got one and you’re not being able to keep your food cold and trying to manage on a budget.

I know now that any worries, anything at all I can come here and I’ve got someone to talk to about it, or they will put me on the right road of who I need to talk to, and what way they can help me out. **That means an awful lot when you feel isolated** in this world. I can’t read and write, it’s a big loss in my life, but I can come here and I trust you a million percent.

**I’ve never had support like I’ve had here in the Dusty Forge.** Never in my life. I’ve never had

nobody do anything for me, only here. I think it’s amazing and I don’t feel isolated anymore like I did all my life.

It’s a lot easier now I’ve got someone I can turn to and they can put me on the right track, I don’t have to try and suss it out in my head all on my own. The support has always been there for me. I don’t think you could improve on anything to be quite honest, I’ve never known people like you. **I think every estate should have something like this to help people like myself.**

In every estate there’s people like myself and they haven’t got the support. They have none. You can wait a week to book in for an appointment with Citizens’ Advice. At the Dusty Forge, even if you don’t have an appointment here they give you a bit of advice. That’s what I love about here.

## 6. Moving forward at Our Place: Dusty Forge



In December 2016 ACE moved into our home at Dusty Forge, an iconic Ely landmark which had been facing an uncertain future. “The Dusty” now has a new life as a busy community centre.

At the heart of the building sits our ‘community living room’, a friendly, informal and flexible space with a constant supply of tea and coffee and the buzz of folk getting to know each other and hatching new plans and visions. The Dusty Forge acts as a base for a wide range of projects, groups and activities run by local volunteers and staff, many of which feature in this report. They broadly help people to do things they didn’t think they could do, to gain confidence, friendship and to find shared and collective solutions to community issues and concerns.

The pace of success has been very welcome but it has highlighted that the bricks, mortar and many of the fixtures at the Dusty Forge are old, tired and in urgent need of repair and refurbishment. With an ambition to continue to support and grow the

vibrant array of activities at the centre ACE started work with community members and an architect to redevelop the centre in 2017.

Two years on through lots of conversation and hard work we have a set of exciting plans in place and have secured £250,000 from the Welsh Government Community Facilities Programme to complete ground floor (phase 1) works. Work planned will update and refurbish facilities; improving access, providing more capacity for contact with people and services and for supporting volunteer-led projects. We will have:

- new toilets
- ground floor office space
- more storage
- an extended art workshop
- an outside craft courtyard
- new efficient heating system

- an improved community living room space
- a ‘Dusty Gallery’, displaying local people’s artwork.

Works are planned to start in December 2019, with first floor (phase 2) planning work and fund-raising starting in early 2020. Through this we hope to further improve the building, providing improved office and meeting room facilities, a roof-top garden and community meeting space.

**If you are interested in finding out more about Our Place: Dusty Forge, would like to visit, or would like to help fund improvement works please do get in touch - we would love to share our vision and show you around.**





## 7. You can donate to ACE

People help ACE in all kinds of ways, contributing their time, energy, and through financial giving.

In the summer of 2019 we launched 'ACE Giving' with ACE's first appeal campaign aimed at raising money for a Defibrillator for Our Place Dusty Forge. £1200 was donated in the first week! The defibrillator is now in place and staff and volunteers have been trained to use it. A great example of how people working together can help others.



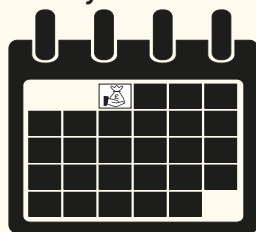
Donating to us directly will make a huge impact on the work we do in communities like Ely, Caerau and other parts of Cardiff.

You can make a  
**One Off Payment** - from as little as:



will support activities such as our mental health work, helping families manage money and benefits or helping to keep the award winning Dusty Forge centre open.

Better still, by choosing  
**'Give Monthly':**



you can make a regular, monthly donation - this helps ACE plan ahead and work sustainably.

You can support our work financially, through our **'Local Giving'** fund-raising page. Click **DONATE** at the top of our ACE website, or go to <https://localgiving.org/charity/ace-action-in-caerau-ely/>.

**Every contribution, however big or small, is valued - every bit counts!**

## ACE STORIES:

### "Going to the Dusty Forge has made me less anxious."

**I was very stressed out, very depressed and down.** I suffer from depression and anxiety. I was having permanent migraines too, which I've never had before. I had a lot of problems with my neighbours with noise for over two years, and feel I've been hitting my head against a brick wall. Things are moving now but not fast enough. But for the last two years this has been driving me insane. I haven't worked for a while as I've been having operations - I've had a new hip. I kind of seized up over time a little bit. **I was looking for something for a few hours a week** doing something to take me away from that depression at home.

**I'm volunteering at the Pantry which is like a workout!** It keeps you mobile, which is good as I've got arthritis. I volunteer on the Tuesday and also go to the arts group on a Monday. It's just brought me out of my shell a bit. It's a nice atmosphere.

**I'm involved with a couple of things and really enjoy it.**

I've also started doing exercise again, starting to move a bit more and go swimming. That was really nice going swimming as I haven't gone for years until [Lynette] went with me. **Because I've been out of the house, I don't feel as anxious and frustrated,** just taking me out of that environment has been good to get me away from my problems with neighbours.

Initially I was introduced to ACE by a pharmacist who is based in my doctors' surgery. She introduced me to someone who could help me with wellbeing - get me out of my shell. That was how I was introduced to Lynette. **Since she started working with me, I now volunteer at the Dusty Forge and I have done a couple of other things like doing craft.** I have also been talking

to the people at the Dusty Shed about getting involved as I'm a very practical person, I do painting and decorating and things like that.

Lynette bringing me down to the Dusty Forge to meet people has been nice as the centre is not too crowded. My hearing's not too good so I find it hard with big groups. It's nice to be with a small group like the arts and crafts group where I can speak to the person next to me fine.

Going to the Dusty Forge has been ideal for me. While I've been home, **I've been making some flowers for a tapestry to go in the Dusty,** till 5 o'clock in the morning a couple of times! But it kind of takes the stress away when you are concentrating on something. It has made me much less anxious at home over the last few weeks, although removing the problem would be the best thing!



## 8. ACE Trustees

**Mel Witherden (Chair)** is a retired third sector/charity consultant.

**Marian Dixey** lives in Fairwater. She is an active volunteer and has worked for the NHS for over 30 years.

**Martin Hulland** is the head teacher of Cardiff West Community High School.

**Helen McCarthy** lives in Ely and is a lead volunteer on the CAER Heritage Project.

**Carl Meredith** is Caerau born and bred! He runs a successful building company.

**Jean O'Keefe** lives in Caerau. She is an active local volunteer.

**Anne O'Regan** lives in Caerau. She is an active local volunteer.

**Gloria Yates** lives in Ely. She recently retired from leading Age Concern's Healthy, Wealthy and Wise project in Ely, and is an active volunteer in the community.

**Oonagh Scott** grew up in Ely. She is a local business owner.

**Taela Mae-Davies** is an experienced youth and community worker.

**James Roach** lives in Ely. He is an active volunteer and contributes finance skills.

**Dr Dave Wyatt** is reader in Early Medieval History and Director of Civic Mission at Cardiff University. He is co-director of the CAER Hidden Hillfort Project.

**Tracey Cazanave** and **Gareth Pierce** resigned their posts during 2018/19. We thank them for the significant contribution they have made to ACE during their time on the board.







## 9. ACE Staff

### **Becci Booker**

Community Artist

### **Becki Miller**

Senior Development Officer – Working Well / Primary Mental Health Worker

### **Becky Matyus**

ACE Arts Sustainability and Accessibility Officer

### **Billy Mainprize**

Estates Assistant

### **Carly Whelpley**

Senior Mental Health Practitioner

### **Caroline Barr**

Youth Support Worker / Community Health Development Worker / Pantry Officer

### **Dave Horton**

ACE Development Manager

### **Denise Rahman**

Primary Mental Health Worker / Pantry Officer

### **Fiona McCormick**

Enterprise Support Officer

### **George Keane**

Dusty Shed / Communications Marketing Officer

### **Hasan Roap**

ACE Finance Officer

### **Hazel Cryer**

Health and Wellbeing Coordinator

### **Imogen Higgins**

Community Artist

### **James Thomas**

Wellbeing Connector

### **Janine Campbell**

Wellbeing Connector

### **John Hallett**

ACE Director

### **Julie Evans**

ACE Administrator

### **Kathryn Hobbs**

Primary Mental Health Worker

### **Kimberley Jones**

Senior Development Officer – CAER Hidden Hillfort

### **Lynette Hartman**

Wellbeing Connector

### **Mags Lyons**

Primary Mental Health Worker

### **Michelle Powell**

Business Development Manager

### **Nerys Sheehan**

Senior development Officer

-Community Support / Working Well

### **Nicola Parsons**

Community Arts Coordinator

### **Rachel Hart**

Wellbeing Connector

### **Sam Froud-Powell**

Community Support Coordinator

### **Sharon McGrath**

ACE Receptionist

### **Sheila Littleboy**

Primary Mental Health Worker

### **Sophie Randall**

Primary Mental Health Worker

### **Stacie Leek**

Primary Mental Health Worker

### **Sulafa Abushal**

Community Health Development Worker

## Thank you....

**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.

**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.

**We look forward to continuing our work with you all!**

## 10. Finance Report

ACE received a total income of £802,710 in the 2018-19 financial year, majority of which was voluntary income such as donations and grants from government and other charitable foundations. Some of our biggest funders for the year included the Heritage Lottery Fund , Moondance Foundation and Cardiff Council. Of the above we spent £625,497 for the year.

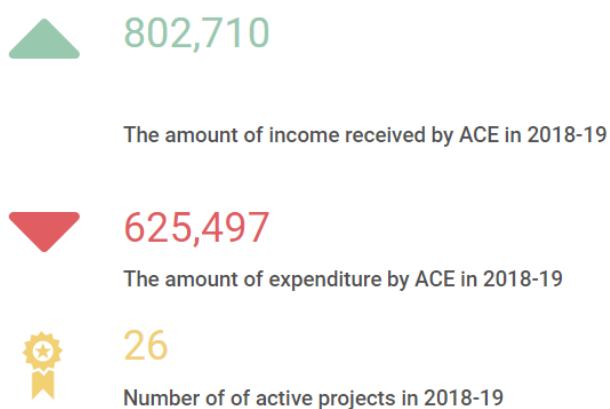
ACE's income level has increased significantly year on year since

becoming a charity in 2011. In 2011-12 ACE received £22,864, By 2014-15 and onwards, ACE's income exceeded £1m year on year. Income in 2018-19 however has dropped to £802,710 as a result of the ending of the Communities First programme.

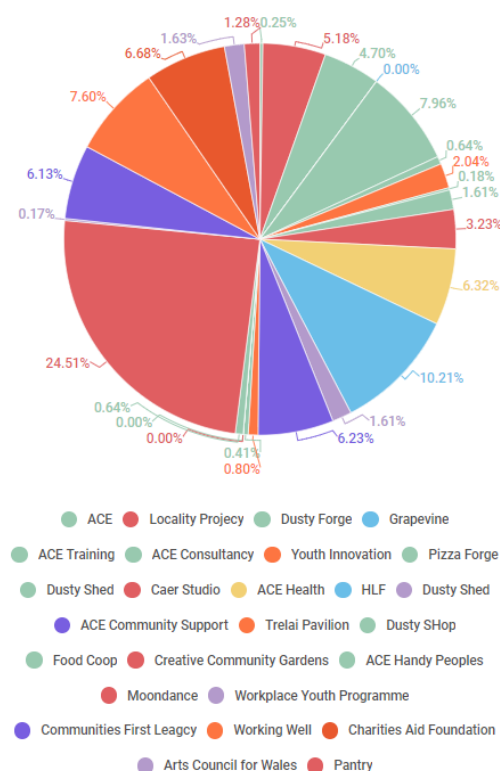
Income received in 2018-19 was spread across 26 projects, delivering in Ely and Caerau and other communities in Cardiff. Communities First accounted for 53% of ACE's income in 2017-18

and this year it is clear that ACE has successfully followed its strategic plan objective to diversify income streams. No funder accounted for more than 25% of ACE's total income. The biggest project was the Heritage Lottery Fund, which was approx 24% of ACE's income. ACE also self generated £127,521 via social enterprise such as rental, consultancy work and training, making good progress towards current and future plans.

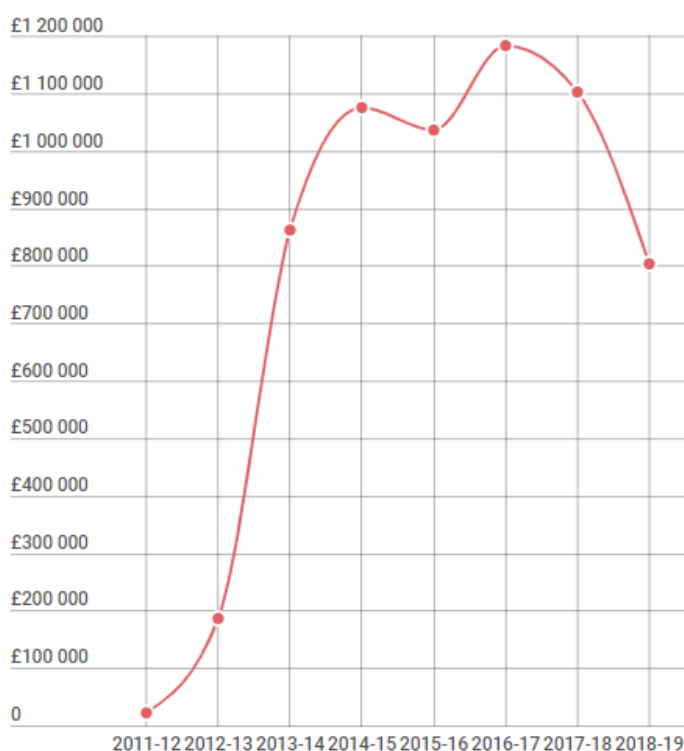
## Income & Expenditure



## Project Budgets 2018-19



## ACE Income 2011-2019



## ACE Projects





# 11. Our Funders and Partners

## ACE Funders



## ACE Partners







**ace**

Action in Caerau & Ely  
Gweithredo yng Nghaerau a Threlai

**Our Place: Dusty Forge,  
460 Cowbridge Road West, Ely  
Cardiff CF5 5BZ, Tel: 029 2000 3132**

**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**