



This is the peak of the summer - days are long and full of sunshine, birdsong and bees buzzing around flowers looking to quench their thirst. With that in mind, we've shared some tips on providing water for wildlife during hot summer days and beyond (p9-10).

In May Health team attended 'The Mental Health and Wellbeing Show' at Cardiff City Hall and picked up a few ideas on improving one's wellbeing (p.5-6). Speaking of which - have you heard of our Monday's walking group yet? If not - turn to page 2 to read about it. Sian, the walking volunteer has written about the pros of walking and hopefully that will inspire you to join the group or just do a little bit of walking.

We travelled to Saint Fagans with our coffee morning group and Andrea wrote a lovely account of our trip there (p.7-8)

We hope that everyone who reads this newsletter will find it enjoyable and fun. Do let us know if you liked it, or if you have any suggestions by contacting ACE 02920 003132; healthy@aceplace.org. You can also unsubscribe on this number/email if you no longer want to receive this newsletter.



Walk your way to Well-Being

Company, Fresh-air, Well-being, and It's Free.

By Sian Davies

How often have you promised yourself that you are going to get out there, into your local park or open spaces and make the most of what's around you? Maybe get a little fresh air and exercise. And, last but not least, enjoy the company of others who are already enjoying our open spaces at a relaxed, pace.

We are all aware of just how hard the past few years have been on both our physical and mental health and how easy it has become to isolate ourselves within our own four walls. Although this situation may have become a comfortable habit, it can also be a little life limiting and rather lonely. Plus, it can be rather detrimental to our physical well-being.

Well, don't just stay at home thinking how nice it would be to explore your local surroundings if you had some encouragement from others, we are here on your doorsteps ready to put a spring in your step and a smile on your face.

We are a small Friendly Walking group that are attached to ACE at The Dusty Forge who meet up most Monday Mornings at 11 o'clock in the car park of The Ely Hub to enjoy about an hours leisurely walk around Trelai Park followed by refreshments and a chat back at the cafe in Ely Hub.

We also enjoy an occasional, slightly longer walk and find out a little of interest regarding our local area. These walks should be assessable to most people and are either within walking distance of Dusty Forge or a short bus journey along The Cowbridge Road.

If you would like to join us on our walks, feel free to contact us on 02920003132 or email healthy@aceplace.org I can then keep an eye out for you and welcome you to our group.

Caer Heritage Project

The CAER Heritage project is now feeling very at home in its new centre in Caerau. Caerau is home to a 6,000-year-old hillfort which connects us to the Neolithic period, the Iron Age, Roman and Medieval period; The CAER Heritage projects works with local residents to bridge our past with our present.

Last year we focused on the building of the new Heritage Centre on Church Road, and since opening in October we have welcomed the local residents via a gardening group, adult learning courses, coffee mornings and youth clubs. We have also hosted school trips, Cardiff University learning outreach programmes and Flying Start nursery groups.



We are working alongside the Cardiff Council Park Rangers to develop the footpaths within the hillfort site to ensure that visitors and residents can navigate the site easier; this work is all made possible with the support of our volunteers too!

You can call the CAER Heritage centre 02920 109 976 or pop in Tuesday-Fridays from 9am.



Updates from the Health team

The health team were grateful to attend “The Mental Health and Wellbeing Show” at Cardiff City Hall recently. One talk titled “being your best more of the time” really inspired us, so we thought it would be nice to share with you what we learnt. The speaker Sid Madge presented the acronym J.U.S.T, which is about small things we can do to boost our wellbeing:

J – joy – The practise of gratitude, just 2 minutes a day spent thinking of what we are grateful for “counting our blessings” can boost our happiness by 10%. In fact, research shows that practising gratitude daily can boost our self-esteem, improve sleep and even enhance our friendships.

U – understanding – Taking the time to talk and listen to those around us, even just saying hello on your way to the shop. Research shows that being socially connected increases our sense of happiness and well-being, improves memory and may even help you live longer!

S – smile – Go on, smile now as you read this part. Smiling can boost your mood. When you smile your body releases dopamine, endorphins and serotonin which relaxes your body, lowers your blood pressure and makes you feel less stressed. “Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” —Thich Nhat Hanh

T – teaching – when we teach what we know we understand it more, as the saying goes “to teach is to learn twice”. Continuing to learn throughout life can improve our mental wellbeing, this could be anything you are interested in - cooking, painting, DIY, or even a local hobby group. “Learning never exhausts the mind” – Leonardo Da Vinci.

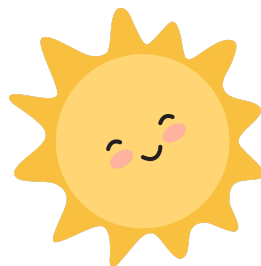
The other talk we attended at the Health & Wellbeing Show was on anxiety and depression. One of the areas they presented was Self Care:

Spiritual Self Care - Be in touch with nature, nurture others, listen to music, spend time with others you enjoy, maybe volunteer give time to others.

Self Talk supportive - (Be kind to yourself) Allow yourself to cry, find things to make you laugh.

Work place self care - Take time to eat your lunch/chat to colleagues/making time to clear your priorities.

Psychological self Care - Write a journal; talk to a counsellor; do something new; learn to say No; eat regularly; when unwell take time off work; get good sleep; stay hydrated. Be aware of alcohol/caffeine intake, limit technology. Notice your inner experience.





Day out at St Fagans Museum

By Andrea

Our well-being coffee morning group from the Dusty Forge recently had a day trip to St Fagan's Museum. It was a sunny and warm day and after a short drive, we reached our destination. We had booked a buggy to take us around the grounds and our driver came to meet us.

Firstly, we went up to one of the gardens and had a walk around where I saw a large rhubarb patch, which brought back happy memories of when my father had rhubarb growing in our garden. I could almost smell and taste the stewed rhubarb he used to cook for us.

We then had a long drive around the site and the driver gave us lots of information about the buildings we passed. I was surprised to see how many new buildings there were since I last visited a few years ago.

We went down to the farm where we saw a lamb with its mother and father, which was lovely as it was late for the lambing season.

We then went past the row of shops and houses set in different decades and then alighted at the Oakdal Workman's Hall. Opposite was the reconstruction of The Vulcan Pub which is very much a work in progress, being halted during the Covid pandemic. I was hoping that it had been finished to see inside as it would have brought back memories of when I played darts there, many years ago.

We walked up to the church and went inside to see all the marvellous murals. It was very cool and peaceful in there and we all felt very calmed. We then had our packed lunches on the benches opposite the Vulcan. After the lunch we explored the Oakdale Hall and had a look around as this is my favourite building. There's a library and a reading room, where the workmen would read the latest newspapers in peace and quiet.

We also had a look at a exhibition in the main building, which had numerous displays of past items of clothing and work related equipment. Everything was very fascinating. Finally, we had a look in the gift shop on our way out and I couldn't resist buying another soft toy, and chose a cow.

It was a delightful day and we all really enjoyed ourselves and it did wonders to lift our spirits for another week until we were due to meet up again.



HOW TO PROVIDE WATER FOR WILDLIFE



Water is essential for wildlife to thrive, but it isn't just for drinking. Amphibians like newts, frogs and toads use water as shelter and breeding grounds. Butterflies get valuable minerals and salts from slightly muddy water, and birds use water to bathe and remove parasites.



Just about any stand of water in your yard, from a tiny puddle to a pond, will be used by one kind of animal or another. To make it as appropriate as possible, ensure your water source is shallow with gradual and rough-textured edges, so that anything that climbs in can get out again.

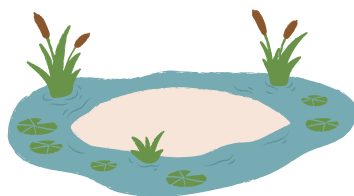


During hot summer weather, it is important to have plenty of water for animals and birds to drink and bathe in. But don't stop there! It is also important to keep the water topped up during the chilly winter months as sources of water can become frozen and more difficult to find. If you install a bird bath, make sure it has gradual edges and is roughly textured. If you want to go the extra mile, hanging a drip jug above your bird bath will attract more birds as they hear the dripping water.

Top tips for providing water for wildlife:

- Put water where you can watch the activity as you're not going to want to miss anything!
- Use a specially made bird bath, or just a bowl on the floor – you'll attract different creatures to different settings.
- Place water for birds near a shrub or tree as they like to approach from a place of safety.
- Watch for predators such as cats.
- Leave water where you can easily access it for cleaning and filling.
- Introduce a small, shallow or running water feature and provide water for birds, as well as butterflies and other insects. Even an old sink can be turned into a water feature!
- Dig a pond and attract even more wildlife into your garden, from frogs and toads, to dragonflies and herons! Remember to provide shallow edges so anything that falls in can get back out again.

Remember: When temperatures drop, water freezes, making it difficult for wildlife to find fresh water to drink. Break the water on bird baths daily or replace with tepid water.



Reader's creative corner

Harry Potter Whizz Kid

By Mary

If you've ever been to Muggle Land,
You'll know just what's around,
There's lots of trees,
And things in threes,
Computer buffs,
And mobile nuts,
No magic,
Not a sound.

But hush I've searched
The chamber for a bunch
Of secret files,
for wizards, ghosts,
And things that float,
And anything with style.

I've flown sky-high
On my broomstick,
My imagination in fiery mode,
For I'm Harry Potter
Whizz Kid,
Hush Hogwart's my abode.

NB. These poems were kindly provided by two of our regular readers, if you would like to share a poem, story, piece of art/craft or anything else for our newsletter, please get in touch on 02920 003132. We may not be able to print everything we receive but would love to hear from you.

WORDSEARCH

Castles in Wales

C	N	A	P	N	C	A	R	D	I	G	A	N	R
A	D	I	N	E	F	W	R	T	N	N	T	W	T
R	T	E	N	B	Y	Y	R	R	I	A	K	L	C
I	F	T	B	C	E	F	F	N	W	H	E	L	A
B	E	N	L	O	G	A	A	F	P	A	R	H	E
C	A	E	R	N	A	R	F	O	N	N	C	A	R
S	Y	C	H	W	A	H	F	B	C	E	C	R	P
A	N	A	O	Y	C	D	R	K	C	K	H	L	H
W	R	R	I	W	W	E	R	N	E	O	E	E	I
H	A	D	S	R	H	L	P	D	N	R	P	C	L
C	P	I	R	C	C	B	R	E	W	B	S	H	L
L	C	F	Y	E	F	I	L	N	A	M	T	R	Y
R	D	F	I	C	P	E	A	E	E	E	O	F	P
B	R	Y	E	C	E	R	H	C	K	P	W	B	Y

HARLECH
 CAERPHILLY
 CARDIGAN
 CARDIFF
 CHEPSTOW
 CONWY
 CAERNARFON
 PEMBROKE
 DINEFWR
 TENBY

Play this puzzle online at : <https://thewordsearch.com/puzzle/1032933/>

Useful phone numbers and other ACE services

ACE Community Support team - 02920 003132

Provide help with foodbank assessments, benefits issues, energy advice and help with grants for household items.

Age Connects Cardiff and the Vale - 029 2068 3600

Provide befriending and a range of practical support for people aged 60+ living in Cardiff and the Vale.

Samaritans - call 116 123 or email jo@samaritans.org

24/7 Emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

Cardiff Council Advice Hub - 02920 871071

Provide advice over the phone, information about library services and Foodbank vouchers.

Wales Dementia Helpline - 0808 808 2235 (FREE) Text help to 81066.

Supporting Those Living With Dementia And Their Carers. The helpline offers emotional support to anyone, of any age, who is caring for someone with Dementia as well as other family members or friends.

CALL (Community Advice and Listening Line) - 0800 132 737 or text help to 81066.

Confidential listening and support service, offering emotional support and information/literature on mental health and related matters to the people of Wales.

Cruse Bereavement Care - 0808 808 1677

Helpline staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

Macmillan Support Line - 0808 808 00 00

Offers confidential support to people living with cancer and their loved ones.

Haf Summer



Jodie Randall (rspb-images.com)

Blodau
Flowers



Sue Kennedy (rspb-images.com)

Hadau dant y llew
Dandelion seedheads



Andy Hay (rspb-images.com)

Glasweltl hir
Long grass



Sue Kennedy (rspb-images.com)

Gwas y neidr
Dragonfly



dreamstime

Coeden lawn ei dail
Tree in full leaf



shutterstock.com

Morghug
Ants



Sue Kennedy (rspb-images.com)

Lindys
Caterpillar



Genevieve Leaper (rspb-images.com)

Glöyn byw
Butterfly



Sue Kennedy (rspb-images.com)

Cymylau
Clouds



yn rhoi
cartref i
fyd natur

giving
nature
a home

Mae'r RSPB yn elusen gofrestedig yng Nghymru a Lloegr 207076, yr Alban SC037654.

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