

COMPASSIONATE COMMUNITIES

Services Guide

Summer 2022

*Our services
are available to
those living in Ely,
Caerau, Canton
and Riverside.*

Useful services for those
at end of life, in bereavement,
or supporting someone
who has a life limiting
condition.



ace

Action in Caerau & Ely
Gweithredu yng Nghaerau a Threlai

**MACMILLAN
CANCER SUPPORT**



Community End of Life Care Support

We offer a number of services and activities that may be of use to those that need end of life care support.

If you have questions relating to any of our services or activities, please contact us on: **029 2000 3132**

Our opening hours

Monday to Thursday: 9am - 4:30pm, Friday: 9am - 2pm.

Prescription Collections

We offer a prescription collection service, which is available **Monday to Thursday**, from **10am** until **12pm**. You can self-refer for this service by calling our well-being team on the number listed above.

Advance Care Plans

'Advance care planning is the process of making decisions about what kind of care you'd like to have in the future. It can be helpful as it makes sure that anyone looking after you knows what matters to you. At ACE, we can talk about what you can include in an advance care plan, how it will be used, and how you can make one'.

Would you like to meet with, or receive a call from one of the **Compassionate Communities** team to very gently start talking about your advance care plan?

You can contact us directly, or get your carer or GP to contact us to register you for this service.



Café Barr

Come along to our café for a meal, a friendly conversation, and find out all about what **ACE** does. Our café is currently open on **Tuesdays** and **Thursdays** from **10am** until **11:30am** for breakfast, and **12pm** until **3pm** for lunch.

<https://fb.me/aceCafeBarr>

Food Hampers

ACE has a pantry project that can supply you with a bag of food. These bags contain enough food to prepare 5 meals. They can be delivered to your home weekly, on a **Wednesday & Thursday**. You can contact us directly, or ask your carer or GP to contact us to register you for this service.



Back Home Boxes

These boxes are for carers and patients. The boxes are delivered to your home and contain items such as: tea, coffee, hot chocolate, bath bombs, fluffy socks, kindness card and much more. To request a box, please call **ACE**. Boxes are usually delivered within a week, between **Monday & Friday**.



Community Bereavement Support

Here is a list of services and activities provided by ACE, that may be of use to those experiencing bereavement.

If you have questions relating to any of our services or activities, please contact us on: **029 2000 3132**

Our opening hours

Monday to Thursday: 9am - 4:30pm, Friday: 9am - 2pm.

Grief Space

A peer support space where community members can voice their grief, loss and bereavement in a safe and supportive environment. The group runs on **Wednesdays**, alternating between evening and morning sessions at the Dusty Forge. You can contact us directly to find out more.

Community Well-Being Connectors

Social prescribers who will support you, by finding groups and activities which you might want to get involved with. You can contact us directly, or get your carer or GP to contact us to register for this service.



Well-Being Boxes

If you are in bereavement, no matter the length of grief, these boxes can be picked up from our Pantry and Grief Space group. They contain various items such as: tea, coffee, hot chocolate, bath bombs, kindness cards, and much more. These can be collected on **Wednesdays** and **Thursdays**.



A HUGGING MONSTER
The Hugging Monster
Travels far and wide Collecting hugs to save
inside.
He is made with love and sent to you
His inside hugs come out of the blue.
So as I can't come round for tea and cakes
I've sent you a Hugging monster
Some hugs to make.
And whenever you get fed up
And your usual happy smile
Has slipped right out of sight
Here's a little Hugging Monster
To hug you tight
Original by Linda Sankey 2020

ACE Projects and Community Groups

For a full list of what's happening at ACE with our latest projects and community activities, please visit:

<https://www.aceplace.org/whats-happening/>

Volunteering Opportunities

Make a difference utilising your knowledge, skills and experience. Would you like to get out and about, meet new people, and give some of your time to help in the community?

Please get in touch, or visit our website for more details.

Contact & Information

t : 029 2000 3132

e : volunteering@aceplace.org

w: <https://www.aceplace.org/ace-volunteering/>



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Creative Grief Space

A therapeutic art group, which runs for 8 weeks. Referrals for this service are made by contacting the **Compassionate Communities** team. You can contact us directly to find out more.

Contact & Information

t : 029 2000 3132

e : healthy@aceplace.org

w: <https://www.aceplace.org>

Additional Support Services List

Here you will find a list of services outside of ACE, that will be able to offer additional support in areas relating to life limiting conditions, end of life and bereavement.

Macmillan

The Macmillan support line offers free, confidential support to people living with cancer and their loved ones.

Contact:

t: 0808 808 0000

Availability:

7 days a week: 8am to 8pm

Marie Curie

Provides front-line nursing and hospice care, a free support line and a wealth of information and support on all aspects of dying, death and bereavement.

Contact:

t: 0800 090 2309

Availability:

Mon to Fri: 8am to 6pm
Sat: 11am to 5pm

Maggie's Cancer Centre

Get information about how to manage when you, or someone you care about has cancer. There are lots of ways they'll be able to support you.

Contact:

t: 0292 240 8024

e: cardiff@maggies.org

Availability:

Mon to Fri: 9am to 5pm

Ray of Light Wales

Provides a confidential, safe and non-judgemental space to support people affected by cancer, and through the turmoil of their loved one's diagnosis, whilst trying to cope with daily family life.

Contact:

t: 0797 134 9703

e: contactus@rayoflightwales.org.uk

Availability:

Tuesday: 10am to 12:30pm

Leukaemia Care

Living with blood cancer can be difficult. Talk to their nurse or support team about either your, or a loved one's diagnosis.

Contact:

t: 0808 801 0444 (freephone)

e: contactus@rayoflightwales.org.uk

w: whatsapp: 07500068065

Availability:

Mon to Fri: 9am to 5pm

Community Care & Well-being Service (CCAWS)

Local mental health charity based in Cardiff supporting the diverse communities of Cardiff & South East Wales. All of the services are confidential, non-judgemental and client-led. Culture and faith based sessions also available.

Contact:

t: 0292 034 5294

e: info@ccaws.org.uk

Availability:

Mon to Fri: 9am to 5pm

City Hospice

Provides medical, nursing and end of life care to patients with life-limiting illnesses, and bereavement support to their families.

Contact:

t: 0292 052 4150 (GP)

t: 0292 052 4158 (Clinical Services)

Availability:

Mon to Fri: 9am to 5pm

Cruse Bereavement Care: Cardiff & the Vale

Confidential one to one bereavement support to anyone grieving the loss of a loved one.

Contact:

t: 0292 022 6166 - Cardiff

t: 0808 808 1677 - National Helpline

Availability:

Mon to Fri: 9am to 9pm

The Compassionate Friends, Child Loss Bereavement

Contact:

t: 0345 123 2304

e: helpline@tcf.org.uk

Availability:

Every day of the year.

10am - 4pm, 7pm - 10pm

2wish

Support for those affected by sudden death in young people

Contact:

t: 0144 385 3125

e: info@2wish.org.uk

w: <https://www.2wish.org.uk>

Availability:

Mon to Fri: 9am to 5pm

Sands

Works to support anyone affected by the death of a baby.

Contact:

cardiffsands@hotmail.co.uk

Availability:

Mon to Fri: 9.30am to 5.30pm

Tue and Thurs: 6pm to 10pm



ACE - Action in Caerau and Ely

Our place - Dusty Forge, 460 Cowbridge Road West, CF5 5BZ
t: 029 2000 3132 w: www.aceplace.org e: info@aceplace.org