

Cardiff South West Cluster Newsletter

Health and well-being in your community

Grow Well Project Update

We are enjoying seeing our nature spaces in all their glory in the summer season, flowers in bloom, bees and butterflies busy, peas and strawberries ready for picking! While the weather is bringing us sunshine and showers, the gardens are flourishing. The Grow Well project runs health and wellbeing groups in three beautiful outdoor settings. We welcome anyone who lives within the area of Caerau, Ely, Canton, Riverside and Pontcanna to come along; no previous garden knowledge necessary! Our main aim is to bring people together over a friendly cuppa, and together we take part in a huge range of activities that go into producing our gardens; woodwork, arts and crafts, sharing recipes and ideas, planting and harvesting, looking after our wildlife, taking photos, recycling and learning together.

Our Groups happen:

-  Mondays: 10-12 & 12:30-2:30 at the Dusty Forge, Ely
-  Wednesdays 12:30-2:30 at Lansdowne Surgery, Canton
-  Thursdays 11-1 at Riverside Health Centre., Riverside

Please get in touch if you are interested in coming along, or would like more information:

Claire : 07555 450456
Email: claire@growcardiff.org



A smoke-free Wales...



The Welsh government target is to reduce smoking prevalence to less than 5% by 2030 with a whole system approach, by working together we can achieve this.

With the pandemic and cost of living crisis, more smokers are looking to quit. Help Me Quit have provided ongoing telephone support and also resumed face to face delivery. Currently, they have a clinic on a Tuesday morning from 9am to 1pm in Ely and Caerau hub, and also in St. Davids hospital on a Wednesday evening, from 5-8pm. There are also other clinics held across Cardiff and the Vale.

To self refer and find out more information, please visit:

www.helpmequit.wales

Sun Safety *with the NHS*



Seek shade between 11am - 3pm

Use at least factor 30 sunscreen

Take extra care with children

Make sure you never burn!

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Local Charity ACE

Local charity ACE - Action in Caerau and Ely work with the Cluster to provide 1:1 support to people from the South West Cluster area and work with local people to set up new groups and activities. We also work with other partners, local people and funders to deliver a range of services and activities within the local area.

Some of our current health and wellbeing activities are: -



Coffee Morning @ Dusty Forge: Thursdays 10am - 11.30am

A welcoming space, in the Dusty Forge garden to enjoy a cup of tea / coffee and chat with people from your local community.

Walking group @ Trelai Park: Mondays 11 - 12.30pm

A friendly, informal group walk around Trelai Park, led by a walk leader.

Cycling activities @ various locations and times
One-off bike rides, cycle training and bike repair sessions

COMING SOON - Canton Coffee Morning @
Venue to be confirmed: Wednesdays 11 - 12.30pm

If you would like to find out more about any of these activities, please call **ACE** on **02920 003132**.

We can also provide support for people who are facing financial difficulties, through immediate support such as food bank vouchers or through support with benefits issues, grants for household items and support with fuel bills. For immediate support in a crisis please visit our crisis hour at the Dusty Forge between 9am - 10am, for other support please contact **ACE** on **02920 003132** to request an appointment.



ACE also delivers work funded by Macmillan Cancer Care, providing a range of support for people who have life-limiting conditions and their families or carers, which could include food deliveries, prescription collections or social support. For more information on this work please contact ACE on **02920 003132** and ask for Taela

