

Third Sector Activity Services – August 2020

This short directory provides information about third sector services and support to be active during the Covid-19.

These may change from time to time and depend on staff and volunteers, and may not be able to respond to all requests for support.

Further updates will be provided as and when Cardiff Third Sector Council become aware of services. Directories for other specific services are also available from the [C3SC website](#).

Third Sector

Action in Caerau and Ely: A range of online based activities through existing projects, including ACE arts, CAER heritage and the Working Well project. Home learning resources and activities for families and a post-box has been set up outside the Dusty Forge so you can post a Kindness Card; an A4 drawing or message to be delivered to those who need it most. If you want to take part call 029 2000 3132, email info@aceplace.org website www.aceplace.org

Cardiff City FC Community Foundation: Education support age 7-19 (remote teaching), youth services age 11-25 (remote youth work), tackling social isolation various groups through telephone calls and video conferencing. Email info@cardiffcityfc.org.uk telephone 029 2023 1212

ElderFit: Launched their online members area to allow people to continue their exercises from their own home, for more information visit the website <https://elderfit.co.uk/>

Exercise for All Wales: Internet based storytelling activity to improve mental health in the physically disabled. <https://www.efa.cymru/>

The Fit Group CIC: Online classes, for information please visit Twitter https://twitter.com/DanceFit_Wales

HiJinx: Online digital channels for each of their groups, so they can meet, chat and have a weekly check in. Setting tasks and challenges, developing skills, inspiring creativity. Running online events as well which are advertised via social media and the website <http://www.hijinx.org.uk/>

Horn Development Association CIC: Running youth activities via online which include online schoolwork study, music project, FIFA 2020 competition. Working on developing a booklet for community online activities for their approved move more eat well grant to introduce an online board game with tasks to complete indoor

fitness exercise and healthy eating. Website www.hdacardiff.org email info@hdacardiff.org

Learning Disability Wales: have a few ideas of things to do while people have to stay at home on their website, including keep fit and active, visit a museum from home, see a stage show and keeping in touch with family and friends. For more information see <https://www.ldw.org.uk/resources/things-to-do-at-home/>

The Mentor Ring: Yoga and Salsa Sessions online via WhatsApp, Skype, Video as well as providing e-mentoring. Email info@mentoring.org.uk

MS Society: Hold regular time to chat sessions, information webinars from a range of experts and are running wellbeing sessions which run over four weeks. For more information see their website <https://www.mssociety.org.uk/care-and-support/everyday-living/living-well-with-ms-sessions#resultType=list&sort=oneoffdatetime|asc&page=1&results=20>

Museum of Cardiff: Are providing information on some of the things they have in the museum, they are also setting online activity projects for different age groups. For more information please visit their website <https://cardiffmuseum.com/>

Platform: Mental Health and wellbeing support for young people aged 16-25years old. website <https://platform.org.uk> They also run Platform4YP with ideas and sharing by Platform and the young people they support <https://platform4yp.org/>

Rubicon Dance: Support to 2,000 social isolated people in order to help them maintain social contact with their existing project peer groups now they are all locked down, online deliver of activities, online delivery of learning activities for young people and running a national sector network to support freelancers and organisations providing information and support.

Ucan productions: Creating content for website/facebook. Running interactive workshops using Zoom. Ucan Buddy scheme is supporting children and young people with sight loss either on internet or phone. Email jane@ucanproductions.org

United Welsh: Activities for staying at home including arts, crafts, creative activities, home learning and exercise. <https://www.unitedwelsh.com/coronavirus-information-hub/activities-for-staying-at-home-coronavirus/>

YogaMobility: Online Chair yoga classes for their disabled group via the Zoom platform. More limited than usual as some of their users require physical help to participate which isn't possible using the current method. Telephone 029 2048 2673 website <https://yogamobility.org/>

YMCA Cardiff: *Design for Life* will be going online with quizzes, discussions, workouts and more to keep young people active, connected and staying safe. For more information see their social media <https://facebook.com/YMCADesignForLife> Instagram @YMCADFL or Twitter https://twitter.com/YMCACdiff_Grp

Statutory Sources

Stay Steady Virtual Clinic – Have you had a fall in the last year? Do you need to use your hands to get up from a chair or ever feel unsteady on your feet? Does a fear of falling stop you taking part in activities or doing daily tasks? If you answered yes to any of these, then contact Cardiff and Vale UHB to get advice on managing the risk of falls by calling 029 2183 2552 or email staysteady.cardiff@wales.nhs.uk. Leave your details and they will contact you within a few days. Stay Steady clinics offer consultations with a falls specialist physiotherapist which can be done over the phone or a secure video link.

Public Health Wales – How are you doing? Specific information about keeping active including how to keep physically active at and close to home and at home workout videos <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/staying-well-at-home/keeping-physically-well/keeping-active/>

Cardiff and Vale UHB – neurological physiotherapists have produced a suite of class session videos to help patients keep active. The videos include seated Tai Chi, mindfulness, fatigue management, stretching, strength and balance. For more information see <http://www.cardiffandvaleuhb.wales.nhs.uk/page/100987>

Welsh Government – have a staying active page on the safe help pages which include sitting, strength, flexibility and balance exercises, as well as advice on how to exercise when social distancing <https://gov.wales/safe-help/staying-active>

Contact details

Information produced by Cardiff Third Sector Council. 3 June 2020

Email: sarah.c@c3sc.org.uk website www.c3sc.org.uk Twitter @C3SC

C3SC is the County Voluntary Council (CVC) for Cardiff – the umbrella infrastructure organisation for the third sector in the City. C3SC's key role is to provide specialist advice, support, and information to local third sector organisations on issues that affect them - including volunteering, funding and governance - and to be a conduit for policy information. We support networks around key themes and areas of interest, with the aim of ensuring that policy and decision makers can connect with and understand the needs of third sector groups and organisations in Cardiff.

Please note the information is based on information provided to C3SC; no additional checks or verification has taken place in producing this directory. Information is up to date at the time of publishing. Groups are aware details of their services and the support they provide will be shared; we have respected where groups have asked us not to share their contact details at this time.