

FAMILY ENGAGEMENT LEAFLET



**Do you live in St Mellons?
Are you trying to make
your money go further?**

St Mellons Pantry members pay
£5 a week and choose from a
selection of good-quality, surplus
food worth an average of £15 - £20.

To find out more:

Call us: 029 2036 2888

Email us: pantry@hopestmellons.org

Find us on Facebook & instagram: @stmellonspantry
Or visit us on Tuesdays between 10am and 12 noon
at The Beacon Centre, Harrison Drive, St Mellons

St Mellons Pantry is community-led project of Hope St Mellons (charity no. 1202371)
and was opened with support from Together for Trowbridge & St Mellons, National
Lottery Community Fund, C3SC & Welsh Government.





Morning

Coffee & a catch up

Friday 23rd January.

9am after drop off in the infant hall



Come and meet the new Family Engagement Officer,
Francesca Martin.

Find out how we can support you and your family, and share
your views and ideas to help shape our school community.
This is a friendly, informal opportunity to chat, ask questions,
and have your voice heard.

All parents and carers are very welcome!



WHAT'S ON AT THE HIVE WINTER 2026

MONDAY

Messy Monsters (term-time only)..... 12.30 – 2pm £1.50
 BTA Theatre & Street Dance Classes 4 – 8pm Contact BTA
Contact BTA for details: hello@breakthroughtheatre.org
 BTA Community Choir.....7 – 8.30pm £4 donation
 MCL Boxing Academy Juniors 5 – 6pm Contact MCL
 MCL Boxing Academy Seniors 6 – 7pm Contact MCL
Contact MCL: 07903247509

TUESDAY

St Mellons Pantry..... 9.30 – 12pm..... £5
 Coffee Morning 9.30 – 11am Free
 Riverside Advice (drop-in session) 9.30 – 11am Free
 Crafty Chats 10am – 12pm £2
 Gardening Club (except Dec/Jan/Aug) 1 – 3pm Free
 BTA Theatre Classes 4 – 7pm Contact BTA
 MCL Boxing Academy Juniors 5 – 6pm Contact MCL
 MCL Boxing Academy Seniors 6 – 7pm Contact MCL
 MCL Women's Boxercise 7 – 8pm Contact MCL

WEDNESDAY

Adult Learning (contact us for more info) 9 – 11am Free
 Crafty Chats 10am – 12pm £2
 Diamond Art Club 12.45 – 2.45pm £2
 MCL Boxing Academy Juniors 5 – 6pm Contact MCL
 MCL Boxing Academy Seniors 6 – 7pm Contact MCL

THURSDAY

Busy Bees Stay & Play and Breastfeeding
 Peer Support Group (term-time only)..... 9.30 – 11am £1 donation
 The Bike Hut St Mellons 12:30 – 2:30pm Free
 MCL Boxing Academy Juniors 5 – 6pm Contact MCL
 MCL Boxing Academy Seniors 6 – 7pm Contact MCL
 MCL Women's Boxercise 7 – 8pm Contact MCL

FRIDAY

MCL Boxing Academy Juniors 5 – 6pm Contact MCL
 MCL Boxing Academy Seniors 6 – 7pm Contact MCL

SATURDAY

Nature Club (Monthly) 10.30am – 12pm Free
 BTA Theatre Classes 10 – 11.30am Contact BTA



Follow us on Facebook for events
and updates: [@hopestmellons](https://www.facebook.com/hopestmellons)

The Hive, Harrison Drive, Llaneirwg CF3 0PJ
info@hopestmellons.org / 029 2036 2888
www.hopestmellons.org



Messy Monsters Stay Play Create

£1.50
Per Family
CASH ONLY
PLEASE

Messy monsters is a stay, play and create playgroup for 0 to 5 year olds and their grown ups! At Messy Monsters we have a variety of activities ranging from age appropriate crafts, sensory tuff trays, outdoor/indoor play and much more.
 Mondays from 12.30 - 14.00 (term-time only).
 The Hive, Harrison Drive, St Mellons, CF3 0PJ.



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COMMUNITY
FUND

Messy Monsters is run by Hope St Mellons volunteers.
 Contact: info@hopestmellons.org
 Facebook: Messu Monsters at The Hive



We do get messy so we recommend old clothes are worn



Busy Bees Stay & Play and Breastfeeding Peer Support Group



Term Time Thursdays
9:30am – 11:00am
Newborn – Pre-school

**The Hive,
Harrison Drive,
St Mellons, Cardiff,
CF3 0PJ**



Free Entry
£1 contribution
to refreshments



The Breastfeeding
Network
Cardiff & Vale



ST MELLONS NATURE CLUB

Meeting at The Hive every month
Saturday 10.30am - 12 noon
All ages - All welcome - All Free!
To book contact: info@hopestmellons.org

November 15 Bulb Lasagna	December 13 Christmas wreaths (members only)	January 17 Terrariums: small worlds	February 21 Willow Craft
March 21 Bee Blocks & Seedbombs	April 25 City Nature Challenge	May 16 Wild Cooking	June 27 Hendre Lake (details tbc)
July 18 Rockpooling (members only trip)	August No Club	September 19 Habitat and biodiversity with Reg & Evelyn	October 24 Fungi Walk (members only trip)

Run by Hope St Mellons volunteers with support from Together for Trowbridge & St Mellons and National Lottery Community Fund.

Our **Wellbeing Mentoring Service** seeks to boost your wellbeing by helping you become more active in your community. We provide short term, one-to-one mentoring by our own Health and Wellbeing Mentors to help you access activities, events, advice, and other opportunities to help meet your wellbeing needs.

Once a Health and Wellbeing Mentor has been assigned, a period of support for up to 13 weeks is available for you and your mentor to work on what is needed to improve your wellbeing, as you will have outlined in your own personal action plan.

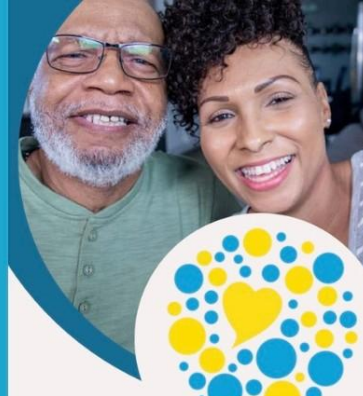


Contact us for more information

Telephone: 029 2087 1071
 Email: wellbeingteam@cardiff.gov.uk
 Website: www.cardiffhubs.co.uk
 Facebook: @CardiffWellbeing
 X: @Car_Wellbeing
 Instagram: @cardiff.wellbeing

Gwasanaeth Cymorth Lles Caerdydd
Cardiff Wellbeing Support Service
Mentoring Service

This document is also available in Welsh



Help to boost your wellbeing with access to:

- Advice
- 1-2-1 support
- Events / Activities
- Training Opportunities
- Volunteering Opportunities



<https://www.singleparentswellbeing.com/>
 single parents well being is a peer-led social enterprise supporting mental well being of single parents across wales. They offer activities for adults, children and young people all led by single parents who understand the community needs.



Cardiff Wellbeing Support Service

Facebook: @CardiffWellbeing
 Twitter: @Car_Wellbeing
 Email: wellbeingteam@cardiff.gov.uk
 Telephone: 029 2087 1071 (option 3)
 Website: www.cardiffhubs.co.uk

Connect with others Active New skills Give to others Mindfulness CARDIFF CAERDYDD