

# THE CAE

## MONTHLY NEWSLETTER

Welcome to our latest newsletter update where you'll be informed on all things that happened at The CAE in the month of June. There are exciting changes taking place within our teams and we are pleased to give you some insight.

Enjoy our update!

Joy Matibiri, Communications Officer

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### OUR WORK IN THE COMMUNITY

We have provided over **272** one-to-one support through our employment, food bank, transport, and wellbeing activities.

#### ***Foodbank***

The foodbank service hit the ground running this month making an impact of;

- **42** families and **3** individuals were served.
- **1391** kg of food. This is equivalent to **3312** meals equivalent, and
- **4451** kg of Carbon dioxide savings.

The team supported a family of 5 who were in isolation with food bank delivery to their home. The family was beyond grateful as they could not access food services until a much later date.

#### ***Community Transport***

After 6 months of serving the community through the CT, we have worked with **84** participants with **615** total engagements!

- **192** Engagements
- **16** participants supported through the wellbeing services.

The walk and talk sessions have actively been combating the stigma associated with men struggling from mental related issues.

If you would like to sign up then visit the CT [webpage here](#) or contact Colin on [colin@caentr.org](mailto:colin@caentr.org).

### ***Refugee Women Empowerment (RWE)***

This service has delivered **12** one to one services this month.

Individuals received:

- Job coaching
- CV writing and interview preparation
- Training support

The project has gained the attention of the home office and had a fantastic strategy meeting. We would also like to congratulate the 7 participants who achieved certification in work related courses.

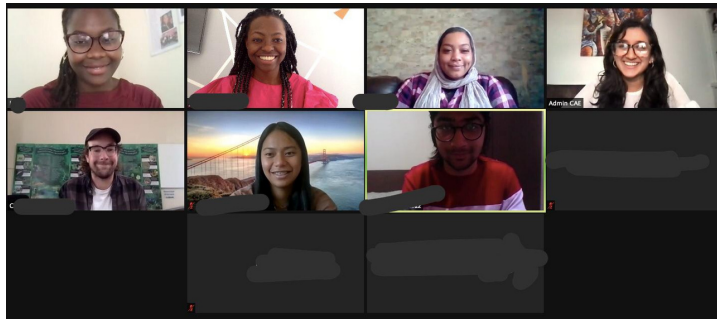


### ***Youth Entrepreneurs Network (YEN)***

Our youth team is supporting young people in Wales through our employment and entrepreneurial services. If you would like to benefit from these kindly contact Amana on [amana@caentr.org](mailto:amana@caentr.org).

## Climate Action

We hosted our first Climate Action educational event on the 3 R's of sustainability, Reuse, Renew, Recycle in collaboration with the environment Centre Swansea with over 15 people in attendance.



## New Leaf

The project is live and providing support to BAME ex-offenders in and around Swansea. Referrals onto this project to be made to Israa on [israa@caentr.org](mailto:israa@caentr.org).

## LOCAL EVENTS/OPPORTUNITIES

### Climate Action

- Visit to the "Environment center" & introduction to "Growing through a family Volunteering day" at Swansea Community Centre
- Date & Time to be confirmed but follow us on [Twitter](#), [Facebook](#) and [Instagram](#) for more info on the event.

## Tri-Activity

- Social training doing activities such as running, cycling and swimming.
- Every Wednesday & Thursday 4-7 PM  
Email [colin@caentr.org](mailto:colin@caentr.org) to sign up.



## ORGANISATION NOTICES

This month we bid farewell to Yolanda Barnes who served as the Operations Manager within the organisation for the past 18 months. We wish her all the best in her future endeavours.

Our Communications Officer, Joy Matibiri qualified for a position as our new Volunteer Coordinator. She will be acting in both roles and we wish her the best of luck.

## VOLUNTEER WITH US

Click [here](#) to apply and join our family in serving the community or email our volunteer coordinator on [joy@caentr.org](mailto:joy@caentr.org).

## IN THE NEXT ISSUE

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