

Wednesday 4th December 2019

Start of the Study Tour

19:00 – Please meet your TUCO Rep in the hotel reception to make your way to the Clink Restaurant

The Restaurant is an 18-minute walk past the castle, alternatively taxi cabs will be provided.

19:30 – Evening meal at the Clink.

The delicious, high-quality meals at The Clink Restaurant at HMP Cardiff are cooked and served by the prisoners in training who are working towards gaining their City & Guilds NVQs in Food & Beverage Service, Professional Cookery and Food Hygiene.

The air-conditioned restaurant allows prisoners to learn, engage with the public and take their first steps towards a new life. All the leather upholstery and boardroom tables are made by prisoners at HMP Frankland and poetry is from former Clink trainees.

The Clink Restaurant at HMP Cardiff is consistently in the top 10 restaurants in Cardiff on TripAdvisor and in 2017 all of the Clink restaurants held the number 1 spot for six months.

“We are proud that alongside our partner, Her Majesty’s Prison and Probation Service, we continue to achieve extraordinary outcomes, meeting our key objective of reducing reoffending. We do this in an economical way, while delivering our core values of compassion, professionalism and integrity, in an environment that can sometimes seem bleak, with so many daily challenges.

The prisoners at each of The Clink training projects work up to 40-hours a week whilst working towards gaining their City & Guilds qualifications. Simulating a professional working environment, prisoners with six to eighteen months of their sentence left serve as volunteers for the programme, going through full-time training in order to reach the required level to succeed in their respective industry.

“The Clink provides prisoners with an opportunity to gain new skills and qualifications in catering and horticulture. They then support the graduates to help them secure accommodation upon release. This offers them a real chance to return to the community with the ability to turn their lives around which will cut crime and improve public safety. The excellent outcomes of this programme are underlined by the Justice Data Lab audit – prisoners are 49.6% less likely to reoffend by entering this programme.”

Michael Spurr, Chief Executive, HMPPS (April 2018)

Walk or taxis back to the Holiday Inn

Thursday 5th December 2019

10:00 – Please meet your TUCO Rep in the hotel reception and walk to the Castle to meet your Love Welsh Food Tour Guide

10:15 – Group to meet Love Welsh Food guide at Cardiff Castle

The tour lasts for 5 to 5.5 hours, with quite a bit of walking, so be sure to bring comfortable footwear. There is sometimes a little rain in Wales so an umbrella might be handy. You may also want to bring a bottle of water with you.

10:30 – Tour starts at Cardiff Castle

10:45 – 11:15 Tea, bara brith & laverbread scones at Pettigrew’s Tea rooms.

Owner or member of staff will discuss sustainability policies with the group. They run a bakery, use local suppliers for vegetables (which is cycled in from Bute Park), meat and fish from Cardiff Market.

11:15 – Stroll around Cardiff city centre with the LWF rep, with an opportunity to shop in Cardiff Market.

13:00 – Waterbus to Cardiff Bay.

13:45 – Main course at RP Culley’s in the Exchange Hotel.

Built in 1888 as the Coal & Shipping Exchange, to be used as a market floor and office building for trading in coal in Cardiff, it later became a hub of the global coal trade. It is situated in Mount Stuart Square in Butetown and was for many years the hub of the city's prosperous shipping industry. Today it is a luxury hotel where the restaurant offers menus based on local and regional produce.

MENU - Welsh Lamb casserole/veg and a glass of local cider/beer (vegan option available)

14:45 – Walk to Senedd/National Assembly.

15:00 – Guided tour of Senedd followed by tea/coffee & cake.

Tour ends in Cardiff Bay for approx. 16:00

Taxis or walk back to the Holiday Inn.

20:00 – Please meet your TUCO Rep in the hotel reception

Taxis to Heaneys

20:30 – Chef Taste Menu at Heaneys

Heaneys is a chilled, relaxed bar restaurant situated in the heart of Pontcanna. Owner and Head Chef Tommy likes to change his menus on a regular basis to work along-side all the fresh produce they have in on a daily basis and the change in each beautiful season in Wales.

Walk or taxis back to the Holiday Inn

Friday 6th December 2019

Please check out of your hotel, luggage can be stored onsite to be collected later.

Cardiff Green Food tour – coach and walking.

09:15 – Coach to pick group up at hotel. LWF guide to meet group at hotel. Holiday Inn City Centre.

This is a half coach and half walking tour - so be sure to bring comfortable footwear. Again don't forget the brolly!

09:15 – Travel to Whitchurch – past Cardiff civic centre, Royal College of Music and Drama

09:45 – Talk & samples at Iechyd Da Eco Friendly Shop with owner Alwen Marshall.

Iechyd Da – (which means good health and cheers in Welsh) a family health food shop in Whitchurch, aiming to reduce waste and eliminate single-use plastic and stock healthy products that are ethically and sustainably sourced. Samples available and time to shop

10:15 – Travel to The Heathcock Pub.

The Heathcock Pub & Dining– offering a daily changing, seasonal menu. Everything is made from scratch in the kitchen, using the very best produce that the Vale of Glamorgan and Cardiff have to offer. The kitchen garden is being prepared so that by next summer there'll be homegrown vegetables too.

10:45 – Talk & tastings at the Heathcock with Manager Guy Ennever.

11:30 – Travel to Grangetown, Cardiff – via Llandaff city, Llandaff fields, Cathedral Road

12:00 –Talk & tastings at Wild Thing

Wild Thing Café in Riverside – one of 2 plant-based cafes in Cardiff with social goals - to get more people eating veg, to reduce environmental impacts and to fight food poverty. Owner, Lauren Saunders will talk to the group about the business – samples of food will be available (coffee and cake)

12:30 Walk to Bute Park along the Taff river – via Principality Stadium

13:00 Walk to Cardiff city centre to visit Big Moose Cafe - Talk and tastings with Meg Lewis

The ethos of the cafe is to make more of a difference to these people's lives and so big moose coffee co. was born. The idea is simple the coffee shop is in the centre of Cardiff, it runs like a normal coffee shop selling epic coffee and scrummy grub! but the profits from big moose coffee co. are being used to help homeless and other disadvantaged people get back into work and society.

Big Moose opened on 12th March 2018 and in June 2018 we took on our first homeless employee. We have put them through barista training courses and private counselling and we are working with them every day to build confidence and to mentor them.

End of the Tour Approx. 13:30

Please make your way back to collect your belongings from the hotel

Further Information

What's Included?

3 nights' accommodation at the City Centre Holiday Inn refreshments, guided tours, networking opportunities, talks and presentations, travel around the city, all meals and drinks during the tour.

What's not included?

Any additional costs not mentioned on the itinerary, such as room service and additional food and drinks are not included in the package price.

Dietary/Access Requirements:

Please advise TUCO of any dietary or access requirements that you may have in advance of travelling on the Study Tour so that we can be sure to cater and accommodate for you correctly. Any requirements that you have mention on your booking form have been taken into consideration.

Dress Code:

Please dress smart-casual for the duration of this tour. Please pack appropriately for the weather and for walking.

Your TUCO Reps will be:

Jane Eve **07535713056**

Mark Firth **07494422856**

Catherine Clarke **07944637074**

Prior to the date of this study tour, should you have any questions, please contact Academy@tuco.ac.uk