



Thank you for reading my August newsletter.

During Parliament's summer break, I have continued working across Cardiff East—delivering my Annual Report, listening and chatting to residents, and picking up casework and queries.

If you need support or have any questions I can help with, please do get in touch on 02921 329736 or email me at jo.stevens.mp@parliament.uk

You can read my Annual Report [here](#).

NEWS FROM CARDIFF EAST

CONGRATULATIONS GCSE & A-LEVEL STUDENTS

Congratulations to all the students across Cardiff East who received their A-level and GCSE results this month.

Cardiff continues to outperform the Welsh average, with 29.5% of A-level entries graded A*–A and a pass rate of 98.3%. GCSE results are equally strong, with 26.4% achieving A*–A and 68.0% awarded A*–C grades. These results reflect the hard work of students, the support of families, and the dedication of school staff.

Many students will now be discussing their next steps with family and teachers. If you're still deciding, don't worry, there's plenty of support available through the Welsh Labour Government's Young Persons Guarantee, which helps young people access education, training, or work.

[Click here to find out more.](#)



SUPPORTING STUDENTS WITH THE COST OF FURTHER EDUCATION

Education Maintenance Allowance (EMA) is a £40 weekly payment to help eligible 16–18 year olds with the costs of further education.

If you live in Wales, are studying a full-time course up to Level 3, and

your household income is below £23,400 (or £25,974 if more than one young person lives at home), you may qualify.

Payments are made every two weeks, as long as you meet your school or college's attendance requirements.

[Click here for more information.](#)



Your child could get financial support to continue their education.

 **ADDYSG CYMRU**
EDUCATION WALES
cenhadaeth ein cenedl | our national mission

SUPPORT WITH SCHOOL ESSENTIALS

I know from experience that the start of the school year can be an expensive time for families. If your child is in reception to year 11 and receives means-tested Free School Meals, you could also get £125 to help with things like uniform, shoes, stationery, and IT equipment. If they're starting year 7, you could get £200 to help with the extra costs.

You can apply once per child, per school year. It won't affect your benefits or tax.

The grant is open until 31 May 2026

Find out more and apply [here](#).



ADDYSG CYMRU
EDUCATION WALES

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Llywodraeth Cymru
Welsh Government

Through the **School Essentials Grant**, your child could get **up to £200** for:

- Sports equipment
- School uniform
- Classroom essentials

CARDIFF JOBS FAIRS IS BACK

Cardiff Jobs Fair is returning this autumn!

It's a great opportunity for people of all ages to meet local employers, explore new career paths, and get support with CVs, training, and job applications.

Events like this are all about opening up opportunities and helping people into good, secure work.

Register [here](#).

THE CARDIFF JOBS FAIR



SPORTS WALES NATIONAL CENTRE

SOPHIA GARDENS, CARDIFF, CF11 9SW

Thursday 18th September 2025
10am - 2pm
Quiet hour: 1-2pm



Scan to find
out more



100's of jobs from local
employers across a
range of sectors.

ALL WELCOME

employerliasion@cardiff.gov.uk



maximus

50PLUS
CHOICES



Gyfa Cymru
Careers Wales



Working Wales
at work

UK Government Wales
Llywodraeth y Ddeddf Cymru

jobcentreplus

UK GOVERNMENT EMERGENCY ALERT

The UK government is testing its Emergency Alerts system on **Sunday 7 September 2025 at 3pm.**

Mobile phones and tablets will receive an alert, make a loud siren-like sound and vibrate, **but you won't need to do anything.**

The Emergency Alerts system is used to warn if there's a danger to life nearby, like extreme weather. Testing it makes sure it's working, in case it needs to be used in a life-threatening emergency.

Find out more [here](#).



UK Government

**We are testing
Emergency Alerts
on mobile phones
across the UK on
Sunday 7 September
at 3pm.**

Find out more at
gov.uk/alerts



TARGETING ILLEGAL E-BIKES IN CARDIFF EAST

Keeping our communities safe is one of my top priorities. Residents in Rumney and Llanrumney, in particular, have raised serious concerns about the use of illegal e-bikes being used dangerously and linked to anti-social behaviour.

I recently met with Councillor Bridgeman and South Wales Police in Llanrumney to discuss the issue and call for more enforcement efforts. During the visit, we showed the officers around areas that have been particularly affected, and I am pleased that, thanks to additional funding for South Wales Police from the UK Labour Government, we will have more resources in our community to tackle this problem.



NEW PLANS TO IMPROVE CITY ROAD

City Road is one of Cardiff's most vibrant and diverse streets, and new plans are being brought forward to make it more accessible for everyone.

Cardiff's Labour Council's proposals include better pedestrian crossings, new cycle lanes, and improvements to public spaces, designed to support local businesses and improve the experience for residents and visitors alike.

Have your say [here](#).

HELPING WELSH BUSINESSES GROW

Welsh businesses have huge potential to grow through international trade, particularly now that the UK Labour Government has negotiated trade agreements with the EU, the United States and India.

As part of International Trade Week, a special event is being held in Cardiff on **Friday 7 November** to help local firms explore new markets and export opportunities for their businesses.

The event is being hosted by the UK Government Department for Business and Trade and UK Trade Envoys. It will bring together experts in global markets, trade finance, and logistics to offer practical advice and support.

If your business is interested in attending, or you know someone in Cardiff East who runs a business and could be interested in this event, please email my office on: jo.stevens.mp@parliament.uk and I can provide more details.

EMPLOYMENT SUPPORT FOR YOUNG PEOPLE

If you're aged 16–24, unemployed, or leaving school or college this summer, the *What Now 2025* event is back.

Run by Careers Wales and supported by local colleges and employers, the event offers advice on training, apprenticeships, and job opportunities. It's a great chance to explore your next steps and get practical, tailored employment support.

The final event of the year takes place on Thursday, 25th September, 10 am–1 pm at Careers Wales, 17 Churchill Way.

VISITING CANCER RESEARCH

I recently visited the Cancer Research UK store on Newport Road, a brilliant example of how local action can support national impact.

Since opening its doors in February 2019, the store has raised an incredible £4.7 million to support life-saving research right here in Wales. That funding helps scientists and clinicians work to improve cancer outcomes across the country.

One of the store's many great initiatives is the 'Golden Saturday', held on the first Saturday of each month, where premium donated items are sold to raise even more for the cause.

It was a privilege to meet the team and volunteers behind the store's success. Their dedication is helping to fund life-changing medical breakthroughs.

Find out more about Cancer Research Wales UK's vital work [here](#)



PICKLEBALL IN ROATH

Pickleball might be one of the fastest-growing sports in the world, but it's also thriving right here in Cardiff East.

I recently visited the Cardiff Pickleball Club in Roath for their 'Open Day', and the opening of their club hut, where players of all ages and abilities got the opportunity to get involved in this fast-paced and extremely fun sport. With its mix of tennis and badminton, pickleball is easy to pick up and a great way to stay active.

The club is part of a wider movement across Wales, with new courts, growing membership, and a real buzz around the sport. It's a brilliant example of how local spaces can bring communities together.

Thank you to everyone at the club for the warm welcome...I may be a pickleball convert.

Find out more [here](#).



WELSH BMX CHAMPIONSHIPS IN LLANRUMNEY

I was delighted to attend the first-ever Welsh BMX Championships in Llanrumney alongside Labour Councillor, Lexi Pocknell, where riders of all ages came together to showcase some of the best sporting talent that Wales has to offer, and right here in Cardiff East.

The atmosphere at the event was brilliant, with families, volunteers, and local clubs all playing their part in making the day a success. BMX is growing fast across Wales, and events like this show just how much potential there is to grow this sport from the grassroots level, all the way up to the elite level.

A huge thank you to the organisers, marshals, and everyone who took part. Llanrumney did us proud.



BANKING INNOVATION IN THE HEART OF CARDIFF EAST

I recently visited Starling Bank's Cardiff office, the company's largest base in the UK and home to over 1,800 staff, making it one of Cardiff's largest employers.

Starling is a UK-based bank that has grown into a pioneer in the banking industry, leading the way in AI-driven innovation and building tools that help people manage their money more easily.

The Cardiff team plays a central role in everything from heading up app development to customer support, and it was great to hear how the bank is supporting thousands of small businesses in Cardiff East through its SME accounts.

This is a brilliant example of how homegrown innovation can create high-quality jobs, support local businesses, and put Cardiff on the map as a leader in the financial technology sector.



MEET TROWBRIDGE & ST MELLONS LABOUR BY-ELECTION

CANDIDATE: GARY BOWEN THOMSON

I'm proud to support Gary Bowen-Thomson as the Welsh Labour candidate for **Trowbridge and St Mellons ward in the Council byelection on Thursday September 18th**. With nearly 30 years of experience supporting young people and families, Gary brings deep local knowledge and a lifelong commitment to public service.

He spent over two decades in Cardiff Council's Youth Service, including at St Mellons Youth Centre and Hub, working directly with schools like Eastern High and St Illtyd's. Gary knows Trowbridge and St Mellons, has listened to local young people, and worked alongside families to build opportunities and keep children safe.

Gary believes in practical action and I know he would work tirelessly to make sure the community gets the investment, care, and respect it deserves.

Vote for Gary Bowen-Thomson on Thursday 18th September.



— INTRODUCING —

GARY BOWEN-THOMSON

Your Welsh Labour By-Election Candidate

FOR TROWBRIDGE & ST MELLONS

NEWS FROM WALES

WAITING LISTS CONTINUE TO FALL

Bringing down NHS waiting times is a key priority for both the UK Labour Government and the Welsh Labour Government.

As a result of the November 2024 UK Labour Government budget and the record-breaking budget announced for the Welsh Government, the longest waits have massively reduced and are now at their lowest level since 2021.

This is good news for patients and really shows the benefits of having two Labour Governments in Westminster and Wales.

Promoted by Joe Lock on behalf of Welsh Labour, 1 Cathedral Road, CF11 9SD



WELSH LABOUR
IS BRINGING
DOWN
WAITING LISTS
IN WALES

Welsh Labour  Llafur Cymru

MORE NEIGHBOURHOOD POLICE TO KEEP STREETS SAFE

Policing works best when it's rooted in our communities. Neighbourhood policing was decimated under Conservative Governments, but we are rebuilding our police service, starting with town and city centres.

Every neighbourhood across Wales now has named, contactable officers in place to tackle issues blighting our communities.

The Home Secretary, Yvette Cooper, came to Cardiff this month to see how Labour's Neighbourhood Policing Guarantee is strengthening local policing, rebuilding trust, and making our streets safer.

Read more [here](#).



TARIFF-FREE ACCESS FOR WELSH STEEL

Wales has a proud steelmaking heritage and it remains vital to our economy and communities. The UK steel industry has faced real challenges, with rising costs and global competition but thanks to the new relationship this Labour Government has built with the EU, tariff-free access for construction-grade steel has been restored.

This will protect jobs, and give the industry the stability it needs to thrive. We're putting our steel communities first through our Industrial Strategy and international cooperation because Welsh steel deserves a strong future.

Read more about the changes [here](#).

PROMOTING WALES IN NORTH AMERICA

Welsh exports to the US and Canada are worth over £2 billion each year, supporting more than 50,000 jobs across our communities, from advanced manufacturing to green energy.

As Secretary of State for Wales, I'm focused on deepening trade relationships with our international partners, attracting investment to Wales to create good jobs, and showcasing the talent and innovation Wales has to offer.

Learn more about my visit to North America [here](#).



MARKING VJ DAY

This month we marked 80 years since Victory over Japan, which ended the Second World War. It was a moment to honour the courage and sacrifice of those who served in the Far East.

In Cardiff, wreaths were laid at the National War Memorial at a ceremony with veterans and families. Across the UK, buildings were

illuminated, and communities came together to reflect on the legacy of those who fought for peace.

We remember them with gratitude and with a renewed commitment to a better future.

£1 BUS FARES FOR 16–21 YEAR OLDS ARE NEARLY HERE

The Welsh Labour Government is making transport more affordable for young people. Soon, 16–21 year olds in Cardiff and other areas of Wales will be able to travel by bus for just £1 a journey.

This is all about removing cost barriers to opportunity and helping young people access work, education, and training.

This is another example of how Labour in government takes practical steps that will improve lives and connect communities.

Apply for your MyTravelPass [here](#).

MARKING 1 YEAR OF ELUNED MORGAN AS FIRST MINISTER

This month marks one year since Eluned Morgan became Wales' First Minister, the first woman ever to hold the role. In that time, she's focused on delivering on the issues that matter most to people across Wales.

Working alongside the UK Labour Government, we've seen real progress. NHS waiting lists in Wales are coming down, and with the largest budget settlement since devolution began, the Welsh Labour Government is

better equipped than ever to invest billions more in public services and support communities.

Together, our two Labour governments in Wales and Westminster are showing what serious leadership can achieve.

LONGEST NHS WAITS CUT BY TWO THIRDS

Investing in new homes and unlocking land to build **£1**

£57M TO REGENERATE TOWN CENTRES

BUS FARES FOR YOUNG PEOPLE

£2BN A465 UPGRADE

FREE SCHOOL MEALS FOR EVERY PRIMARY PUPIL

NORTH WALES METRO EXPANSION

1 YEAR

£110M FOR LOCAL TRANSPORT

WITH ELUNED MORGAN AS

INVESTED IN WOMEN'S HEALTH RESEARCH

£262.5M EXTRA FOR SCHOOLS TO SUPPORT PUPILS & TEACHERS

WALE'S FIRST MINISTER

First UK nation to unite government, unions & employers for better pay

EMA EXPANDED

BIGGEST BUDGET SETTLEMENT IN HISTORY OF DEVOLUTION

ARTS FUNDING UP 8.5%

4,000+ HOMES & BUSINESSES PROTECTED FROM FLOODING

40,000+ JOBS CREATED THIS SENEDD TERM

WORKING ON 5 NEW STATIONS

THOUSANDS OF POTHOLES FIXED

NEW TRAINS ON MOST JOURNEYS

MILLIONS FOR SAFER ROADS

23% INCREASE IN FOREIGN DIRECT INVESTMENT PROJECTS

WOMEN'S HEALTH HUBS IN EVERY HEALTH BOARD BY 2026

£1BN INVESTMENT ZONE IN NORTH EAST WALES

More EV chargers across Wales

Promoted by Joe Lock on behalf of Welsh Labour, 1 Cathedral Road, CF11 3SP

Welsh Labour **Llafur Cymru**

NEWS FROM PARLIAMENT

UK BUSINESS CONFIDENCE HIGHEST IN TEN YEARS

Business confidence has reached a 10-year high, with firms across the UK feeling more optimistic about hiring and investment. This renewed sense of stability reflects the difference a UK Labour Government makes.

Despite global challenges, businesses in Britain are looking to grow, and we're backing them every step of the way.

Through our Industrial Strategy and strong international relationships, we're creating the conditions for investment, innovation, and good jobs.

Read more [here](#).

AVERAGE MORTGAGE RATES BELOW 5% FOR FIRST TIME SINCE LIZZ

TRUSS' MINI BUDGET

Average mortgage rates have fallen below 5% for the first time since Liz Truss's mini-budget sent them spiralling. This is a welcome sign of renewed stability for families in Cardiff East and across the UK.

People are seeing the difference a UK Labour Government makes. With rates easing, more first-time buyers and others can plan for the future with confidence.

We're committed to building an economy that works for working people, supporting home ownership, financial security, and long-term growth.

Read more [here](#).

FASTEST GROWING ECONOMY IN THE G7

In the first half of this year, the UK was the fastest-growing economy in the G7, proof that a serious government delivering economic stability really does make a difference. After years of stagnation and uncertainty, growth is back.

This progress isn't accidental. It's the result of this Labour government's clear plan: rebuilding economic confidence, supporting industry, and restoring the UK's reputation on the world stage.

INTEREST RATES CUT FIVE TIMES IN A ROW

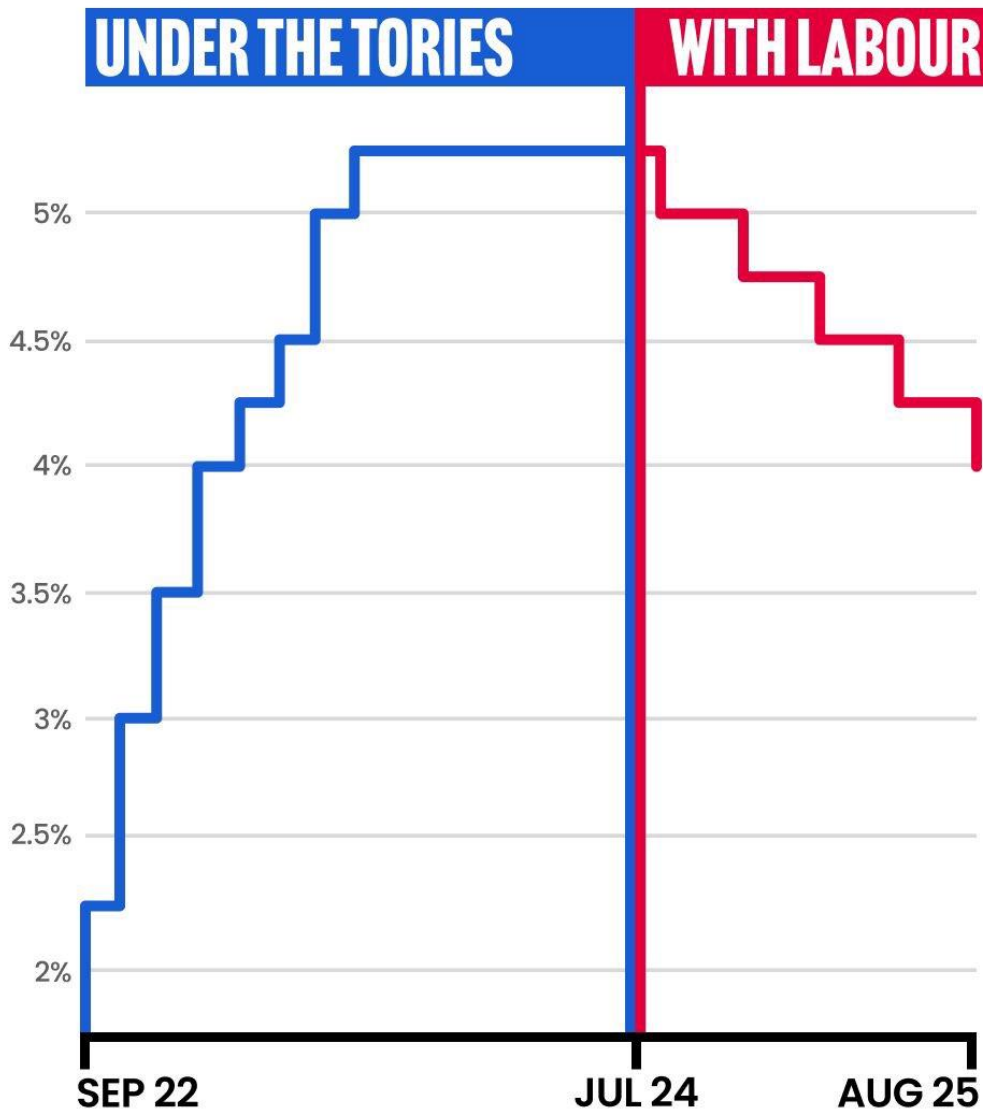
The Bank of England has now cut interest rates five times in a row, bringing the base rate down to 4%. This is a clear sign that Labour's plan for economic stability is working.

After years of uncertainty and rising costs, families and businesses are finally seeing relief. Lower rates mean more affordable mortgages, cheaper loans, and renewed confidence in the economy.

We're delivering stability, growth, and a fairer future for people.

Read more [here](#).

WITH **LABOUR**, INTEREST RATES ARE COMING DOWN



Promoted by Hollie Ridley on behalf of the Labour Party, both at 20 Rushworth Street, London, SE1 0SS

Official Bank Rate history
Source: The Bank of England

MAKING MILITARY HOUSING A HOME

Armed forces families deserve the freedom to make their military housing a home. That's why the UK Labour Government is cutting red tape to make it easier to keep pets and personalise accommodation.

This simple change will make a real difference for forces communities across Wales giving families more comfort, stability, and choice.

We're backing those who serve, not just in uniform, but at home too.

Read more [here](#).



LABOUR STANDS WITH UKRAINE

This August marked 34 years since Ukraine declared independence from the Soviet Union, a moment of immense national pride for Ukrainians the world over.

The UK Labour Government remains steadfast in its support for Ukraine's sovereignty, democracy, and right to self-determination. As Russia's illegal war continues, our commitment is clear: we will stand with Ukraine for as long as it takes.

Earlier this month, the Prime Minister joined President Trump, President Zelensky and European leaders at the White House for diplomatic discussions on securing a just and lasting peace. The Prime Minister played a leading role in pushing for robust security guarantees for Ukraine, alongside our international partners.

This is about more than diplomacy, it's about defending the values we share: freedom, democracy, and the rule of law.

The background of the image is a close-up, slightly blurred view of the Ukrainian national flag, showing the blue and yellow horizontal stripes. The flag is draped, creating soft folds and shadows. In the center, there is a white rectangular box with a thin black border. Inside this box, the text is written in a bold, white, sans-serif font, stacked in four lines.

**THIS LABOUR
GOVERNMENT
STANDS WITH
UKRAINE**

BACKING SMALL BUSINESSES

Late payments are one of the biggest challenges facing small businesses. They harm cash flow and put jobs at risk.

That's why the UK Labour Government has announced the toughest crackdown on late payments in a generation. Under new plans, large firms will be required to pay their suppliers on time or face serious consequences, including being barred from public contracts.

This is about fairness and creating an economy that works for everyone, not just those at the top.

Read more about the plans [here](#).

LABOUR IS
HELPING
SMALL
BUSINESSES
THRIVE



A NEW DEAL TO TACKLE SMALL BOAT CROSSINGS

For years, the issue of small boat crossings has raised serious concerns about safety, fairness, and the need for an immigration system that works fairly, efficiently and properly. Under Conservative Governments, we saw gimmicks and hundreds of millions of pounds wasted.

The UK Labour Government has been taking serious action to resolve this long-standing and difficult issue. A new UK-France treaty has now come into force, strengthening cooperation to tackle the criminal gangs who are profiting from dangerous channel crossings. For the first time, the agreement includes a reciprocal arrangement: for every person returned to France after arriving illegally, the UK will offer a place to someone seeking refuge through a safe and legal route.

This is about restoring order with compassion, breaking the grip of exploitative smuggling gangs whilst upholding our long-standing values of fairness.

Read more [here](#).

ENDING DISCRIMINATORY AGE BANDS TO DELIVER FAIR PAY

The UK Labour Government is taking action to ensure fair pay for all adults. We will scrap lower minimum wage rates for younger workers, ending the outdated and unfair system of age-based pay bands.

This change will mean that 18 to 20-year-olds are entitled to the full National Living Wage, recognising their equal contribution.

Read more [here](#).



Department for
Business & Trade

DELIVERING A GENUINE LIVING WAGE

 Labour