



**VOTE WELSH LABOUR**  
**ON THURSDAY 7TH MAY**

Tomorrow, Thursday 7th May, voters in Caerdydd Ffynnon Taf (Cardiff East and Cardiff North) will go to the polls to elect their six local Members of the Senedd.

I'm out with our local team throughout the year listening to residents, but it's been great to spend time with our local Welsh Labour candidates during the election campaign, hearing more from residents about what matters to them most.

Unlike our opponents, we are out listening all year round. Our new generation of candidates bring different experiences, energy and understand our communities because we are part of them.

Nigel Farage's Reform UK offers only division and instability. Plaid Cymru's goal of independence would make Brexit look like a minor inconvenience. Meanwhile, the Greens have focused their local campaigns on opposing the new Velindre Cancer Centre and closing Cardiff Airport.

Our Welsh Labour candidates take a different approach, dedicated to

delivering the next chapter for Wales. If re-elected, your Welsh Labour Government will:

- **Tackle the cost of living** through cheaper bus fares, lower energy bills and expanding childcare.
- **Create jobs** in new industries and launch a lifelong learning plan.
- **Deliver a new deal for our NHS**, bringing down waiting lists and building a new hospital in Cardiff to replace the Heath.
- **Protect our environment** by cracking down on fly-tipping and cleaning up our waterways.
- **Secure a fairer future** with a pay rise for the lowest paid workers and raising school standards.

Some parties promise change but can't explain how they would pay for it. Our Welsh Labour pledges are bold and deliverable plans that will transform our communities.

**Vote Welsh Labour on Thursday 7th May.**



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**NEWS FROM CARDIFF EAST**

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**SUPPORTING CHILDREN STARTING  
SCHOOL IN SEPTEMBER**

This month, parents across Cardiff East will have received primary school offers for their children who will be starting in September.

Starting school is a big step, and it's natural to feel a bit worried about whether your child is ready. These next few months are a crucial time for development, but you don't have to do this alone.

Best Start in Life has put together some practical tips to support your child's development and help them settle into school with confidence. Visit [Best Start in Life](#) for more.



## KEEPING CHILDREN SAFE ONLINE

I know how much parents in Cardiff East worry about what their children see on their phones. Technology is moving fast and it's hard to keep control of what children are able to see online.

That's why I'm asking for your views. The UK Labour Government is consulting on a range of measures to keep our children safe online, including an outright ban on social media for under-16s and a 'curfew' on addictive features like infinite scrolling.

We need to get these new laws right for children now and for the next generation. Please take 5 minutes to share your views. Take part in the survey [here](#).

Promoted by Ian Bounds on behalf of Jo Stevens for Cardiff East, both at 116 Albany Road, Cardiff, CF24 3RU.

I WANT  
TO HEAR  
YOUR VIEWS  
**KEEPING  
CHILDREN  
SAFE ONLINE**

**TAKE PART IN MY SURVEY**



## **RUMNEY FORUM**

Rumney Forum has been a lifeline for families and vulnerable residents across Cardiff East. Their home at Brachdy House is central to everything they offer, so I was really concerned to hear during my recent visit that the charity is now at risk of losing this vital property.

Thanks to the support of Steve Borley and CMB Engineering, the decision to close has been paused.

While this support provides some much needed relief, the legal proceedings and financial pressures have not gone away. If you are able to help protect this essential community facility, please consider supporting their campaign [here](#).

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## **BOOSTING NEIGHBOURHOOD POLICING**

Community safety is something we all care about. I know from many conversations with residents across Cardiff East that it is a top priority for them, and it is for me too.

Our UK Labour Government is giving South Wales Police the resources they need to get more officers back on the beat, fighting crime, and protecting our communities.

Through the Neighbourhood Policing Programme, 91 extra neighbourhood police have been recruited this year in our police force. This will help strengthen the response to local crime and ensure residents feel safe.



**THIS YEAR  
LABOUR IS DELIVERING**

**91**

**NEW NEIGHBOURHOOD  
POLICE ACROSS  
SOUTH WALES**

Promoted by Ian Bounds on behalf of Jo Stevens for Cardiff East, both at 116 Albany Road, Cardiff, CF24 3RU.

### **STREETLAMP CAR CHARGING**

Local Cardiff-based business PLUG Charging is teaming up with Cardiff Labour Council to roll out a brand-new lamppost column charging pilot right across our city.

If you don't have a driveway, charging an EV can be a bit of a headache. This project will upgrade existing streetlights into charging points so you can plug in right on your street overnight.

Installations will be taking place across Cardiff East, including Adamsdown, Roath and Penylan.

70% of the income generated will be reinvested by the council into future EV projects, and PLUG is putting 10% of their share directly into community causes in Cardiff.

I'm really pleased to see a local business working together with Cardiff Council to deliver a stronger, fairer, greener Cardiff for everyone.

Keep an eye out for them appearing on streets near you very soon.



**PLUG  
CHARGING  
LAUNCHES  
STREETLAMP  
EV CHARGING  
IN PENYLAN & ROATH**

Promoted by Ian Bounds on behalf of Jo Stevens for Cardiff East, both at 116 Albany Road, Cardiff, CF24 3RU.

## CYCLE PARKING INTRODUCED

Cardiff Labour Council is expanding secure bike storage in Roath.

New residential Cyclehoop Bikehangars are being introduced to provide long-term storage for locals. These high-security units will be available on the following streets:

- Lily Street
- Inverness Place
- Moy Road
- Glenroy Street
- Arran Street

These hangars offer a permanent solution for residents at an annual cost, helping to combat theft and reclaim space in terraced homes.

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## PLAY STREETS

Play streets are a great opportunity to get to know your neighbours and provides space for children to socialise and build new friendships.

You can apply for a temporary street play order to close your street for 2 hours a month so that children can play freely, outdoors and close to home.

If you are interested and would like more information on how to apply, click [here](#).

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## **CARDIFF OUTPERFORMS**

### **BRISTOL IN SALES**

Cardiff has for many years become a destination for retail and leisure. With 20 million annual visitors contributing £1 billion to the local economy, our city now ranks among the UK's top six retail centres.

Recent data shows Cardiff is punching well above its weight. In February, Cardiff achieved a 6.4% increase in sales, outperforming the UK benchmark and surpassing Bristol's performance.

Our two Labour Governments are working with Cardiff Labour Council to back our businesses and ensure our city continues to outperform our nearest competitors.

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## **CELEBRATING 100 YEARS OF CONNIES**

Fewer than 0.1% of UK companies ever make it to 100 years old. So, getting to celebrate a century of Connies of Cardiff was something really special.

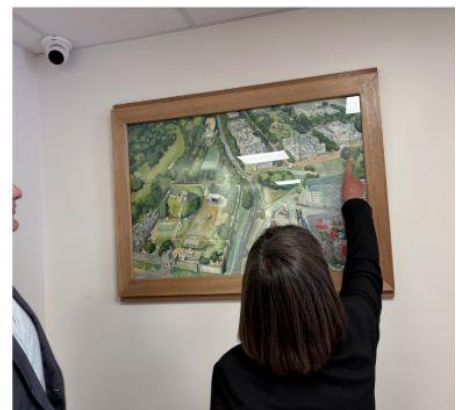
The business has changed a lot over its 100 years. Originally a family business set up in the steelworks to do structural engineering, they have diversified over the years and now provide premises for other new and existing businesses in the heart of Cardiff East.

Joining three generations of the Connies family and their workforce and business tenants to celebrate their 100th anniversary, was very special.

I loved looking through their archives, too. There's so much history there,

from invoices, to apprentice disciplinary letters and even photos of the Prime Minister, James Callaghan at Connies celebrating their 50th anniversary and a letter thanking them for their hospitality.

Connies has shown great resilience, adapting to a century of economic, social and political change. I have no doubt that in another 50 years, one of my successors will be back to celebrate their 150th.



## **PRAISE FOR ROATH PARK PRIMARY SCHOOL**

Roath Park Primary School has received a brilliant report from Estyn. The report highlights fantastic progress in reading, writing, and maths, thanks to staff who are providing exciting and supportive lessons.

Congratulations to all the staff, pupils, parents and carers for making Roath Park Primary School such a success.

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## **UK STARTUP AWARDS 2026**

I am really pleased to see that local business, Alerte Universal, based in St Mellons has been shortlisted for Wales' Global StartUp of the Year at the UK StartUp Awards.

Alerte Universal is a mobile app that sends out an immediate request for help when you swipe a button on your screen. It uses a phone's GPS to transmit your exact coordinates to emergency responders and personal contacts so they can find you. The app can also trigger a loud alarm to get the attention of people nearby and sends out notifications about local safety risks.

It's a great example of the innovation coming out of Cardiff, which was recently named the UK's best city for starting a business. I look forward to more local talent being recognised in years to come.

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## **CARDIFF CITY PROMOTED**

After a year out of the championship, Cardiff City is back to where it belongs. Seeing them secure an automatic promotion spot with games to spare was brilliant.

Brian Barry-Murphy has been a huge success in his first season as manager. He's selected the perfect mix of experienced heads and exciting new talent. To bounce back at the first attempt is a huge achievement, but the real thanks has to go to the players. This squad has worked their socks off to make this happen.

**Onwards and upwards Bluebirds!**

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## **CARDIFF DEVILS PLAY OFF CHAMPIONS**

Congratulations to the Cardiff Devils on their incredible victory in the 2026 Elite League Playoff Final!

This win marks the club's fourth playoff title in the last seven seasons, cementing their status as a dominant force in British ice hockey.

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## **CARDIFF UNIVERSITY VARSITY CHAMPIONS**

Welsh Varsity has grown into a massive competition between Cardiff and Swansea Universities, and this year, over 10,000 students turned up to support their sides. Cardiff fans had plenty to celebrate.

The women's rugby team was unstoppable with a huge 81-0 win, and the men's team kept the momentum going with a 32-15 victory. To top it all off, Cardiff made history by winning the Rugby League title for the first time ever, beating Swansea 38-10.

Congratulations to all the Cardiff University teams on their victories.

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## **NEWS FROM ACROSS WALES**

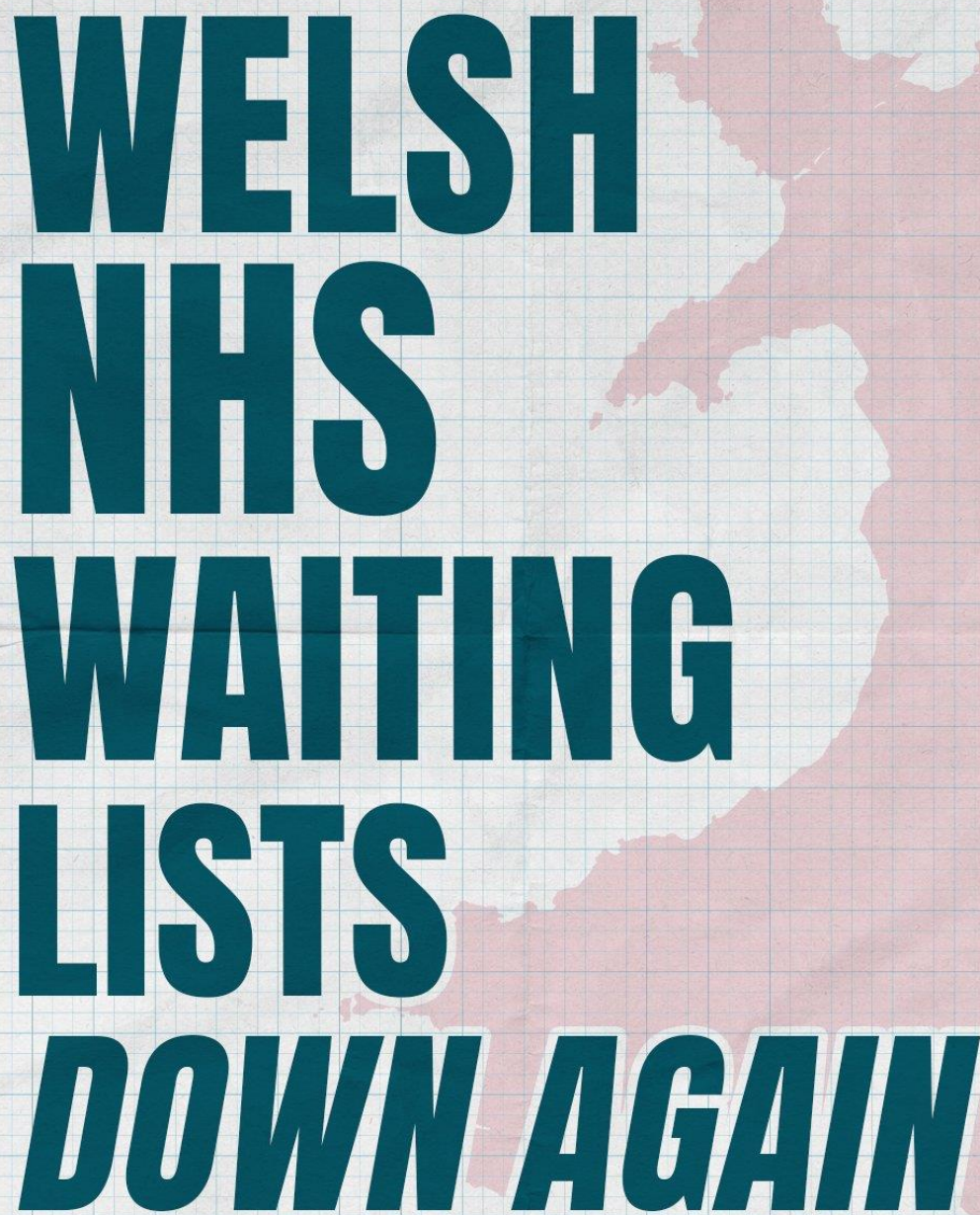
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## **NHS WAITING LISTS DOWN AGAIN**

NHS waiting lists in Wales have fallen, for nine consecutive months. This consistent progress shows that our plan is working.

With two Labour Governments and a record devolved budget settlement, we are getting on with delivering for our NHS and patients. There's been lots of progress, but we know there's much more to do.

On Thursday, 7th May, your vote for Welsh Labour is a vote to protect our NHS and continue reducing waiting times.



# **WELSH NHS WAITING LISTS *DOWN AGAIN***

Welsh Labour  Llafur Cymru

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

**SUPPORTING THE STEEL COMMUNITY**

## IN PORT TALBOT

I know that that it has been a difficult time for Port Talbot and the surrounding community.

Successive Tory Governments promised to provide stability but left our steel communities in limbo. Our Labour Governments will always have the backs of working people.

Since taking office, we have acted to:

- **Protect 5,000 Welsh steel roles** through new trade defences and a £600m investment.
- **Launch the Celtic Freeport** to bring in fresh investment and 11,000 new jobs.
- **Invest millions in floating offshore wind** to unlock an additional 5,000 jobs.

Port Talbot and our steel communities have a bright future ahead with our two Labour Governments. Watch my video from my recent visit to Port Talbot [here](#).

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## DELIVERING NEW NUCLEAR AT WYLFA

North Wales has a UK Labour Government on its side and finally getting on with delivering new nuclear at Wylfa.

This month, the Chancellor joined the Secretary of State for Energy, Ed Milliband to sign the contracts with Rolls Royce to create thousands of

jobs, drive growth, and provide clean, homegrown power for millions of homes across Wales.

But this is only possible with a UK Labour Government determined to deliver for North Wales. Plaid cannot agree amongst themselves whether they back new nuclear. The Green Party would scrap the project altogether.

That's the choice on Thursday 7th May, new jobs and investment with Labour or turning away jobs and lower energy bills with Plaid and the Green Party.

Watch my video about new nuclear at Wylfa [here](#).

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## **INVESTING IN OUR WELSH COMMUNITIES**

It was great to join Chris Elmore MP in Porthcawl to discuss how our two Labour Governments are working with Bridgend Labour Council to invest in the local community.

The Porthcawl Pavilion has been a landmark on our promenade for over a century. While it has hosted legends like Ruth Jones, Rob Brydon, and Cerys Matthews, the building has unfortunately fallen into disrepair in recent years.

I am pleased to share that with the support of our UK Labour Government, we are finally restoring this iconic venue to its former glory.

Watch the video from my visit [here](#).

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## NEWS FROM PARLIAMENT

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### WELSH QUESTIONS

Almost two years ago, voters elected a UK Labour Government to work alongside our Welsh Labour Government to deliver the change our communities need. This marked end of austerity and the start of investment in our future.

We've made huge progress, providing the biggest budget settlement in devolution history, bringing down NHS waiting lists, creating tens of thousands of jobs and investing in our communities.

At the final Welsh Questions before the Senedd Elections, I set out the choice ahead of us: progress and a plan for the next chapter of Wales with Welsh Labour or division and decline with Plaid and Reform UK nationalists.

Watch [here](#).

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### STANDING UP FOR ENERGY CONSUMERS

The conflict in the Middle East has caused energy prices to rise globally, and many residents across Cardiff East are understandably concerned about the impact on their household energy bills. The UK is not involved

in this war, but the volatility of global gas markets is being felt here at home.

To shield families from these price spikes, new measures are being introduced to break the link between expensive gas and the overall price of electricity. Additionally, the tax on the excess profits made by energy companies during this crisis is being increased from 45% to 55%. This ensures that more of the money generated by high energy prices is redirected back to the government to support families and local businesses with the cost of living.

We are doubling down on our mission to deliver clean, home-grown energy. This is the only way to make sure that international conflicts no longer have the power to drive up your monthly energy bills.

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## **THE UK IS REJOINING ERASMUMS**

The UK has signed a deal to rejoin Erasmus+ in January 2027. This move puts young people from Cardiff East back into the world's largest exchange programme, making it much easier for people to move between the UK and Europe to learn and earn.

The scheme won't just support university students, if you're an apprentice or at a local college, you can now get placements to learn your trade in Europe. These experiences are so important and can be life changing.

This is what a positive UK-EU relationship looks like in practice, making a tangible difference to people's lives and careers.

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## DECRIMINALISING ABORTION

After decades of campaigning, the decriminalisation of abortion is officially law.

I've spent all my adult life fighting for the principle that reproductive healthcare should not be a crime. Previously, we were stuck with Victorian-era laws made by a Parliament that didn't even allow women to vote. It was a massive anachronism, and it had to go.

The next generation of women are now protected from the threat of criminal investigation for ending their own pregnancy and women convicted will be pardoned.

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## Fuel Finder

You deserve to see local fuel prices in advance so you can head straight to the cheapest station.

That is why the UK Government launched its mandatory Fuel Finder scheme. This initiative forces retailers to report any price changes within 30 minutes.

The Competition and Markets Authority (CMA) will take immediate action against any forecourt failing to report its prices accurately or failing to sign up to the system.

Find local prices [here](#).

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