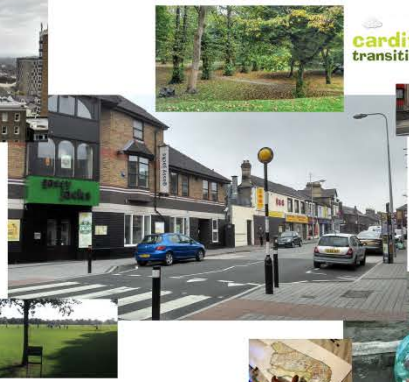


Your Cathays



Spring 2016

Your Cathays Newsletter # 5

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Y/C #5: Empowerment to the Cathays people and local businesses !!!

Y/C #6 (Autumn 2016) Focus on Crwys Road – [please get your ideas and contributions in](#), this is *your* newsletter – it is *Your* Cathays!!
Cardiff Transition's "The Big Lunch Picnic" #CFTBigLunch – Sunday 12th June 2016 – check Y/C website calendar for links to the invite !!

This newsletter is produced on a voluntary basis by residents and local people with no political affiliations, no financial support from industry or charities. We rely on small donations to cover printing costs. Please help us? We hope for Newsletter #6 or #7 to put out A2 size 1200 copies (to every resident and local business) across Cathays.

Planning, community and your district

It takes over a month to get this newsletter out to all of you (723 families/residents last count) and 300 local businesses/community organisation/Cathays voluntary bodies etc. Before the year is out we'll put our own figures up of resident density numbers per street (this will NOT say where you live – yet the website will show that: e.g. Lisvane Street – 34 residents/families, Treherbert Street – 14 residents/families or Cosmeston Street 90% resident density level – until each street is mapped.

The rationale for this is; it has become extremely tiresome that Cathays is tarred with a misrepresentation of being some sort of 'student ghetto' and is a ghost town in the summer – absolute codswallop!!! With approx. 2000 permanent residents in Cathays (families, many young professionals and a lot of isolated postgrads who are here 52 weeks a year for 1-5 years at a time – we have a very consistent permanent community here) the fact that through delivering the newsletter we have found nine young couples buying recently into Cathays (four of these young couples each buying student houses and turning them back into normal homes!) to bring their young families up in. A lot of 20 and 30 something professionals claim to rent here for over a decade too.

Thank you for trusting us with your opinions, thoughts and suggestions – we are trying to mobilise it all this information/themes and potential opportunities for everyone. For all the grumbling about rubbish and late night noise – this was crushed by avalanche of positive ideas and a lot of you saying you willing to do some collaboration on your own streets with neighbours or volunteering in Cathays community overall as well as a desire to know more about local clubs, workshops, specific interests etc. which you can all partake in. We have found some information from various neighbours and PACT bi-monthly meetings we wish to share.

Partition Wall Act 1996: Many of us are unaware of this act – yet it affects the majority of Cathays households due to the majority of our streets being terraced. Long story short – many houses conversions undertaken next to you or on your street requires that the intended developer/builder MUST give 8 weeks' notice to the adjacent houses of their intended building work, as well as undertaking a survey on your side of the party wall (which should not cost you anything!) to ensure it is structurally appropriate for conversion. Information has been added on Y/C website under 'positive action' tab. Please use this to help you protect your home. This is NOT enforced by many UK councils/planning depts. – and if you challenge the intended work it is a Civil legal matter. Many 'bad end' of landlords/developer prey on the fact that many of us don't know about Party Wall Act (our good landlords do inform you!). Please tell your neighbours about this if they don't know. Protect your homes as well as your streets!

Litter complaints and future planning permissions. From continuous complaints/concerns flagged by Cathays residents – if a particular street gets 'x' amount of genuine waste/litter complaints a year – then when planning permission goes in to have a house converted to HMO/more bedrooms on that specific street – then high waste levels reporting by residents will go against that particular house being converted as it will just add more people to your street and more heavy waste burden which will just cost council more on clean up bills – hence the HMO room increase application can be denied! Get reporting on waste build ups!

Reporting any incident: Also – can people please stop thinking that if you ring C2C/Connect to Cardiff 2087 2087 that you will instantaneously be put on the Crown Court Jury list!! It doesn't work that way - so please stop assuming the worse. The C2C is your mechanisms to make complaints about waste, housing enquiries/housing complaints etc. If you need to contact our own Cathays PCSO's and/or Councillors – their details are overleaf. All of them WANT to work with you – they WANT to hear your complaints. With all the intel gathered by residents, local businesses, the PCSO's and councillors – things DO move forward. If you attend PACT meetings, aside from ongoing/new issues brought up – you'll hear about a lot of bad planning applications that got turned down, you'll hear about the arrests, you'll hear about how Cathaysians reporting incidents that we are all moving forward as a district !! One particular cheer to a Daniel street resident who has gone to court as witness about the terrible dumping activities of one troublesome lot on that street which has not been pleasant for the other lovely 15 families/residents living there.

Overall Cathays is getting its community essence back together – we'd be happy to feature in successive newsletters – accredited baby-sitting services, dog walking services, anything you want to offer the locale we can put a page up on the website as well as small entry in this hardcopy newsletter..... oh – and for the sustainability enthusiasts; sign up to 12th June's Big Lunch Picnic!

Cathays Gated Alleyway Clean Up.

With many of you reacting positively with your responses to the prospect of having gates added to your back alleyways. Some of you have anecdotally (or seriously) quipped about potential resident collaboration to **'tart up the alleys'** where neighbourhood volunteers would work from one end of your gated alleyway to the other:

- Clearing up litter/long term items dumped long ago in alleys.
- Cut back all overgrowth (many of you mentioned invasive species) of resident homes and occasional student house of plants/bush.
- Paint on specific surfaces to improve brighter appearance of garages and walls.
- For those about to cry graffiti/vandalism – you may choose to club together and get some anti-graffiti paint that acts as a film to painted/mural/artistic decorated surfaces.
- One of you did joke about covering alley roads in white stones. ☺

Joking or not who is going to start talking to their neighbours about this potential collaboration? Bit of friendly competition of which street has the best alley – what if it were opened up to be a large communal green space? **A clear out would be a good start!**

The Real Junk Food Project

Embassy Café - Cathays Community Centre, Cathays Terrace

With unmissable red new doors and a lovely new entrance – everyone is invited to 'The Real Junk Food Project' open every Monday to Friday from 10am to 3pm (opening hours extending very soon with some late evenings open/serving too!)

"An exciting new venture with a real ethos on food waste reduction by selling healthy food that is still edible (after sell by date) and 'proving the value and safety of food waste' to everybody!"

You pop in, order whatever takes your fancy and you pay what you think you should pay. A real opportunity for families on low income, students, homeless people and all other demographics! Get involved in the safe and healthy food revolution!! Contact us on realjunkfoodproject@gmail.com or pop in and see us!

Sorrento's – 10% off until September offer
Nos 90 Salisbury Road

With the first 200 copies of Y/C is a 10% off discount card for anyone that visits this great artisan burgers and shakes restaurant with *late night openings* on Thurs, Friday and Saturday – (it shows 'expires June' on cards yet *Sorrento's is offering discount to you until September*) bring the card with you & try out their delicious food!!

Following events via Your Cathays

www.yourcathays.org.uk – [click on FB/Tw icons](#)

For the social media savvy amongst us (okay you - not me!) Y/C has a **Facebook** page, **Twitter** and YouTube page. We hope to highlight enough positive local event mentions to encourage your participation – if you are a Facebook or Twitter user – residents, professionals or local businesses (or students/Postgrads) please add a 'like' or follow us.

The main Y/C website does have a **calendar** on the front page which is attempting to list every regular Cathays events for children, teenagers, Postgrads, professionals, young, mid-life and elder families as we try to highlight Girls Brigade, reading groups, scouts, open mic/debate nights, bingo, gardening clubs, litter picks, Zumba etc.

Please tell us about a regular local event in Cathays and we will put it upon the calendar for all you to use!

Cathays local business meeting

[Confirmed venue to be kept under wraps for now!](#)

Having spoken to virtually every businesses on Crwys, Cathays Terrace, Woodville, Salisbury, Wyverne roads/streets over the last few years – the majority of you have expressed interest in stronger collaboration within the Cathays business community, skills exchange, recommendation network, local procurement, problem saving etc. and how we can work out together.

All the businesses are saying virtually the same thing:
→The terrible dip in the summer economy! (No surprise there!) How to overcome it? Will surveys help us all?
→Loyalty card – are you all willing to offer 5% off your sales, products and/or servicing to all Cathays residents with a **'Cathays Card'**? Anyone got a better name?
→Encouraging the informal economy/skills exchange and trust/reliability network - to keep money in Cathays.
→A way to reduce rates if we can all prove activities save council money (waste reduction?)
→Can restaurants compost more food waste on-site? Reducing their food waste output? Give food to homeless charities etc. Build local links for food reuse?
→Stronger local connection for recommending reliable staff/maintenance/skilled people to service local businesses requirements and resident needs.
→Landlords and house owners looking for reliable builders, plumbers, electricians contacts.
→The list is endless - yet if 50-100 local Cathays based businesses owners/managers attend this meeting – we can open discussion and see what options can be developed between all of us. ***This is your time to speak!***

Monday or Tuesday (according to many of you) is the preferred evening to meet – from 7pm late summer 2016 (before students return) – if you are a resident with an idea or suggestions on how the local economy can better function, or how our businesses can bounce off each other in a positive coherent manner – please attend. Minutes from this meeting will be made available to everyone. *Invitations to go out soon*

Database Cathays

The Y/C website is building up a database/directory of all Cathays entities to raise awareness of all volunteering groups, local shops, services, events, local interests. When the Cathays local business gathering invitation goes out – we'll also be asking for everyone's information (contacts, opening times, etc.) to begin building this for all of you!

Cathays Postgraduates and 22-45 year old professional community

Local businesses would do well to register the amount of Postgraduates who are based in Cathays here every summer – a significant sum of hundreds of PG's (possibly 1000 in Cathays)

Postgraduates seem to get hit both sides of the fence by living in Cathays. For the majority of them, they do not really interact with the students per se; yet equally they are not involved enough with local events – so during the summer months a lot of them are 'left behind' as their course mates go back to their respective corners of UK/world – a lot of Brit and international Postgrads remaining in Cathays suffer a lot of social isolation. (A lot of students too who have to stay in Cardiff over summer as there is less opportunity of summer work if they come from tiny villages or towns yet the student jobs they land surround them with some real undesirable characters – making them more isolated.)

A Facebook page has been created – **FB search 'Cathays Postgraduates summers'** which Y/C hope to add local businesses, volunteers and groups organisers to become 'editors' on this FB page – that way you can publicise all the positive events, offers, deals etc. you are running to encourage PG's, professionals and students to partake in.

If between all of us we can add 1000 postgrads/young professionals (or students) to the page each year – it will improve your business/volunteer/group outreach to the postgrad community across Cathays (and beyond) – and help local businesses battle the summer lull that many of us suffer together. The market does exist ... tapping it is the challenge raising your presence to all these postgrads.

Hopefully over 2016-2020 this page can become a go to resource to support the postgraduates of Cathays (not necessarily just in the summer either) and inform them of the local amenities available to them - and support many local Cathays businesses in the summer niche along the way?

Also – please tell us about your regular events in your venue so that we can put it on the **Y/C web calendar** for everyone to see.

Overcoming loneliness, isolation and mobility issues in Cathays

We are increasingly aware to the issue that a lot of Cathays people (of all ages – 20's, 30's yet particularly some of our elder residents) are faced with real loneliness, lack of local social connections and just as challenging – mobility issues.

Trying to get out the house is a challenge for some of you. Having attended a Co-Operative annual meeting (at Principality Stadium) the Y/C volunteers met up with the British Red Cross who are pioneering an initiative of reaching out to those who are lonely – we have now been given BRC's approval to add their initiative/social campaign details to the Y/C website/newsletter.

"The British Red Cross helps people in crisis, wherever and wherever they are. Here in Wales we help vulnerable people prepare for, withstand and recover from emergencies in their own communities.

We are looking for volunteers in the Cathays area. From providing short term care in people's homes to educating people in life saving first aid skills, we have a role to suit you. If you can spare just a few hours, please get in touch with our friendly team. Call us on 0300 1001400 / email volunteeringwales@redcross.org.uk"

Co-Op Broadband, landline and Mobile

www.phone.coop

Many people have given us suggestions of groups in Cathays to contact, as well as things you all want featured in successive newsletters. Many of you want to present your services, offers to Cathays residents via newsletter/Y/C website yet you are inhibited (understandably) to add your mobile number to these pages.

We have racked our brains trying to find a plausible (and cheap) option. The Co-Operative Phone and Broadband gives you the option of **£2-00p for mobile line monthly rental** (6p mins talk, 6p text) and optional bolt on of £5-00p a month – as long as you supply your own 3G phone. Call them on **01608 434 000** – see what services they can offer your requirements on personal/business level.

Young, middle age and older families in Cathays – how can we support integration?

Either you will not believe us that when we distribute each newsletter it goes to 723 families/resident homes (and counting) and 250 local businesses/organisations/charities/voluntary groups (including city centre 500 local businesses) – nor will you believe we are talking to the vast majority of all these families (taking two months to give out each newsletter, knock, talk and deliver – a lot of conversations had!)

Out of all this – we find many common themes (as well as an interesting demography of Cathays) as all your neighbours take a constructive approach to problems without complaint, yet rather how do we do something about it? How can we build from nothing?

With Spenser Street's Mr & Mrs Bragg throwing down the challenge on an "All Cathays Age Challenge" [ACAC] to the rest of us - to see how we can effectively integrate together, form better links on our own streets and alongside the ethos of Wyeverne Road's (the late) Mr Chinnick (sadly passing in April) declaring 'power to the people of Cathays' (that if we have right tools or knowledge - we can look after our own communities!) **will** make for a happier and less isolated Cathays community. Yet we can't go out telling people to start canvassing their own streets – what about collaboration projects like Cathays Litter picks? Alleyway clean-up efforts? Group gardening efforts? Going to Sports and Social, or Cathays Cons, or Face 11, bingo, knitting clubs etc. How can you encourage greater outreach in a district that has wrongly believed itself to have become a student ghetto? When writing as someone who has met the majority of you now and reflects that; we **are** socially a very rich district of all demography's with a common desire to see Cathays fulfil its potential!! Surveys will follow

It's time to turn around this psychological and inaccurate depiction of Cathays. I may have despised our district 20 years ago (litter, noise etc.) – yet now what I see (last 5 years) from talking to almost 800 families/residents is a very socially rich community of all age ranges. "If we not careful we may become snobs as Cathays become the next Chelsea!" quipped one of our Cathays born traffic wardens!

We have a lot more children in Cathays now, as younger families are buying into Cathays with St Monica's being hailed as a very progressive primary school (if two supply teachers who live in Cathays have done all the Ely, Roath, Whitchurch primary schools and hailed St Monica's as one of the most progressive they have ever seen – then you know something is right!) Just try talking to your nearby neighbour's folks – I think you'll be very positively surprised who actually does live around you just on your own nearby streets!

Cathays PACT dates for 2016:

Each few months the PACT (Police and Community Together) meetings are held for residents to raise their concerns. Activities like this help people get the word out and express concerns or positive ideas to keep your district moving forward. **7pm start at every PACT meeting.**

Will one resident per street represent your street at PACT meetings?

Monday, 6th June 2016

The recent years PACT meetings have seen a real resurgence in a voice of Cathays being established. Attending each session will help you learn about your rights (Party Wall Act, supporting prosecution of fly tipping etc.) All attendees are given a fair opportunity to speak and the meetings are conducted in a very appropriate and professional manner for everyone to feel included and heard. Please attend you're your own Cathays PACT meetings. Meet your neighbours – get your voice out there!

Monday, 1st August 2016

Monday, 3rd October 2016

Monday, 5th December 2016

Monday, 6th February 2017

The feedback has generally been very good as residents, students and professionals are shown to be working better together in Cathays as a community than compared to ten years ago. You make the difference – come to the PACT and make your voice heard. **Your opinion on tackling local issues is important.** Please attend Cathays PACT meetings. Google search: *Cathays PACT*

Monday, 3rd April 2017

Monday, 5th June 2017

Each event at *Cathays Methodist Church, Crwys Road (Blue door on side entrance – ring the bell)*

Next issue #6 of Your Cathays: *Focus Crwys Road (.....God willing we get it right!!!!)*

Tell us what you want !!! - At present we are working on trying to build a business, voluntary and community group database for Cathays to highlight all the positive things that regularly happen in your area, yet what do you want to see in the next newsletter? Please contact us and tell us.

STOP the nuisance and Cold callers!

www.tpsonline.org.uk

To stop cold calls you need to register with the TPS: Telephone Preference Service – call **0845 070 0707** and get your landline and mobile phone protected from nuisance/cold callers!!

Your Councillors in Cathays:

Cllr Elizabeth Clark

Tel: 029 2063 0311

Email:

EClark@Cardiff.gov.uk

Cllr Sam Knight

Tel: 029 2037 2783

Email:

sam.knight@cardiff.gov.uk

Cllr Sarah Merry

Tel: 029 2037 2301

Email:

sarah.weaver@cardiff.gov.uk

Cllr Chris Weaver

Tel: 029 2039 7149

Email:

Christopher.weaver@cardiff.gov.uk

Your weekly Councillor surgeries:

11am until 12 noon: Held at Cathays Library every Saturday. Please attend and voice your concerns and ideas with the councillors regarding your community.

Your PCSO contacts in Cathays:

PCSO David Lloyd

email: david.lloyd6@south-wales.pnn.police.uk

Telephone: 07584 003 999

PCSO Ashton Askey

email: ashton.askey@south-wales.pnn.police.uk

Telephone: 07717 423 142

Biodiversity & Health Cathays

Many of you already lead by example with these gardens and health – yet many of you have mentioned links between the two! Many of us share (special shout to our neighbours on Catherine Street, lower Cathays Terrace with their communal gardening practices!) Cathays green space/exercise opportunities and you have requested we mention some local objects for everyone.

Friends of Bute Park – Regularly do walks in the park, planting work, litter picking and shrub clean up/conservation work; friendsofbutepark@gmail.com

Cardiff Walking for Health – a weekly hour long walk around Cathays Cemetery (starting behind your Library/Fairoak Rd) **every Tuesday 10:30am** is held – everyone is welcome to attend.

Davius Nursery has freely distributed indigenous wildflowers across Cathays since 2002 ... since 2012 as links within the community have expanded – we have started donating wildflowers to approximately 20 families who are keen gardeners and help distribute wildflowers across Cathays.

Some of you did mention launching a Cathays Community Garden – like all the other districts have – yet for the life of us we couldn't think where one could be based – is there even space? This is a very large task – so we encourage caution with such project – there are two established community gardens with **Plasnewydd Community Garden** and **Mackintosh Community Garden** – both just off City Road. Please visit them?

SEWBREC (South East Wales Biodiversity Records Centre) has a few volunteers in our district, where they go out and monitor biodiversity levels. If you are interested in participating in this – please contact them or us.

With all these efforts you will grow stronger links in your part of town. Please partake and improve your locale.

Contacting Your Cathays volunteers

www.yourcathays.org.uk

We fully realise that calling a mobile number from a landline is expensive and this may have hindered a lot of our i.e. elders to contact Your Cathays volunteers.

If you call our mobile number and quickly explain you are a local resident, we will immediately tell you to hang up – and we will call you back to save your phone bills!

Dalcross Tyres

029 2049 7394

This local business has been mentioned positively by several Cathays residents – it's important to pay forward this information to everyone in Cathays.

Punctures on your car/truck tyres can be fixed by Dalcross Tyres for under £20 without having to replace them with brand new tyres – the guys do excellent work and they get a lot of positive referrals. Got a car tyre puncture? Please consider giving Dalcross Tyres a call.

All the paper, printing, distribution and work is done on a voluntary basis – if you can donate@yourcathays.org.uk (using PayPal - or call us on the main number) just £1 to £5 will help us get the next 1000 to 1200 newsletters out to residents & local businesses.