Cathays Monthly Update – September 2020

Check out the regular events on the Y/C calendar: ***www.yourcathays.org.uk***

Contents

September comments: 2

Mystery door knockers / Burglars probing! 2

Relaunch of Connect Cathays website: 2

Launch of Cathays Magazine! 2

Developing Cardiff: 2

Clothes/Shoes deposit point! 2

Sept: Foodbank across Cathays 2

Next Door Website: 2

Cathays Library: Click & Collect information 3

Noise issues and other Surveys – please fill them out? 4

A fall in the house? 'Stay steady – stay safe'!! 5

Repair Café Cathays – back up and running!! 7

Mrs B's Nursery – 30 hours of free child care! 8

Cathays Community Centre: Drop off point for Clothes & shoes! 9

October 2020 – Cathays Monthly Update – please get your posters/invites in! 10

All contributors are responsible for their own Content, images and contact points.

Cardiff Transition encourages bringing people together to address social, environmental and economic challenges to support each other accordingly.

September comments:

Mystery door knockers / Burglars probing!

A lot of people have commented about the 'knock & run' that is happening on multiple streets. This is potential burglars attempting to ascertain whether your house is occupied or not.

If you do see the person further up the street – please do get their description to the Police, ***calling 101 or using the 101 website https://www.police.uk/pu/contact-the-police/report-a-crime-incident/***

…… Or call contact your local police (details on Your Cathays website under INFORMATION tab on navigation bar) – some door knockers may be genuine though!

As PCSO Lloyd pointed out to me - *"Any persons selling or collecting for charity legitimately won't have any objection identifying themselves to officers."*

If it someone you answer door to – and they are acting shifty and you feel threatened/uncomfortable; then it is up to you if you call 999 or not!

Relaunch of Connect Cathays website:

The excellent family of the late Paul Byers (who passed in 2016) are relaunching the 'Connect Cathays' website and taking over as admins of the Connect Cathays Facebook page (which many of you are on!) and I believe Kacie will steer it back into the direction that Paul wanted to share with everyone!

More information to follow next month..

Launch of Cathays Magazine!

Our residents are working towards creating a Cathays Magazine 'Love Cathays', in the interim of this – an A3 news sheet will be coming to you in the autumn to raise awareness with residents/students – encourage local businesses to advertise AND more importantly asking for a dozen of the best stories from YOU and your experiences of contemporary times in Cathays (or if you want to write a piece on 'Cathays in lockdown') which it is hoped a wide diversity of stories will be featured in the Cathays magazine!

Developing Cardiff:

Quite a few of you have asked that I mention the 'Developing Cardiff' Facebook page – where you can discuss your thoughts on the multiple developments all over Cardiff (pro's and con's).

Link: **https://www.facebook.com/groups/588809434978235/**

A lot feedback on community consultations etc. could help steer these [present & future] projects in a more amicable way for everyone (we hope!)

Clothes/Shoes deposit point!

An excess of clothes? Shoes? We will gladly receive them – see poster in update on where you can drop them off!!

Thank you

Bud – Cathays Community Centre

Sept: Foodbank across Cathays

Deposit in Foodbank Boxes at Sainsbury's, Lidl, Co-Operative etc. – Cardiff Foodbank are short of:

LONG LIFE FRUIT JUICE
SPONGE PUDDINGS
CUSTARD (TINNED)
SWEET TREATS (CHOCOLATE/SWEETS)
TOILETRIES: SHAMPOO / SHOWER GEL / DEODORANTS / SOAP

Please can you donate any of the above? Every single donation helps a great deal in these difficult times!

For September there is excess of:

BAKED BEANS
UHT (LONG LIFE) MILK
PASTA
TEA
SOUP
TINNED SWEETCORN
PORRIDGE

Thank you to all who contribute!

Next Door Website:

www.nextdoor.co.uk

A few hundred residents in Cathays are signed up to Next Door; which has been a good tool to ask for/offer help under current lockdown.

This website is free, if you put a message out – you can choose whether it can go to just Cathays residents (or/and wider immediate surrounding 8 districts around Cardiff)

Social Media:

PLEASE SEARCH FOR:

- Connect Cathays -
- Cathays Compass -
- Keep Cathays Tidy -

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Cathays Library: Click & Collect information

Website:

Email: CathaysLibrary@cardiff.gov.uk



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Noise issues and other Surveys – please fill them out?

Once again – noise issues of all night parties and ridiculous amount of noise has taken it's toll on many of you!

Numbers to call: 0300 123 66 96 or 029 2087 2087

Google on Cardiff Council https://www.cardiff.gov.uk/ENG/resident/Community-safety/Anti-social-behaviour/Pages/Anti-social-behaviour.aspx

Or newsletter website link - https://www.yourcathays.org.uk/noise-in-cathays/

The Table:

Please can you fill in this survey for 'The Table' in Pentyrch Baptist Church!

Link:
https://www.surveymonkey.co.uk/r/YYSM8N3?fbclid=IwAR05qcYr_xkjn1Mpi4B2IjXPFm4u_yDG8f96U0ve3iI1haMyZo2sO9hwI4k

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Race Alliance:

The Race Alliance Wales wishes to ask you to fill out this Survey on BAME (Black, Asian and Minority Ethnic) representatives in Politics and Public Life in Wales!!

Link:
https://www.surveymonkey.co.uk/r/CK28G6T?fbclid=IwAR0ZwZ0xscNFYMnD-ASIHRmaPURvs1CncE_-wxFRzGRfvu_hPjmRJNkyhnE

Student Survey on Resident Perceptions of Cathays today:

Please fill in this survey with your experiences of Cathays!

Link:
https://www.surveymonkey.co.uk/r/L7LGYZJ?fbclid=IwAR0dsIniwheYHLjZSGjELcptwdygsJ9zAzS4iIhcKSVSk770AQfhYYg0GwA

A fall in the house? 'Stay steady – stay safe'!!

links to videos and resources. ***http://www.cardiffandvaleuhb.wales.nhs.uk/falls-prevention***

Coronavirus has had an impact on everyone and meant that many of us are spending far more time in our homes than usual. This is particularly true for older adults. The virus has changed our daily lives and routines and limited the things we usually do and enjoy to exercise and look after our physical health. Staying at home and being less active may lead to a loss of strength and balance and an increased risk of having a fall. Did you know that there a things that you can do at home to reduce your risk of falling? These include simple strength and balance exercises and expert advice from a physiotherapist from the comfort of your own home.

Stay Steady
Aros yn Gadarn

Sometimes as we get older, things change such as our strength and balance, eyesight and use of medications which can lead to having a risk of a fall. With Coronavirus restrictions meaning we are spending a lot more time at home than usual, it is important we still exercise and look after ourselves, and this is particularly true for older adults to reduce falls risks. The good news is that falls are not an inevitable part of ageing and there are things we can do to reduce the risk.

Dilys Price OBE, also known as 'Daredevil Dilys', is the world's oldest solo female parachutist. At age 87 Dilys, from Cardiff, knows the importance of maintaining strength and balance which has a positive effect on our physical and mental health.



Dilys Price OBE

"I'm older, my sight is less good, I'm stiffer than I used to be. So, I have really got to make sure that I maintain mobility….Strength and balance are so important as you get older. There are many reasons. If you lose confidence because you've had a fall, that limits you. That limits you emotionally; that limits you mentally; that takes away your confidence."

Many of the activities which can help people to improve fitness and reduce the risk of falling are currently on hold and not available in the community, but there are still many things that people can do in their own home. Cardiff and Vale University Health Board have some excellent information about how you can reduce the risk of having a fall which includes simple strength and balance exercises that can be done at home, a wellbeing guide for older adults and links to videos and resources.

Look at ***http://www.cardiffandvaleuhb.wales.nhs.uk/falls-prevention***

More details below on Stay Steady Clinics

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Stay Steady Clinics:

Sometimes people need some support to be able reduce their risk of falling. In Cardiff and the Vale of Glamorgan 'Stay Steady Clinics' have been set up to help. They are run by falls specialist physiotherapists who can provide assessments and then advice on how you can reduce your risk of having a fall. These clinics are currently being offered virtually so people do not need to leave their home. You can talk to a physiotherapist either by phone or a secure video link.

Would I benefit from a 'Stay steady clinic'? Ask yourself the following questions:

1. Have you had a fall in the last year?

2. Do you need to use your hands to get up from a chair or ever feel unsteady on your feet?

3. Does a fear of falling stop you taking part in activities or doing daily tasks?

If you answered yes to any of these questions, the clinics may be a suitable service for you to get some advice. Just leave us your contact details on **029 2183 2552** or ***staysteady.cardiff@wales.nhs.uk*** and they will contact you within a few days.

Dilys encourages older adults to access the 'Stay Steady Clinics' for a personal and unique advice that will help to increase strength and balance.

"This is an opportunity for those of us who feel a bit worried about falling… and I think at our age people are worried about falling…because they can speak to a physiotherapist and they can get an exercise program which is unique for them and use it. And let me tell you, it will make all the difference. "

Remember, falling is not an inevitable part of growing older. There are things that you can do to reduce the risk of having a fall. Stay steady and stay safe.

Repair Café Cathays – back up and running!!

Link: ***repaircafecathays@gmail.com***

Email: ***www.facebook.com/repaircafecathays***



COLLECTION AND DELIVERY SERVICE

CATHAYS AND SPLOTT

We will add the caveat that we have very limited capacity and may simply be overwhelmed!!

Contact us ASAP please!!

Our fantastic volunteers at Repair Cafe Splott and Repair Cafe Cathays have joined together to create a collection and delivery service so we can continue fixing whilst our venues are closed!

If you live in the local area and are interested in getting a household item fixed or you are interested in helping out with this service, then please get in touch with repaircafecathays@gmail.com!

We are so excited to trial this brand new service and bring fixing back to the communities of Cathays!

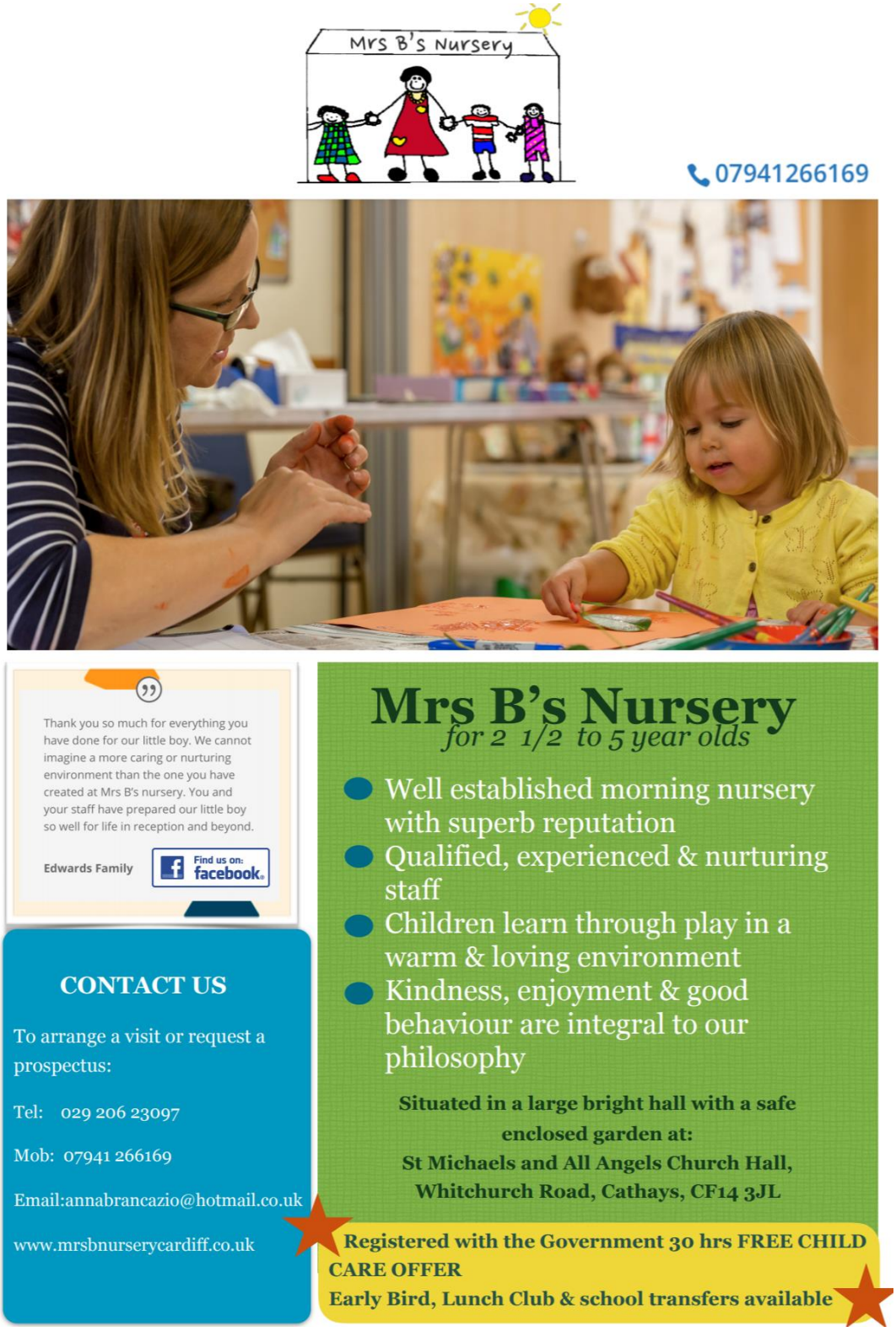
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Mrs B's Nursery – 30 hours of free child care!

Link: ***https://www.facebook.com/ChristChurchNursery/***

We are registered for the 30 hour free child care offer now available – please see information below



Cathays Community Centre: Drop off point for Clothes & shoes!

CATHAYS COMMUNITY CENTRE

Website: www.cathays.org.uk

Facebook: https://www.facebook.com/ccycp/

Please bring unwanted clothes and shoes (please wash and dry them – no soiled textiles please) and deposit them at the Cathays Community Centre – you will be providing a person in need with some much needed new clothing/shows!

Thank you to everyone who contributes!!!



Bud (and all staff) – Manager: CCYCP / Cathays Community Centre

October 2020 – Cathays Monthly Update – please get your posters/invites in!

Obviously with recent increase in COVID-19 cases in Cardiff – we must all be vigil !!

Please be safe !!

Please get your family / community / business / faith online events & re-opening events posters in ASAP?

They will be added to the usual social media as well as this update!!!

Regards,

Paulus

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