

Cathays Monthly Update – November 2020

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

This is a slightly different format – as a lot of tiny Info Bites to add to try and empower some of you across Cathays!!

Contents

November comments: 2
A week into the circuit breaker ….. fire breaker? – Make your minds up !!! 2
No Christmas Tree this year ……. 2
Gearing up for 2021 …. "The Cathays comeback!" 2
Your 'Freedom of Information' Acts in Cardiff? 2
Excess of Clothes/Shoes! 2
Nov: Foodbank across Cathays 2
Next Door Website: 2
Flue jabs and Health information: 3
Cathays resident 'anti-noise group' get the Shhhhhhh posters up in your window!! 4
CONGRATS - Community Awards for local groups in Cathays for 2021 !! 5
Love_Cathays Magazine needs YOUR input !! Love_Cathays needs YOU !!! 6
Al-Manar Centre Community Support & Foodbank: 7
November Cathays Info Bites / Guidance: 8
ITV making a "Can't make ends meet" documentary? 8
Cardiff Food Bank – in Cathays! 8
Report your COVID-19 breach concerns to the Universities! 9
Citizen Church 'Coffee Cart' – Woodville Road 9
Just Giving – Help a local resident out please! 10
Council Survey 2020: Please have a go? 11
APOLOGIES to Cathays Sports & Social Club – error in last update!! 12
Dar Ul Isra & Fareshare Cymru: Fresh Food Collection 13
Repair Café Cathays – November pick-ups of your broken items ! ! 14
Compost the Local Leaves in your garden/green space – or use for soil conditioner: 15
December 2020 – Cathays Monthly Update – please get your posters/invites in! 16

CATHAYS & CENTRAL YOUTH AND COMMUNITY PROJECT www.cathays.org.uk | www.ConnectCathays.org.uk | www.davius.co.uk | Cathays Compass www.CathaysCompass.org | Your Cathays Community Newsletter www.YourCathays.org.uk | Cathays Partneriaethau a Chymunedau Ynghyd PACT Partnerships and Communities Together search: Cathays PACT

November comments:

A week into the circuit breaker ….. fire breaker? – Make your minds up !!!

I hope many of you are taking the opportunity to do that spring clear out you never got around to during the lock down ….. please use this time wisely. I am sure the UK does not want a 3rd 'break' in 12 months!!

No Christmas Tree this year …….

Having consulted with dozen people who organised the last three year's Christmas Tree, lights, carols etc – giving the unpredictable scope of everything we are experiencing in 2020; we had to make a decision between us all. It was decided that we would not put a tree up for this Christmas (which will annoy quite a few residents) due to constraints of time, raising the funds, people to keep an eye on it etc.

The representatives from the local businesses, faith groups, schools, residents etc did mention we should have contributed to those local people in real desperation at this point in time.

CAN YOU HELP? Are there any residents you know of who are in real desperation at present? You can tell us in confidence, and we'll pass information onto relevant faith groups/food donating bodies.

REST ASSURED – we will make up for this in December 2021, 2022 and get a grander Christmas tree up each year (careful what we promise eh?)

Gearing up for 2021 …. "The Cathays comeback!"

Please can you tell us your ideas, potential family projects for community ventures in the new year?

If you contact me directly – I will NOT repeat what you have told me until I have formally discussed your ideas with you.

I am sensitive to project rip-off's which has caused a lot of unnecessary pain in recent years – and something our community will not tolerate any more.

Your 'Freedom of Information' Acts in Cardiff?

If you contact the council on ***foi@cardiff.ac.uk*** – you can ask for specific information on things that may impact on your life.

- How many parking fines went out on your street?
- How many bins fines actually paid of the fines that went out?
- How many businesses set up/shut down in recent years?

Its your right to know – so please do enquire to the council on issues that concern you – AND GET THE FACTS !!! Many of you wish to know what factual account exists across Cathays and wider Cardiff – why don't you ask the council for factual accounts of specific things?

…Am happy to add your response letter to this update if you wish it….

Excess of Clothes/Shoes!

Still hinting ……. An excess of clothes? Shoes? Drop them off (in clean/dry manner) to the deposit point outside the community centre.

Bud – Cathays Community Centre

Nov: 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
MINCE PIES

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)

Cathays Monthly Update:

Please encourage your neighbours to sign up:
mail@yourcathays.org.uk

Flue jabs and Health information:

This information is liable to change – PLEASE keep ahead of NHS updates etc!!

Many have complained about conflicting information regarding flue jabs etc. so I've made some attempt to try and sort the wheat from the chaff……..

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

Websites for information:

http://www.cardiffandvaleuhb.wales.nhs.uk/beat-flu-annual-flu-vaccine

Facebook link: ***www.facebook.com/beatflu***

Twitter link: ***www.twitter.com/beatflu***

I put a poster up on Co-Op Crwys noticeboard – please refer to this.

Pharmacies standpoint:

The pharmacies in Cardiff have been told not to bother the 65+ about the flu jabs. They have stated that your local GP will contact the over 65's specifically to ensure they are given the specific flu jabs created for senior citizens. All other age ranges can consult with the local pharmacies.

Woodville Pharmacy and Crwys Pharmacy have strong links within the Cathays community and many of you know you can talk to the staff there confidentiality. If you do go to the venues – just TWO people at a time in the pharmacies, please!

General Practitioners Doctors::

Your local GP will contact you to come in at a suitable time to get your flu jab. In November 2020 a new batch is being distributed in Cardiff.

I was told directly by St David's Surgery (which shares patient portfolio with Salisbury Surgery) that the latter is closed and patients (elders) can go to St David's to get the Flu Jab.

Mobility / transport constraints:

Obviously, we are concerned about elders/vulnerable people that can not get out of their houses, to get to pharamcies or the doctors. Can you help a nearby person who has transport or mobility issues?

Cathays resident 'anti-noise group' get the *Shhhhhhh posters* up in your window!!

Link: ***https://www.rosehorridgeart.co.uk/***

The excellence of our young mum's and other residents across Cathays as part of 'Anti-Noise Group' set up in recent months has resulted in one project going forward.

Local artist Rose Horridgeart has created multiple different posters (so you all have a choice) to pay £3 per A3 poster – which you can put you in your window to encourage more peace & quiet across the Cathays district !!



The example include:





CONGRATS - Community Awards for local groups in Cathays for 2021 !!

Link: **https://causes.coop.co.uk/**

The Community fund for November 2020 – October 2021 has been chosen.



Next time you shop at Co-Op please use the Co-Op Members 'Divi' Dividend card to help fund local projects. Last year the likes of '1st Cathays Scouts' were the recipients of the funds, which we hope has funded their scouting projects.

Thanks to Lindsay pushing all of the groups to apply across Cathays in recent years (really glad 1st Cathays Scouts go in on project in 2019/2020!!) and we actively encourage other groups to apply in mid-2021 for the next years 2022's potential gains.

For now though – every time you shop at Co-Op you can choose to donate to:

1) Gladstone Primary School

2) tbc

3) Cathays Compass

This will help invigorate a lot of local projects – so the likes of our young primary school pupils at Gladstone Primary School will benefit from the Co-Op Community fund.

You can use the Co-Op App to choose which local group will benefit from your 'Divi' card each time you spend at any of the Co-Op Food establishments.

For Cathays Compass – what funds are raised will go towards multiple community projects across Cathays in 2021/2022.

www.cathays.org.uk www.ConnectCathays.org.uk www.davius.co.uk www.CathaysCompass.org www.YourCathays.org.uk search: Cathays PACT

Love_Cathays Magazine needs YOUR input !! Love_Cathays needs YOU !!!

Link: ***https://www.facebook.com/Love_Cathays-111946593963001/***

Instagram: ***https://www.instagram.com/love_cathays/***

Email: ***love_cathays@yahoo.com***



The launch of Love_Cathays magazine is coming up very soon!!

Love_Cathays – is asking for YOUR STORIES – your experiences of Cathays in contemporary times!!

The residents share their stories!

Eva & co are asking for YOUR STORIES !!!

The format will be A5 magazine – which gives you a few hundred words to tell your story of Cathays

Love_Cathays is looking for 8-24 people to write a piece for the first three editions of 'Love_Cathays' in late 2020 – and 2021. A few people have been contacted already to 'share their tale of Cathays' and this exciting Cathays magazine is asking more of you to put forward you experiences of 'Cathays in this day and age'.

We know many of you have a lot to say and share with your neighbours!

Please contact ***love_cathays@yahoo.com*** for more information!

Advertising:

Local businesses will be invited to place adverts into the pages of this magazine which will go to approximately 2,500 – 3000 households in Cathays, which will help raise your business profile in and across Cathays!

Get in touch with Eva – and see what adverts you can put into this exciting new magazine for your community of Cathays (it will also go to other parts of Cardiff)

.

.

Al-Manar Centre Community Support & Foodbank:

Link: ***https://www.almanar.org.uk/***





November Cathays Info Bites / Guidance:

Please send in your little soundbites for December 2020 / January 2021

!!!!! Keep the local awareness raised across Cathays !!!!!

NOW more than ever – WE ALL need to pull together!!

ITV making a "Can't make ends meet" documentary?

This was passed on from one of regulars from Woodville Baptist Church.

"Hi there,

I'm a journalist with ITV Wales. I'm producing a series about what the future looks like for workers in Wales, and as part of this we'd like to do a piece around UBI.

Our ambition is to find a family of workers in Wales who still can't make ends meet, despite working all week, and who would benefit hugely from UBI. I hoped the UBI Lab might be able to help us find this family.

I'm on 07954 646346 if you'd like to discuss further. Many thanks, Katie"

Katie Fenton | ITV Cymru Wales

3 Assembly Square | Britannia Quay

Cardiff Bay | CF10 4PL | 0844 881 0211 | 07769 286086

Cardiff Food Bank – in Cathays!

Distributing from Cathays Methodist Church ***every*** Saturday and Tuesday

Although the food banks are under considerable stress during the COVID-19 crisis; please bear in mind – a lot of people across Cardiff were NOT furloughed, employment has dried up for many self-employed and others so many people are going hungry in these difficult times.

Please do donate what you can – I will aim to put the ***'shortage list'*** up every month in 'starting box' of this email update, or you can check out the Cardiff Food bank website.

Main website: ***https://cardiff.foodbank.org.uk/***

Monthly shortage/***most-needed list*** - ***https://cardiff.foodbank.org.uk/give-help/donate-food/***

Most large shops will have Foodbank deposit points for your generous donations!

PLEASE – NO MINCE PIES – they have very little healthy calorific value – ***please*** *donate healthier foods!!!*

www.cathays.org.uk www.ConnectCathays.org.uk www.davius.co.uk www.CathaysCompass.org www.YourCathays.org.uk search: Cathays PACT

Report your COVID-19 breach concerns to the Universities!

The local University have put up the following information on their websites.

Link: ***https://www.cardiff.ac.uk/safe-campus-experience-2020-21/our-community-commitment***

Additionally some of you are receiving letters explaining the universities stance on how to ensure best practise as we all attempt to reduce the COVID-19 risk. The contact details are:

Email: ***communitycovid19concerns@cardiff.ac.uk***

Telephoning: **029 2251 1222**

If you would like to report a suspected case of misconduct by a student in relation to coronavirus (COVID-19) regulations to the University, you can email or call us on the above number or email.

We do not accept anonymous complaints, will treat all complaints very seriously and have a clear process in place to address and monitor reported problems.

You should include the date, time and location the issue occurred, who was involved (the name of the student if you know), any witnesses who were present at the time. You will also need to leave your name, email and a telephone contact number.

The three universities wish to work with Cathays, Roath, Heath etc – so please do report any problems that give you concern that

Citizen Church 'Coffee Cart' – Woodville Road.

With ***Citizen Church*** setting up (there is some construction work still going on) at St Teilo's Church – you are all welcome (mid-November onwards) to pop in and taste the delicious coffee at the 'Coffee Cart'.



If you wish to contact them, find out about the exciting programme for Autumn/Winter – check out the website on *www.citizenchurch.org.uk* – or you can email on *connect@citizenchurch.org.uk*.

We look forward to our newest faith group opening up soon.

Just Giving – Help a local resident out please!

We're raising £5,000 to help disadvantaged children and to support our daughter, as her father battles terminal cancer

Link: ***https://www.justgiving.com/crowdfunding/mark-alexander-8***



I am fundraising money on behalf of Mark Alexander.

He wishes to raise money to help disadvantaged young people and in financial support of our daughter.

After almost 6 months of knowing that something was not right with his health but receiving several incorrect diagnoses from doctors, he went for a colonoscopy and was diagnosed with bowel cancer a fortnight after his 38th birthday in February 2020. After weeks of scans, he was graded as stage 4 at the beginning of the lockdown as the cancer had metastasised to his lymph nodes and spread throughout his liver. He was told the tumours in both the bowel and the liver were inoperable and incurable and given just months to live. He will be leaving behind his darling daughter, who has just turned 8 years old, and is regretful that he will not be able to support her throughout her lifetime or watch grow up. He started having chemotherapy and immunotherapy to buy himself more time with his daughter and to help her make wonderful memories.

He is an Artist, having always been creative with passions in Illustration, Graffiti Art and making music. He hasn't had enough time to reach his goals with his creativity, suffering a lifelong battle with depression and anxiety which has made life challenging.

It is his goal to set up a charitable organisation for children and young people facing challenging situations in their lives or with their mental health to be creative, to be themselves or to just be free. As it looks like he will be unable to achieve this within his lifetime, he is setting the wheels in motion for this ambition to be carried out by his friends and family posthumously in his memory.

He also wants to help his young daughter to cope with and grieve his passing, to pay for any additional support and activities she needs to deal with her emotions and to have fun and to create new happy memories. This way, his memory will live on forever 🤍

Natasha Alexander

www.cathays.org.uk www.ConnectCathays.org.uk www.davius.co.uk www.CathaysCompass.org www.YourCathays.org.uk search: Cathays PACT

Council Survey 2020: Please have a go?

£50 prize draw – shopping vouchers to use on High Street

Link: ***https://wh1.snapsurveys.com/s.asp?k=159957176618***

"Ask Cardiff is an annual survey undertaken by Cardiff Council. The survey gives people living and working in Cardiff and those visiting the city the chance to share their experiences of public services: the good experiences and where things could be improved.

This year's survey also includes ***questions on how you think Cardiff should recover from the impact of COVID-19*** *- we have a once-in-a-lifetime opportunity to reshape the future we, as residents, want for the city following the disruption caused by the pandemic.*

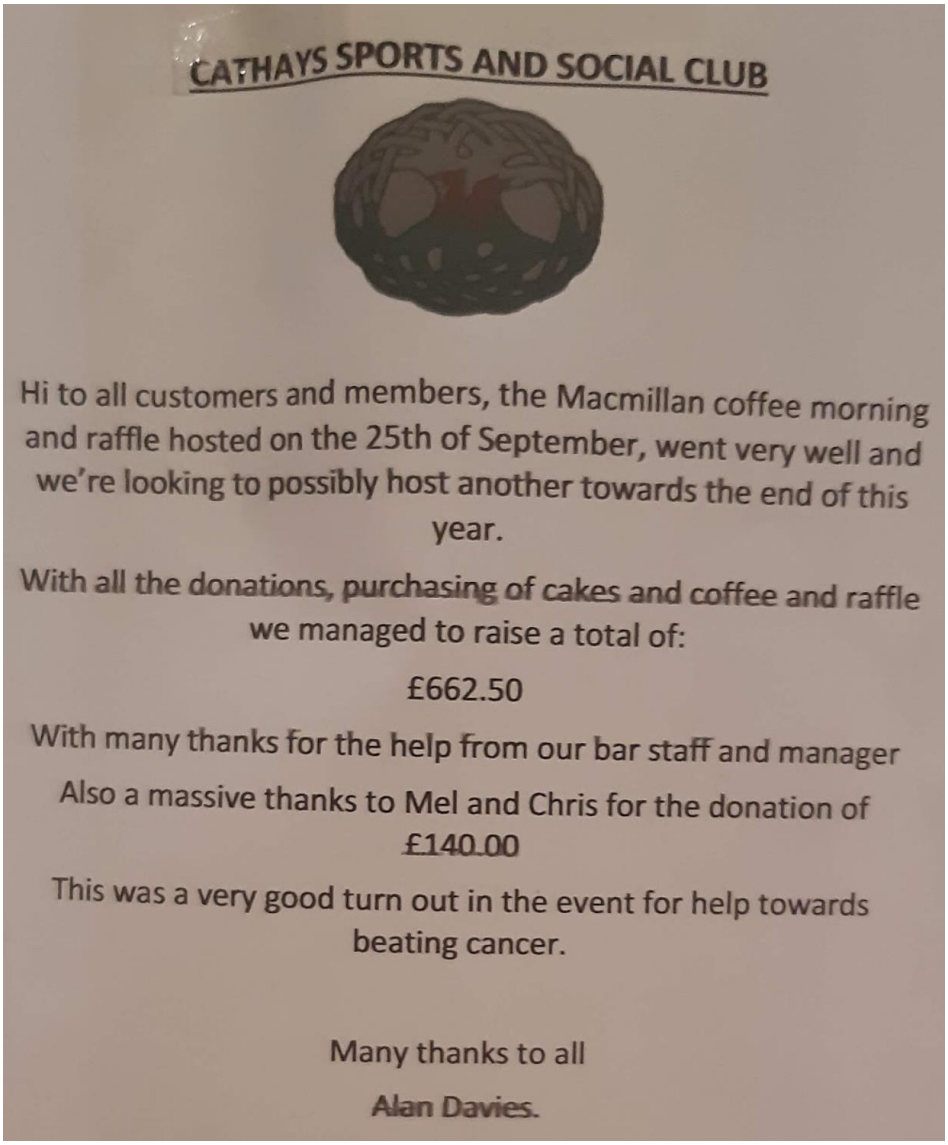
Tour experiences and ideas for your neighbourhood, as well as Cardiff as a whole, are really important to help us plan the future of our city. We want to hear from as many people as possible, ***please encourage your friends, family and neighbours to complete the survey*** *- all ages, all backgrounds and from all areas of the city."*

This will take approximately 20 minutes – last year the counil had 4,000 responses – please have a go; as your opinions's count a lot in gathering information on how to help rebuild Cardiff post-COVID-19 experience.

APOLOGIES to Cathays Sports & Social Club – error in last update!!

Link: **http://www.cssc.ukpub.net/**

Massive grovelling apologies to the amazing staff, committee, regulars and volunteers at Cathays Sports & Social with error in last Cathays Monthly Update; I incorrectly put down the CSAS raised £300 for charity – ***it was in fact ALMOST THREE TIMES AS MUCH !!! Totalling: £802-50p – congratulations to all involved !!!!!***



CATHAYS SPORTS AND SOCIAL CLUB

Hi to all customers and members, the Macmillan coffee morning and raffle hosted on the 25th of September, went very well and we're looking to possibly host another towards the end of this year.

With all the donations, purchasing of cakes and coffee and raffle we managed to raise a total of:

£662.50

With many thanks for the help from our bar staff and manager

Also a massive thanks to Mel and Chris for the donation of £140.00

This was a very good turn out in the event for help towards beating cancer.

Many thanks to all

Alan Davies.

Massive love to lifelong resident ***Mr Alan Davies*** – who worked tirelessly to run the Macmillan's Trust Coffee Mornings Fund Raiser – we all look forward to Alun performing in his capacity on an annual basis with future MacMillan's Trusts Fund Raisers in Cathays – well done sir !! (and special shout to Cathays residents ***Mel & Chris*** too!!)

THANK YOU TO ALL RESIDENTS, STUDENTS AND OTHERS WHO DONATED TO THIS WONDERFUL CAUSE!!

Dar Ul Isra & Fareshare Cymru: Fresh Food Collection

Website: ***https://www.darulisra.org.uk/***

Facebook: ***https://www.facebook.com/DarUlIsra/***

Dar Ul Isra have partnered up with FareShare Cymru and beginning Sat 31st Oct from 12.30pm to 3.30pm we will be open to anyone who would benefit from some free fresh food.

This will happen ***every Saturday*** going forward.



Repair Café Cathays – November pick-ups of your broken items ! !

Again – a hint – a lot of you still have things that need fixing, please contact the 'Repair Café Cathays' and see how they can help you with their current pick-up service!

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

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



COLLECTION AND DELIVERY SERVICE

CATHAYS

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!

🔧 😀 ⚒

Compost the Local Leaves in your garden/green space – or use for soil conditioner:

Please use the natural resources around you. With all the beautiful autumn colours of our leaves falling everywhere – please make use of this amazing valuable ecological resource to nourish your gardens!



When the leaves are slightly damp after the rain – it makes them easier to sift up. Brush or space will do!!

Put on soil now:

The various garden spaces, planting boxes the families have made etc – please add the fallen leaves to them (preferably in a damp state – which will help the leaves bond with the wildflowers & soil) so that the decay will result in nourishing process and regenerating the soils.

Storage of the leaves:

By placing the leaves in something like recycling green recycling bags – you will maintain the health/moisture of the decomposing leaves – and keep them (in shed or somewhere dark) so you can use them next spring.



Its free – its your's – please utilize this natural biological cycle and replenish your local soils, plant pots/plant boxes etc.



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

Autumn becomes winter, what can you do in Cathays to help the cohesion of your community?

Many people think things are easing off – yet if the Government is looking to August / September before UK nips this virus in the proverbial bud – we are STILL on lock down now !!

What can we do for winter to help the vulnerable?

Do you wish to support the local Church, Mosque, or volunteer body to help those in difficult times?

How can we encourage more social interactions between 100's of these amazing families!

Keep an eye out for the links for the Christmas Carols ZOOM sessions which we hope 100's of you can join in with!!

Have a real family and community Christmas everyone!!

Regards,

Paulus