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Cathays Monthly Update – July 2021

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

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July comments:

Cathays Fish Bar re-opens !!

Thanks to Malcolm (Treasurer of Cathays Compass) to relay to everyone that Cathays Fish Bar is no re-opened.

The owners had a nightmare back in Pakistan as due to lockdowns over there; the flights they booked/rebooked *were cancelled three times*!! Yet the family are back now, the business is open!! Lets support them!!

Cathays Monthly Update not getting through!!

The last 3 months about 80 if the residents and 6 new businesses have not been receiving the emailed .pdf of the 'Cathays Monthly Update' which I profusely apologies for.

It took a while to figure out what was wrong – yet hopefully everyone should be getting it now. I hope that when the 'Your Cathays #11 Newsletter (if I ever finish writing it) goes out later in the year; that we get a few 100 more families signed up to it.

Criticise the street? Or ask the street!!

Two of our streets in Cathays will be interviewed with all families, shared working/professional houses and student HMO's are being asked what design improvements they'd like to see happen on these two specific streets …… we hope to share the data once it is collected as it will help us improve our respective streets when we collaborate. A copy of the survey may go out with this email to serve as a template of what information we should share as well as collate.

Bowls of water for the Birds and wildlife

It may sound like 'something silly' yet putting a bowl of water out along with seeds (***NOT*** bread) will do a great deal for the local aviatory population.

Leaving a bowl of water out in the hotter days helps the birds to refresh, bathe and cool down when the temperatures are very hot!

Report excessive bodies in house parties!

Excessive noise kicking off on every street and house parties should not impact your lives so badly; yet sadly it has caused a lot of serious mental health issues across all of Cathays in last 12 months.

Thank you to Denise for flagging this link for the FB Cathays Residents group: ***https://www.south-wales.police.uk/tua/tell-us-about/c19/tell-us-about-large-group-people-indoors-now-possible-breach-coronavirus-measures/*** please report all higher volumes of people inside any potential house parties with higher volumes of people than what Government guidelines allow.

What is happening with the PACT

A recent conversation with the Police indicated it is too dangerous/prohibitive to hold the Cathays PACT meetings in the basement of the Cathays Methodist Church due to lack of ventilation even in face of an easing lockdown.

Rest assured everyone will be informed via email, social media and word of mouth when the Cathays PACT will be back up and running.

July: Foodbank across Cathays

Deposit in Foodbank Boxes at Sainsbury's, Lidl, Co-Operative etc. – Cardiff Foodbank are short on many things – please donate!

- **SPONGE PUDDINGS**
- **SAVOURY SNACKS (CRACKERS, SMALL MULTIPACKS OF CRISPS ETC)**
- **MILK (UHT LONG/LIFE 1 LITRE)**
- **CONFECTIONARY (ESPECIALLY CHOCOLATE BARS)**
- **JARS OF COFFEE**
- **FRUIT JUICE (LONG LIFE) 1 LITRE**
- **DEODORANT**
- **SINGLE BARS OF SOAP**
- **KETCHUP**
- **DISINFECTANT SPRAY**
- **DISINFECTANT WIPES**
- **SHAMPOO**
- **HAIR CONDITIONER**
- **NAPPIES - SIZE 5+**

Please be aware this could change very quickly in February – so please check out the Cardiff Foodbank link:
https://cardiff.foodbank.org.uk/give-help/donate-food/

Every single donation in 2021 will help a great deal in these difficult times!

Thank you to all who contribute!

Gauri – Cardiff Foodbank

Government Noise Guidance

https://gov.wales/sites/default/files/publications/2019-04/sound-advice-on-noise.pdf

Please read this link on Noise Guidance that Welsh Government has published.

It may help better prepare you for future noise issues across Cathays.

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Support customers and staff in business affected by Dementia:

Instagram: ***www.dementiafriends.org.uk***

'How can I support my customers and staff who are affected by dementia?'

Have you been wondering something similar?



Marie Curie is working with businesses across Cardiff to become dementia friendly, as part of the Alzheimer's Society Dementia Friendly Communities initiative.

You will be provided with resources to decide on some simple, cost-effective changes you can make to your business quickly. This could include updating the signage on your premises or accessing some free awareness raising for your staff.

Making these changes will give you the opportunity to promote yourselves as 'Working to become Dementia Friendly', just as local businesses Simon Constantinou Hair Salon, Cleaner's Got Talent and Memory Lane Social Club (based at Cathays Community Centre) have done recently. This means people in the local community affected by dementia can use your services - with confidence – and you can be confident you are helping to make a difference.

Caerdydd Dementia Gyfeillgar – Dementia Friendly Cardiff

Marie Curie – Gofal a chefnogaeth drwy salwch terfynol – Care and support through terminal illness

To find out more, please email ***ingird.patterson@mariecurie.org.uk*** – thank you.

Ingrid – Marie Curie Charity

Repair Café Cathays – Re-opens at Sherman Theatre: Saturday, 3rd July

Repair Café Cathays is back – and opening up again at the amazing ***Sherman Theatre***.

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

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

REPAIR CAFE WALES

Come and visit us again – we look forward to seeing you and your broken products to see if we can breathe new life into them!!

Clothing / Textiles, hardware such as hoovers, lawn mowers, clocks, broken electronics – you name it, bring it down to Sherman Theatre and our volunteer fixers will have a good at repairing your broken goods.

If you wish to enquire in advance – please do get in touch with repaircafecathays@gmail.com!



Family Wellbeing Day @Ffoto Gallery – Saturday, 3rd July:

Link: ***https://www.ffotogallery.org/***



Cath – Learning and Engagement Manager

Wire & Driftwood – workshop @ Lark Design Make – Saturday, 3rd July

Wire & Driftwood – 10:30pm to 1pm

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

Super excited about running a ***Wire & Driftwood*** wall plaque workshop at the lovely Larkdesignmake studio. 3rd July 10.30-1pm



Create a unique sign with wire writing & simple shapes. I will provide a range of templates but you're also welcome to make your own.

£28 All materials+refreshments included

Limited spaces so book soon!

Head to Larkdesignmake website for all info:

https://www.larkdesignmake.co.uk/

#unique #wire #word #driftwood #sign #workshop #larkdesignmake #studio #maker #cardiff #wales

See you on the 3rd July !!

Beth – Lark Design Make

‘Open Mic Nights’ - Every Thursday @ Vulcan Lounge

Link: ***https://www.facebook.com/events/1687822368067977/***

Everyone Welcome to be a ‘Crooner in Cathays’



We got Cheap booze, Great food, Funky Cocktails and the weirdest bar staff in town!

Not just another faceless bar we know the majority of our customers and performers which is how we prefer it, So if you haven't been here before come join our dysfunctional family and meet people in Cardiff from all walks of life.

Performers are recommended to bring there own guitars and microphones however we will have kit on site including speakers, drums and a keyboard etc which the host will be sanitizing in-between each us as well as using disposable mic covers!

We offer a free pint for every single performer because (why the hell not!)

The Host changes every single week to keep things interesting and anyone i personally like with a stage presence will be invited to join our private chat group, where they will have the opportunity to host one or 2 of the nights over the upcoming year which of course is paid gig which is win win for all!
So if you like live music or wanna play just come on down on the night and have a laugh!

Check our Facebook page for the picture album - Open Mic Thursdays to see what we get up to!

Kyle – The Vulcan Lounge

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Advice & Support on training & employment (Summer Gathering) Thursday, 8th July

Summer Garden Gathering 2pm to 6pm @ Cathays Community Centre!!!

Link: ***www.cathays.org.uk***



Bud & Team – Cathays Community Centre

Knit & natter – every Thursday via Zoom:

LINK: ***https://zoom.us/join***

Want some company whilst you knit or do other needlecraft? Or just to natter with those outside your household?

Woodville Baptist Church

would like to invite you to a

Knit & Natter Group

Why not Zoom in and join us?

Meetings will be on Thursdays from 2pm – 3pm

You can access the meeting by going to:
https://zoom.us/join :
Meeting ID:824 6233 1222
Password: 426736

We would be happy to advise you about using Zoom, if you are unsure how

Women and men who are over 18 are welcome, those of any faith or no faith. *If you would like someone to pray with you or for you, we would be happy to do so after the meeting.*

Any querries – please email ***judy@woodybap.org.uk*** or leave a message on ***029 2033 3456*** and one of us will get back to you. We hope that one day we can do these in-person as small groups, yet will await safety guidelines from the Government on when it is safe to do so.

Judy – Woodville Baptist Church (and Knit & natter Group)

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Friends of Cathays Cemetery – WORK PARTY - Saturday, 31st of July

Link: ***https://cathayscemetery.coffeecup.com/***

The Friends of Cathays Cemetery work parties are underway again and we welcome all volunteers who wish to partake. We work around the wonderful Cathays Cemetery and undertake maintenance and care of this culturally significant site.

We are at present working in groups of 12 – so please register your interest on ***cathayscemetery@gmail.com***.



Please bring appropriate hard wearing clothing and protective gloves (if the weather is very good please use appropriate sunscreen protector etc.) for doing the volunteering work.

John – Friends of Cathays Cemetery

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Please get the Co-Op Membership Card – and contribute to local projects:

The Co-Op Members Card

Video Link: ***https://www.facebook.com/597625783/videos/10158328512840784/***

Co-Op Crwys has contributed significantly to the local causes in Cathays in recent years; the Building of the Scouts Hut, the Local Schools, the Community Projects etc.

Many of you shop at Co-Op yet still do not use the 'Co-Op Members Card' which each time you use it when you purchase you will contribute 2p of every £1 to local projects!!



Main website: ***https://www.coop.co.uk/membership***

Android App: ***https://play.google.com/store/apps/details?id=uk.co.coop.app&hl=en_GB&gl=US***

Apple App: ***https://apps.apple.com/gb/app/co-op-membership-rewards/id1473611046***

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Rhostio Coffee Roasters - New Café open on Cathays border!

Website: ***https://www.rhostio.co.uk/***

Facebook link: ***https://www.facebook.com/rhostiocoffee/***

Opened next to the Crwys Bridge and have rejuvenated this lovely old building – Rhostio Coffee Roasters welcomes you all to it's new Coffee House on Crwys Road. Please do come and try us !!

Rhostio Coffee Roasters have email us on ***hello@rhostio.co.uk***



Tunahan and Fatih – Managers - Rhostio Coffee Roasters

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Please help to Repair and enforce the Kerbside Caddies across Cathays:

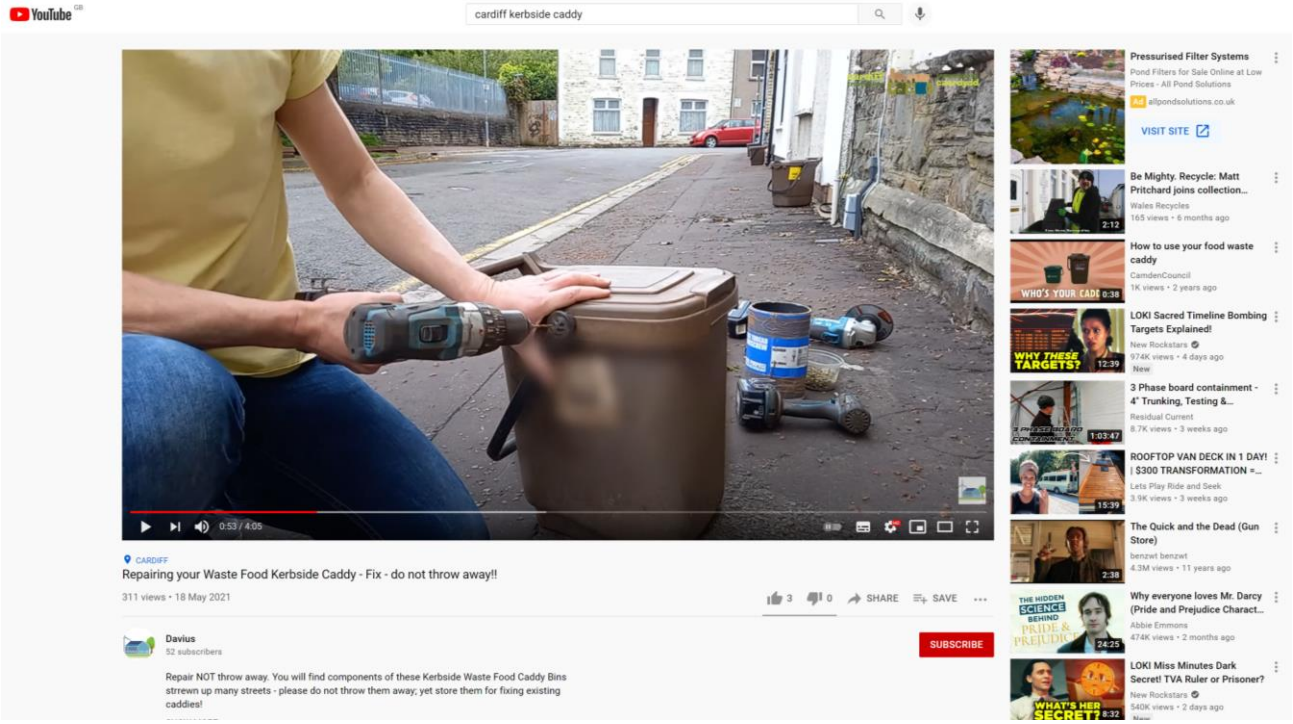
YouTube channel ***https://www.youtube.com/watch?v=gpJ5VVmvkXU***

The majority of us all recognise across that a lot of Kerbside Caddies which we put our waste food into have been destroyed far too often and getting replacements can be a challenge given the massive pressures the council waste teams are under at present.

Please support your neighbours by fixing and enforcing the structure of the Waste Food Kerbside Caddies!

A video has been made to encourage the families, the professionals, the landlords, the students (if they have tools) and others, in Cathays to enforce their Kerbside Caddies to reduce the amount of damage/missing components.

The video is for you to 'view & share' up on the YouTube channel ***https://www.youtube.com/watch?v=gpJ5VVmvkXU*** (or just YouTube search ***'Cardiff Kerbside Caddy'***) to see a demonstration which we encourage you to fix/enforce as many Kerbside Caddies in Cathays as possible. Another video on cleaning the Kerbside Caddies is available here: ***https://www.youtube.com/watch?v=EM56vlPDEGs*** PLEASE lead by example of good practise and encouraging good community cohesion!



If you see missing lids or handles strewn around Cathays – please do not junk them; if we all work together, we can stockpile them in certain locations; in order they can be used to replace broken/missing handles/lids in the future. I've found many of these on skips or in hedges etc – I store them and fix the recovered handles/lids to other kerbside caddies on the immediate nearby streets. Just by talking to the neighbours and helping them does support community cohesion!!

This will reduce the burden on the council or replacing multiple damaged kerbside caddies – together we can all reduce the burden on our limited resources!!

You will need:

- A Kerbside Caddie
- Drill – to create holes
- Electric Driver or Screwdriver
- - To shave off sharp ends of screws
- 2x 40mm screws per caddy (for the handle)
- 2 x 60-70mm screws per caddy (for the lid)



August 2021 – Cathays Monthly Update – please get your posters/invites in!

Are the face masks coming off? This is an issue of 'self policing' and many families I have spoken to have said they'd continue to wear the face masks at internal environments for the foreseeable next few months.

It is still unlikely any large scale events like a Cathays Fair will be held this year, on the immediate front let us focus on the 'Reboot Cathays' of Cathays, getting behind the community on your street, supporting the local businesses and encouraging stronger local connections.

Be safe Cathays !!

Plenty of Summer of '21 left – so please do enjoy it responsibly!!

This decade is yours now!! So lets rebuild it all together!!!

Regards,

Paulus