

Cathays Monthly Update – February 2022

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

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February 2022 comments:

Raising donations for the 11th Your Cathays Newsletter!

It has become an incredibly tough challenge getting the 11th hardcopy newsletter out. The £1,200 costs will create an 8 sided A3 newsletter (yes the biggest one to date and twice the size of the previous 2019 hardcopy that went out to approx. 3,200 residents!)

There is a massive amount of things happening, in and across Cathays - which many of you are not aware of. This newsletter needs to go out to empower the district with necessary information of many new projects, new groups, local news etc.

PLEASE can you donate – if 200 families contributed £5 each we'd had the majority of the newsletter printing costs covered. If you can donate on PayPal via ***mail@yourcathays.org.uk*** or give cash (can pick up if you email back via this update) then we can get out this long overdue eleventh Community Newsletter!!

Thank you to everyone who have put hand in pocket in January – it has helped to raise £150-00p. We can do this – if we contribute together – please help raise the rest of the £1,200-00p.

Recent death's of local residents.

We have lost a few more friends in January, yet some families have asked that it not be broadcasted and this will be respected.

In one respect, the word-of-mouth and local text/phone networks withing your community will help raise awareness of a recent passing it if it someone in your immediate social circle.

For those we lost in January 2022, the lovely verbal reflections from friends / colleagues of what decent people, the recently deceased were and how much they loved this area speaks volumes in itself.

Getting the online calendar back up & running!!

The entries are slowly coming in, yet it will take time to create each individual entry – so please be patient with the filling out of the online monthly calendar which you can see on the front 'Homepage' of the ***www.yourcathays.org.uk*** newsletter website.

Please do get in touch with your regular monthly events – things we wish to put up include faith events, Open Mic Nights, youth club, elders coffee gatherings etc.

Feb: Foodbank across Cathays

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

- **SPONGE PUDDINGS**
- **CUSTARD**
- **BISCUITS**
- **FRUIT JUICE (LONG LIFE) 1 LITRE**
- **TINNED POTATOES**
- **MILK (UHT LONG LIFE 1 LITRE)**
- **SAVOURY SNACKS (CRISPS, CRACKERS ETC)**
- **RICE PUDDING**
- **CHOCOLATE BARS**
- **ANTIBACTERIAL SPRAY/BLEACH**
- **DEODORANT**

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! We know we can count on your in 2022 !!

Thank you to all who contribute!

Gauri – Cardiff Foodbank

Community Events for 2022

Given we must be cautious with easing back into normal life, many local organisers of our community events in 2017, 2018 and 2019 are looking to reconvene in mid-2022 yet for now many people are working to compensate for the last 24 months. Rest assured there will be many locally organised events in the mid 2020's which you will be invited to.

For 2022 It is provisionally hoped to put on autumn and winter community events, please do watch this space!

Your events in March?

Please get your events in for March 2022 – email them to ***mail@yourcathays.org.uk***

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

The 'Your Cathays online CALENDAR' is starting to rebuild – please help populate it!

Links: ***https://www.yourcathays.org.uk/***

Scroll down the front page or click on the CALENDAR – What's on this month link

Please help to repopulate this monthly online Cathays Calendar – for those with entries on the calendar, please ensure the information is updated with times, links etc.

Basic/Uncategorised | Health, Fitness & Sports | Local Business | Volunteering & Activism | Social & Recreation | Art, Music & Culture

Events in February 2022

List | February | 2022 | Go | Print | Month | Week | Day

MON	TUE	WED	THU	FRI	SAT	SUN
31	1 10:30 am: 'Walking for Health' - every Tuesday	2	3 2:00 pm: Heritage FAN [Friends And Neighbours] 2pm at Cathays Library 7:30 pm: Blues Dragon & Blues - First Thursday of each month	4 6:00 pm: Cardiff Green Drinks - every 1st Friday of the month	5 10:00 am: Repair Cafe Cathays - every 1st Saturday of the month 10:30 am: XR Cardiff - Monthly Meetings - first Saturday of each month	6
7 7:00 pm: Cathays Brass - every Monday evening!!	8 2:00 pm: Memory Lane (Dementia support group) EVERY Tuesday 6:00 pm: Friends of the Earth Cardiff - monthly meeting - 2nd Tuesday each month!	9	10	11 6:30 pm: IYP - Youth Club @ Cathays Community Centre EVERY Friday	12	13
14 9:30 am: Story Time for Under 5's - English 7 Welsh Medium - EVERY Monday	15	16 10:00 am: Coffee Morning - EVERY Wednesday @ Cathays Community Centre	17 2:00 pm: Knit & Natter - WEEKLY Knitting group @ Woodville Baptist	18	19 10:00 am: Plant sales @ Bute Park - every Saturday	20 2:00 pm: Basic Roadside Repair Course - £11 @ Ride My Bike Cafe
21 6:00 pm: Embassy Youth Club - EVERY Monday early evening	22 8:00 pm: Red Tooth POKER NIGHT - every Tuesday at The Cathays Cons	23 6:00 pm: Cardiff Cycle City - monthly meeting @ Ride my Bike	24 2:00 pm: Memory Lane (Dementia Support) EVERY Thursday	25	26	27
28						

January reflection: Car windows smashed / Tagging spiking / shop break-in's!

Tagging – and tagging back!!

The significant increase in tagging is being communicated by many families across the area. The 'broken window scenario' plays here where as it is left up

Thank you to a particular 3 families who are working towards procuring the matching paint colours for their homes, their neighbour landlords homes and the business properties – they believe if we all 'paint-back' and psychologically show this area is looked after then it may decrease the tagging. Every time the nasty tagging goes up on particular surfaces, the local residents/volunteers will go out on a dry day and paint over the tagging.

One location had had varying results – yet the 'paint back' has so far been successful, as every time the taggers came out – the residents painted back and so far the families seem to be winning on this front. You may not agree with this stance – yet the fact that residents are willing to proactively try something like this is amazing!!

Massive amount of car windows smashed in!

As January came to an end Cathays saw a significant increase in car break-in's where the contents of the vehicle were looted.

Just on one street 6 cars were hit in the early hours of the morning. This was not a good way for many residents, professionals and students to start their day.





Having spoken to several of the owners – and door knocked several streets to ensure that people knew what happened; the following discussions were had.

Please do NOT leave anything out in your car – on the car seats or in the footwell; it is an invitation to the predators and opportunists to break into your car.

When you lock your car up – please make sure everything is put away and there is no indirect invitation to break into your car!

Distribution of Home Testing Kits at the Cathays Pharmacies (and their opening hours!)

Woodville Road Pharmacy

Pick up site - for at home test kits

74 Woodville Road, CF24 4EB

Today's opening hours
09:00am - 06:00pm

Both our pharmacies in Cathays – Crwys Pharmacy and Woodville Road Pharmacy still have batches of the Home Testing Kits for those of you that need to test yourselves.

The locations are obviously in the name of both pharmacies – and their opening hours are in the two images included.

Crwys Pharmacy

Pick up site - for at home test kits

128 Crwys Road, CF24 4NR

Today's opening hours
08:45am - 06:15pm

Status

Please do not rush in to horde collect – there will be plenty of Home testing Kits across the entire country for quite some time to come – so pace yourself properly please!

Shop Break-in's:

My goodness – this does read like a 'January from hell' yet if were all at least empowered with the information then we can at least try and deal with the situation! On Salisbury Road alone 4 to 5 of the local businesses were broken into over the space of 4 to 6 weeks. This has obviously been incredibly daunting for the businesses and customers of the Salisbury businesses. It is bad enough the increase in tagging and car break-in's, yet it is actively encouraged by many to get more surveillance camera's up, ensure you have decent locks and strong doorways installed and report any suspicious characters please!

Social Eats – now doing Sunday Lunches – on Salisbury Road !!!

LINK: ***https://www.socialeats.co.uk/***

As it says on the tin – Social Eats are now serving delicious Sunday Roast Dinners – please do try them!



Laura – Social Eats

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

Al Manar Foodbank – Helping people in crisis!

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



Barak – Al Manar Centre

ADT Chiropractic – at GLL Better (Maindy Pool/Centre)

Website: ***www.ADTChiropractic.com***
FB link: ***https://www.facebook.com/ADTChiropractic***



- ADT Chiropractic

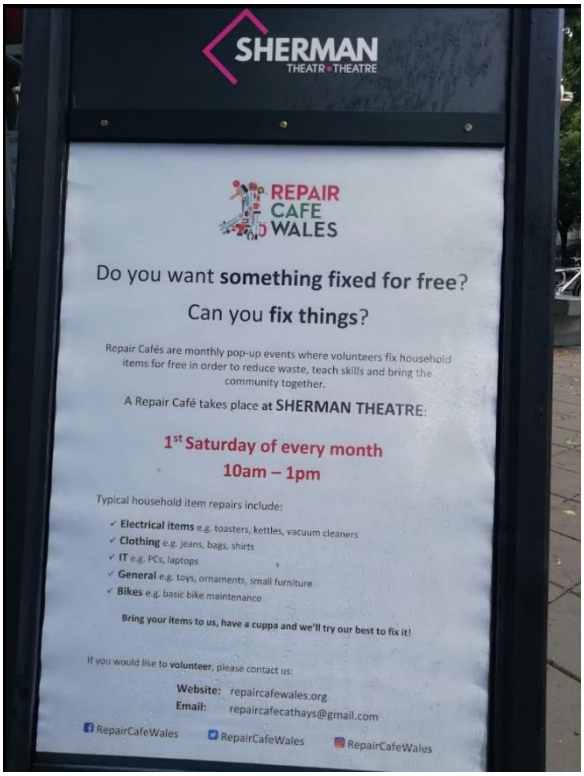
Repair Café Cathays – from 10am @ Sherman Theatre – Saturday 5th February

Main website: ***https://repaircafewales.org/event/repair-cafe-cathays/all/***

email: ***repaircafecathays@gmail.com***

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













Repair Cafe Wales is collection of volunteers who get together and fix items that the public bring in, for free. Our goal is to reduce landfill waste, foster a feeling of community, and save people some money in the process. So, if you have a broken toaster, or bike, or clothes, or any household item really; don't buy a new one, just bring it to us and get it repaired for free!

Typical repairs include; basic bicycle maintenance, electrical appliance repair, computing assistance, sewing, ornament repair, and woodworking; though we will have a look at most things (except Microwaves as they are too dangerous). Repair Café Cathays is hosted in The Sherman Theatre in Cathays.

We'll run from 10am-1pm

although we won't be taking on any big repairs after 12:30pm or we'll end up over running!

Got any questions? Just drop us a message on Facebook or Twitter, and we will do our best to ensure a repairer is available to fix your item.

More fixers are always welcome – come along even if it is just to find out what is going on, and tell your friends. See you there!

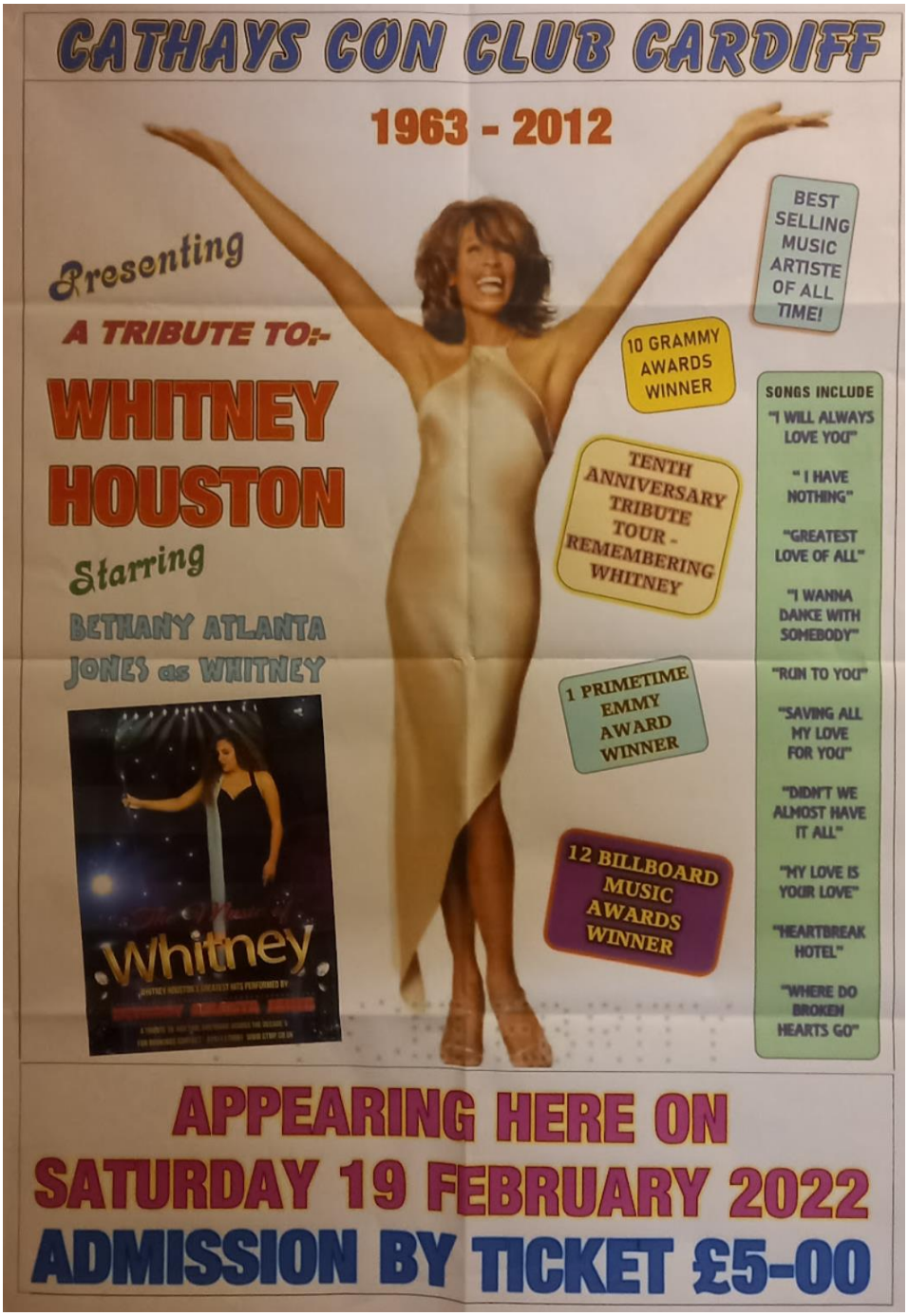
Phoebe - Repair Café Cathays

Cerys - Director - Repair Café Wales

Whitney Houston – Tribute Act @ The Cons Club Cathays – Saturday, 19th February

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

Get your 1980's gel wigs out, your 1990's bodyguard posters and get down to The Cons Club, Cathays for the Whitney Houston Tribute act on 19th February.



Mike – The Cons Club Cathays

Cathays Communiy Centree – EVERY Thursday

LINK: ***www.cathays.org.uk***

The Cathays Youth and Community Club for your 10+ children – £1-00p each



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

Please donate towards the Defribrilator at Al Manar!

Al-Manar Centre
Aspiring towards a proactive community

Help !

We intend to install a 'Defibrillator' outside Al-Manar Centre for the general public use. Please help us to save lives.



Save Lives

".. who ever saved a soul should be regarded as though he had saved all mankind."
[Qur'an 5:32]

Donate via a bank transfer: Sortcode: 40-16-13 Account Number: 41471961, call this number to make a donation using your Credit/Debit Card or text 'Life Saving Donation' to receive the link to donate online:

Al-Manar Centre-Cardiff | al_manarcentre_cardiff | AlManarCentreCardiff | 0745 400 8803



March 2022 – Cathays Monthly Update – lets get Cathays moving together !!

Spring 2022 – let's get our district blooming again!!

Please get your posters in via this email you received the Cathays Monthly Update or if you prefer it – send your posters, links, social media etc to ***mail@yourcathays.org.uk***

Regards,

Paulus