Cathays Monthly Update – March 2022

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

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March 2022 comments:

Almost 5 years of 'Cathays Monthly Updates'

First off – thank you for those who have chosen to go on the email list for the 'Cathays Monthly Update', additional thanks to those who have told their neighbours about it and the peer to peer recommendations/word of mouth has helped raise awareness of the purpose of this digital community update.

Next month will be the 60th month / 5th full year of emails – so thank you to everyone who contributes posters etc – and to those who use the information and support the many different positive activities.

Still a long way to raising the £1,200 for the 3000 copies of the 11th Your Cathays Newsletter!!

This will biggest newsletter to date – with 8 pages of A3 content and many contributors having put their content in. If you can donate via PayPal to ***mail@yourcathays.org.uk***, or donate cash directly – am happy to collect. We are still at 50% mark – so if 120 families, local businesses etc just put in £5 each we will cover the costs of your community newsletter!!

Thank you to all those that have donated so far!

Knit and Natter – via Zoom Video call

The excellent Knit and Natter is still running EVERY Thursday, starting 2pm for an hours. This will be a weekly running programme which encourages more local engagement.

Bring your knitting, or if you just want to join in and meet new people please do sign up.

Link: ***https://zoom.us/join***
Meeting ID: ***824 6233 1222***
Passcode: ***426736***.

Volunteering efforts!

Many of you have discussed volunteering projects across Cathays. These are showing a lot of potential to integrate into wider family/community schemes – which we hope can become a staple of our community in the next 12 months.

Rest assured, all families who have put forward ideas – this will all be discussed and meetings set up later in the year.

Thank you for the calendar entries!!

Contributions from the Library, Woodville Baptist, the Police etc are slowly getting populated into the online calendar which you can all find on the ***www.yourcathays.org.uk*** home/front page of the website.

March: Foodbank across Cathays

Deposit in Foodbank Boxes are in local franchise shops (please do enquire in the shops!) – Cardiff Foodbank are short of many things: ***please donate!!***

- **FRUIT JUICE (LONG LIFE) 1 LITRE**
- **DOG FOOD**
- **CUSTARD**
- **BISCUITS**
- **SPONGE PUDDINGS**
- **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/

People are desperate in 2022, particularly after the last gruelling 24 months) so please do donate the above requested products.

Thank you to all who contribute!

Gauri – Cardiff Foodbank

Community Activities for 2022

After 18 months of many discussions with literally 100's of families are patiently keen to get local community activities up and running.

Many of you are quietly planning your own micro-projects, which will help create links, support and safety across Cathays. You all create our resilience in this community!!!

Growing season begins!!!

Are you one of our green fingered keen fresh Vegetables and Fruit growing residents? Please do tell us about your efforts!

Would you be keen to partake in a community garden set up in various locations around Cathays?

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 March 2022

MON	TUE	WED	THU	FRI	SAT	SUN
28	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 10:30 am: Police Community Access Point - weekly @ Cardiff Union	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	23 6:00 pm: Cardiff Cycle City - monthly meeting @ Ride my Bike	24 12:00 pm: 'Cuppa with a Copper' - Bi-weekly @ Cathays Library 2:00 pm: Memory Lane (Dementia Support) EVERY Thursday	25	26	27
28	29 8:00 pm: Red Tooth POKER NIGHT - every Tuesday at The Cathays Cons	30	31			

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

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

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





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

Social Media please search: ***Repair Café Cardiff***







Cerys Jones - Director - Repair Café Wales

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FAN + Heritage at Cathays Library - Thursday, 10th March

Website Link: ***https://www.facebook.com/TheFanCharity/***

FAN+ Heritage

Second Thursday of each month 2pm - 3pm



To book a place please phone 02920 785580

Dates and Topics	
10/03/2022	When Royalty Rocked Up!

The FAN Charity

The hub

mwynhewch eich Llyfrgell Leol

explore your Cardiff Library

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg.

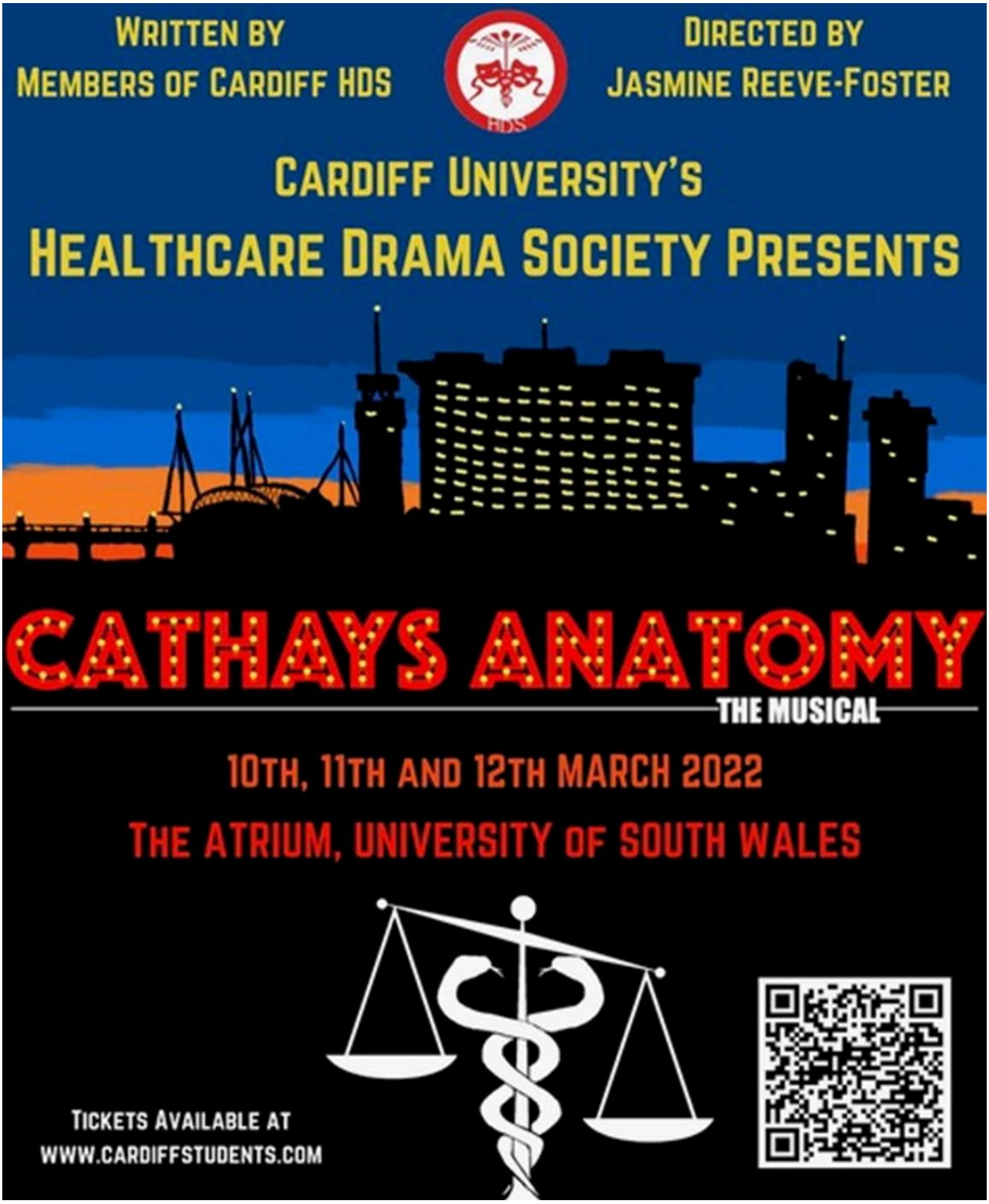
CARDIFF CAERDYDD

Janina - FAN - Cathays

‘Cathays Anatomy’ Musical @ The Atrium (USW) on 10th, 11th and 12th of March

Society Group link: ***https://www.cardiffstudents.com/activities/society/healthcaredrama/***

Booking link: ***https://www.cardiffstudents.com/events/15889/24705/***



Eddy – Cardiff Healthcare Drama Society

Elvis Tribute Performer @ Cathays Sports & Social – Saturday, 12th March

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

Facebook: ***https://www.facebook.com/groups/672348009927688***



Mark – Manager – Cathays Sports & Social

Parent Power Cardiff – We want you to get involved!!

Link: ***outreach@cardiff.ac.uk***



Come dine with me Cardiff – nominate your independent restaurant in Cathays!!

Application link: ***https://itv.etribez.com/ag/itvmultistory/cdwmprofessionals/welcome.html***

Hello! The Casting Producer for CH4's Come Dine With Me - The Professionals and we are coming to CARDIFF! This new format seeks independent restaurants to take turns wining and dining each other in the ultimate restaurant competition.

Please do nominate your favourite local independent restaurant !!





April 2022 – Cathays Monthly Update – Spring is officially here!!

The end of winter (contrary to freezing weather!) is near – I heard a rumour spring is in fact on the way !!

Happy Easter everyone !!

Families, local businesses, faith groups, students, local professionals etc are all coming forward with ideas on improving links, appearance, inclusion and much else in Cathays !!

Please do keep your ideas coming forward – together we can improve our district holistically !!

PLEASE DONATE TOWARDS THE HARDCOPY NEWSLETTER – EVERY £5-00p WILL HELP !!!

Regards,

Paulus