Cathays Monthly Update – May 2022

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

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May 2022 comments:

Year 6 of the email updates begin!

Thank you to everyone who contributes their posters to this Cathays Monthly Update. We've picked up quite a few more email addresses with Your Cathays #11 going out !!

I hope you all find this community resource a benefit for the those that receive it – please do pass on details to any neighbours who do not receive it. There are so many positives happening in Cathays – if we share and partake in local activities it will increase our connections!

Share ideas on minimising Waste.

I think a lot of you have some good ideas on how to minimise the amount of waste we produce, I do encourage people to submit their ideas via this email update, or the various FB groups.

Many residents lead by example with home composting and re-using this precious organic material to reinvigorate our gardens. Do any of you have ideas on how to re-use Plastics? Glass?

Your Cathays Newsletter & engaging with neighbours!

The last hardcopy of Your Cathays #10 went out in 2019, it has been horrible not being allowed to door knock the last 2 years – yet since going out in March/April and speaking to 1000's of the residents who get the hardcopy – it has been amazing reconnecting with so many of you - admittedly it has taken a whole day to get down each street; yet 100's of you had a great deal of things to say to me.

I am pleased to tell you about 20 new families moved into Cathays during the last 18 months (the majority with little children) and I hope they do feel part of the community!

Identifying Deaf residents.

It is mentioned in the 'Faith Panel' of page 7 of Your Cathays #11; that Woodville Baptist Church wishes to create an outreach programme for our deaf residents.

If you can help identify any deaf residents – please do encourage them to get in touch with Woodville Baptist Church on ***www.woodybap.org.uk*** so they can see if they wish to partake in this community outreach initiative the Church is rolling out.

Voting Day – Thursday 5th May

The future of Cathays is in all your hands now, let us hope we get a good turn out of residents to vote for real change in Cathays.

May: 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**
- **TINNED FRUIT**
- **INSTANT COFFEE (SMALL JARS)**
- **INSTANT NOODLES**
- **FRUIT JUICE (LONG LIFE) 1 LITRE**
- **SQUASH (1 LITRE BOTTLES)**
- **MICROWAVEABLE PASTA**
- **CUSTARD**
- **MILK (UHT LONG LIFE 1 LITRE)**
- **SAVOURY SNACKS (CRISPS, CRACKERS ETC)**
- **RICE PUDDING**
- **CHOCOLATE BARS**
- **ANTIBACTERIAL SPRAY/BLEACH**
- **SHAMPOO/CONDITIONER**
- **DEODORANT**

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

Things are tough for many and Foodbanks across UK need as much support as possible so thank you for the donations!

Thank you to all who contribute!

Gauri – Cardiff Foodbank

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

It will take the majority of 2022 to get this calendar all populated – so please bear with the online calendar! It takes a lot of time just to get one entry created accurately and double-checking details with all contributors!

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.

Events in May 2022

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 7:00 pm: Cathays Brass - every Monday evening!! 7:00 pm: Cathays PACT - Bi-Monthly: Feb, April, June, Aug, Oct, Dec @ Venue TBC	3 10:30 am: 'Walking for Health' - every Tuesday	4 10:00 am: Bute Park - Plant Sales EVERY Wednesday	5 2:00 pm: Heritage FAN [Friends And Neighbours] 2pm at Cathays Library 7:30 pm: Blues Dragon & Blues - First Thursday of each month	6 6:00 pm: Cardiff Green Drinks - every 1st Friday of the month	7 10:00 am: Repair Cafe Cathays - every 1st Saturday of the month 10:30 am: XR Cardiff - Monthly Meetings - first Saturday of each month	8
9 9:30 am: Story Time for Under 5's - English 7 Welsh Medium - EVERY Monday	10 2:00 pm: Memory Lane (Dementia support group) EVERY Tuesday 6:00 pm: Friends of the Earth Cardiff - monthly meeting - 2nd Tuesday each month!	11 10:30 am: Police Community Access Point - weekly @ Cardiff Union	12	13 6:30 pm: IYP - Youth Club @ Cathays Community Centre EVERY Friday	14	15 2:00 pm: Basic Roadside Repair Course - £11 @ Ride My Bike Cafe
16 6:00 pm: Embassy Youth Club - EVERY Monday early evening	17	18 10:00 am: Coffee Morning - EVERY Wednesday @ Cathays Community Centre	19 2:00 pm: Knit & Natter - WEEKLY Knitting group @ Woodville Baptist	20	21 10:00 am: Plant sales @ Bute Park - every Saturday	22
23	24	25 6:00 pm: Cardiff Cycle City - monthly meeting @ Ride my Bike	26 12:00 pm: 'Cuppa with a Copper' - Bi-weekly @ Cathays Library 2:00 pm: Memory Lane (Dementia Support) EVERY Thursday	27	28	29
30	31 8:00 pm: Red Tooth POKER NIGHT - every Tuesday at The Cathays Cons					

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 7th May

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





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

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







Repair Café Cathays

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OPEN DAY Celebration of 25th anniversary @ St Michaels Church – Saturday, 7th May

Website: ***www.parishofcathays.org***



Cathays Cemetery Heritage Trail and Tales - on 7th, 9th and 12th May

Website: ***www.ffotogallery.org***
FB: ***https://www.facebook.com/ffotogallery***
Email: ***info@ffotogallery***
Phone: ***029 2034 1667***

Cathays Cemetery Heritage Trail and Tales

Tuesday June 7th 7.00 - 9.00 pm
Thursday June 9th 7.00 - 9.00 pm
Sunday June 12th 2.00 - 4.00 pm









Three guided walks around Cathays Cemetery meeting some of its notable residents and hearing their tales first hand.

Tickets £7.00 per person from www.a48theatrecompany.com

Presented by Bereavement Services, Living Lines and A48 Theatre Company

CARDIFF
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Windband Spring Concert @ Cathays Methodist Church – Sunday, 8th May

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



Mental Health Awareness Week @ Ffotogalley – 11th, 12th and 13th May

Event link: ***https://ffotogallery.org/programme/mental-health-awareness-week-1***

Mental Health Awareness Week is an annual event which provides an opportunity for the whole of the UK to focus on achieving good mental health.

Mental Health Awareness Week

Suzie Larke, Jo Haycock, Iko-Ono Mercy Haruna, Nelly Ating

In 2022, Mental Health Awareness Week takes place 9-15 May on the topic of 'Loneliness'. Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental to protecting our mental health and we need to find better ways of tackling the epidemic of loneliness. We can all play a part in this and at Ffotogallery we are inviting you to join us for four days of activities and talks with a focus on mental wellbeing and loneliness.

Each evening between Wednesday 11th - Friday 13th, we will be holding artists' talks. Our photographers will share and discuss work which all has a focus on mental health and well being. We will look in depth at how they use their imagery to depict mental health struggles, the issues and influencing factors which can affect our health and well being and to share their own stories.

Booking for our artists' talks is advisable. Here is a line up of the week's events:

- Wednesday 11th May, 6-8pm - In Conversation with Suzie Larke, plus screening of the short film *Unseen*
- Thursday 12th May, 6-8pm - In Conversation with Jo Haycock and family
  As we will have vulnerable guests with us, we kindly ask visitors to wear a mask where possible during this event.
- Friday 13th May, 6-8pm - In Conversation with Iko-Ojo Mercy Haruna and Nelly Ating, hosted by Cynthia Sitei (Online event)

On Saturday 14th May we will be holding a whole day of activities with a focus on improving our well being and to tackle loneliness. We will have arts & crafts, relaxing and fun activities throughout the afternoon. More details to follow.

Ffotogallery – Fanny Street

The Battle of St Fagans @ Cathays Library – Thursday 12th May

LINK: ***https://www.fatsoma.com/e/anim8s0y/disney-kids-party/***

At the Vulcan Lounge – on corner of Coburn Street and Salisbury Road



Janina – Development and Support Officer for FAN

Family Wellbeing Day @ Ffotogallery – Saturday, 14th May

Website: ***www.ffotogallery.org/***



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What's on in May 2022 @ Cathays Community Centre!





June 2022 – Cathays Monthly Update – will it be a fresh start after the election?

It seems we can not ignore the election!

So many pressing issues that need to be addressed on every street of our fair district.

Election is coming – vote for better change!

3,500 residents in Cathays can vote for real change – it's up to all of you now!

Regards,

Paulus