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

Cathays Monthly Update – July 2022

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

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July 2022 comments:

Summer 2022 and engaging the isolated residents !!!

There is a lot available to participate in Cathays every summer. Please check out the online calendar and see what is happening.

Word of mouth referrals helps a lot. I have now been told by a dozen residents in the space of one month about their concerns about isolated people – particularly the elderly, or immigrants or the disabled.

Please can you encourage them to partake in the community centre's Wednesday 10am coffee mornings, or the Woodville Baptist 'Knit and natter' – it is all on the online calendar of **www.yourcathays.org.uk** – just check it out and refer word of mouth to others.

Closing down the FB Cathays Residents group!

After it has dragged out – the FB temporary 'Cathays Residents' group is finally being closed down. There is a whole backstory to this – which will be explained in the next potential hardcopy newsletter.

It has certainly been an eye opening experience – and the families fully recognise the group was being reported left, right and centre by a very tiny few which did compromise the admin's abilities to run it effectively.

As every member had to be vetted, out of 1000 profiles looked at 50% of them had nothing

Going back to the BLACK BIN BAGS !!!

Many of you have received the hardcopy letter last month that all of Cardiff will have the red/cream stripey general waste bags discontinued over the summer.

This will allegedly save the Council £60,000 ish in costs – and every household will have to buy their own black bags.

Please do use the rest of the Yellow/Red Stiped Bin Bags up – even if it takes you a few months, yet then please do go onto the standard black bin rolls – which (again) we will have to buy ourselves!

Please put the black bins on top of the green bags to reduce them being torn by seagulls, rats etc. like putting the sweets out the kids reach!!

Protecting your green bags from Seagulls!

The seagulls are infamous for tearing open the green bags (and others) yet one bit of practice I have found it to put a large piece of cardboard in the bottom of the Green Recycling Bags long before you put any (washed recyclate) into the green bag.

This helps reduce 'bin juice' dropping on your carpets if you walk the bins through your house, it helps create a base the first 30 cm of the base of the recycling bags to help reduce the seagull picking/tearing impacts.

This will help reduce the time that the council waste teams need to do the clean up/litter picks on your streets ***after*** the bags have been collected.

July: 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**
- **SAVOURY SNACKS (CRISPS, CRACKERS ETC)**
- **INSTANT COFFEE (SMALL JARS)**
- **FRUIT JUICE (LONG LIFE) 1 LITRE**
- **BISCUITS**
- **CHOCOLATE/SWEETS**
- **TINNED FRUIT**
- **CUSTARD**
- **RICE PUDDING**
- **INSTANT NOODLES**
- **TINNED TOMATOES**
- **SQUASH (1 LITRE BOTTLES)**
- **MICROWAVEABLE PASTA**
- **MILK (UHT LONG LIFE 1 LITRE)**
- **GOOD QUALITY CARRIER BAGS**
- **ANTIBACTERIAL SPRAY/BLEACH**
- **SHAMPOO/CONDITIONER**

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/***

With increasing food, energy – well prices on everything, Foodbank are asking for your help and donate what you can.

Thank you to everyone who supports the Food Bank.

Gauri – Cardiff Foodbank

Deaf residents – please help identify them?

Our deaf residents, are often ones who may suffer some isolation at times within our community.

Please can you contact the newsletter and tell us about the details of any deaf residents – Woodville Baptist Church wishes to undertake an outreach programme with them!

Wednesday coffee mornings!

Please encourage any elderly to the ***'Coffee Mornings'*** on *every Wednesday* from 10am at Cathays Community Garden!

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':

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 & 2023 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 from all the 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.

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

Events in July 2022

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

Repair Café Cathays – from 10am @ Sherman Theatre – Saturday 2nd July

YouTube Video 1 - ***https://www.youtube.com/watch?v=l85YwCEgcK8***
YouTube Video 2 - ***https://www.youtube.com/watch?v=XlyyVPaKpAw***

Main Website ***https://smctcampaign.wixsite.com/savemaindycycletrack***
FB https://www.facebook.com/groups/savemaindyvelodrome/
Tw https://twitter.com/MaindySave
Maindy Flyers https://www.facebook.com/Maindy-Flyers-167714223324635

On Wednesday 15th June – approximately 100 residents came to Cathays Community Centre to listen to the 'Save Maindy Velodrome' campaigners voice their concerns and arguments as to save the cycle track from destruction.



The speakers are all in the videos – with many residents asking a lot of relevant questions on a very sore issue that has annoyed our community with regard to the removal of the Cycle Track at Maindy Velodrome.

Please do look at the videos and see the arguments that our residents have put forward as to why the velodrome, part of Cathays heritage should be left alone.



CATHAYS & CENTRAL YOUTH AND COMMUNITY PROJECT www.cathays.org.uk | www.ConnectCathays.org.uk | davius.co.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 2nd July

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





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



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



Phoebe - Repair Café Cathays

Cycling and the Police – Cardiff Cycle City @ Ride My Bike Cafe - Tuesday 5th July

Website Link: ***https://www.eventbrite.co.uk/e/cycling-and-the-police-a-meeting-with-the-chief-constable-of-south-wales-tickets-353974767057***
Venue website: ***https://www.ridemybikecafe.com/***

We're back in the café! After a gap of nearly three years, **Cardiff Cycle City** is re-starting our programme of open meetings at Ride My Bike Café. We've had some great Zoom meetings over the last few years but we've really missed being able to meet and chat with you.

Cycling and the Police: A Meeting with the Chief Constable of South Wales



Ride My Bike Café is at 28 Park Place in Cathays (to the right of the Museum)

We've got a great meeting to start us off. The new ***Chief Constable of South Wales, Jeremy Vaughan***, has agreed to spend an hour with us talking about his plans for making it easier and safer to cycle and answering your questions.

If you want to know more about stopping bike theft, Operations Snap and Close Pass, enforcing 20mph limits, or any of the many ways in which the police can make cyclists' lives better, book your ticket now.

The main event will run from 6.00pm to 7.00pm but we are hoping a lot of you will stay behind afterwards for a chat about all things cycling in Cardiff.

As always, tickets are free but numbers are limited, so please book early.

We look forward to seeing you on July 5th.

Jonathan – Ride My Bike Cafe

Skittles Competition @ Cathays Sports & Social – Friday, 8th July

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

Skittles

Super Summer



6



6 games to be played over the summer.
Your 3 best scores to be averaged to make your Super Summer 6 score.



(3 games minimum to be played by each player)



£2 entry per game.



(£1 for each game winner. £1 for prize pot)



1st, 2nd and 3rd prizes.

Fixture Dates

June 24th-July 8th-July 22nd-August
5th-August 19th and September 2nd.

Allcomers welcome

'Hollywood via Wales' by FAN Heritage @ Cathays Library – Thursday 14th July

email: ***cathayslibrary@cardiff.gov.uk***

FAN events every second Thursday of the month.



Janina – Development and Support Officer for FAN

Need a Band Practice Room for the summer? Ask at Cathays Community Centre!

Website Link: ***www.cathays.org.uk***
Facebook: ***https://www.facebook.com/ccycp***
Email: ***email@cathays.org.uk***



Bud, Helene and team – Cathays Community Centre



August 2022 – Cathays Monthly Update

Get your posters in please for your August events!!

Send them to ***mail@yourcathays.org.uk***

Regards,

Paulus