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 – September 2022

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

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September 2022 comments:

Going back to our roots of self-sufficiency?

With all fears of price increases for heating, lighting, the increase in costs of food etc – this will encourage us all to be more frugal with out daily activities.

Should we share ideas on good practices that will help our [domestic/work] lives reduce all these impending living costs.

The Vulcan Lounge re-opens!!

The Vulcan Lounge on Wyeverne Road / Coburn Street was closed for mid-July to mid/late August as it underwent some internal work. It will reopen on 1st September – the new decoration and new furniture, the facelift of the beer garden with new benches does look amazing!!

For sales signs everywhere?

A lot of families have noted the increase in 'for-sale signs' in Cathays. Dominantly these belong to properties of certain landlords, not residents.

It may have something to do with the new 150 landlord guidelines/rules that are coming into effect in the coming months of winter 2022/2023. This will demand improvements on many levels of landlord practice.

I am not privy to what these new landlord guidelines (laws?) are that are coming out, yet I do hope to engage with Cardiff Landlord Forum to discuss their views upon it in due course.

The local landlords we do know, who have long-term goals and have heavily invested in their properties – have already pro-actively undertaken much of good practise so these new guidelines/rules are a compliment of what the good landlords have undertaken.

The small minority of poor performing landlords will have an uphill struggle to adhere to these much needed standards – it may be coincidence that some of the for-sale signs going up belong to the small element of landlords who are renowned for taking shortcuts and providing a poor service with the properties.

Please remember many houses in Cathays are being turned back into family/resident homes now, as a decade of door knocking has uncovered so far! Is Cathays going to be gentrified?

Students moving back in!!

As 100's of residents already have set a positive example, do welcome the students once they move back into Cathays – with so many families leading by example with putting bins out on correct days, or parking in an efficient manner as not to waste what little precious parking space exists in Cathays!

Sept: Foodbank across Cathays

With everything happening across the UK – now more than ever the ***Foodbank needs your support***!

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

- **SPONGE PUDDINGS**
- **FRUIT JUICE (LONG LIFE) 1 LITRE**
- **CHOCOLATE/SWEETS**
- **JAM**
- **RICE PUDDING**
- **LONG GRAIN RICE (500G - 1KG BAGS)**
- **CUSTARD**
- **TINNED FRUIT**
- **COFFEE (INSTANT) 100G -250G JARS**
- **DEODORANT/ANTIPERSPIRANT**
- **SHAMPOO/CONDITIONER**
- **GOOD QUALITY CARRIER BAGS**

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 bills, there will be a massive spike in demand for Foodbank donations – please help out where you can!

Thank you to all who contribute!

Gauri – Cardiff Foodbank

Electric charging – your stories?

A few residents have electric cars in Cathays, what challenges – and solutions have they come up with to ensure they can capably charge up their battery packs without tripping people up on the pathways etc.

The infrastructure for so many streets will have to change as more electric cars populate Cathays in the 2020's.

Do you have a story or ideas to share?

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 2022/23 to get this calendar all populated/revised – 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.

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

Events in September 2022

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

Repair Café Cathays – from 10am @ Sherman Theatre – Saturday 3rd September:

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

Contact Repair Café in advance if you have any questions regarding your item to be fixed?

!!! Buy a coffee or soft drink at Sherman Theatre's Bar whilst you await your broken item to be fixed !!!

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



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







Phoebe - Repair Café Cathays

Visit my Mosque / Open Day @ Dar Ul-Isra – Saturday, 3rd September

Website Link: ***www.darulisra.org.uk***



Visit My Mosque - Open Day @ Al Manar Centre – Sunday, 4th September

Website Link: ***www.almanar.org.uk***



Job Offer – Receptionist for Medi-Optics Opticians

Although this post is based in Roath – it is a long-term Cathays Resident who is offering this job!

Facebook: ***https://www.facebook.com/people/Medi-Optics-Opticians/100057520986276/***

Main website: W: ***www.medi-optics.co.uk***

NHS Website: ***https://111.wales.nhs.uk/LocalServices/ViewLocalService.aspx?id=3368***

NHS 111 Wales

I have a vacancy at Medi-Optics Opticians, Maryport Road, Roath Park for a receptionist.

The post will be for working ***Four days a week***, from *9am to 4pm* (00:00 to 16:00).

For more details please E-mail ***david@woolfoptix.com***

Dr David Woolf

medi Optics opticians

Fresh & Blessed - New business opened up @ Salisbury Road



Try out freshly prepared drinks !!



New Fashion Business – Daydream Cardiff @ Crwys Road

Website Link: ***https://cardiffhubs.co.uk/venue/cathays-library/***
email: ***daydreamcardiff@gmail.com***
Instagram: ***https://www.instagram.com/daydream.vintage/***



Day Dream VINTAGE

This vintage clothing shop has opened up on lower Cryws Road opposite Cathays Police station / Crwys Pub !

Please check out the Instagram account and see the wonderful clothing available for you to buys!



Coffee business reopening – Stag Coffee @ Crwys Road

Website Link: ***tbc***
email: ***tbc***
Social Media: ***tbc***



It is great news to hear that Stag Coffee has re-opened!



Please do pop in and check out the new menu, some amazing dishes / cooking is on offer so please do support Stag Coffee (and all the local businesses!)



October 2022 – Cathays Monthly Update

These are unprecedented times we are now in, yet

Mega-insulating our homes is one of the best ways to reduce your housing heating bills – however the costs of getting your house insulated do have a high premium!

If we know of any grants for the locale – please do share the links!

Collect the leaves (put them in bags) – great for composting / soil conditioning for all those wildflower and keen garden enthusiasts for Spring 2023!!

Every small contribution makes our community stronger!

Regards,

Paulus