

Cathays Monthly Update – November 2022

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

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November 2022 comments:

Xmas Fair @ St Michael's in November!

CSAS: ***Cathays Sports & Social*** is re-opening again on Monday's now and all week the opening time begins at 4pm!

Happy Hour – every Friday @ CSAS !!

Cathays Sports & Social ('The Libs') is trialling a short-term Happy Hour every Friday from 3pm to 7pm, on Cathays Terrace. Like the Cons Clun the CSAS has seen a significant influx of students as well as new residents in recent years.

With increasing costs – please do tell your neighbours, particularly the elderly who may suffer more financial restrictions, and suffering some isolation; they are most welcome to join the happy hour!

Please do ***check out our new website*** re-design: ***www.csas.pub*** - enjoy!

Revisions on the website calendar!

Time constraints have For anyone who wants to kick off – I seriously doubt anyone will put their hand in their pocket to pay for the updates/changes on the online calendar – the revisions will be made in the coming months!

Gardiners offers you Free Delivery of goods!!!s

Gardners on Cryws Road, which sells paint, wallpaper, fabrics, etc are offering free delivery – to save customers having to drive in to pick up the goods.

Next day delivery is offered (although we do not guarantee the times – and no delivery on weekends) no minimum spend on deliveries!! Check us out on ***https://rabart.co.uk/locations/rabart-cardiff-w-j-gardner/*** and see what we can offer you!! Telephone 02920 227 631 or email ***cardiff@rabart.co.uk*** and enquire what we have in stock!!

No Repair Café in November

No RPC for November, yet it will be running as usual in December at Sherman Theatre!

Additionally – Repair Café Cathays will run in January (for the first time ever; usually kicks off in February each year) on the 7th, you will be reminded via this update nearer the time.

Get your notices into the

Even if you just have a small one or two liner, or a short link – please do submit your entry to ***mail@yourcathays.org.uk*** and it will go in the appropriate months update!

Smarter Spending for a Sustainable Society – board game @ Cathays Community Centre

A board game on 'Smarter Spending for Sustainable Societies – a public procurement board game' is being held as part of the *Festival of Social Science* - this will be held on *Wednesday, 2nd November* from ***6:30pm*** at The Cathays Community Centre!

As the University attempts to reach out more to our community, they are running this workshop at your community centre – so please do get involved!

Cuppa with a Coppa!!

As the PACT is not running at present, the Cathays Police wish to convey to the residents/families, professionals, students etc that there are several ways to get face to face time with the Police! Check out details in the

Nature Training for local Groups in Cardiff area:

Cynnal Cymru/Sustain Wales are delighted to be offering 120 free places on their Nature Wise Urban Eco-literacy course to anyone who works or volunteers with a community group or voluntary organisation in the areas along the GWR mainline - including Cardiff!
Link is: ***https://c3sc.org.uk/free-nature-training-for-community-groups-in-urban-south-wales/*** check it out, share to any interested groups!

Linda – Sewbrec volunteer/Cathays resident!

Police outreach in & across Cathays

As the PACT is not running at present, the Cathays Police wish to convey to the residents/families, professionals, students etc that there are several ways to get face to face time with the local Cathays Police!

Use this link for more details of the meeting points: ***https://www.yourcathays.org.uk/cathays-police-cathays-pcso/#unique-meeting*** (also – the Police frequent Pentyrch Church/The Table/Emmanuel Church! Details to be confirmed) the Cathays Police numbers/emails are on the same page!

Cassie leaves Cathays Library

Our librarian Cassandra has got a new job at the University and thus has left Cathays Library. Thank you Cassie for everything you've done for Cathays Library in recent years (helping to host the 2019 Cathays Xmas Carols etc) – you will be missed Cassie !!

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

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 November 2022

MON	TUE	WED	THU	FRI	SAT	SUN
	1 10:30 am: 'Walking for Health' - every Tuesday 10:30 am: Baby & Toddler Group - EVERY Tuesday @ 'The Table' - Pentyrch Street	2 10:00 am: Bute Park - Plant Sales EVERY Wednesday	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	5 2:00 pm: XR Cardiff - Monthly Meetings - first Saturday of each month @ Bute Park	6
7 7:00 pm: Cathays Brass - every Monday evening!! 7:00 pm: Cathays PACT - Bi-Monthly: Feb, April, June, Aug, Oct, Dec @ Venue TBC	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 4:30 pm: Youth Club @ Cathays Community Centre - EVERY Thursday 6:00 pm: Cantar Community Quoir - every Thursday @ Woodville Baptist Church	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
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	30				

A lot of groups, (*not just in Cathays – yet wider Cardiff that I am associated with*) are facing serious volunteer burn out. It has been frequently mentioned by many that they can not keep up the pace they did in pre-lockdown times. To this all I encourage is patience – all these groups will slowly re-establish themselves as there is a clear willingness for many communities to pull together in the post-lockdown world. You all make this positive action happen!

November Foodbank in Cathays!

Venue for picking up Foodbank Parcels: ***Woodville Baptist Church***

Link: ***https://cardiff.foodbank.org.uk/***

Usually you would see this on the 2nd page in it's own column of the 1st page of the monthly community update – yet it is important to apprise as many people of the pressures that Cardiff Foodbank is under now. Millions of Brits know that this winter 2022 into 2023 will be one of the toughest ones our Country has endured.

Cardiff Foodbank are short of many things: please donate!!

The list gets revised EVERY month on the Cathays Monthly Update – in line with the Cardiff Foodbank website (link is below!) if you wish to volunteer, or wish to contribute then please do contact:

SAVOURY SNACKS (CRISPS ETC.)
CHOCOLATE/SWEETS
RICE PUDDING
FRUIT JUICE (LONG LIFE) 1 LITRE
JAM AND SPREADS
TINNED TOMATOES
CUSTARD
TINNED FRUIT
TINNED CARROTS
TINNED POTATOES
LONG GRAIN RICE 1KG BAGS
DEODORANT/ANTIPERSPIRANT
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/

Please tell the Your Cathays newsletter about the deposit points – so that we can share it with the wider community!

At present we are aware you can deposit food/toiletry donations at the following locations:

- Al Manar Centre – Glynrrhonda Street/Senghennydd Road
- Dar Ul Isra Centre – Wyeverne Road
- Lidl Cathays – Maindy Road
- Woodville Baptist Church – Woodville Road/Crwys Road
- Co-Op – tbc at the smaller remaining venues!



We are grateful to learn that Dar Ul Isra Foodbank has been nominated for the Co-Op community Fund this year! Hopefully other venues will be recipients of these funds in the mid-2020's!

Gauri – Cathays Methodist Church / Cardiff Foodbank

Sheila – a missing dog from Lisvane Street (since April 2022!)

Colin has passed this poster onto us to share with the wider community!

Have you seen Sheila?

MISSING SINCE 10th April '22!

She made her way out the house, CF24, Cathays, Cardiff. Latest sightings by Taff trail.



Nervous good girl, do not chase, just called us on

07854 186584/07947 402205



Neutered and microchipped

#POSTERS WILL BE REMOVED WHEN FOUND#

Police outreach in Cathays – please share!

Cathays Police (and Gabalfa) contact details: ***https://www.yourcathays.org.uk/cathays-police-cathays-pcso/***



The Police have been out in September and October disseminating the safety information to the influx of new students. This has been supported by the student Police to help the masses as part of the outreach!

This additionally includes multiple streets of door knocking, where the Police have been giving out the safety information to the residents and the students! ***Together we all make the area safer!!***



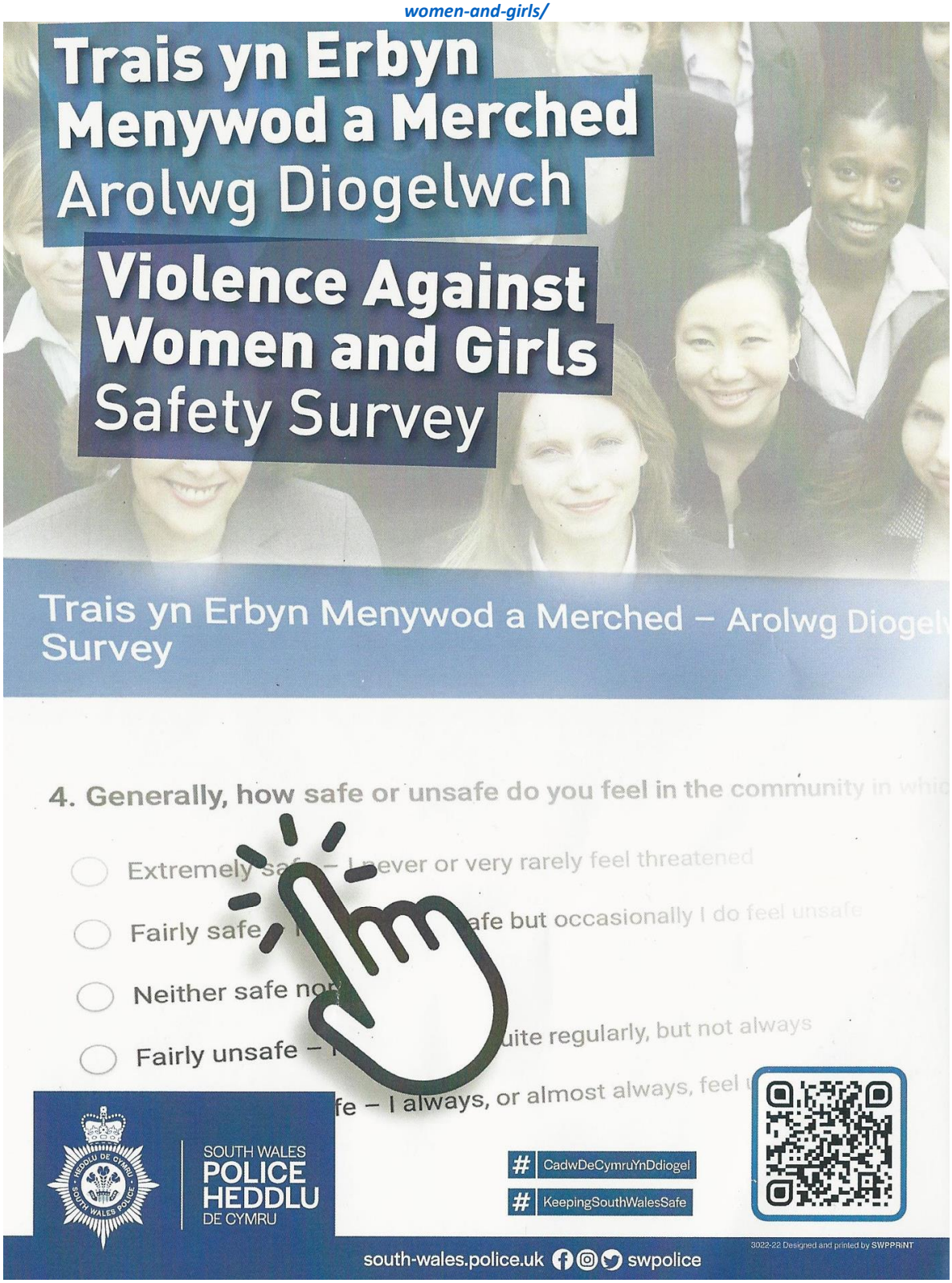
The contact details (mobile and email) for the Cathays Police (and Plasnewydd and Gabalfa) are on: ***https://www.yourcathays.org.uk/cathays-police-cathays-pcso/#cathays-police*** – please do pop into Cathays Library, Pentyrch Church/The Table or Cardiff Union – you can speak in person to the Police about any issues you have of concern! The details will go up on the ***www.yourcathays.org.uk*** front page monthly calendar in due course!

The Police, by definition are an intelligence gathering organisation – so please do report any concerns about neighbours who may be threatened, or anti-social behaviour; the more of you that complain – the more information/intel the Police can gather to get appropriate arrests undertaken!

Report violence on women!

1st Links: ***https://www.southwalescommissioner.org.uk/en/our-work/violence-against-women-and-girls/***

2nd Link: ***https://www.south-wales.police.uk/news/south-wales/news/2022/med-sep/our-commitment-to-tackling-violence-against-women-and-girls/***



New Business Open – Monopoly Coffee Shop @ Crwys Road

Monopoly Coffee Shops welcome you all !!



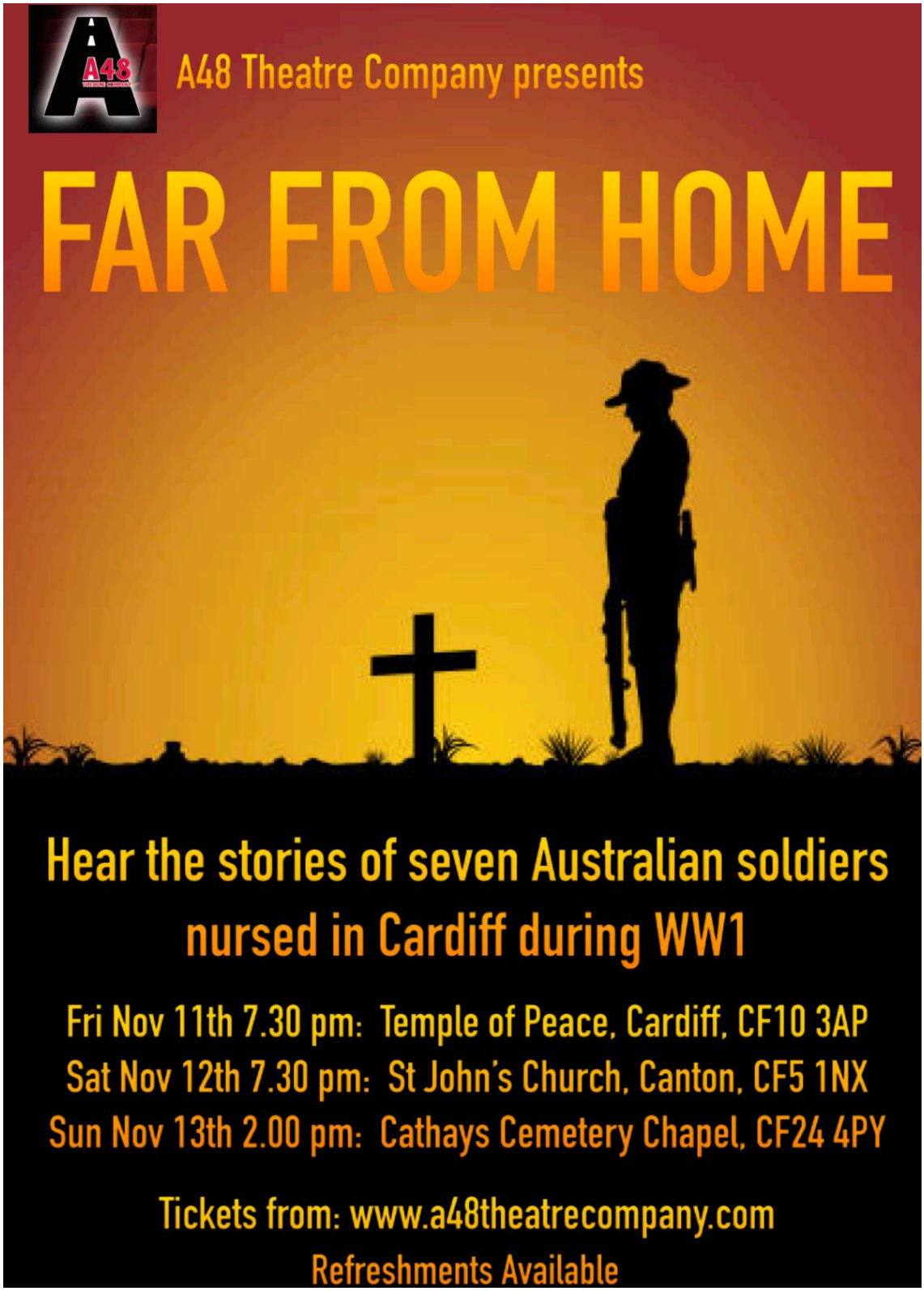
Come check out our snacks with our delicious range of food and drinks!



Come & check out our brand new coffee shop!!

A48 Theatre – 'Far from Home' @ three Cathays venues - 11th, 12th and 13th November

Website Link: ***www.a48theatrecompany.com***



Kathy – A48 Theatre

Club Tropicana (80's Theme Night!) @ The Vulcan Lounge – Saturday, 12th November

Link: ***https://www.facebook.com/events/s/club-tropicana-80s-night/733377781088344/***

Cathays own Nikki is putting on an 80's theme night!!



The Big Show Night @ Cathays Sports & Social: Friday, 18th November

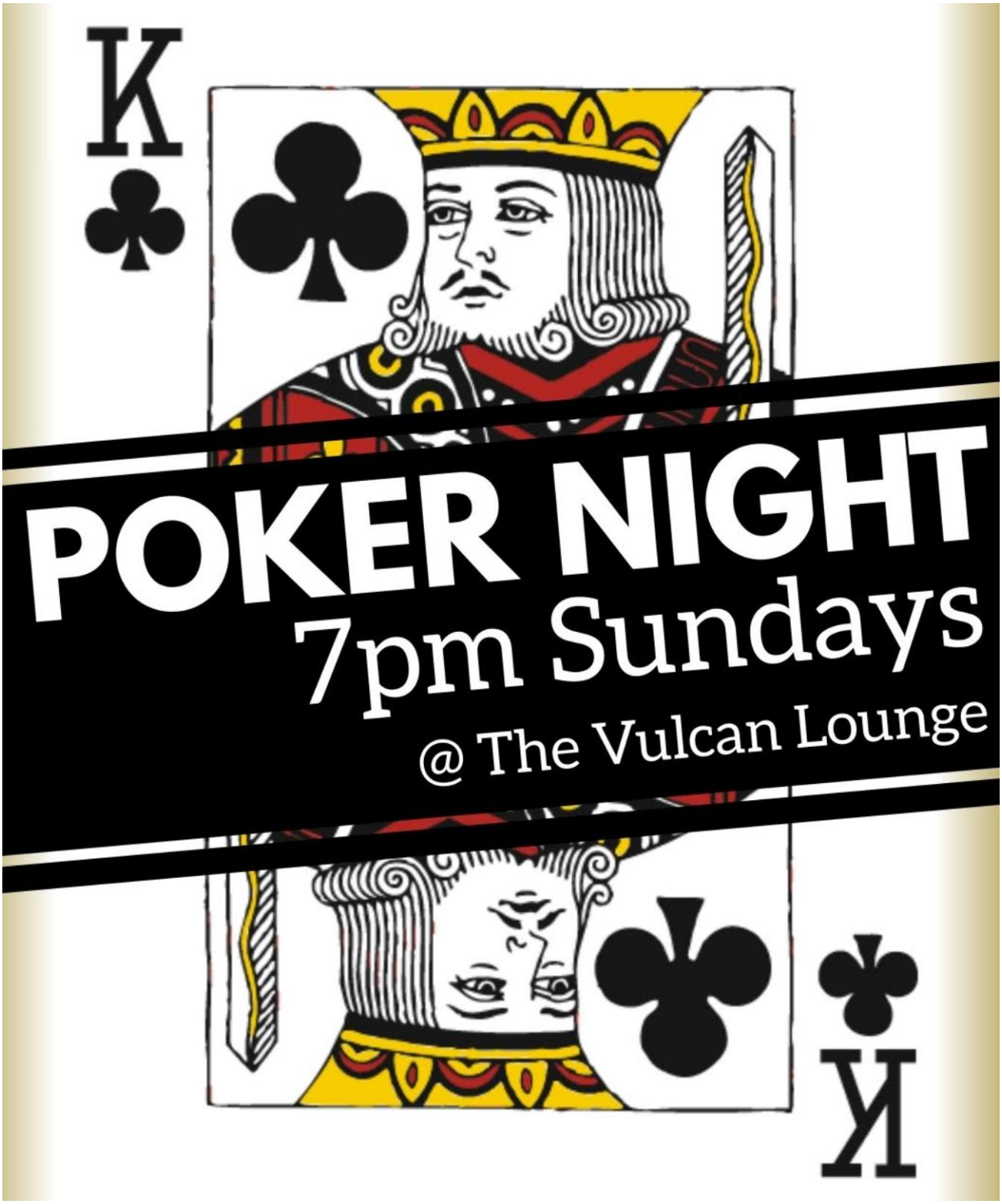
Link: ***www.csas.pub***



Mark – Manager - Cathays Sports and Social

Red Poker @ The Vulcan Lounge – EVERY Sunday!

FB page: ***www.facebook.com/TheVulcanLounge***



Kyle – Manager – The Vulcan Lounge

Christmas Fayre @ St Michael & All Angels Church @ Saturday, 19th November:

Fb page: ***www.parishofcathays.org/***



Rev Caroline, Rev Meg and Linda – Faith Leaders and Committee – St Michaels/Parish of Cathays

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

Coed Caerdydd – tree planting @ Saturday, 26th November

Website Link: ***https://www.eventbrite.com/e/tree-planting-cathays-pocket-parks-cathays-tickets-437238099927***
email: ***coedcaerdydd@cardiff.gov.uk***

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Activity details:

We will be holding a **community tree planting event in Gelligar Gardens, Rhigos Gardens, Llanbleddian Gardens, and Ruthin Gardens - Cathays** as part of Coed Caerdydd.

Coed Caerdydd is an ambitious 10-year programme of tree canopy expansion in Cardiff, linked to the city's One Planet climate change strategy.

This is a great opportunity for the whole family to create beautiful environments for people and nature and contribute towards Cardiff's climate emergency response.

All ages welcome and no experience necessary, we will guide you through the tree planting process.
All site events are risk assessed by staff with appropriate training. It is your responsibility to inform Coed Caerdydd of any specific needs within the group such as a disability or medical condition that affect the activities.



LOCATIONS:

Start at Gelligar Gardens (top end Maindy Road) – then onto Rhigos Gardens, Llanbleddian Gardens, and Ruthin Gardens (latter two off Senghennydd Road)

What time? Morning workshop: ***11am-1pm*** / Afternoon workshop: ***1pm-2.30pm*** (we aim to be at Llanbleddian Gardens by this time)

What to bring and facilities: Trees and tools will be provided.
Please bring any drinks and snacks / food with you.
Please wear sensible shoes (i.e. boots or wellies), wrap up warm, and bring waterproofs. Please bring your own gloves if possible. Gloves must be worn when using communal tools.
Please note there will be no formal toilet facilities on the day.

Transport: We encourage you to walk, cycle or take public transport to the site. Limited parking nearby.

Photos: Coed Caerdydd uses photos in a variety of ways including; Cardiff Council and external press and media, on our Facebook & Twitter pages), website, reports and presentations.

It is your responsibility to inform Coed Caerdydd if you do not wish to have your image recorded.

Do I need to book? Yes. Signing up helps us to monitor numbers so that we can ensure safety and tool requirements.

Got any more questions? Email us on above



December 2022 – Cathays Monthly Update

Amazing to see our families out trick or treating in parts of Cathays, as well as local pubs (praise to Crwys Pub and The Vulcan Lounge) making their venues child Halloween friendly with food or our children getting up and singing on the Mic's!! Well done everyone involved !!

Given the fuel costs, many are hoping for a mild winter – yet if it is a cold Autumn and Winter, ***then contributing any ideas to keep warm, save energy etc will be welcome***! Please do submit your ideas for December or January's community update!

I think most people have already said - ***Time to get those thick jumpers out!***

The news is just causing a deleterious effect upon the nation – yet remember how important the many positives that happen across Cathays – because 100's of residents reach out and make it happen!!

There is no substitute for human innovation and social cohesion. We things are at their worst, you will find your neighbours at their best !!

Regards,

Paulus