Cathays Monthly Update – December 2022

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

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December 2022 comments:

Christmas Lights going up at top of Crwys Road

Due to the scaffolding being up for 4 years, it is too potentially dangerous to have a carols session, or place a Christmas Tree at the top of Pentyrch Street. However the lights will be going up on the school and the library.

It's a pity as ***Cathays Compass*** has received a sizeable community donation in 2020/2021 as part of ***Co-Op Local Causes*** Fund – so we'd for once not be struggling to get the funds together as we did in 2017, 2018 and 2019. For Christmas 2023 we fully intend on going all 'Wrath of Khan' and getting two Xmas trees up, supporting both amazing primary schools and wonderful library with an afternoon and evening Carol sessions, the lights and the whole shebang – because Cathays matters to all of you!!

There are plenty of carol sessions (a few of them mentioned in this community update) yet do keep an eye out for all the local faith groups putting their own Carol services on! Please do get involved!

Sports Students donate 50 kg of food to Foodbank!!

The Cardiff University Rugby/Football team – working alongside Jayne & Will from The Cathays Cons Clubs have donated 50 kg of much needed food items for the Cardiff Foodbank!! This was a massive haul – so thanks to the sports society for their generosity!!

Bar staff (and student nurse) Lucy said it took them many shuttle-runs to transfer all the tins from upstairs to the Foodbank deposit point – yet the residents who saw the huge level of food donation were very impressed with the 18-22 year old Rugby/Football sport societies support for the vulnerable!

Alzheimer's Fund Raising Walk in Cardiff !!

Do you think you can raise £150? Yes – if you register for this – it will get mentioned in successive monthly updates!! We do have a several dozen residents in Cathays who have Alzheimer's and we deeply empathise with the families who look after them. Every bit of support helps the families too!!

Link: ***https://www.alzheimers.org.uk/memory-walk/find-a-walk/cardiff*** The date is TBC yet aiming for September 2023 – so get registered now if you are interested in getting sponsorship for the Alzheimers Memory Walk!!

Also – please remember Cathays Community Centre runs the 'Memory Lane' with dementia-friendly activities ***every Thursday from 2 PM – 4 PM*** at the Cathays Community Centre (*and on the first Tuesday every month*)

Mackintosh Pub Xmas Quiz!!

Laura invites you all to Thursday, 8th Decembers Mackintosh Christmas Quix – get your quiz teams in and show them your Quiz mettle as you taken on the other teams in Makintosh Pub!!

Local trade speak up on parking impacts on their businesses!

Georgia a trainee journalist has produced this news article ***https://cardiffjournalism.co.uk/thecardiffian/2022/11/22/cathays-local-shops-say-they-are-losing-business-because-of-new-parking-rules/*** that does highlights the chronic lack of customer parking which has deeply disaffected and hurting the local businesses!

December Foodbank across Cathays

FB ***https://www.facebook.com/Cardiff.Foodbank/***

Deposit in Foodbank Boxes in Cathays at locations such as:

- ***Al-Manar Centre*** – Glynrhhonda Road
- ***Dar Ul Isra Mosque*** – Wyeverne Road *(drop off Saturday's between 11:30 and 12:30)*
- ***Sainsburys*** – Woodville Road
- ***Tesco*** – Cathays Terrace

Cardiff Foodbank are short of many things in December - so if you can ***please donate!!***

- **JAM AND SPREADS**
- **FRUIT JUICE (LONG LIFE) 1 LITRE**
- **CUSTARD**
- **TINNED FISH**
- **SAVOURY SNACKS (CRISPS ETC.)**
- **TINNED POTATOES**
- **TINNED CARROTS**
- **CHOCOLATE/SWEETS**
- **RICE PUDDING**
- **TINNED TOMATOES**
- **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/***

We are grateful to learn that Dar Ul Isra Foodbank has been nominated for the Co-Op community Fund this year!

Please do give where you can spare one thing on the above list!

Gauri – Cardiff Foodbank

Residen't corner – each month!

Would any of you like to write a piece on your involvement and regular efforts in Cathays?

Where possible, add the relevant links and images. With 20 new projects being developed in recent years by your neighbours in Cathays – there is plenty going on to bring our community together!

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 2023 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 December 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 @ Little Man Coffee Co (Town)	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 11:00 am: Foodbank @ Woodville Baptist Church - EVERY Saturday	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	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
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 1:00 pm: Foodbank @ Woodville Baptist Church - EVERY Tuesday 1pm to 3pm	28 6:00 pm: Cardiff Cycle City - monthly meeting @ Ride my Bike	29	30	31	

ease *contact us* and tell us about your events in Cathays so that we can add them to the *Your Cathays Calendar* for everyone else across Cathay see & share in your activities !!

Remembrance Sunday – thank you to all!

After Sunday 13th November's Remembrance ceremony at Maindy Park, Lisa wishes to pass on some words, praise and thanks to your community and all those involved recently!

Dear friends and neighbours,

For most of us, a Remembrance event comes around every year like any other day. We go about our daily lives, pause at 11:00 AM for a moment of silence, and continue on with our day as usual.

However, Remembrance Day is about more than just red poppies and coffee and cake in the local park. We appreciate the sacrifice our veterans have made for us and our country, and the luxuries these sacrifices have afforded us. This year, take a moment to reflect upon what Remembrance Day can teach us about gratitude all year long.

ROYAL BRITISH LEGION

We owe much of our current reality to those who risked everything to secure it for us. Remembrance Day reminds us to look around at all we are grateful for and extend that gratitude to those who protected it.

There are no limitations on what we are allowed to believe, pursue, and achieve. Each decade brings with it social change that our relatives and ancestors could only dream of. And we get to live it!

The freedoms we have allow us to truly embrace our passions and dreams,and follow our hearts, and challenge ourselves like never before. Extend your gratitude this year to all you have and all you can do; others in the world would give anything to live the way you are.

Although our gratitude may seem miniscule compared to what our soldiers sacrifice, gratitude is what we can give them. Gratefulness extends beyond the concept of "Thank you for your service." Be grateful for their service, yes. But be grateful for everything their service did and does for us. Embrace the notion that everything we are able to seek stems from someone else fighting for that right.

Cathays Brass Band Pres y Waun Ddyfal

*And so I respectfully ask that if you have not already done so, please would you donate any amount placed in an envelope and post to me at *Nos 75 Cosmeston Street* sometime during the next week. I understand life is expensive right now, but we must do our best to support and help fund the work of the ***Royal British Legion*** to look after those who take care of us and to Cathays Brass band who give their time so generously towards this cause.

Thank you so very much,

Lisa x

Lisa – event organiser and Cathays resident

Jobs Fair @ Dar Ul-Isra – Wednesday, 30th November 2022

DAR UL-ISRA

DAR-UL-ISRA MOSQUE INVITES YOU TO

CARDIFF COMMUNITY

JOBS FAIR

- 100's of job opportunities
- Everyone welcome - free to attend
- Over 30+ key employers holding stalls

A variety of jobs ranging from:

Casual work-Blue/White Collar
Apprenticeships
Flexible and Xmas posts
Specialist careers





DATE
Wed 30th Nov

TIME
10AM TO 3PM

Dar-Ul-Isra Mosque
Wyeverne Road, Cathays
Cardiff, CF24 4BG

Register for free via QR code

interfaith@darulisra.org.uk

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

Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 3rd December!

After absence in November – ***we are back in December !!!*** Additionally …
We intend on running on Saturday 7th January 2023 – so please do pop in to Sherman Theatre!!!



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







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

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





Peter's 21 laps in aid of Diabetes UK @ Maindy Stadium – Sunday 4th December

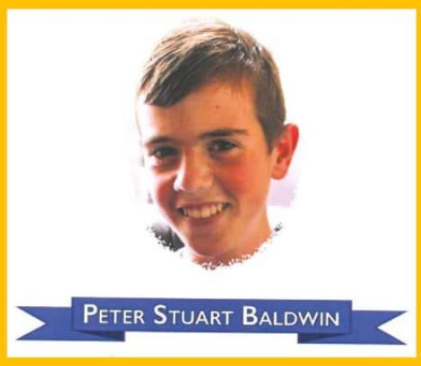
Website: ***www.diabetes.org.uk/in_your_area/wales***
FB page: ***www.facebook.com/diabetesuk.cymru.3***

Maindy Stadium

Cardiff

Sunday 4th December 2022

12 noon



to celebrate

Peter's 21st birthday

Come along and join us to complete 21 laps

walk, run , ride, scoot

For information please contact:

Diabetes UK Cymru on

Tel: 07713267312

Email: joseph.cuff@diabetes.org.uk

DIABETES UK
DEALL DIABETES. BRWYDRO DIABETES.
KNOW DIABETES. FIGHT DIABETES.
CYMRU

To celebrate Peters 21st Birthday, along with diabetes UK Cymru we're getting out and active! Come and take part, walk, run, scoot, cycle. Get yourself sponsored, make a donation be part of a legacy that IS making a difference! Get in touch for more info. See you there!

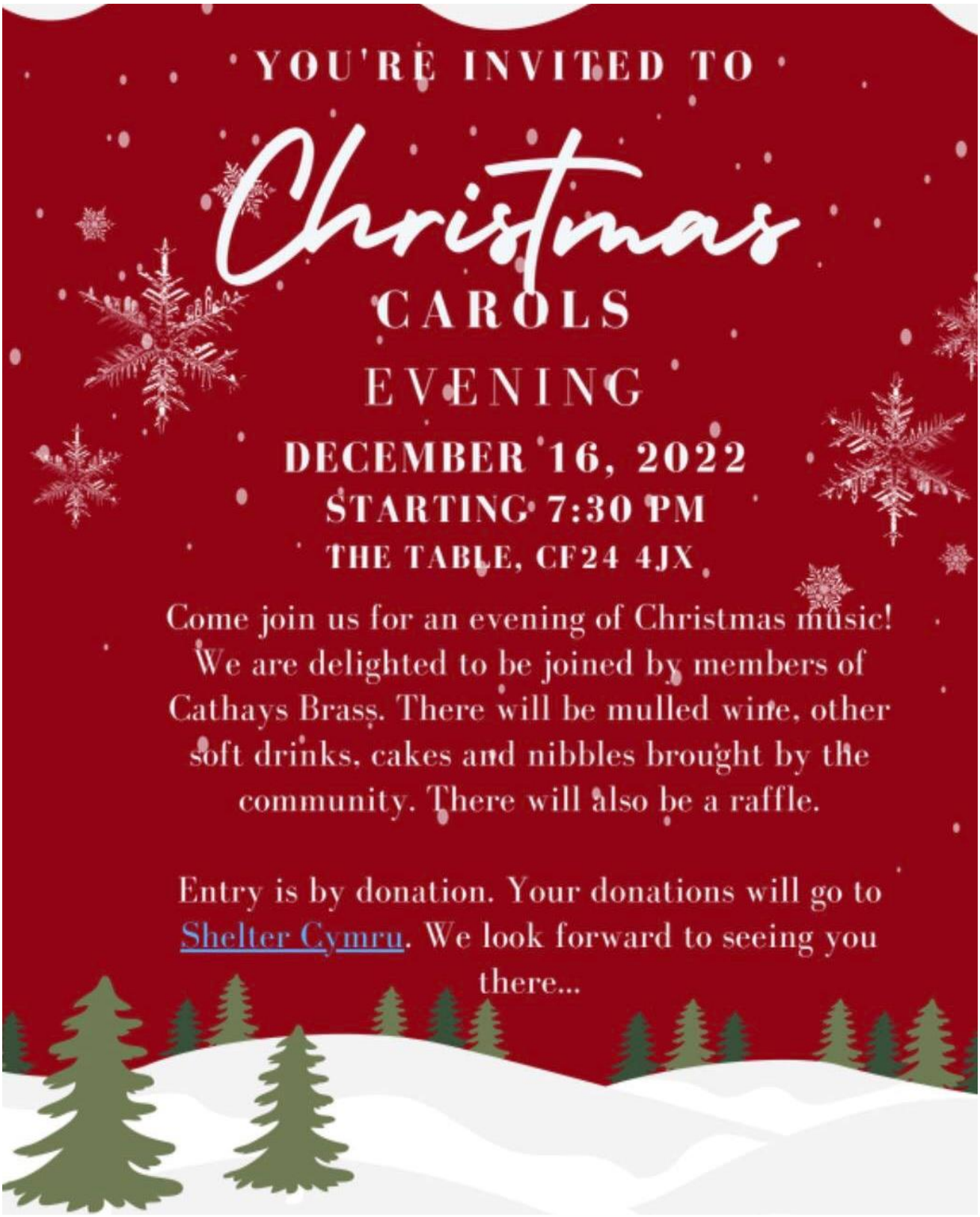
Christmas Family Fun Day @ Ffotogallery – Saturday, 10th December

Website: ***https://www.ffotogallery.org/***
FB link: ***https://www.facebook.com/ffotogallery/***



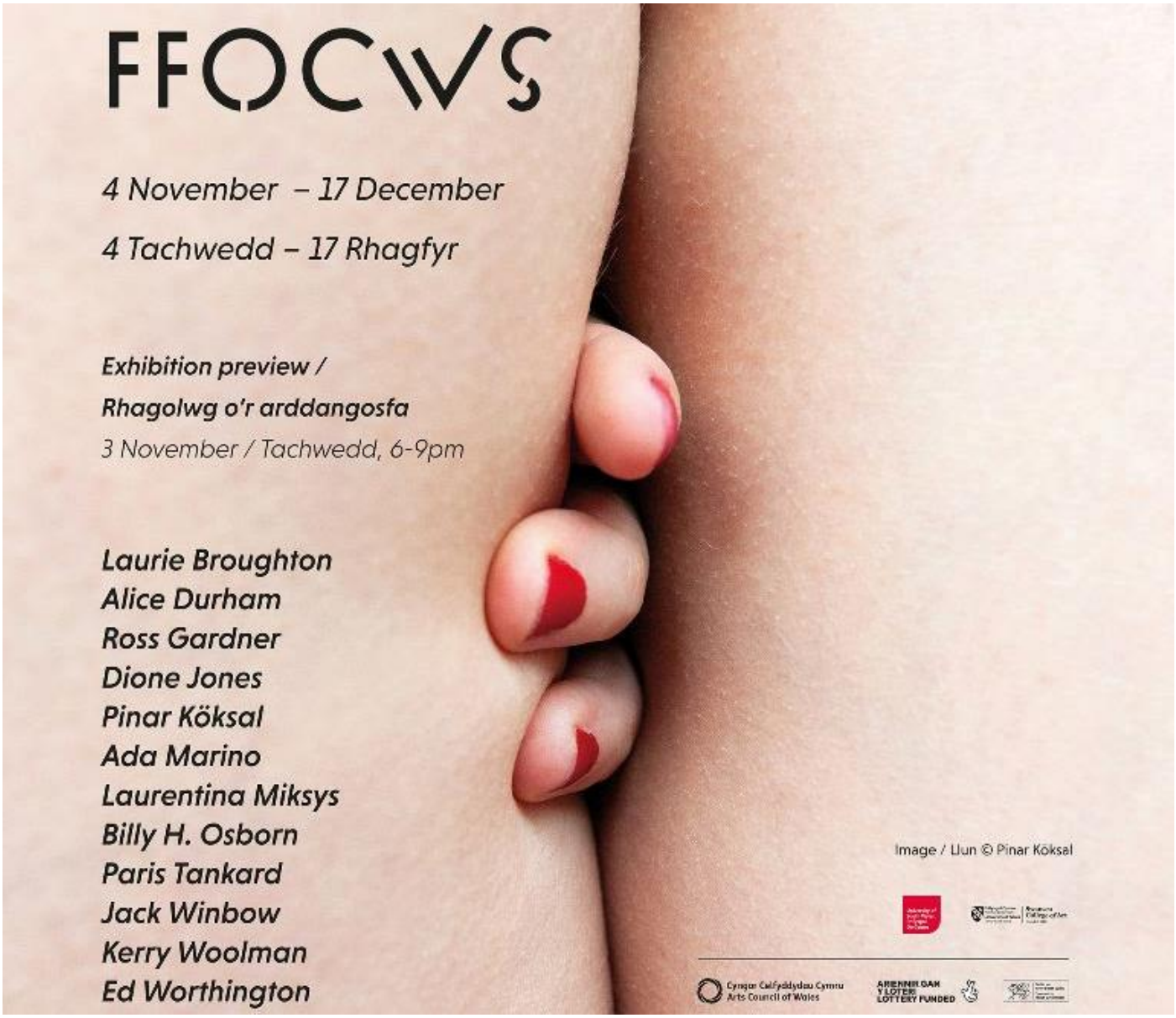
Shelter Cymru 'Christmas Carols Evening' @ The Table – Friday 16th December

Website: ***www.sheltercymru.org.uk***



Ffocws – See new emerging artists work @ Ffotogallery – ends 17th December!

Website: ***https://www.ffotogallery.org/***
FB: ***https://www.facebook.com/ffotogallery***



Ffocws is part of *Ffotogallery's mission to support emerging and early career artists*. It looks to survey recent graduates who have studied visual arts in Wales as well as offer opportunities to those who have not been in a formal art and creative education.

Ffotogallery presents the work of twelve brilliant artists who are challenging the process, medium and application of photography.

The exhibition continues until Saturday 17 December.
Gallery opening hours 12 - 5pm, Wednesday - Saturdays.

Breakfast with Santa @ The Table (Pentyrch Street)– Saturday, 17th December

FB link: ***https://www.facebook.com/theTable1905/***
Phone: ***07930 326 292***

Come and join us at the Table for a festive and fun filled time! Your brunch will be served by Christmas elves. Whilst they are busy getting your order ready, Christmas colouring and activity sheets will be available to keep your young ones entertained as well as the opportunity to write a last minute letter to Santa. ***As Santa himself will visit your table to collect your letter and have a chat!***

After breakfast we will then gather to listen to a story specially written by a local customer and volunteer of the Table. At the end of the event each child will take home some "magic oats" and a sweet treat!

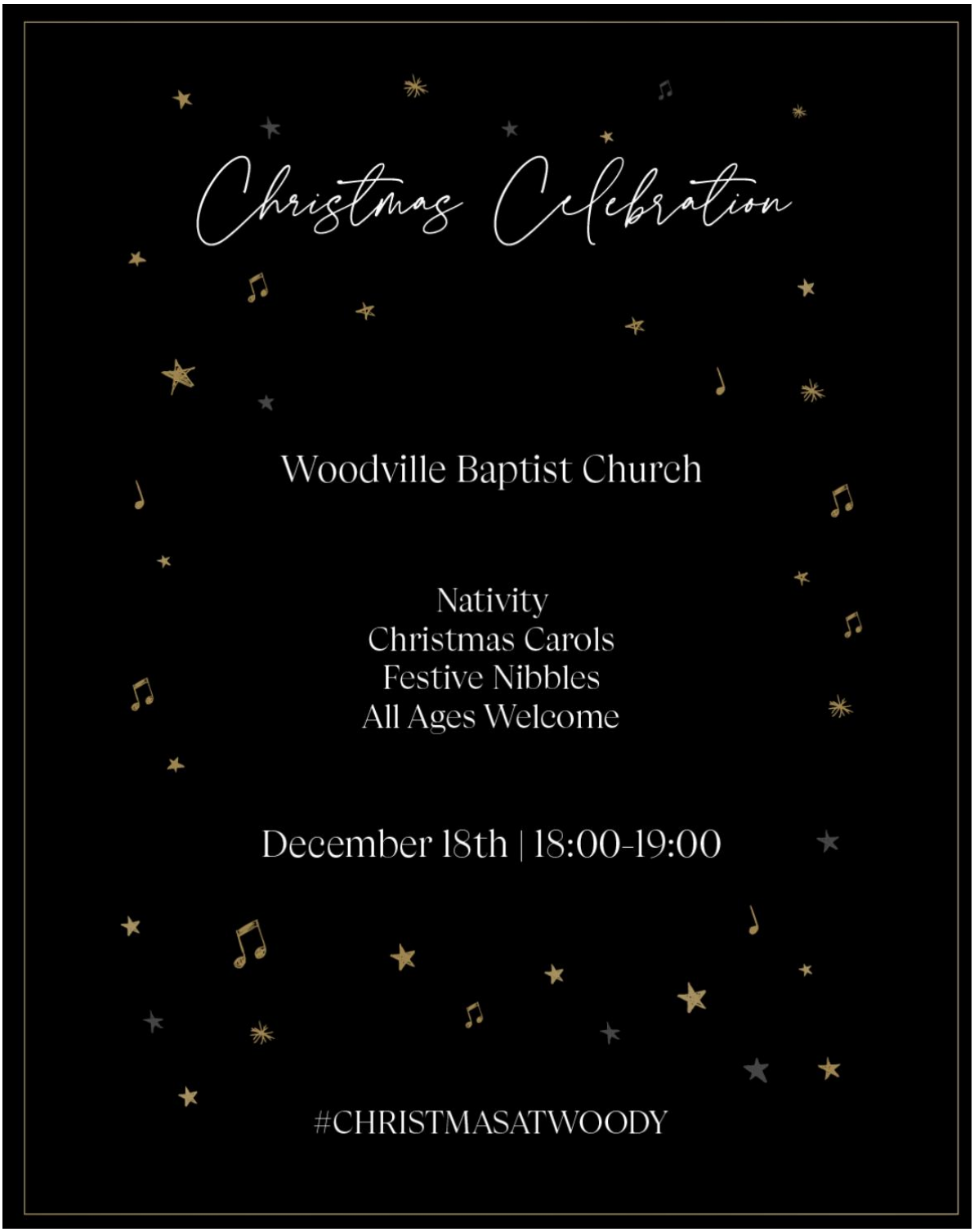
Booking link: ***https://www.eventbrite.com/e/brunch-with-santa-tickets-471428353897***



Kate & Simon, and Becky - The Table

Christmas Carols @ Woodville Baptist Church - Sunday 18th December

Website: ***www.woodbap.org.uk***



Judy, Annabelle, Justin, Luke – Staff at Woodville Baptist Church

Skittles Tournament @ Cathays Sports & Social – Monday 26th December

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







Merry Xmas from Cathays Sports and Social Club

Letter to the Cathays Community from Sherman Theatre!

Our two Christmas shows, *Tales of the Brothers Grimm* and *Goldilocks / Elen Benfelen* offer exceptional entertainment for everyone:
- Pay What You Can previews for both shows mean you can pay whatever works for you (see Shermantheatre.co.uk for details).
- Children and under 25s can see *Tales of the Brothers Grimm* for half price.
- 2 adults and 2 children can see *Tales of the Brothers Grimm* from under £50 (subject to availability).
- Break down the cost of your tickets for the show into two equal payments, one when you book and the other a week before the performance. Call 029 2064 6900 to find out more (applies to bookings of £20 in value or more).

Here for You

More than ever, this winter Sherman Theatre is your theatre. We want the city's communities, audiences and creative freelancers to feel at home in our warm and friendly foyer. Our doors are always open. We are here for you.

Volunteering

We are looking for more volunteers to join our team. Volunteering at Sherman Theatre is an exciting and sociable way to enjoy live performance, learn new skills and become part of a team of like-minded people. (For more information email volunteers@shermantheatre.co.uk)

Sherman 5

To make Sherman Theatre feel as open and accessible as possible, Sherman 5 are here to help break down any barriers that are stopping people from coming to our theatre. Membership is free and offers lots of great benefits. Find out more here: shermantheatre.co.uk/join-in/sherman-community/sherman-5/

Repair Café Cathays

Repair Café Wales is a collection of volunteers who get together to fix items that the public bring in, for free, to reduce landfill waste, foster a feeling of community and save people some money. On the first Saturday of every month at the Sherman 10am – 1pm.

Find out more at shermantheatre.co.uk



Pring Family Butchers – Christmas Special Offer to you!



Managers – Pring Family Butchers



January 2023 – Cathays Monthly Update

I dread to find out how many people suffered over Xmas with cold houses etc!

Please do undertake internet search with venues names and the words 'warm place'

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!

Time to get those thick jumpers out for winter 2022/2023 !!

Merry Christmas 2022 & a Happy New year 2023 to all Cathays !!

Regards,

Paulus