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 – January 2023

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

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January 2023 comments:

Relentless level of Break-in's into Cathays shops!

It is not just the houses getting broken into. Over the last 12 to 24 months on Crwys Road, Salisbury Road (Social Eats got hit three times and MBE Printers got hit twice in 24 hours!) and other business streets in Cathays is causing many business owners, and nearby neighbours more angst.

If you can, regardless of where you live in Cathays – please do install personal surveillance. Some streets now have their own private Facebook groups or WhatsApp groups to help make the streets more community orientated.

For the local businesses – the FB group 'Cathays Local Businesses' has been set up. Reporting crime and telling others in the community is not to create scare mongering – yet everyone knows a problem shared is a problem halved……

By working together with your neighbours we can all make Cathays a safer, fairer and positive place to work, rest and play. Yet you need to partake in order to make this a universal success for everyone!

Mould, mould, mould and your home!

In the last 8 weeks - having spoken to a residents, the letting agencies and a few shops to – the mould is just everywhere! It seems too many of us cannot escape it.

With many people turning the heating off, or just having it one for 2 hours in the AM, then 2 hours in the PM – yet keeping the windows closed permanently (especially in the cold snap) does create thermal differentiations which results in damp build up and inevitable mouldy patches on the windows, walls, doors etc.

Toxicity levels in the household will be deleterious to many people (pets too) so if you can help improve air quality by lacing your home with houseplants and leave the windows ajar (even when it is raining) if the house can breathe it will start to reduce the mould problems. *Obviously cleaning the walls of mould is necessary*. Many people will not afford dehumidifiers – yet getting your house to breathe again is the immediate priority all across the UK right now.

Tips for saving energy!

One of our retired nurses Anne; recommends using your kettle less – by filling up your hot thermos in the morning, you can use that hot water all day to make your teas/coffees.

It will save you re-boiling the kettle throughout the day!

No doubt everyone was putting on extra layers with December's minus zero few weeks – yet you should continue to wear those extra layers for the next few months!

January Foodbank across Cathays

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

- **COFFEE (INSTANT)**
- **TINNED MEAT**
- **TINNED FISH**
- **TINNED POTATOES**
- **TINNED CARROTS**
- **TINNED FRUIT**
- **LONG GRAIN RICE (1KG)**
- **FRUIT JUICE (LONG LIFE)**
- **SAVOURY SNACKS**
- **TINNED TOMATOES**
- **RICE PUDDING**
- **CUSTARD**
- **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

Phone numbers for debt/shelter/Asylum/support:

Claim what's yours advice link Cymru – ***0808 250 5700***

Shelter Cymru – ***0345 075 5005***

Asylum Justice – ***02920 499 421***

Energy Debt project Riverside Advice Centre – ***02920 341 577***

See *Money Advice Cardiff* poster below.

This is NOT a comprehensive list, please do submit any other local forums that can offer support in these difficult times for 1000's of people in Cardiff.

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 is your responsibility to check with the event organiser if their monthly activity is running or not!

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 January 2023

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 10:30 am: Baby & Toddler Group - EVERY Tuesday @ 'The Table' - Pentyrch Street	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	7 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)	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	11 10:30 am: Police Community Access Point - weekly @ Cardiff Union	12 4:30 pm: Youth Club @ Cathays Community Centre - EVERY Thursday 6:00 pm: Cantar Community Quoir - every Thursday @ Woodville Baptist Church	13 6:30 pm: IYP - Youth Club @ Cathays Community Centre EVERY Friday	14 11:00 am: Foodbank @ Woodville Baptist Church - EVERY Saturday	15
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 1:00 pm: Foodbank @ Woodville Baptist Church - EVERY Tuesday 1pm to 3pm	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					

Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 7th January

When you check in, you need to scan the bar code on the front desk to begin the process.

…….. however if you are not familiar with barcodes – please ask the Repair Café Cathays volunteers on the front desk for some assistance.





If you are not sure about the product you want repairing – contact us on ***repaircafecathays@gmail.com***



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







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

Save Maindy Velodrome Update: survey deadline 9th January!

Following our meeting last night below are the 2 most important updates we would like to share :

1) We have received confirmation from the council that the funding model and business case progression of the proposed new velodrome will no longer be reliant upon / tied into the school expansion and land swap proposals.
2) They are going to submit a new funding model and apparently a separate business case for the new velodrome that is not dependant on using education funds, so it would be able to proceed, subject to approval, regardless of what is happening at Maindy.

So - Clubs and individuals can now support saving Maindy velodrome without the fear that doing so could negatively impact on new cycling facilities elsewhere.

The next Maindy Trust meeting is on 23/1/23.

We will scrutinise any documents published prior to the meeting.

Our view is that we have already submitted sufficient evidence - written and oral, that a land swap will negatively impact on the beneficiaries, its not in the best interests of the charity, doesn't meet the charity's objectives and would result in a net loss of open access green space.

If the council approve the land swap we will concentrate our efforts on making representations to the charity commission, if and when an application is made.

We still have a number of avenues to pursue and additional evidence to support our case and believe time would be better spent dealing with the commission rather than the council as sole trustee.

Jeremy, Wyn, Christine, Ant, Chris, et al – Committee – Save Maindy Velodrome

Further to Jeremy's post over the weekend, please use the **survey link below to object** to the revised Maindy Park land swap **by January 9th.**

Link is **https://online1.snapsurveys.com/interview/9cbc7b4f-9f01-4987-bc73-faae8757ea6f**

Also!!!!!!!

Please **email your response and your supporting comments** by sending your comments to the following email addresses below:

huw.thomas@cardiff.gov.uk, CSCorres1@charitycommission.gov.uk, parliamentaryenquiries@charitycommission.gov.uk smct.campaign@gmail.com

Subject: Maindy Park land exchange survey

Body:

Dear Cllr Thomas,

Regarding the council's ongoing Maindy Park land exchange survey I responded 'No' to the question "Do you agree with the proposal to exchange land at Maindy Park as shown on the new plan?". Please see my supporting comments below:

Yours sincerely,

[Name]
[Postcode]
Replacing [name] and [postcode] with your own

The Cardiff Money Advice – help for Renters and Homeowners!



Woodville Baptist Church – Warm Places every Tuesday from 7pm to 9pm!

Website Link: ***www.warmwelcome.uk***



Warm Space at Woodville Baptish every Tuesday evening – PLEASE SHARE !!!!

Woodville Baptist Church is a registered 'Warm Welcome' space. We are opening our church building to the public during the winter months to provide them with a place to go that's warm, safe and welcoming.

We are providing:

- FREE heated space with seating and tables
- Refreshments (including soup, tea, coffee and snacks),
- Games
- Free wi-fi and
- Charging points.

Tuesdays 7pm-9pm

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

Independent advocacy - Age Cymru:

HOPE
Helping others participate and engage

age connects wales.

age Cymru
Creating an age friendly Wales

Independent Advocacy:

supporting you to be informed, heard and involved

Are you aged 50+, or a carer of an older person, living in the community and have issues or concerns that you're finding it difficult to resolve?

Do you need help from a trained independent Volunteer Advocate to:

- Ensure people listen to your views, wishes and feelings so you lead the decision making?
- Get the right support you need when you need it?
- Be supported to say what matters to you and why?
- Understand information about services or your rights?
- Understand your options and choices?



If you think that HOPE can support you, please e-mail **bryony.darke@agecymru.org.uk** or call **07943 186780**

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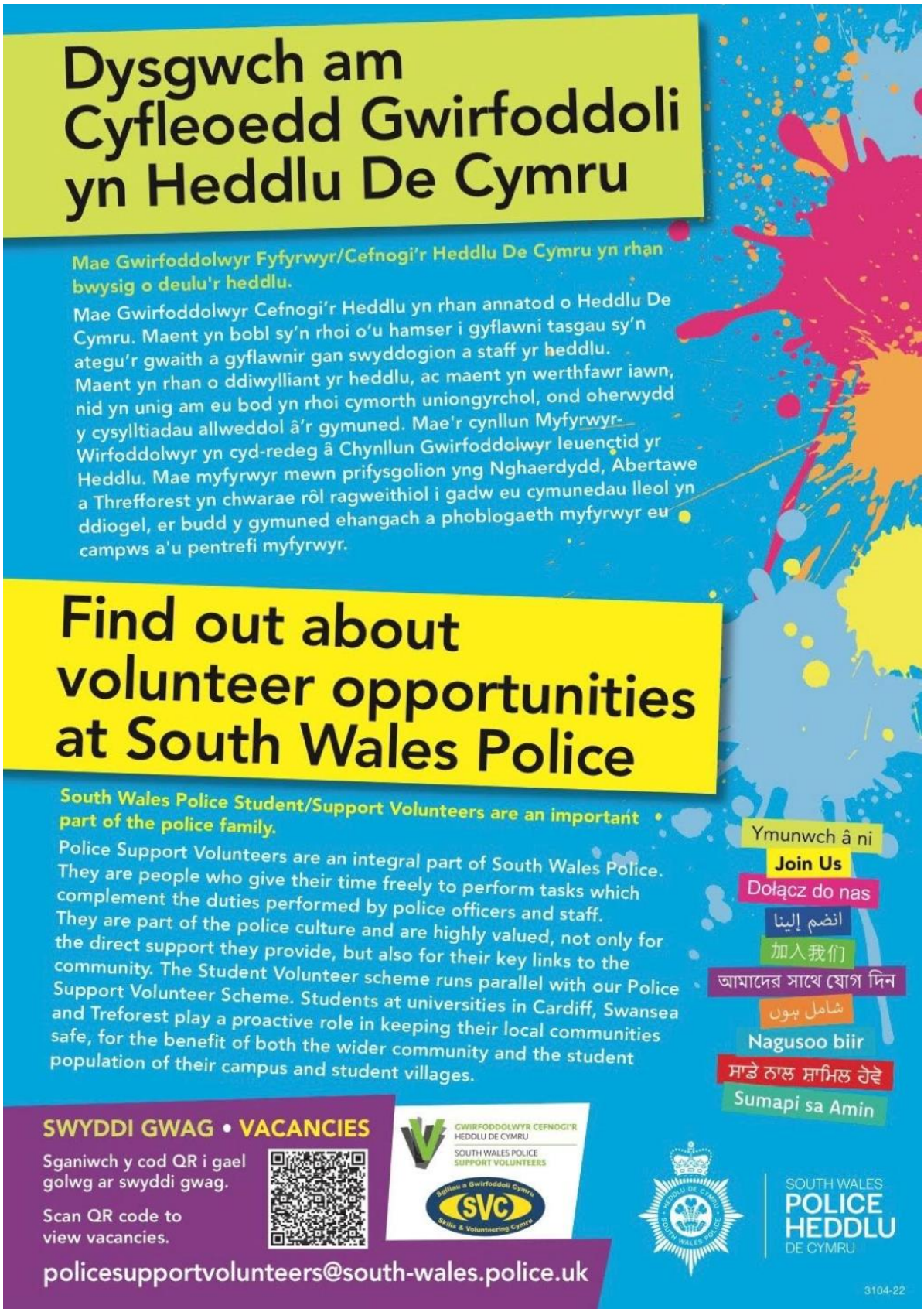
Age Cymru, Ground Floor, Mariners House, Trident Court, East Moors Road, Cardiff, CF24 5TD
Tel: 029 2043 1555 E-mail: enquiries@agecymru.org.uk **www.agecymru.org.uk**

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Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

Bryony – Age Cymru

Volunteering opportunities with the South Wales Police:



Fair Trade Fortnight – starting 27th February

Website Link: ***https://fairtrade.wales/campaign/fairtrade-fortnight-2023/***

If you wish to get involved – now is the time to get in touch with Fair Trade Wales



Pic: Nick Treharne

Our theme this year is… FOOD!

This means you could focus on any aspect of Fairtrade and food to celebrate Fairtrade Fortnight 2023. This could be, climate change and food production, Fairtrade procurement or food security to name but a few.

Food is at the heart of Fairtrade and intersects with climate change, gender, livelihoods and every other aspect of Fairtrade. Look here for somewhere to buy Fairtrade food.

What is Fairtrade Fortnight?

Each year Fairtrade Fortnight gives people across the UK the opportunity to celebrate Fairtrade achievements and learn more about the difference that Fairtrade makes.

Fairtrade Fortnight in Wales is supported by the Welsh Government and Hub Cymru Africa.

What will we be doing?

This year we will hold a flagship event to launch our Fairtrade Fortnight celebrations. This will however, be in-person and not online.

Like every year, we will partner with community groups around Wales to hold events and engage with policy and the public on Fairtrade.

We are also working with the Fairtrade Foundation to get a new teachers resource pack created and translated into Welsh.

February 2023 – Cathays Monthly Update

Hopefully there will be a few Halloween Family Parties for you to enjoy!

Please send your posters in for:

Valentine's restaurant / florists / gifts

Fair Trade Fortnight (late Feb/Early March)

Please get your posters in to ***mail@yourcathays.org.uk*** – thank you!

Regards,

Paulus