Cathays Monthly Update – February 2023

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

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February 2023 comments:

70 months of monthly updates … needs updating?

Since April 2017 when this email update began in the .pdf format – I do listen to everyone's feedback.

The 'resident focus' or 'business focus' is something I'd like to get into the regular rotation of each month.

Sherman Theatre – WARM PLACES – Daily !!

Sherman Theatre are running Warm Places 10am to 3pm everyday (Monday to Saturday) – you are most welcome to pop in and have a free cup of tea, use the Wifi etc. and sit and relax in a comfortable warm environment.

Collaboration space Cathays!!

The best way to increase access for many is to mix up the activities in many of our venues. For example some of the Warm Places will also go hand in hand with Foodbank drop off locations / community fridge, also the opportunity for the Police to set up a weekly meeting point.

Where can you venue play in with this? I know some faith venues investigated the Warm Places, yet with working out the safeguarding etc it was too complex / too much pressure on the Risk Assessments some of our faith groups / local businesses have looked into.

Foodbank strain!!

The Foodbank is under increasing strain (recession, paycuts, lockdown, wars – it all has an impact here at home in many parts of UK) so donate where you can do Foodbank – as part of this community update - so it may be an entire page is allocated to encourage more support of the Foodbank – images of locations, contact points per venue etc.

RIP Allan 'Aggy' Hargreaves

It is with horrible regret that I must inform you that one of our Flora Street residents Allan 'Aggy' Hargreaves died in mid January.

I did see him on the Sunday before he passed away, and helped him get into his house as he was struggling to access his door key and get into his house. A lot of us have been concerned about Aggy in recent months.

Understandably his immediate circle of friends and family are gutted at this tragedy. At present we believe he passed peacefully in his sleep.

Many of you will have seen Roy (how passed in 2022) Aggy, Paul and co in the Crwys Pub regularly congregating bringing the world to rights. They were a fun group of residents in their 50's and 60's who certainly made the local venues they frequented more uplifted with their laughing and joking.

Government support for low-income

As 2023 kicks off, a few million people are very concerned with the costs/bills of energy, food etc. The UK Government link ***https://www.gov.uk/guidance/cost-of-living-payment*** now may give you some guidance on what support mechanisms will be in place for 2023 and 2024.

As national Martin from Money Matters – people/couples on less than £40k incomes may be eligible for support. Please explore all options!

Warm Places continues …. autumn 2023, 2024, 2025

The UK bills will not go back to the original prices from e.g. two years ago, we will be looking at a few autumn/winters of 1000's of cold houses

If all the venues, faith groups, food establishments – so that we are not working against each other for 2023 going into 2024 – if all the Cathays Warm Places contribute their regular slots – we can create a shared schedule/map so people can see what is available (or nearest to them) to benefit from the warm places.

VENUES: please check out the Co-Op Warm Places funding bid, it may be something you can apply for.

Additionally this community update goes out across 8 districts now, so the information will be made available to people outside Cathays, so they can benefit from visiting a Warm Places venue if they are in the area.

December/January meetings:

It was a bit of overload and I believe I had 4 resident meetings each week over the last 8 weeks. There is a backlog of informal catch up's coming up – yet I will inevitably get around to speaking with the neighbours who are waiting in due course.

Multiple Cathays community projects ARE mobilising!!

At the end of 2019 although 20 of the project leaders and over dozen community leaders chose to stall many of our community initiatives – these have been slowly re-engaging and will be grown holistically on an individual basis (what works in one part of Cathays may not work as well elsewhere in Cathays!)

It is frustrating sometimes not being allowed to share the wonderful news that so many families, faith groups, local businesses, schools, volunteers etc are collaborating on different positive and beneficial local social/environmental/economic projects. Yet it is understandable that everyone wants to be able to walk before they can run. These Cathays projects/initiatives will inevitably all come to fruition!

Stamps swap out – extended to 31st July

Having spoken to the staff in Albany Post Office – they have stressed that the stamp swap out ***has been extended until 31st July***. If you are unsure ask at your local post office.

If you search engine (Google/Edge/Firefox) *search 'UK stamp swap out'* you should find the appropriate form.

The link is: *https://www.royalmail.com/sites/royalmail.com/files/2022-11/Stamp-Swap-Out-Form-under-200-pounds-v1_4.pdf*

Please do tell your neighbours who may not be savvy with internet etc – and if you could print the form out and give them a copy, it will help them a lot upgrade any of the older pre-bar code stamps for the new format.

Thank you Cyclopedia

Massive love to Cyclopedia giving life to my two wheeled twenty-two year 'old banger' pedal bike. I am very grateful to our local bike repair/sales business for repairing and keeping it going.

Thank you Dinas Computers:

Apologies, I think I missed out a 'thank you' to Dinas Computers for putting up and maintaining the Christmas Lights on Gladstone Primary School (most the lights were set up internally of the school for our 5-11 year olds to enjoy!).

Thank you Wyn and Phillip for annually fixing the lights and keeping them running since 2017.

What garage would you recommend in Cathays?

A few neighbours want to promote our local garages in Cathays. It is amazing that many people still fear approaching a garage, for fear of being ripped off.

We all need a reliable tradesperson go-to list in Cathays; to this what garage would you give the thumbs up to in our locale?

We have some brilliant car mechanics in Cathays – and they should be recommended word-of-mouth, yet if we could go a tiny step further and get them listed on a local Cathays trades list – it would encourage more residents to use them and help keep our garages running!

Growing Food in Cathays?

I've been doing the minutes for the last few years at video meetings for a Cardiff wide food growing initiative which many families, community gardens, disabled groups etc have been getting involved with.

Are any of our residents interested in growing their own vegetables? herbs? Fruits? With many of you expressing interest in safeguarding our limited green spaces across Cathays - If you are interested in getting involved in a food growing initiative, please do get in touch!

Tree being damaged/torn up …

In one location, the trees the residents planted in 2022 were sadly torn up (yet the other planting sites have done well so far) which was a little disconcerting and aggravating for the local planting volunteers.

Thanks to 3 of our local residents – the damaged trees have been found & collected, put into large pots in their respective back gardens and will be allowed to grow stronger roots before we try and put them back into our local green spaces.

Additionally a dozen of the residents from different streets are growing hundreds of indigenous wildflowers to go into local green spaces in the mid 2020's.

Resident violently beaten on NYE!

It was absolutely disgusting that one of our middle-aged Cathays neighbours was very violently attacked on New Year's Eve and left bleeding in a side street/alleyway.

There is no excuse for such a disgusting act of violence.

What I do not appreciate is that I was challenged by 5 people in 3 venues that they believed I knew something about this attack and have challenged me, quite aggressively; wrongly assuming that I knew something about this horrible incident.

Regrettably I know nothing of this incident, other than the horrific end-result. If anyone is aware of any information on the attack – please contact the Cathays Police (or 101) and report anything you saw.

Could 12th hardcopy newsletter costs £1,500 !?!

The printing costs over the last 24 months have increased (like everything else).

A lot of information is going into the next community hardcopy newsletter. I am trying to see if the hardcopy Your Cathays #12 newsletter can go to 12 sides of A3. Yet be easier [not to mention cheaper] to compact this into 8 sides (and defer some info to the 2024 newsletter).

Additionally each street will be its own A3 sheet as I wish to sort out emails per street, quantify exact numbers of residents – and have a massive admin exercise in updating information on resident numbers per street etc.

This next newsletter will come with a ***Cathays community survey*** – so it may well take 3-4 months to complete/get the hardcopy out to all of you! The survey info will be shared with everyone in 2024!

With the hardcopy 12th Newsletter (even the rough draft is going over the allocated eight A3 sides – and still more stuff needs to go into it

Cathays Local Businesses

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

Get your entries in please!

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 February 2023

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

Foodbank in Cathays – donating and collection!

Link: ***www.cardiff.foodbank.org.uk***

It has been incredibly difficult to listen to so many good souls experiencing real difficulties in recent years ….. there is no shame/embarrassment in admitting you are going hungry.

To quality for Foodbank – you need to get referred by your GP, our housing association, the Citizens Advice group or a Social worker!

Here you will be assessed and see if you qualify for Foodbank voucher to use at nearby Foodbanks!

Many residents, local businesses have asked how to help out – please do help to donate, or if you are a faith group, local business, school etc who wish to set up a foodbank – please contact Cardiff Foodbank and see how you can help out!

Foodbank Cathays DONATION / drop off locations:

Deposit in Foodbank Boxes in Cathays at locations such as:

→ ***Al-Manar Centre*** – Glynrhhonda Road

→ ***Dar Ul Isra Mosque*** – Wyeverne Road *(please do drop off Saturday's between 11:30 and 12:30)*

→ ***Sherman Theatre*** – Box is on the right of entrance (also Warm Places)

→ ***Sainsburys*** – Woodville Road (regular opening hours)

→ ***Tesco*** – Cathays Terrace (regular opening hours)

We are grateful to learn that Dar Ul Isra Foodbank has been nominated for the Co-Op community Fund 2022/2023 this year! Congrats!
Now

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

Thank you everyone who donates.



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

- **TINNED MEAT**
- **TINNED FISH**
- **TINNED POTATOES**
- **TINNED CARROTS**
- **TINNED FRUIT**
- **TINNED TOMATOES**
- **TOILET ROLLS (SMALL PACKS 2-4 ROLLS)**
- **DISINFECTANT WIPES**
- **LAUNDRY LIQUID/POWERS**

Please be aware this could change very quickly each month – so please check out the Cardiff Foodbank link to view our wants/excess list on: ***https://cardiff.foodbank.org.uk/give-help/donate-food/***

At present we have plenty of:

- **PASTA**
- **BAKED BEANS**
- **CEREAL**
- **TINNED SOUP**
- **SWEETCORN**
- **TEA**

Please check the link weekly.

Gauri – Cardiff Foodbank
Barak – Al-Manar Centre
Mo – Dar Ul-Isra
Simon – Sherman Theatre

The mould's not disappearing that quick!! Some ideas to help you all ……



Disclaimer – the community update does not take responsibility for the content ……. yet I'll certainly be trying all these ideas that everyone has contributed nonetheless!!

These actions can help reduce problems with internal condensation which causes mould growth.

Several Architect School staff from the Uni who saw the Cathays Monthly Update gave the following pointers on reducing mould in your homes! Since they know buildings – we thank them for their input!

Chris W states:

- ***→ Use pan lids when cooking and leave extractor fans on after cooking***
- ***→ Turn on your extractor fan when using your shower and leave on afterwards***
- ***→ Close kitchen & bathroom doors***
- ***→ Dry clothes outdoors (or in space with extractor fan)***
- ***→ Ensure washing machine/dryer is correctly vented to outside***
- ***→ Move furniture away from external walls (at least 50cm)***
- ***→ Open windows when weather outside is warmer***
- ***→ Wipe down cold surfaces***
- ***→ Don't overfill wardrobes & cupboards!***

Colleague Angela RdP then went on to states that:

"find that wiping down the bathroom walls and mirror after showering (I use a squeegee) and either wipe down the screen or shake the curtains, depending on what you have, it helps to significantly reduce moisture in the bathroom." Reduce moisture = reduce mould conditions.

Anonymous Plant dude / Cathays Resident:

"Adding house plants such as Spider plants, Aloe Vera, Money Trees etc. will increase the breathability of your household. These days you will see many households with windows adorned with wonderful green, whites pastels of house plant colours! Some people even believe it improves their mood in to have house plants spread around your household!" = Symbiosis of humans and plants sharing the domestic respiration cycle.

What are you suggestions to reduce mould in the home?

These will be reiterated in the autumn 2023 / winter 2024

Let us share information and work together as a community!

Cathays Local Businesses

Warm Places Coffee Morning @ Cathays Community Centre - Wednesday 1st February

Website: www.cathays.org.uk email Debbie.Davies@cathays.org.uk phone ***029 2037 3144***

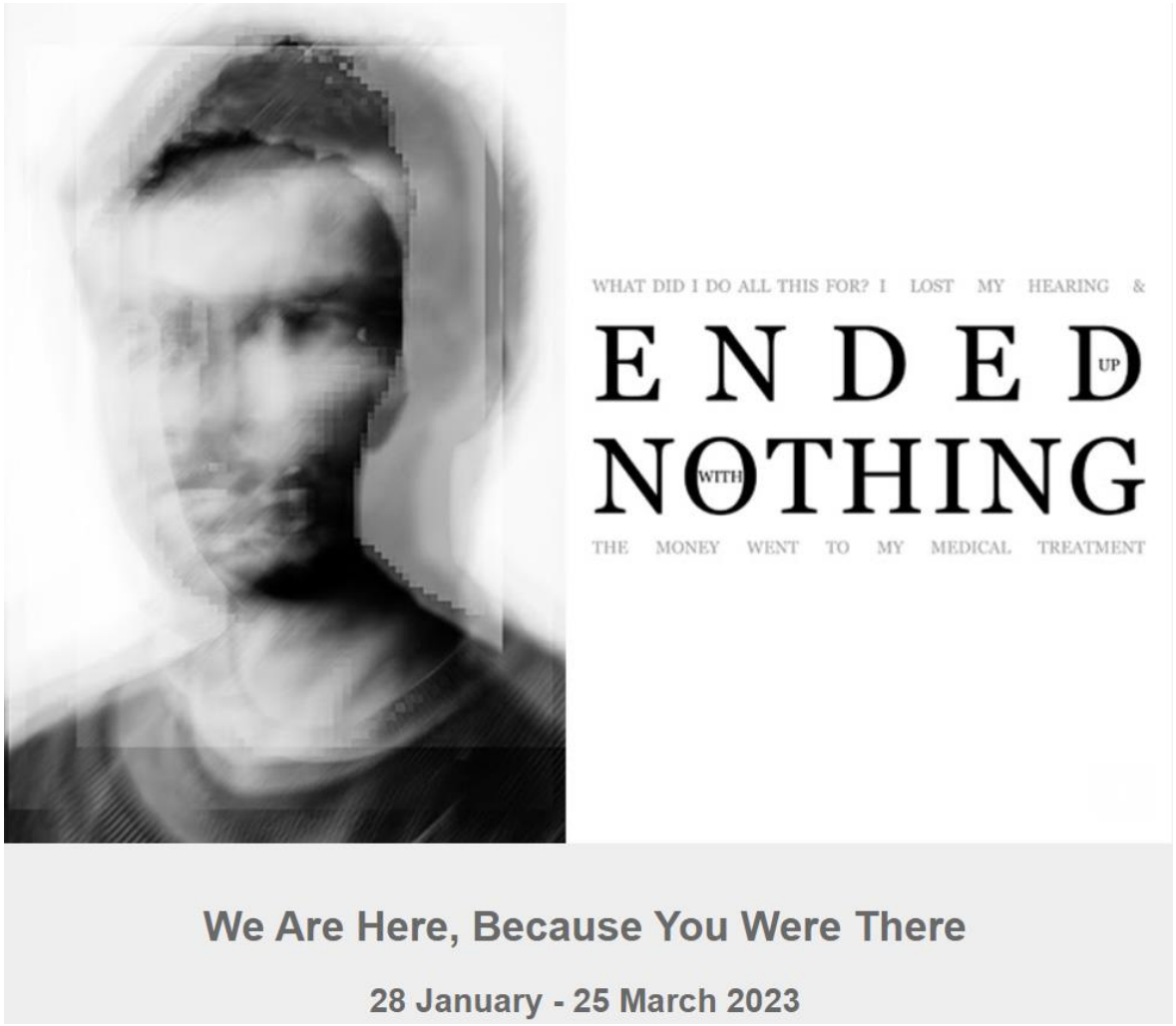
Every Wednesday 1st, 8th, 15th, 22nd February



We are here, because you were there - exhibition @ Ffotogallery – all February:

Website: ***www.ffotogallery.org***

Address: Ffotogallery Wales Ltd, Old Sunday School, Fanny Street, Cathays, CF24 4EH



In January 2023, Ffotogallery is honoured to present a new exhibition ***We Are Here, Because You Were There***, a collaborative project by photographer Andy Barnham and researcher Dr Sara de Jong. The work uses portraiture and quotes to document the experiences of Afghan interpreters employed by the British Army who recently resettled to the UK.

“This important body of work centres on the first-hand experiences of Afghan interpreters and their struggle for sanctuary in the UK after the British army withdrawal from Afghanistan. The project highlights the impact of historic and recent British involvement with Afghanistan and the need for wider conversations about the lack of safe asylum routes to the UK.”

Sian – Director - Ffotogallery

Cathays Local Businesses

Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 4th February

When you arrive at Repair Café Cathays, register at the volunteers desk – then please either scan the bar code to start the process, or ask the volunteers how to do the alternative process!



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







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

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

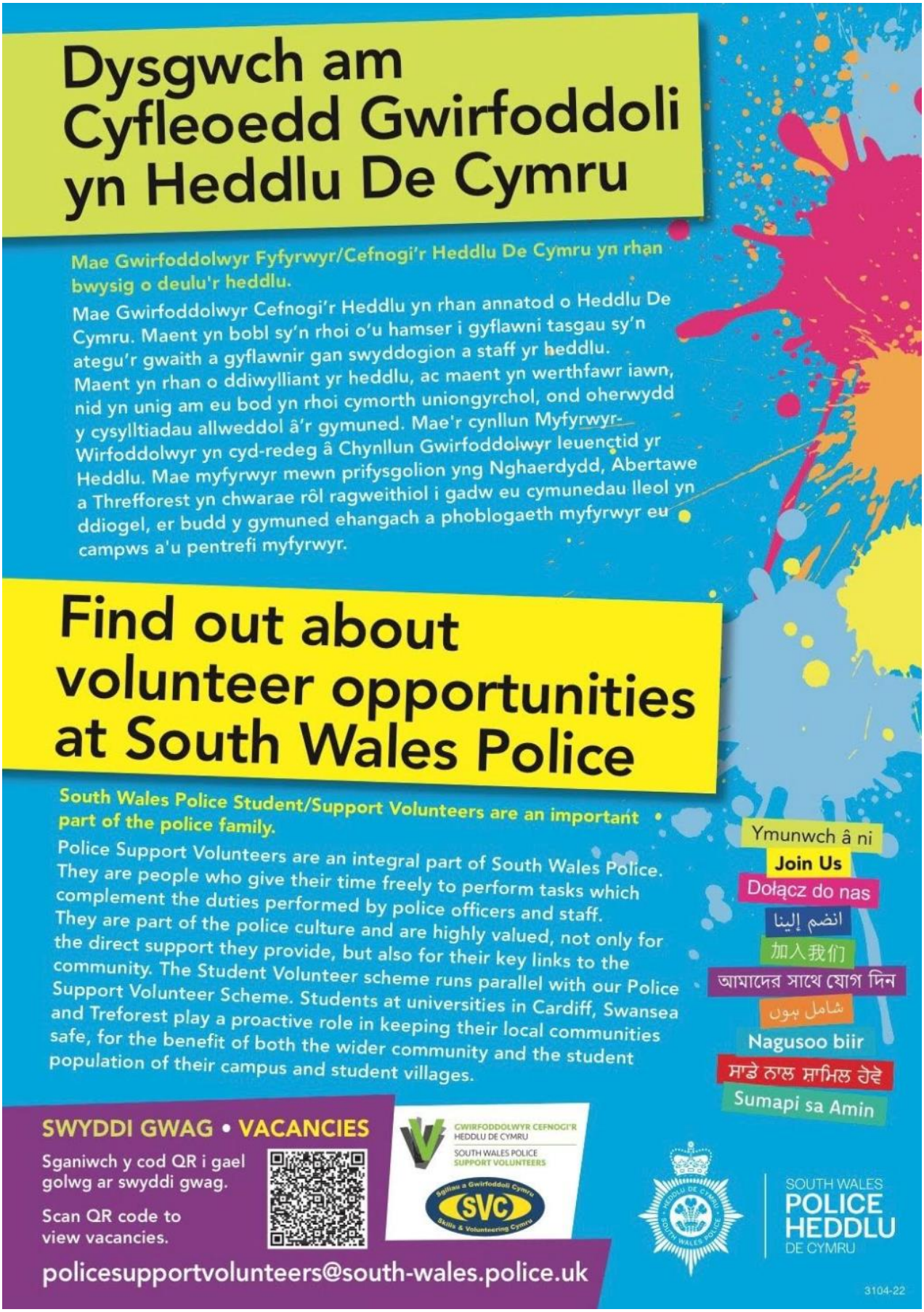




Volunteers - Repair Café Cathays

Join the Police Volunteers - Deadline is Monday, 6th February

Email: ***policesupportvolunteers@south-wales.police.uk***



PC Mike Neate – 'CdfUniCop' – South Wales Police

Cathays Local Businesses

Police Community Access Point @ Sherman Theatre starting Wednesday 8th February:

Local Police contacts/info: ***www.yourcathays.org.uk/cathays-police-cathays-pcso/***

South Wales Police
Keeping South Wales Safe

The local Cathays Police will set up another Community Access Point at Sherman Theatre between 10:00 and 11:00 every Wednesday!

This will coincide with the 'Warm Places' that runs Monday to Saturday at Sherman Theatre from 10am to 3pm.

Come and discuss any concerns, proposals or ideas for making our community safer & stronger with your local Cathays Police!



PCSO David Lloyd – Cathays Police

PCSO Olivia Andrews – Cathays Police

Discussion: Ethics of Photography in conflicts @ Ffotogallery – Thursday, 16th February

6pm to 8pm **FREE event** - Link ***https://ffotogallery.org/programme/ethics-of-photography***

PANEL DISCUSSION:
THE ETHICS OF PHOTOGRAPHY DURING AND AFTER CONFLICTS

Join us on Thursday 16th February for a conversation on the ethics of photography during and after conflicts, coinciding with our current exhibition, *We Are Here, Because You Were There: Afghan Interpreters in the UK.* We are thrilled to be joined by the following panellists;

Nelly Ating, a photojournalist whose work focuses on questions of identity, activism, education, extremism, and migration;

Tudor Etchells, a photographer, researcher and human rights lawyer for clients in the migration system;

Benjamin Chesterton, co-founder of the award-winning film production company duckrabbit;

Andy Barnham, a photographer and veteran who served as an officer in the Royal Artillery, deploying on operational tours multiple times to Iraq, Cyprus and Afghanistan where he documented his experiences.

Chaired by our director ***Siân Addicott***, our panel of contemporary photographers and filmmakers will discuss their personal approaches to documenting people and places impacted by acts of war.

We look forward to an evening of engaging and perceptive discourse from our panellists and audience.

The exhibition *We Are Here, Because You Were There: Afghan Interpreters in the UK* continues until 25 March, open Wednesday - Saturday, 12 - 5pm.



Photograph by Andy Barnham ©

Fair Trade Fortnight – starting 27th February

Yes – this was in last months update!!

Cymru Masnach Deg
Fair Trade Wales

At Fair Trade Wales, we have three main objectives; which are to:

- ***Support:*** To create and support activists
- ***Grow:*** To create partnerships and maximise opportunities
- ***Promote:*** To maintain and enhance Welsh Government's commitment to furthering Wales as a Fair Trade Nation

So please do get involved in Fair Trade Fortnight in Cardiff (and elsewhere!)

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

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.

Fair Trade Cardiff
The World's First Fair Trade Capital

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*** (***https://www.fairtrade.org.uk/get-involved/current-campaigns/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.

FAIRTRADE FOUNDATION

FAIRTRADE SCHOOLS

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*** (***https://schools.fairtrade.org.uk/teaching-resources/#page-1***) to get a new teacher's resource pack created and translated into Welsh.

Aileen – Fair Trade Wales

Cathays Local Businesses

Co-Op – Warm Places Funding Boost – deadline Tuesday, 28th February

There's still time to apply for a Warm Spaces Funding Boost

Website Link: ***www.crowdfunder.co.uk/funds/co-op-community-fund***



We wanted to remind you about the Co-op's Warm Spaces Funding Boost – a new funding opportunity designed to help community organisations navigate the cost-of-living crisis to provide vital services this winter.

Since we launched our £1m funding boost in partnership with Crowdfunder in December, hundreds of local causes have already benefited.

We are providing match funding up to £3,000 per project, with no minimum amount you must raise for Co-op to match your fundraising efforts. So, if your group hasn't applied already, and is looking for additional funds to cover energy bills or enhance winter activities, then why not consider applying?

Who can apply?

If they run services and activities from community spaces in their local area, not-for-profit community organisations can apply for match funding to:

- Maintain vital services in the face of rising energy costs
- Make the community space that they operate from more welcoming
- Increase opening times or extend services

Click ***https://www.crowdfunder.co.uk/funds/co-op-community-fund*** for further details, to set up your Crowdfunder profile and start fundraising.

You have until **28 February 2023** to apply, *but as were already receiving lots of applications, please apply as soon as possible*. Please feel free to share this information with any other groups in your community that might benefit from this opportunity.

Best wishes,

April Armstrong - Local Community Fund Manager

Cathays Local Businesses

Warm Places @ Woodville Baptist Church - Every Tuesday evening – 7pm to 9pm !!

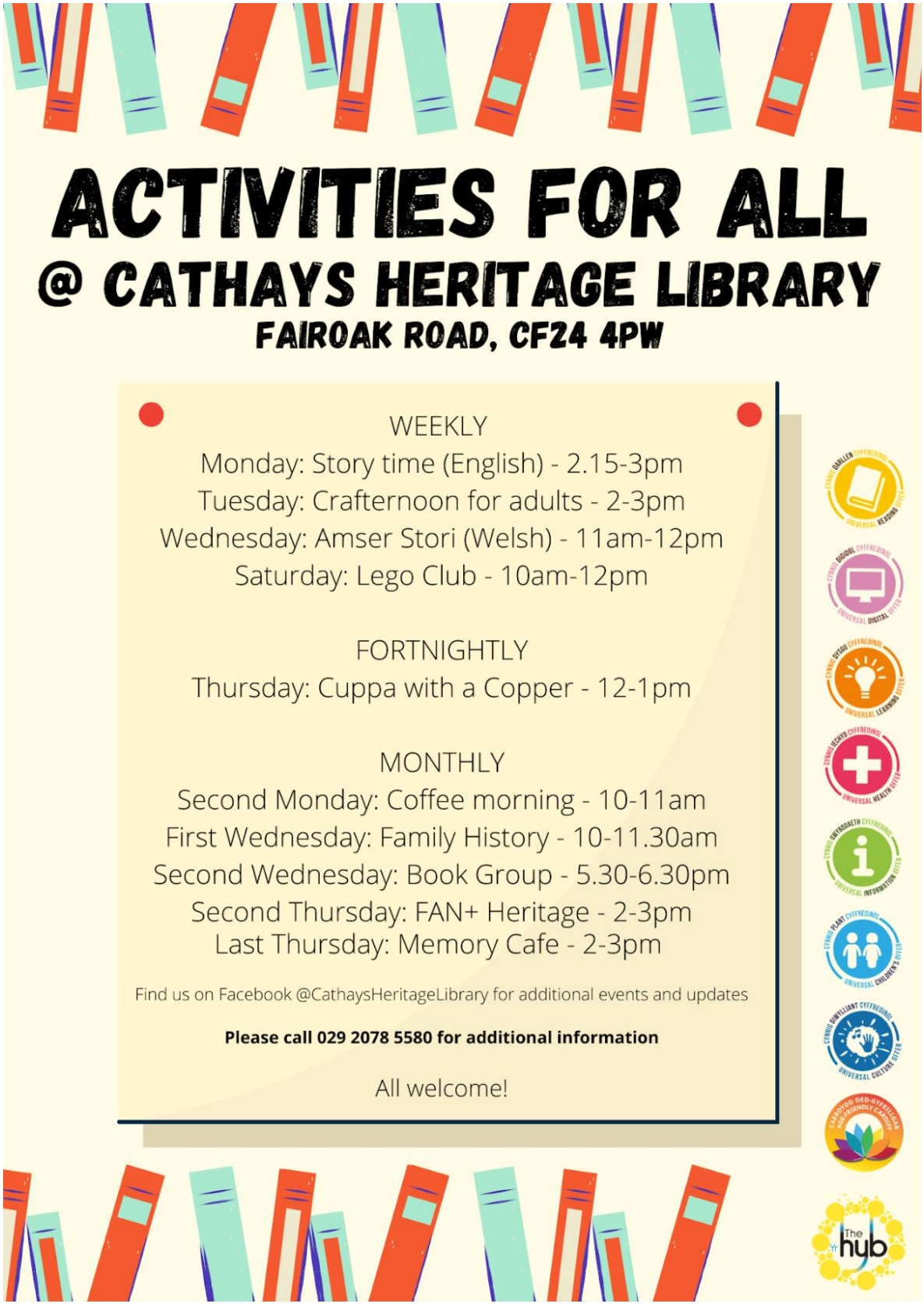


Judy, Anna - Woodville Baptist Church

Cathays Local Businesses

Cathays Library – end of Winter/early Spring 2023 activities – please do get involved!

Website Link: ***https://cardiffhubs.co.uk/venue/cathays-library/***
email: ***cathayslibrary@cardiff.gov.uk***
Phone: ***02920 785 580***



Dan – Cathays Library

Community Fridge – can you help donate? Can Local food businesses donate?

Website: ***www.cathays.org.uk***

A lot of people still going hungry, skipping meals due to costs increase across the ball (or should I say across the globe?)

Thirty of our long term and new residents have confident in me over the last 60 days / 8 weeks that they are struggling ridiculously with costs of food and not being to eat appropriate meals.

I'd not be surprised if this is nearer the 100's in Cathays!

Although I do not understand why some of our neighbours do not qualify for certain support mechanisms (Government support, Food Bank Charity etc) I do fully support that we need to create stronger food support network everywhere in UK – more immediately our district of Cathays!

Some of our ***local Cathays businesses*** do have excess of food that they have to legally dispose of at the end of the businesses day (sell by expiry dates etc) which would be perfect to donate to the ***Community Fridge at Cathays Community Centre***.



Local/franchise businesses - Can you please donate to the Community Fridge at the Cathays Community Centre?

Please contact Cathays Community Centre to see what their conditions are (there are certain exclusions!) and please what you can into the Community Fridge!

Every contribution will help someone in a more desperate state!

The adjoining issue is from late January – and I am grateful to see some people still putting food in the fridge.

Conversely – if residents can see food is left in the fridge, please do send text to your neighbours, or take a picture and add it to Facebook, Twitter, Next Door, Instagram or other platforms. You could be helping someone get fed.

We may hopefully see the warmer days coming in 60 days – yet people re going hungry 52 weeks a year!

Bud, Bridie, Joel, Debbie and everyone else - Cathays Community Centre

Cathays Local Businesses

Parents & Children – £50 voucher for partaking in an MRI study:

CARDIFF UNIVERSITY
PRIFYSGOL CAERDYDD

School of Psychology
Ysgol Seicoleg

CUBRIC

wellcome

HELP US STUDYING THE BRAIN WITH MAGNETIC RESONANCE IMAGING (MRI)



Who can take part?

Healthy volunteers between ages of:

- **10 - 12 y.o.**
- **30 - 35 y.o.**

Potential benefits?

Up to £50 gift voucher

What to expect?

An informal chat with us to check for eligibility

→

1st session (2h) MRI scan

→ max 2 weeks →

2nd session (2h) MRI scan + Short cognitive test

For more information, please contact Veronica at dellacquav@cardiff.ac.uk

Veronica – Psychology School – Cardiff University

Save Maindy Velodrome update: Creation of ABC Maindy Park !!

Website: ***https://linktr.ee/maindysave***
Facebook: ***https://www.facebook.com/groups/191738166287949/***



To say the least, the residents of Cathays, Gabalfa and other districts have undertaken something unprecedented in the locale by challenging the destruction of our local heritage.

Just watching the updates on their Facebook group has been amazing to see the gargantuan effort so many residents from near and afar have poured into the efforts to Save Maindy Velodrome!

Now the Save Maindy Velodrome residents has been set up ***ABC Maindy Park***, which you can join - ***https://forms.office.com/pages/responsepage.aspx?id=DQSIkWdsW0yxEjajBLZtrQAAAAAAAAAAAN__lzWg7VUQ0ZKNkJFMkI3TUYxRk9YQThJM1U4ODBLSC4u&fbclid*** and submit online.

Give On 24th January it hit 100 members – which show so many people care!! As Ant put in the FB group:

"ABC Maindy Park hit 💯members today! If you've not already done so, please join our new association, which was set up with the aim of putting the citizens of Cardiff at the heart of decision-making regarding Maindy Park and the Trust.

Joining is free and only takes a minute.

We'll be posting our first update in the next week or so.

Thanks/diolch!"

Email: ***abcmaindypark@gmail.com***



It's not over yet folks – the residents are still fighting for Cathays in every way they can!

Thank you to everyone who has got involved to Save Maindy Velodrome!

Wyn, Christine, Jeremy, Ant, Renata (and many others) - Save Maindy Velodrome Committee!

Ladies – come and try Oriental Thai Spa !!

Nat a local resident has set up her own Thai Spa – Ladies come and try it out – pamper/spoil yourself!!
Please call her on ***07508 683 779*** – on *40 City Road*, Cardiff (walk through the barbers to get to the Spa!)



	1/HR	1.30/HRS	2/HRS
• THAI SPORT MASSAGE	£45	£65	£75
• TRADITIONAL THAI YOGA	£45	£65	£75
• BACK NECK AND SHOULDER	£45	£65	£75
• SWEDISH OIL MASSAGE	£45	£65	£75
• AROMATHERAPY OIL MASSAGE	£45	£65	£75
• DEEP TISSUE OIL MASSAGE	£45	£65	£75
• HOT STONE MASSAGE	£45	£65	£75
• HOT TOWEL MASSAGE	£45	£65	£75
• THAI HERBAL MASSAGE	£50	£70	£80
• FACIAL STEAMER MASSAGE	£40	-	-
• REFLEXOLOGY FOOT MASSAGE	£45	-	-
• FULL BODY SCRUB	£40	-	-
• BACK SCRUB (30 MIN)	£20	-	-

Speed Camera Paranoia of temp camera's going up in locale:

ID – the Intelligent Data company are ***undertaking a survey on traffic and transportation*** in multiple points across Cardiff.

The data is no doubt for the entity that has paid for this data collection service (which you can find out off your own backs using the images on this page!)

So please do not start getting paranoid that loads of new cameras on lamp posts have been put up – to catch us all out. If you look on the cases they are clearly marked as *Survey not law enforcement*!sss

Next time some of you start getting anxious – please take a closer look at the instruments in question, you'd be amazed what you find out!







Cathays Local Businesses

Bin Days in Cathays! Get on it – before the fines get on you!!

Website link: ***https://www.cardiff.gov.uk/ENG/resident/Rubbish-and-recycling/When-are-my-bins-collected/Pages/default.aspx***

Get with the program people – avoid the dreaded bin fines!!



Cathays Local Businesses

March 2022 – Cathays Monthly Update

Once again the rumours of a Spring arriving, we hope are not greatly exaggerated !!

Does anyone want to contribute some tips on Gardening time!!

New group getting set up? You welcome to share it via the Cathays Monthly Update.

Residents / Faith Groups / Businesses / Volunteers? Get your adverts/event posters for March in please!

Regards,

Paulus