Cathays Monthly Update – March 2023

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

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March Comments:

8 more businesses, 5 more residents sign up!

Thank you to for signing up to this community update – and we have another 5 residents signed up (one has just moved into the locale)

For foolish comments like 'you've excluded the students' is rubbish – this community update goes through all 4 of the college networks – which is an opportunity to raise the issue internally of the universities that *50 of the Uni staff (from all 4 colleges) live in Cathays – as does approximately 400+ of the graduates who never left* – as they fell in love with this area and chose to stay over the last 20-30 years!

Susan wishes to open dialogue with neighbours.

One of our North Road residents called Susan wishes to reach out to people with similar concerns that are happening around Cathays and wider Cardiff.

The issues of the *15 minute city* Susan believes is already locked into Cardiff (she has consulted with a politician on this issue) and many of you will be aware of the resident demonstrations in English cities which their respective councils are pushing the 15 minute city. ***Read up on it!!***

The future of a looming *cashless society* is something Susan has concerns about and has been undertaking discussions with businesses on City Road, as a trial which the businesses have expressed concerns about cashless/only digital currency future.

If you share similar concerns, then please do contact the newsletter and your email/number can be passed onto Susan, so that you can get involved.

Street Groups emerging in Cathays ….

For some months/years now a lot of FB, WhatsApp, Signal groups are being set up in many streets of Cathays. The residents have asked that you do not specifically publicise certain ones – yet it is just great to know people are making an effort to try and pull together. Gower Cathays seems to have the highest concentration of individual street groups.

Keep up the good efforts neighbours!!

Weekly Cemetery Walk!!

Friends of Cathays Cemetery run the weekly Cemetery walks each week on Tuesday mornings.

If you want to partake in the weekly walk – then ***please meet at 10:30am (Sharp!) behind Cathays Library*** where the walk will take approximately 60 to 70 minutes. Come along, build new associations in the neighbourhood.

This was part of the 'walk for health' for in the 2010's and now in the 2020's Friends of Cathays Cemetery have taken over the reins.

Malefant Street Play Space – every month!

The residents of Malefant Street gace organised a community "Play time/street shut down" on the ***third Saturday of every month.***

This is located between *the block of 33 to 80 Malefant Street beginning at 2pm and finishing at 4pm*.

This is an opportunity for families to bring their children out to play and for the residents to meet up and socialise in a safe space where cars will not be disturbing the 'play space' for 2 hours.

Activities: there is chalk, footballs provided – the children can being their own bikes, scooters etc. parents are encouraged to bring snacks and soft drinks if you wish to.

Debs and others worked very hard to make this happen – so please do get involved.

Wyn of Wyeverne Road - RIP

Very sadly, in recent weeks Wyn from Wyeverne Road passed away. A long term residents in middle of Wyeverne Road, he was a pretty upbeat and outgoing gentleman who had a strong association with his immediate neighbours in Cathays.

Wyn was always seen pottering on his front garden, growing those lovely ferns etc. He always was positive and open with passers by whenever they engaged with him. Rest in Peace Wyn!

Victor of Rhymney Street - RIP

Additionally, Tony who runs Drift Inn laundrette has relayed to the community with sadness, that at the end of February thar Victor has passed away.

Tony always visited Victor on a fortnightly basis for many years now and was saddened to find that Victor had passed away.

Victor was regularly seen sitting on his deck chair out on Rhymney Street over the years – massive praise to one of our 30 something young parents who helped Victor out in recent years. It is all much appreciated by Victor's inner circle of friends/family.

Tree being damaged/torn up …

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.

Three local residents found the damaged trees & 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 in the coming years.

Cathays Local Businesses

The 'Your Cathays online CALENDAR' for March:

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 March 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: Baby & Toddler Group - EVERY Tuesday @ 'The Table' - Pentyrch Street 10:30 am: Weekly Tuesday 'Cathays Cemetery Walk' (Walk for Health)	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	23 12:00 pm: 'Cuppa with a Copper' - Bi-weekly @ Cathays Library 2:00 pm: Memory Lane (Dementia Support) EVERY Thursday	24	25 10:00 am: Friends of Cathays Cemetery WORKDAYS 2023 - last Saturday of each month!	26
27	28 1:00 pm: Foodbank @ Woodville Baptist Church - EVERY Tuesday 1pm to 3pm	29	30	31		

March 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)

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!!***

- **UHT MILK (1LITRE)**
- **TINNED MEAT**
- **TINNED FISH**
- **TINNED POTATOES**
- **TINNED CARROTS**
- **TINNED FRUIT**
- **TINNED TOMATOES**
- **INSTANT NOODLES**
- **DISINFECTANT WIPES**
- **LAUNDRY LIQUID/POWERS**
- **GOOD QUALITY CARRIER BAGS**

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

Cathays Local Businesses

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

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

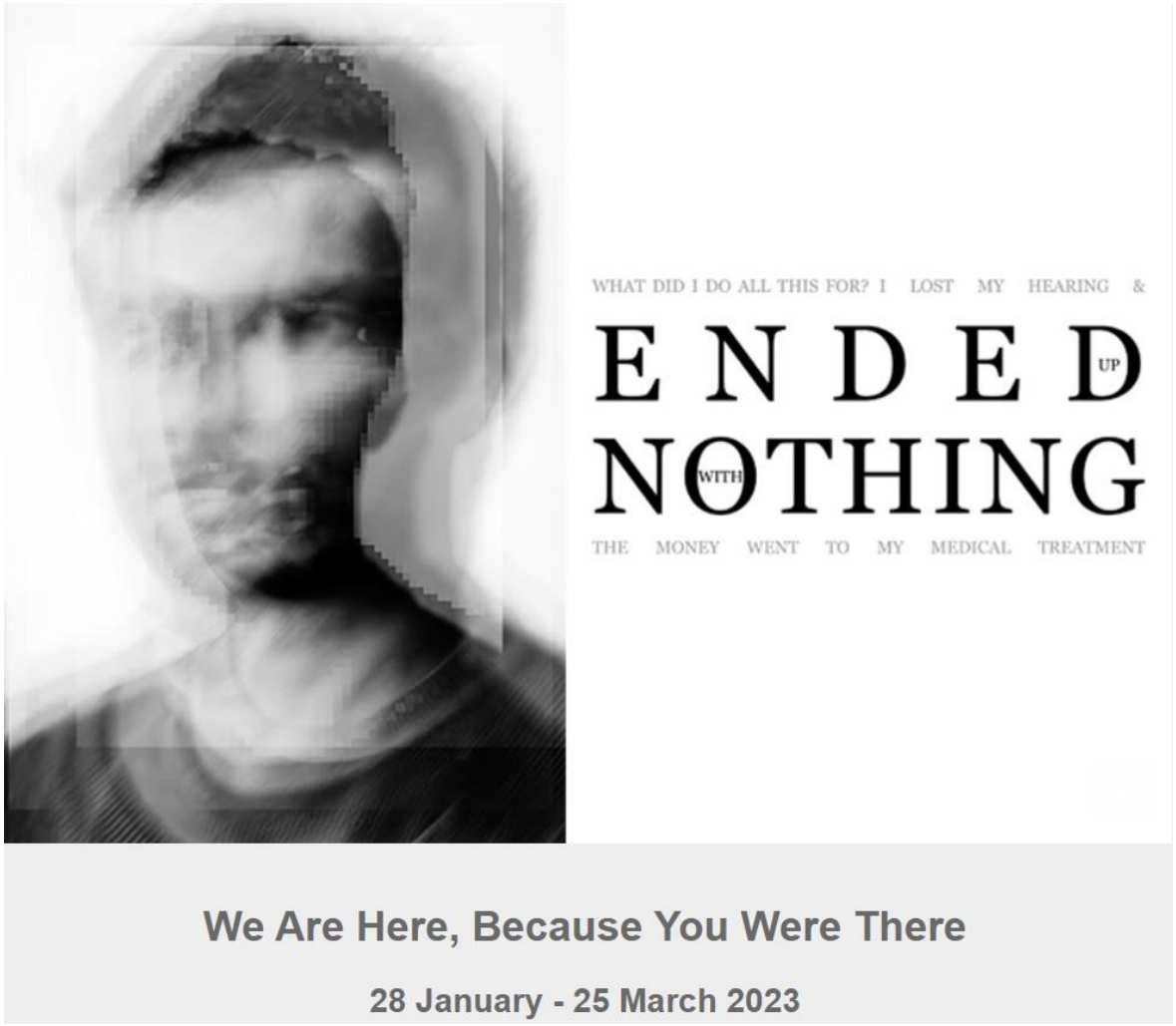
Every Wednesday 1st, 8th, 15th, 22nd, 29th March



We are here, because you were there - exhibition @ Ffotogallery – 1st to 25th March

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 March

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

Singing in Solidarity @ Ffotogallery - Wednesday 8th March:

Link: ***https://www.ffotogallery.org/programme/singing-in-solidarity***

4pm to 6pm



As part of the continuing programme of events supporting our current exhibition **We Are Here, Because You Were There**, we hope you will join us on ***Wednesday 8th March***, *at* ***4-6pm***, for some special performances by the Choir with No Name and One World Choir.

The Choir with No Name is a UK-wide organisation that runs choirs for homeless & marginalised people.

One World Choir is a project run by Oasis Cardiff where volunteers come from both the local community as well as from the refugee and asylum-seeking community.

Cath - Ffotogallery

International Woman's Day @ Dar Ul-Isra - Wednesday 8th March:

Dar-Ul-Isra is pleased to celebrate International Women's Day with *Hijab in the workplace*

We have Ridwana Wallace-Laher, the first Muslim Female CEO of an International Charity and Tahirah Ali, Wales' very own Muslim Hijabi Powerlifter talking about how their Hijab empowers them.

5pm to 7:15pm at Dar-Ul-Isra Mosque

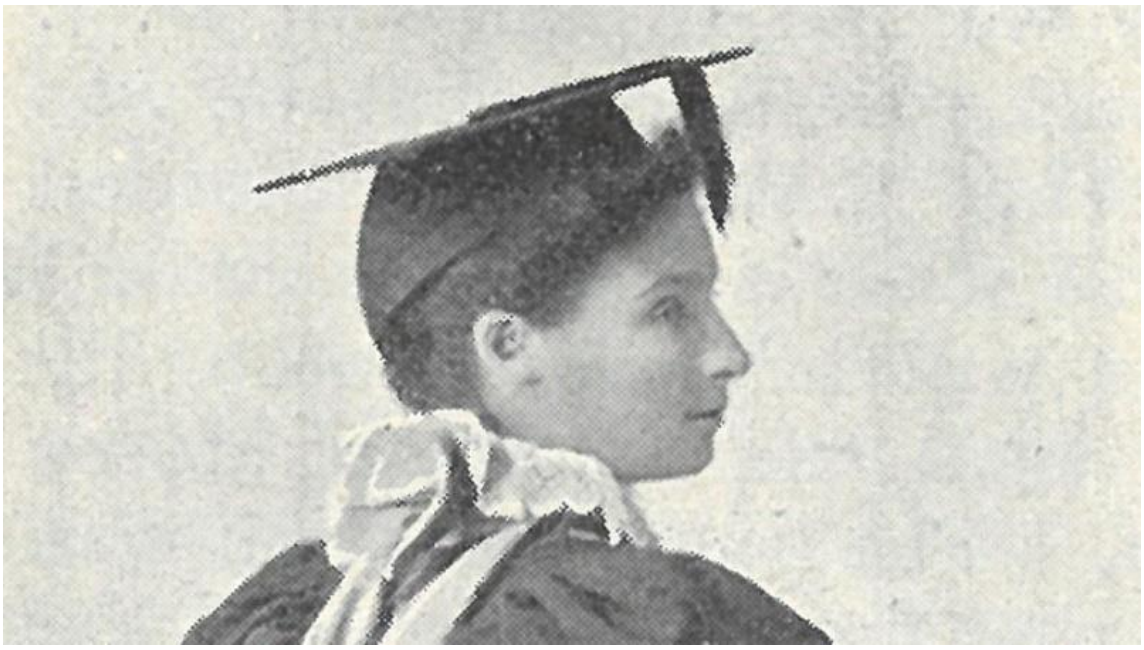
Refreshments provided - This interfaith event is open to all and key employers in Cardiff have been invited. Spaces are limited so please register now ***https://forms.gle/3xf2iyfrGekqguCh6***



International Woman's Day @ Cardiff University – Saturday 11th March

Link ***https://www.facebook.com/events/604222451525180/***

Home to the main University Campus, as well as Government buildings, City Hall and institutions such as National Museum Cardiff, it is an area known for its dazzling white buildings and its association with the 'great and the good' of the city's past – mostly men on plinths with big moustaches.



However, look closely, and you'll see that women's history is everywhere, woven into the fabric of our public spaces. From activists to scientists, musicians to militant suffragettes – this tour brings together a snapshot of women's history in Cardiff.

This is a step-free tour lasting around 60 minutes at a leisurely pace.

English language tour will depart at 2pm, ***Welsh language tour at 12pm***. The tour will depart from outside the main entrance, Cardiff University, Main Building, Park Place side. We will briefly venture off the path, so do wear suitable shoes.

Fair Trade Fortnight 2023 – ends 12th March

Starting in late February – finishing early/mid-March 2023.

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

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

Friends of Cathays Cemetery update & workday - Saturday, 25th March:



All volunteering work days are on the last Saturday of each month

(none on August or December)

Website Link: ***www.friendsofcathayscemetery.org.uk***
Facebook page: ***www.facebook.com/FriendsOfCathaysCemetery***

All Work Days commence at 10:00am from the Chapels at the Fairoak Road Entrance.



Friends of Bute Park had its AGM on 4th February 2023, the new committee for the year is set out below! Welcome to the new members!

Honorary President:	Prof Paul Nicholson
Chairman:	Paul Jones
Secretary:	
Treasurer:	John Farnhill
Committee Members:	Ivor Lippett
	Des Sanford
	Jean Sanford
	Margaret Smith
	Sue Clancy
	Carmel Thomas (Non-Voting)

Our work parties are run on the last Saturday of each month, please do bring relevant hard wearing footwear, gloves and dress appropriately for the outdoor work regardless of which of the four seasons we are in.

If you fancy cleaning up some of the growth, tending to the maintenance of Cathays Cemetery and learning something of our heritage along the way then please do get involved in our Friends of Cathays Cemetery Work Days.

All images are from Friends of Cathays Cemetery FB page.

Please see the next page to see our events throughout 2023.

Paul, John and committee – Friends of Cathays Cemetery

Friends of Cathays Cemetery – events for 2023

For up-to-date info please check our website: ***www.friendsofcathayscemetery.co.uk***

Friends of Cathays Cemetery - Events 2023

Please check our Facebook Page and Website for up to date information.

Saturday February 25th Work Day	**10 am Cathays Cemetery**
Saturday March 25th Work Day	**10 am Cathays Cemetery**
Sunday April 23rd Heritage Walk	**11 am Cathays Cemetery led by Roger Swan**
Tuesday April 25th Illustrated Talk	**7 pm Rosemary Chaloner – Angels in the Line of Fire**
Saturday April 29th Work Day	**10 am Cathays Cemetery**
Tuesday May 23rd Illustrated Talk	**7 pm Peter Finch (Author) – Edging the City – A Journey round the Border of Cardiff**
Saturday May 27th Work Day	**10 am Cathays Cemetery**
Tuesday June 20th Midsummer Walk	**7pm Cathays Cemetery led by the Friends of Cathays Cemetery – Fairoak Road**
Saturday June 24th Work Day	**10 am Cathays Cemetery**
Saturday July 29th Work Day	**10 am Cathays Cemetery**
Sunday September TBA Open Doors	**11:00-16:00 Open Doors event. The Cathays Cemetery Chapels will be opened to the public during this time.**
Saturday September 30th Work Day	**10 am Cathays Cemetery**
Sunday October 22nd Heritage Walk	**11 am – Cathays Cemetery led by Roger Swan**
Saturday October 28th Work Day	**10 am Cathays Cemetery – Upper Cemetery by the War Memorial Section**
Tuesday November 14th Annual Lecture	**7 pm Bill Mosley Memorial Lecture - Amy Kitcher (CWGC) Gardening the World** ***{ £5 Entry charge}***
Saturday November 25th Work Day	**10 am Cathays Cemetery**

Unless otherwise stated all events meet by the chapels, Fairoak Road Entrance.

For up to date information please see our website: www.friendsofcathayscemetery.co.uk

Paul, John and committee – Friends of Cathays Cemetery

The Table (Pentyrch Street) NEW opening hours/days!

Open Wednesday to Saturday!

We are back this week and because we missed you soooooooo much, we're now open two more days in the week! ***So from Wednesday-Saturday*** come and get your fix of great cakes, coffee, chat and so much more…

If anyone wishes to come the other side of the counter and help out we're always looking for more volunteers! Whether you enjoy a chill baking session or the joyful chaos of serving toasties, we are always grateful for any time and efforts offered 🫶



Simon & Kate – the Table

Cathays Local Businesses

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

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

Yes – this was in last month's community update. Yet with many local businesses producing food waste for various reasons (***NOT*** irresponsibly either!!) if you can donate your food to the 'Community Fridge' then please do get in touch with the *Cathays Community Centre*!

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!

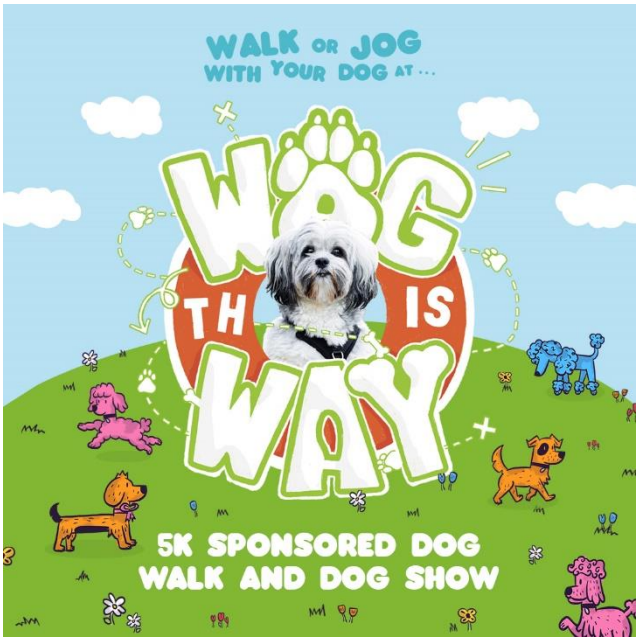


Bud, Bridie, Joel, Debbie and everyone else - Cathays Community Centre

Wag this way – charity dog walk @ Bute Park – Sunday 26th March

Facebook: ***www.facebook.com/events/1447894309074983/***

Wag this Way 5km sponsored dog walk and show in the beautiful grounds of Bute Park, Cardiff Sunday 26th March 2023



Our Wag this Way 2023 event which takes place on Sunday 26th March is back in Bute Park, Cardiff. Our 5km sponsored walk starts at 11am where you'll have the opportunity to walk through the beautiful surroundings of Bute Park with your furfriends!

Wag this Way 2023

Thank you to our headline sponsor, Admiral Pet Insurance, for supporting our Wag this Way 2023.
Registration fee includes a doggy bandana and on completion of the 5k walk, you'll be greeted with a goody bag courtesy of Burns Pet Nutrition. Registration will open from 9.30am on the day for you to collect your participant number, a bottle of water and a T-shirt if you have ordered one.
The warm-up starts at 10:45am followed by the walk at 11am. Thomas Harper photography will also be with us to capture it all on camera!

Wag this Way 2023

Dog show hosted by 'Dog Furiendly' at 1pm, we will have our dog show hosted by Dog Furiendly at our event space, you will have the opportunity to enter your pooch into various categories such as Handsome Hound, Gorgeous Girl, Best Ears, Dazzling Duo with more categories still to be announced! Each category costs £2 to enter and you could be in with a chance of winning some tasty treats from Burns Pet Nutrition.

Stalls at Wag this Way 2023

We will also have a variety of stalls available for you to browse from 10am – 4pm. If you would like a stall at the 2023's event, please visit our page here for further information. Stalls cost £40 each.

Entry fees and details:

Entry to the 5k walk costs £10 per adult (16+). This includes entry, participant number, doggy bandana and a goody bag courtesy of Burns Pet Food Nutrition.
3 – 15-year-olds can take part for £5 with 0 – 2-year-olds being FREE to attend. All children must take part with a registered adult.
Wag this Way t-shirts can be purchased can be pre purchased, Adults are £10 and Children's are £8
We can't wait to welcome you to back to Wag this Way 2023!

More info and tickets: ***https://www.cityhospice.org.uk/.../upc.../wag-this-way-2023/***

More ideas on tackling mould in houses!

"I read with interest the comments about mould as this is a serious issue for me as a resident, a landlord and also as a person suffering from moderately severe asthma.



Firstly, if you have mould you also have higher populations of house mites as they go hand in hand with high humidity. Unlike mould the mites are invisible and can cause respiratory problems without an obvious trigger.

I have partially resolved all mould issues in my rental properties by following the obvious guidelines along with constant education of my tenants. This was not sufficient as people, whether groups of students or families on low income are unable to fully organise or afford what is required.

I have fully resolved mould issues in all houses but providing one or two dehumidifiers per house at approx £280 each.

Along with these each room has a humidity meter costing about £3, photo attached. The ***humidity must remain below 65% - 70% to prevent mould*** and reduce the house mite population. The presence of a humidity number displayed hugely motivates people to use the dehumidifiers. The cost of running the machines is about *£1 for slightly over 3 hours*.

It is cheaper to dry the house this way than to turn on the heating and then open windows to let moisture out.

The dehumidifiers also generate some heat.

The dehumidifiers also allow for drying clothes on a rack without spending a fortune on electricity in a dryer.

The humidity meters are also very useful because they indicate when the humidity is too low. When it gets to the 35% range then you are prone to suffer respiratory issues. Unless you know this and can measure it then you will assume you have an asthma flare up or some allergy or and even blame your symptoms on gluten or whatever."

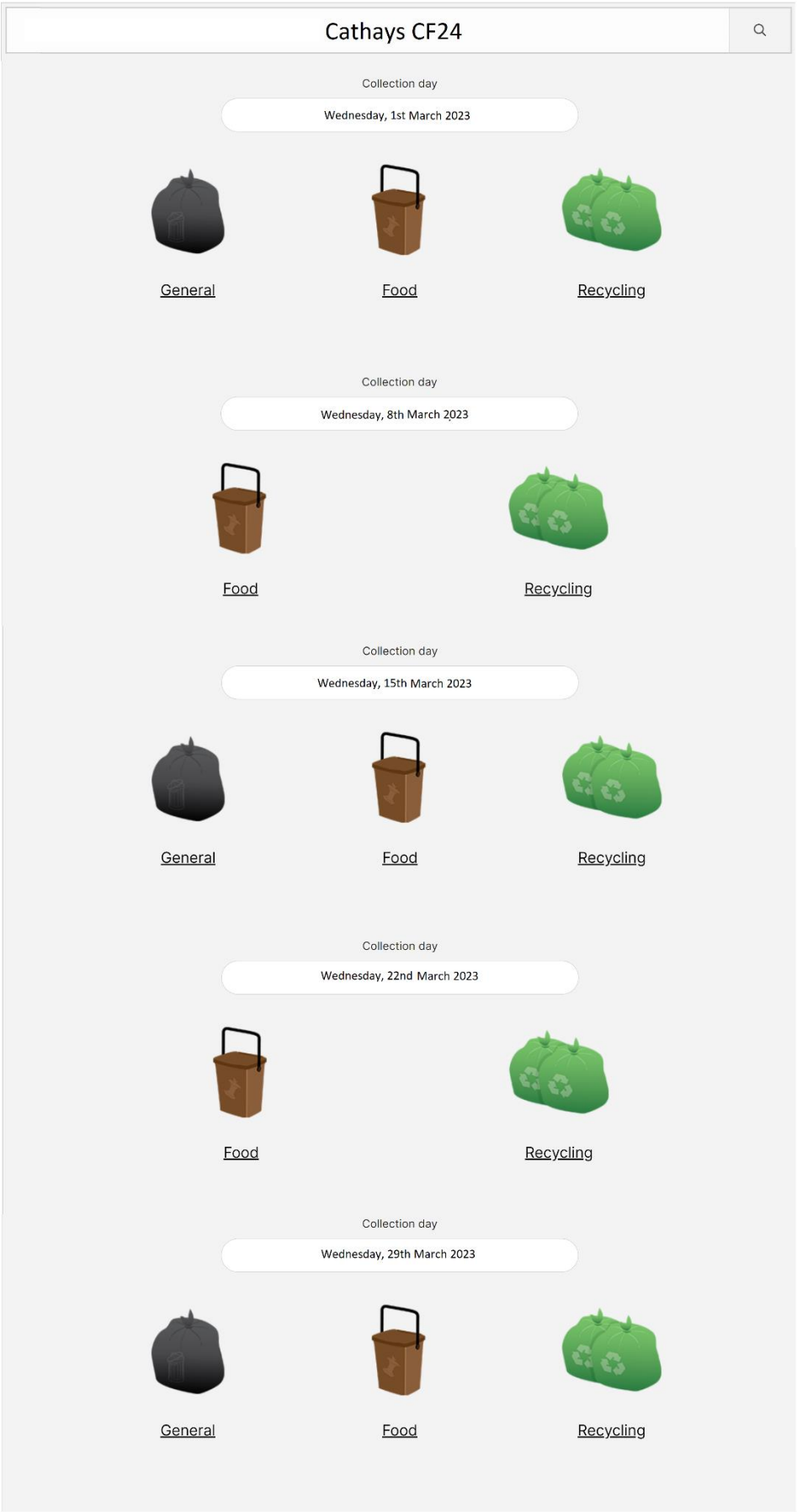
Maindy Road resident – Cathays

Cathays Local Businesses

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

April 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