Cathays Monthly Update – April 2023

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

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April 2023 comments:

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!

RIP Beryl of Letty Street

Letty Street neighbour Brian wishes to relay to the community that Beryl, one of our long term

Brian shares with you: *"Sorry to inform the neighbourhood that Beryl had passed away just before christmas, her funeral was on Friday 13 January. Hope she is now with Richard, her husband and that they are now in a better place, much love to two very independent spirits that are no longer with us."*

Both Beryl & Richard rest in peace!

Stamps swap out – extended to 31st July

Another reminder – this stamp swap out did NOT stop on 31st January –***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.

Student journalist piece on parking fines in Cathays!

Link:***https://cardiffjournalism.co.uk/thecardiffian/2023/03/10/9000-more-parking-fines-were-handed-out-in-cathays-during-2022-compared-with-the-previous-year/*** there were 9,000 more parking fines in 2022 than previous year!

Reminder: Government support for low-income

Cost of living is obviously causing significant constraints in many good souls across the UK. Please look at the UK Government link ***https://www.gov.uk/guidance/cost-of-living-payment*** for guidance on what support mechanisms will be in place for 2023 and 2024.

'The Lewneys' Pool winners

Massive congratulations to ***'The Lewneys'*** (an anagram I am told of a Pool/Snooker team that began in *The New Ely Pub* – now The Vulcan Lounge) have won the Champions of Champions of the Cardiff District Pool competition.

The team have been playing in The Cons Club for many years now, refining their skills. John Hicks of Rhymney Street expressed real gratitude to the overall team effort as they won two championships this year! Outstanding effort from all involved. Viva The Lewneys!

Community Fridge:

Thank you to everyone who contributes to the Community Fridge at the local community centre. If you see there is food in the fridge, please do inform your local networks – be it word-of-mouth, WhatsApp, FB, Next Door or other communication means.

This has been set up to help many people – don't go hungry when fresh healthy food is available in the community fridge for you!

Cycle lane forces hairdressers to close?

Link: ***https://cardiffjournalism.co.uk/thecardiffian/2023/02/17/cathays-cycle-lane-has-forced-one-hairdresser-to-relocate-after-30-years/*** this is tough to read as a local business of 30 years feels they have been forced to close citing the cycle lane as a deterrent to their customers.

John Barry the secretary from CSAS [Cathays Sports & Social] has also made significant input to this news article one of the students have produced.

Brian Graves, born and bred Cathays boy said at 70 years of age how when he drives in to Cathays to visit the club in the evening, there is no place to park, and on several occasions, he has no choice but to just turn around and go home!

More new trees damaged on Ruthin Garden

This is not a negative story – rather a positive where residents who volunteers as 'tree guardians' have seen the damaged trees we planted recently and, again, have removed them to grow them in very large pots in their back gardens before we reintegrate them back into the green spaces in 6-12 months time.

There is a variety of tree and wildflower planting the many residents of Cathays are actively involved in, and this project will be ongoing for many years now.

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in April:

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 April 2023

MON	TUE	WED	THU	FRI	SAT	SUN
					1 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	2
3 7:00 pm: Cathays Brass - every Monday evening!! 7:00 pm: Cathays PACT - Bi-Monthly: Feb, April, June, Aug, Oct, Dec @ Venue TBC	4 10:30 am: Baby & Toddler Group - EVERY Tuesday @ 'The Table' - Pentyrch Street 10:30 am: Weekly Tuesday 'Cathays Cemetery Walk' (Walk for Health)	5 10:00 am: Bute Park - Plant Sales EVERY Wednesday	6 2:00 pm: Heritage FAN [Friends And Neighbours] 2pm at Cathays Library 7:30 pm: Blues Dragon & Blues - First Thursday of each month	7	8 11:00 am: Foodbank @ Woodville Baptist Church - EVERY Saturday	9
10 9:30 am: Story Time for Under 5's - English 7 Welsh Medium - EVERY Monday	11 2:00 pm: Memory Lane (Dementia support group) EVERY Tuesday	12 10:00 am: Police Community Access Point - weekly @ Sherman Theatre	13 4:30 pm: Youth Club @ Cathays Community Centre - EVERY Thursday 6:00 pm: Cantar Community Quoir - every Thursday @ Woodville Baptist Church	14 6:30 pm: IYP - Youth Club @ Cathays Community Centre EVERY Friday	15 10:00 am: Plant sales @ Bute Park - every Saturday	16
17 6:00 pm: Embassy Youth Club - EVERY Monday early evening	18	19 10:00 am: Coffee Morning - EVERY Wednesday @ Cathays Community Centre	20	21	22 10:00 am: Friends of Cathays Cemetery WORKDAYS 2023 - last Saturday of each month!	23
24	25 1:00 pm: Foodbank @ Woodville Baptist Church - EVERY Tuesday 1pm to 3pm	26	27 12:00 pm: 'Cuppa with a Copper' - Bi-weekly @ Cathays Library 2:00 pm: Memory Lane (Dementia Support) EVERY Thursday	28	29	30

Foodbank in Cathays – donating and collection in April!

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!

This list changes EVERY MONTH – so see what shortage/excess the Foodbank is experiencing and please help out by depositing in Foodbank Boxes at Sainsbury's, Lidl, Co-Operative etc. Thank you everyone for donating!

- **FRUIT JUICE – LONG LIFE (1 LITRE)**
- **UHT MILK (1 LITRE)**
- **JAMS AND SPREADS**
- **TINNED POTATOES**
- **COOKING SAUCES (PASTA SAUCE ETC.)**
- **EASY COOK/INSTANT PASTA AND NOODLES (POT NOODLE ETC.)**
- **MENS DEODORANT/ANTIPERSPIRANT**
- **INDIVIDUAL BARS OF SOAP**
- **DISINFECTANT WIPES**
- **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**
- **TEA**
- **CEREAL**
- **TINNED SOUP**
- **SWEETCORN**

Please check the link weekly.



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.

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

Opportunity! Gallery Reset - Open call for applications – @ Ffotogalley - from 1st April

Link: ***https://ffotogallery.org/channel/open-call-interventions-gallery-reset***

OPPORTUNITY - INTERVENTIONS: GALLERY RESET

Interventions: Gallery RESET is a new initiative launching in 2023 comprising a series of gallery takeovers over the next two years. Made possible by the Reimagine grant from ArtFund, the project seeks to open up the gallery space to reinterpretation by both the artist and the audience.



We hope that these interventions and takeovers will provide new opportunities for Wales-based artists whose practice contests and disrupts traditional ways of working, asks challenging and provocative questions, and focuses on themes such as identity, migration, gender, social inequality and the environment.

For the first takeover we are thrilled to be working in partnership with Disability Arts Cymru, the lead organisation for disability arts in Wales. Via an open call, one artist working in photography or lens-based media who identifies as Deaf, disabled and/or neurodivergent will be selected for the project.

The artist will be invited to reimagine the notion of working within a contemporary gallery context, through experimentation with installation, interaction and interpretation and challenging traditional approaches.

Applications are open from Saturday 1 April - Friday 19 May 2023

Cathays Local Businesses

Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 1st April

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

Bute Park Spring Open Day – Saturday 15th / Sunday, 16th April

Website ***www.bute-park.com***

New Friends of Bute Park - ***https://www.facebook.com/profile.php?id=100088334349941*** (please do follow) wish to invite you to the Bute Park Spring Open Day. Focal point is the Education Centre/Planting Nursery in the middle of Bute Park.





Staff - Bute Park Education Centre

Committee – New Friends of Bute Park

Photo Book Fair @ Ffotogallery - Saturday 22nd April

Link: ***https://ffotogallery.org/programme/photo-book-fair-1***

PHOTO BOOK FAIR

Join us on Saturday 22 April, from 12-5pm for our next Photo Book Fair!

The day will include talks from:

- ***Paul Cabuts***
- ***David Barnes***
- ***Alejandro Acīn***
- ***Sebastian Bruno***

A bookbinding technique workshop with ***Bill Chambers*** and a brilliant variety of stall holders, including Offline Journal, Al Naaem, Vaine, Spacecraft Magazine, Yellow Back Books, 2Tenbooks, and more.

A full schedule of the day will be announced shortly. Spaces for the workshop with Bill Chambers are limited and are on a first come first serve basis.



Maindy Flyers speak out in defense of Maindy Velodrome!

Link: ***https://www.facebook.com/groups/savemaindyvelodrome/***

Official Press Statement Maindy Flyers Cycling Club

Maindy Flyers Cycling Club and its membership opposes the destruction of Maindy Cycling Track

Maindy Flyers Youth Cycling Club was formed in 1995 as a community youth cycling club and took its name from the much-loved Empire Games track in Maindy Park where we are based. Since its creation cyclists who started their cycling careers in Maindy Flyers have gone on to win 3 Commonwealth Games Gold medals, 4 Olympic Golds, over 20 World Championships and, of course, the Tour de France.

Cardiff Council now want Maindy Park, and the track, as part of their expansion plans for Cathays High School and are proposing building a new cycling facility in Cardiff Bay. Over a year ago, through the application for planning permission, the Council informed the club of their plans to relocate the track in Cardiff Bay, and the design they had determined. At this point the club wrote to the Council to raise its concerns but, apart from reductions in the accompanying buildings and fencing, no materials changes have been made and a final presentation of the design was given before Christmas.

The club committee, using the information provided by the Council, informed the membership of the Council's plans, and asked them to vote to support these plans or to oppose the move to the new track and campaign to remain at Maindy track. Over 80% of the membership voted and the result overwhelmingly voted to oppose a move to the Bay and to campaign to save and stay at the Maindy track.

To start this process the club have written the attached open letter to the council setting out its position.

Dear Cllr Huw Thomas, Cllr Russell Goodway and Cllr Jennifer Burke-Davies,

Re: Open letter regarding the Club position following club vote based on information provided by Cardiff council to date on the proposed International Sports Village and the proposed demolition of Maindy Cycling Track

Maindy Flyers Cycling Club is a community Youth Cycling Club set up in 1995, in the heart of Cardiff, located at Maindy stadium. It is a club steeped in enormous history, pride, and success. A recent book about Maindy Flyers called it 'the most successful cycling club in the world'. Four Olympic Gold Medals, from three different riders. Three Commonwealth Golds. Over twenty world championships. Over 100-national and international titles. Home of the only Welsh winner of the Tour de France, Geraint Thomas. The legacy of Maindy Flyers is an unbelievable attraction for new riders to considering entering into the sport and is a profound inspiration for current members.

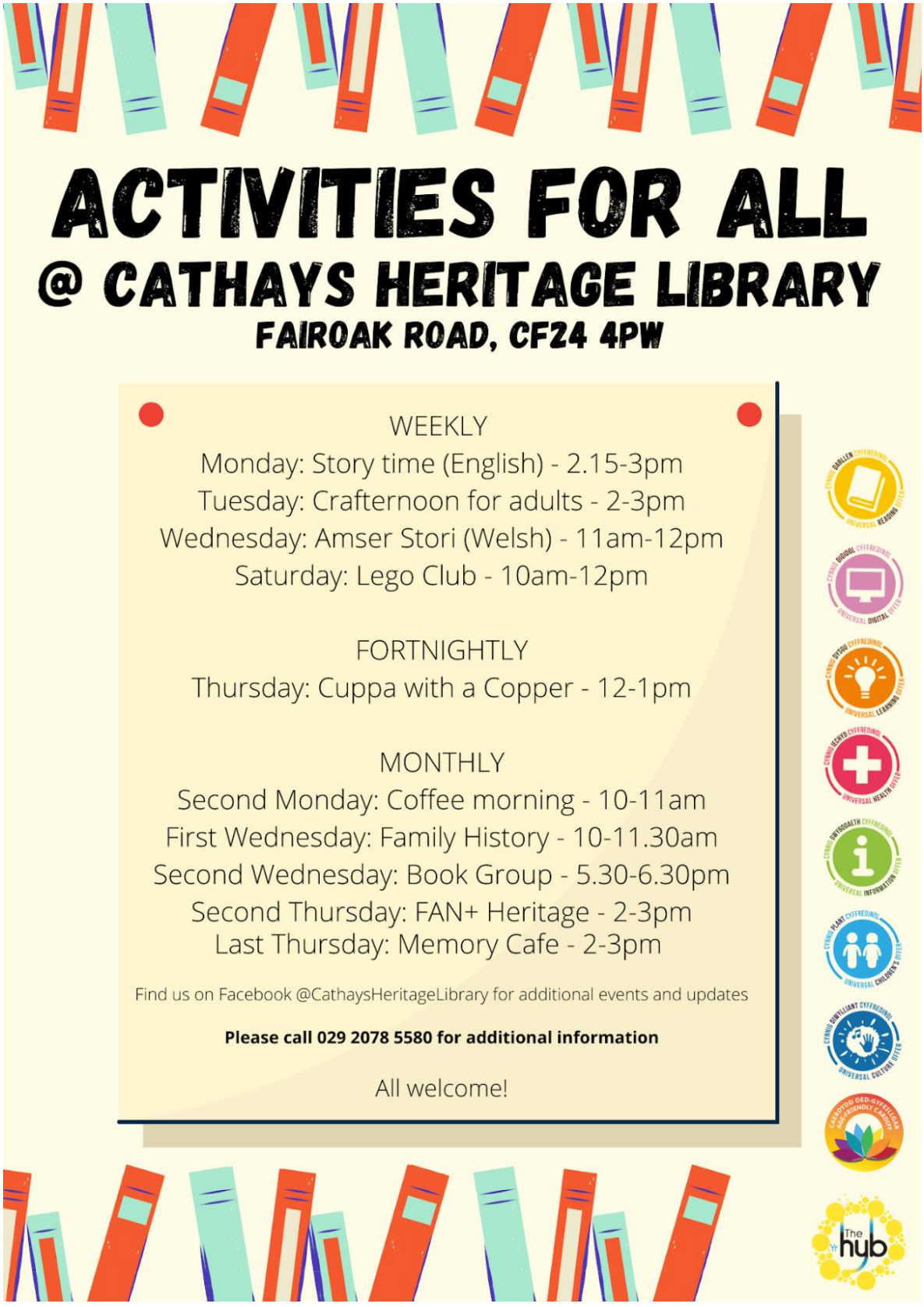
Maindy cycle track itself, built for the 1958 Empire Games, has been home to Nicole Cooke, Geraint Thomas, Owain Doull, Luke Rowe, Elinor Barker, Megan Barker, Elynor Bäckstedt and Zoe Bäckstedt are only a few of the names who have benefitted from the facility and gone on to perform at the very top echelons of the sport. Not only that, many club members and volunteers over the years have gone on to contribute within the sport at the top level- whether it be through coaching at an elite level or working within the sport's

MAINDY FLYERS

Maindy Flyers Cycling Club

Cathays Library –Spring/Summer 2023 activities at the Library!

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



Dan – Cathays Library

Cathays Local Businesses

May 2023 – Cathays Monthly Update

Get your posters/event information in for May please!

Anything to increase community connection, footfall for local businesses etc!

Regards,

Paulus