Cathays Monthly Update – May 2023

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

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May 2023 comments:

How far does this email update reach?

The email list goes to about 700-ish residents plus our schools / local businesses / faith groups / volunteer bodies / local charities etc.

The social media (which I've never been a fan of) goes through ***www.nextdoor.co.uk*** (I encourage the residents to sign up to this – always great if you need help with something from a neighbour, have a chair to sell, or need a recommended tradesperson etc) as well as Facebook and Twitter.

I must stress it is the word-of-mouth recommendations that helps keep Cathays moving. There are a lot of vulnerable people that this community update will never reach – so thank you for those that mentioned things from this update such as coffee mornings, library sessions etc. It all helps.

Newborns in Cathays

One of our residents did comment it was a bit gloomy reading about the constant RIP notices, yet I see that as a celebration of so many good souls who have been much loved by many in our community.

From a decade of door knocking with your community newsletter – I can assure you all that Cathays has been pretty consistent with its childbirth level.

Please know Cathays averages about 6 to 7 new-born babies annually (that I know of) over the last ten years - and it is clear that our demographic of young families has been getting re-established for some time!

Iftar in April.

I went to both our local Mosque's for the annual Iftar and it was just brilliant listening to all the presentations and then afterwards talking with our Muslim neighbours as the fasting was ended with shared meals.

Although I do not follow any religion, I do support our Christian and Muslim groups in Cathays. It has been an honour to be involved with all of them over the years.

Social media blackout?

It is no secret that a lot of local resident's efforts and projects have done away with social media in recent years, many citing it as quite toxic – therefore a lot of private groups have been set up on a street-by-street basis, or text groups for wider Cathays.

I have been asked by multiple residents on many projects not to actually publicise their excellent efforts. Although this is constraining, these wishes will be respected – yet please know that your neighbours are working on approximately 20-25 different local projects that will benefit Cathays.

Abdi moves onto new job.

100's of residents know our delivery man Abdi (delivering for Everi) for many years now. Always very cheery and good for an uplifting and sensible chat – Abdi was a brilliant delivery driver for Cathays (and Penylan) for the mid to late 2010's and got us our deliveries during lockdown.

Abdi and I constantly traded stories on different things happening across Cathays over the years. He will be missed by many residents and we wish him the best with his new job/post!

Tea & Cake Tuesdays @ Ffotogallery!!

Ffotogallery are running a monthly Tea & Cake on Tuesday, invariably the first Tuesday of each month!

Link: ***https://ffotogallery.org/programme/tea-and-cake-tuesday*** – please check the website for the actual Tuesday of each month.

Sadly Cathays lost the Dalton Luncheon Club in the late 2010's – so I am hoping many of you encourage more of our elders to attend the 'Tea & Cake Tuesday' session! Running from 11am to 1pm – the Ffotogallery staff will be there to greet you. All welcome / All free!! Come and talk to your neighbours!

Food Growing in Cathays?

From recent meetings and discussions with residents – a healthy number have cited interest in the Cathays community trying to get a vegetable/fruit/herb growing initiative started in our locale.

It goes without saying the changes in our society in the 2020's and 2030's will see fundamental shifts in our way of living – and growing our own food, producing some of our own electricity/heat are all ways forward.

This is not asking for a commitment, yet at present the proverbial net is being cast to gauge which *residents would be interested in food growing in and across Cathays*? It may be you are terrible at growing veg/fruit – yet are a crackerjack at digging soil or building planting beds!

If you are interested in local food growing then please get back to me or email me on ***mail@yourcathays.org.uk*** and I will start creating an informal list of interested people.

Cathays Local Businesses

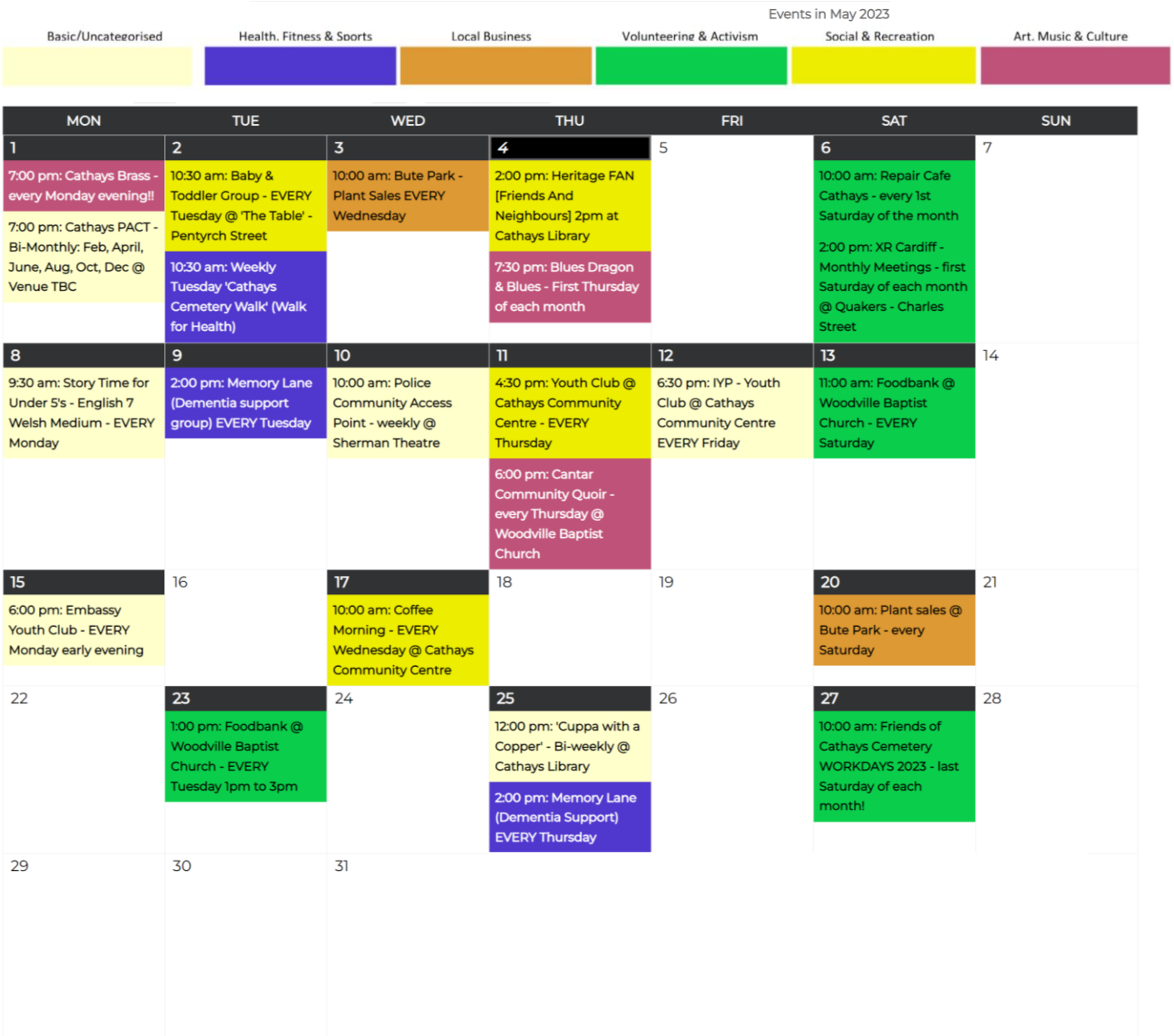
The 'Your Cathays online CALENDAR' in May:

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.



Foodbank in Cathays – donating and collection in May!

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 qualify 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

Cathays Local Businesses

Pick & Mix Vintage Clothing @ City Hall – Sunday 7th May

Come and have a look – starting Sunday 7th May at 10am at City Hall !!

!! Everyone welcome !!



Games Afternoon @ St Michael's Church – Saturday 13th May

Website: ***www.parishofcathays.org/***

Games Afternoon at St Michael's Church, Cathays on Saturday 13th May ***For ALL Ages***.

2pm to 4pm / Free Entry / Light Refreshments available.



Linda – committee – St Michael's Church

Cathays Local Businesses

Get Cooking – 8 week course @ Cathays Methodist Church – Starting 15th May

Free activity sessions for children!

Teuluoedd yn Gyntaf
Families First

Get Cooking
Dechrau Coginio

Get Cooking is a free 8 week cooking course for parents

The sessions are run once a week for two hours each.

- Experienced and new cooks welcome
- Quick, easy and tasty meal ideas
- Free portion of what you make to take home
- The chance to gain Agored Cymru credits
- Meet new people
- Recipe book when completing the course






The next course in your area is:

Starting 15/5/23 - 10/7/23 9.30-11.30
At Cathays Methodist Church 53 Crwys Road, Cardiff CF24 4NE

To book a place contact:

Call Public Health Dietitians on 07972 732614
Email: Nutrition.Skillsforlife.cav@wales.nhs.uk

Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

Nutrition Skills for Life™
Sgiliau Maeth am Oes

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

Ceris - Public Health Dietitian - NHS

Frank's Corner: Letters to the Editor at Walesonline.

Many of you recognise Frank Spragg's name from his many letters to the Echo:

"A recent item in The South Wales Echo (Council Joins Pledge For Older Staff), tells us that Cardiff Council has been recognised as an Age Friendly Employer. As part of the authority's work to make the capital an Age Friendly City.

This fly's in the face of their attitude to the older citizens of this city, where so many of their decisions have a detrimental affect on the lives and movement of older people.

This city doesn't seem so friendly, when the council creates so many obstacles in their attempt to control and limit the way people access services.

Cycle lanes are an obstacle when accessing doctor or dental surgeries, church, hairdressers post offices or other shops, with no chance of parking or even dropping someone near. They are also a hazard when alighting from buses in many places around the city. There has also been many reports of people tripping over in cycle lanes, particularly the one on Wellfield Road, where people report, people tripping on almost, a daily basis.

They are now introducing a very unfriendly and complicated parking system in Cathays and I suspect other parts of the city (if not now certainly soon). More than trebling the price of a permit (still no guarantee of a parking space) plus doubling cost of visitor permit while imposing draconian time limits on visitors. Making it very difficult for family members or friends to visit or care for elderly residents.

There is no consideration given to those who do not use a smart phone or computer for all their transactions. This will no doubt be the system chosen by this unscrupulous bunch, when it comes to road charging.
So for Norma Mackie (the councils older peoples champion) to say "Cardiff is on a journey to becoming more age friendly" seems to be a very sick joke.

Lets hope the next council elections brings us candidates that are willing to give the people of this city freedom of choice."

Frank Spragg – Rhymney Street

Cathays Local Businesses

The Dog House – Channel 4 casting reach out to Cathays!

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Website participation link: ***www.channel4.com/4viewrs/takepart/the-dog-house***



Afua – Channel 4

Cathays Local Businesses

June 2023 – Cathays Monthly Update

Get your posters/event information in for June please!

Let's get our community moving forward together!

Regards,

Paulus