Cathays Monthly Update – June 2023

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

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June 2023 comments:

Sunday events please!!

What is happening on Sunday? There must be regular things happening in Cathays one Sunday or every Sunday each month.

Please submit your regular activities so we can add them to the online Your Cathays calendar. Thank you.

Tea & Cakes Tuesday @ Ffotogallery

On Tuesday 13th June 2023 from 11am to 1pm the Ffotogallery will be hosting 'Tea & Cakes Tuesday' which you are most welcome to attend.

Come and meet your neighbours, talk about the exhibitions etc and enjoy the tea & Cakes.

Stamps Swap out – this ends soon!!

Please remind your neighbours about submitting their old un-used stamps from the last few years for the new bar code stamps which are already coming into effect.

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.

Will there be a drought this summer?

This is not scaremongering – as one thing that Cathays does is build in resilience on many levels into our community. If you can spare the money – ***you are encouraged to add a water butt to your garden***.

Putting water out for birds is essential as well as watering the flowers, grass, etc.

Massive love to Alan D for going out watering multiple sites during other residents absence/illness – it all helps a lot.

Water Spraying – not watering cans!?! – Some residents wish to share that when they go out watering – they don a large 10 litre backpack (they look like a Ghostbuster!!) backpack which you pump with one hand and spray with the other.

Now People get more innovative with – the best encouragement/advice is to experiment yourself.

Please do spray the leaves of trees on your streets, as well as the nearby wildflowers to you - as well as spraying your gardens 1st thing in the morning.

We are going to be a few more dry spells in the years to come!

Knitting group

From discussions the last 3-4 months, some Cathays neighbours have expressed interest in a knitting group.

There has been a few enquiries about this – Anne, one of our retired teachers has said she'd happily get involved – we just need to find the venue to hold it in. If you have a passing interest in being part of knitting group – please email me back just so we can start compiling some contact details and see what the community can sort out about setting something of mutual interest up.

Community Fridge (at CCYCP):

A few people have mentioned "it is just full of bread" – yet if you can pick up the bread and give it to any neighbour in need with mobility issues etc – no doubt they'd be grateful.

Conversely – if you can make sandwiches, get them wrapped etc. and add them to the Community Fridge on lower end of Cathays Terrace – people will be grateful to you for the food donation.

If you can contribute something – please do contact your local *Cathays Community Centre* on ***029 2037 3144*** and find out what they can accept for the community fridge.

Community Projects

Just to clarify - at the end of 2019 – a lot of community projects were being developed by our residents.

Obviously with lockdown of 2020 and everyone reeling from recovering the 2021 getting back into 'normality' then the cost of living of 2022/23 has put significant constraints on many residents time – and thus reduced time they can focus on local projects.

Only in the last 18 months - now are many families/residents/volunteers started to re-engage their respective projects. It will take time – yet the community will be apprised as each of these projects gradually take off.

Healthy Feet Mobile Clinic

Several of our residents who are house bound have enquired about

Judith is on ***https://healthyfeetclinic.co.uk/mobile-foot-care-cardiff-north/*** and her mobile is 07809 142 062 – please do enquire! Healthy feet are happy feet!

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in June:

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 June 2023

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

Foodbank in Cathays – donating and collection in June!

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

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 – which you can then use at nearby Foodbanks in Cathays!

19,253

three day emergency food supplies were provided to local people in crisis by Cardiff Foodbank - of this number 7639 (39%) went to children.

£863

Average rent for a two-bed in our city

MORE THAN 1 IN 5

of the UK population live below the poverty line

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)**
- **SAVOURY SNACKS**
- **TINNED CUSTARD**
- **TINNED POTATOES**
- **SQUASH 1 LITRE BOTTLES**
- **JAMS AND SPREADS**
- **CHOCOLATE/SWEETS**
- **FRUIT JUICE (1 LITRE - LONG LIFE)**
- **COOKING SAUCES (PASTA SAUCE ETC.)**
- **EASY COOK INSTANT PASTA & POT NOODLE**
- **DEODORANT/ANTIPERSPIRANT**
- **GOOD QUALITY CARRIER BAGS**

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

Welcome to our new Pastor Josh @ Woodville Baptist Church:

Website: ***www.woodybap.org.uk/***

On Saturday, 20th May Woodville Baptist Church saw the Ordination Ceremony of our new Pastor Josh – as he was welcomed with a full room of over a hundred regulars of Woodville Baptist Church (and the wider faith communities) – to his new position as one of Cathays Faith Leaders.



Apologies if images bit grainy – my camera not the best for doing zoom in shots!

The main room was alive with positive energy as many representatives of the local residents, wider Cardiff community and Baptist movement from wider UK all gave their talks and welcomed Josh into his new position as one of our faith leaders.

Josh, his wife Alana and young family were welcomed with speeches, stories, song and prayer from the congregation.

An amazing and refreshing congregation ceremony!

We wish Pastor Josh the best now – and in the next few years to come - as one of our Cathays Faith Leaders



Staff and volunteers - Woodville Baptist Church

Cathays Local Businesses

Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 3rd June

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

Get your broken stuff repaired for FREE !!

When you arrive at Repair Café Cathays, register at the volunteers desk – then please either scan the bar code to start the process, or …. like us technophobes – you can fill out the form online - ***https://repaircafewales.org/what-are-you-having-repaired-today/*** - and get your repairs undertaken)





There are Repair Stations for ***Information Technology***, ***PAT testing***, ***Textiles***, ***General***, ***Electrical***, ***Bike repair***, come and have a look at all the Repair stations!







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

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

Margaret, Colin, Melanie, Imants, John and everyone else - Volunteers

Repair Café Cathays

Press photography Exhibition @ Ffotogallery – 9th June to 22nd July

Event website link - ***https://ffotogallery.org/programme/assignments-23-bppa***

Exhibition Preview: Thursday 8th June, 6 - 9pm

This Summer we are delighted to present 'Assignments23' at Ffotogallery, in what will be its first time travelling to Wales. Organised by the British Press Photographers' Association (BPPA), this flagship exhibition will feature the best in British press photography selected from an open call. This follows its initial ten day run at London's Bargehouse on the Southbank in May.

We are excited to host the 'Assignments23' exhibition here at Ffotogallery, not only as it's the first time being exhibited in Wales, but also as it showcases photographs that will play a vital role in helping us to remember and reflect on some of the key events to have taken place in the UK in the last year.

"*The BPPA are delighted to bring 'Assignments23' to Wales for the first time following on from our London exhibition. It is our aim to take the photographs on from their initial showing to other parts of the UK, giving them a wider audience and we're delighted to be working with Ffotogallery to bring this incredible representation of British press photography to Cardiff.*" - Chair of the BPPA Paul Ellis

The exhibition comprises photographs submitted via the 'Assignments23' open call, with selections made by a panel of jurors including:

- Phil Coburn (Daily Mirror)
- Talar Kalajian (Agence France-Presse)
- Matthew Fearn (The Telegraph)
- Alan Crowhurst (Getty Images)
- Freddie Sloan (Hello Magazine)



Image © Joann Randles

‘The Great Big Green Week’ – running Saturday, 10th to the Sunday, 18th June

Link: ***www.greatbiggreenweek.com***

Click on the link – and find events from all over Cardiff as part of the ‘Green Week’

There are multiple different groups running various different sustainability initiatives!



Cathays Local Businesses

Cemetery Walks (over 3 days) @ Cathays Cemetery - Starting Saturday 13th June

Website **www.a48theatrecompany.com/**

Tickets: ***https://www.ticketsource.co.uk/whats-on/cardiff/cathays-cemetery-chapel/graveyard-voices/e-dgakre***

"Graveyard Voices" 2023

Listen to the stories written by members of 'Living Lines'
and performed by A48 Theatre Company

Cathays Cemetery

Fairoak Road entrance, Cardiff CF24 4PY

Tuesday June 13th 7.00 pm
Thursday June 15th 7.00 pm
Sunday June 18th 2.30 pm

Tickets £8.00 from www.ticketsource.co.uk

1½ hour walk led by Cardiff Council Bereavement Services.
Refreshments in the chapel afterwards.



Appropriate footwear recommended.

CARDIFF
CAERDYDD

Enquiries contact a48theatrecompany@gmail.com

Kathy – A48 Theatre

Super 6 Summer Skittles Competition @ Cathays Sports & Social - Starts 16th June

Link: ***www.cssc.ukpub.net/***

Who is up for creating a skittles team and show your mettle at Cathays Sports & Social !!



Anthony – Skittles organiser – CSAS

Mark – Manager - CSAS

Co-Op Local Community Fund – open to all – get applying!!

Website Link: ***https://www.co-operative.coop/media/news-releases/co-op-opens-applications-for-local-community-fund***

Local Community Fund Round 8

In 2022 we're extending our support to include ***projects that help people protect local biodiversity or tackle climate change by reducing carbon emissions***. Below are some examples of projects we're looking to support:

Bring people together to access food



- Community fridges
- Cooking lessons/ clubs
- Holiday & breakfast clubs
- Allotments or community gardens
- Community cafes, pantries and kitchens

Help improve people's mental wellbeing



- Emotional wellbeing support
- Build social connections
- Sporting activities
- Bereavement support
- Mental wellbeing support
- Mental health support and services

Create opportunities for young people to be heard and make a difference



- Youth forums or groups
- Volunteering projects
- Social action/ campaigning
- Intergenerational skill sharing
- Confidence building
- Essential life skills
- Employability skills

Help people protect local biodiversity or tackle climate change by reducing carbon emissions



- Community gardens
- Tree planting
- Small-scale renewable energy schemes
- Sustainable transport e.g cycling projects
- Local/ small-scale rewilding projects

Co-Operative Group

Cathays Local Businesses

Cathays residents – consultation on HMO's in Cardiff:

Website: ***www.ors.org.uk***

Residents – please get involved and undertake a consultation and produce a report on HMOs (Houses in Multiple Occupation)



My name is Daisy and I work for Opinion Research Services (ORS), an independent research company based in Swansea. We have been commissioned by Cardiff, Newport, and Rhondda Cynon Taff Councils to undertake a consultation and produce a report on HMOs (Houses in Multiple Occupation) in those areas.

Our research includes conversations with Council Officers, Council Members, landlords, student representatives, and residents. As part of the research, we will be making recommendations to the council for potential policy changes.

We wondered if you could help us reach any local residents that may be willing to participate in our research. We are looking to have a couple of discussions via Zoom to hear the views on HMOs from a resident's perspective.
We'd appreciate any help on this. If any residents or resident representatives are interested in taking part, please could you ask them to contact me at daisy.evans@ors.org.uk

Many thanks in advance,

Daisy – ORS: Opinion Research Services

Cathays Local Businesses

July 2023 – Cathays Monthly Update

Get your posters/event information in for July's events please!

Shall we have a community friendly competition – on who can come up with the better ***'water saving ideas'*** recommendations/practise for our households, faith groups, schools, and businesses?

Regards,

Paulus