Cathays Monthly Update – July 2023

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

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July 2023 comments:

Your regular Cathays events please!!

Get your events in please ….. there must be regular things happening in Cathays each month for Faith, club, summer schools, youth club, volunteering etc.

If you are setting a group up, please send in the url links, images, introductory notes etc. so it can be added to the online calendar on ***www.yourcathays.org.uk*** – thanks!!

Tea & Cakes Tuesday @ Ffotogallery

On Tuesday 4th July 2023 from 11am to 1pm the ***Ffotogallery*** will be hosting ***'Tea & Cakes Tuesday'*** which you are most welcome to attend.

Please join us on the first Tuesday of every month in our beautiful gallery for a friendly chat over a hot cuppa and some cake. We will be open between 11am-1pm with staff on hand to greet you and tell you more about the exhibitions on show.

We will be delighted to see you and to chat over a cuppa and some cake.

Stamps Swap out – *It ENDS on 31st July !!*

This ends at the end of July !! Please remind your neighbours about submitting their old un-used stamps to trade in for the new barcoded stamps on: ***www.royalmail.com/sending/barcoded-stamps*** (print out the sheet and give it to neighbours who cannot access this sheet!) as there are 1000's of stamps all over the UK which have yet to be traded in for the upgraded versions!! Stamps are expensive now – so get them in!!

Dan moves on from Cathays Library!

Dan, our local library staff has moved onto a new post in the university (like Cassie) and we thank him for running the Cathays Library in recent years. New staff Olivia and Ashley are now taking up the reigns to replace Dan.

Best wishes Dan with your new chapter of life!

Will there be a drought this summer?

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

Some residents did mention after last month, that putting a plastic ice cream (very Blue Peter!) tub out full of water will help the birds and other wildlife cool down in these very hot and dry times!!

Quick thanks to the big man upstairs for sending us some rain at end of June – grateful the water butts are getting refilled !!

Al-Manar Centre goes Solar!!

After a significant amount of times to raise the funds – ***Al-Manar Centre*** (our local Mosque on Glynrhondda Street!!) has had it's PV panels installed on the roof to produce some of the electricity to power the centre.

This has been a journey and a half as Barak has worked very hard to raise the funds for this sustainable energy project. With the re-fit of the Al-Manar Centre to increase the building thermal efficiency and water efficiency – the Mosque has become very eco-friendly with a much lower Carbon Footprint.

Massive congratulations to all who contributed to this amazing sustainability project. Will every roof in Cathays have PV (Photovoltaic / electric solar) panels on the roofs by 2030? And a solid-state battery in the shed/basement?

Café @ St Michael's – 29th July !!!

St Michael's Church on Whitchurch Road, near to Gladstone Primary School. The CAFÉ is open from 11am to 2pm.

If this becomes a regular end of month event, we will add it to the online monthly calendar!

Increase in junk mail ……. oh dear!!

So – a few neighbours have commented the last 8 weeks that there has been a significant increase on

Do NOT click on links from an email – even if it is your person bank!! Just contact your bank on the correct number and enquire why they have sent an email that you are not sure of!!

The Cons Club Closes its doors on Saturday, 8th !!!

Opened in 1891 – it is with great regret that on Saturday, 8th July 2023 'The Cons Club, Cathays' will close it's doors for the last time!!

This is part of Cathays history, which very sadly will come to an end, in these very difficult times, for everyone.

Many will shed a tear, for those of you who have not popped in for a while – please do have a last pint in this community club. Remember what it stood for, and massive praise for the committee, the staff, the members, the regulars and the university rugby team who have called it their home!!

It's been an honour to experience The Cons Club the last 10 years and it is a testament of the locale back in the day. Please everyone raise a jar for The Cons Club, Cathays!!

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in July:

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 July 2023

MON	TUE	WED	THU	FRI	SAT	SUN
26	**27** 1:00 pm: Foodbank @ Woodville Baptist Church - EVERY Tuesday 1pm to 3pm	*28*	29	30	**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: Temp suspended - 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** 3:00 pm: United Community Cathays (Social) - EVERY Sunday @ Blackweir Tavern
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 12:00 pm: Home Grown Vegetable for sale - EVERY Wednesday	**13** 4:30 pm: Youth Club @ Cathays Community Centre - EVERY Thursday	**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	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
31						

Foodbank in Cathays – donating and collection in July!

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

Cardiff Foodbank welcome **online supermarket** food shop deliveries, **please only order long life and non-perishable items (*nothing* refrigerated or frozen please)** to our Warehouse – address and opening times below. Where possible please add this *WhatThreeWords* to the delivery instructions on the online order: ***https://what3words.com/second.film.frog***

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!

- **TINNED CUSTARD**
- **FRUIT JUICE (1 LITRE - LONG LIFE)**
- **CHOCOLATE/SWEETS**
- **TINNED POTATOES**
- **TINNED MEAT**
- **SPONGE PUDDINGS**
- **JAMS AND SPREADS**
- **BISCUITS**
- **TINNED FRUIT**
- **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

→ ***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

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

The 'United Community' Cathays Social @ Blackweir Tavern – EVERY Sunday!

This may be a Pub/public house – yet you do NOT have to drink alcohol, plenty of soft drinks and hot drinks on the menu for all ages to choose from. Please come and attend a community social – for all of people in Cathays!!



Susan – resident of Cathays

Cathays Local Businesses

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

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! ***For FREE!!!***)





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

Part of Repair Café Wales

The Cardiff Writers Circle (75 year anniversary) @ Cathays Library – Saturday, 1st July

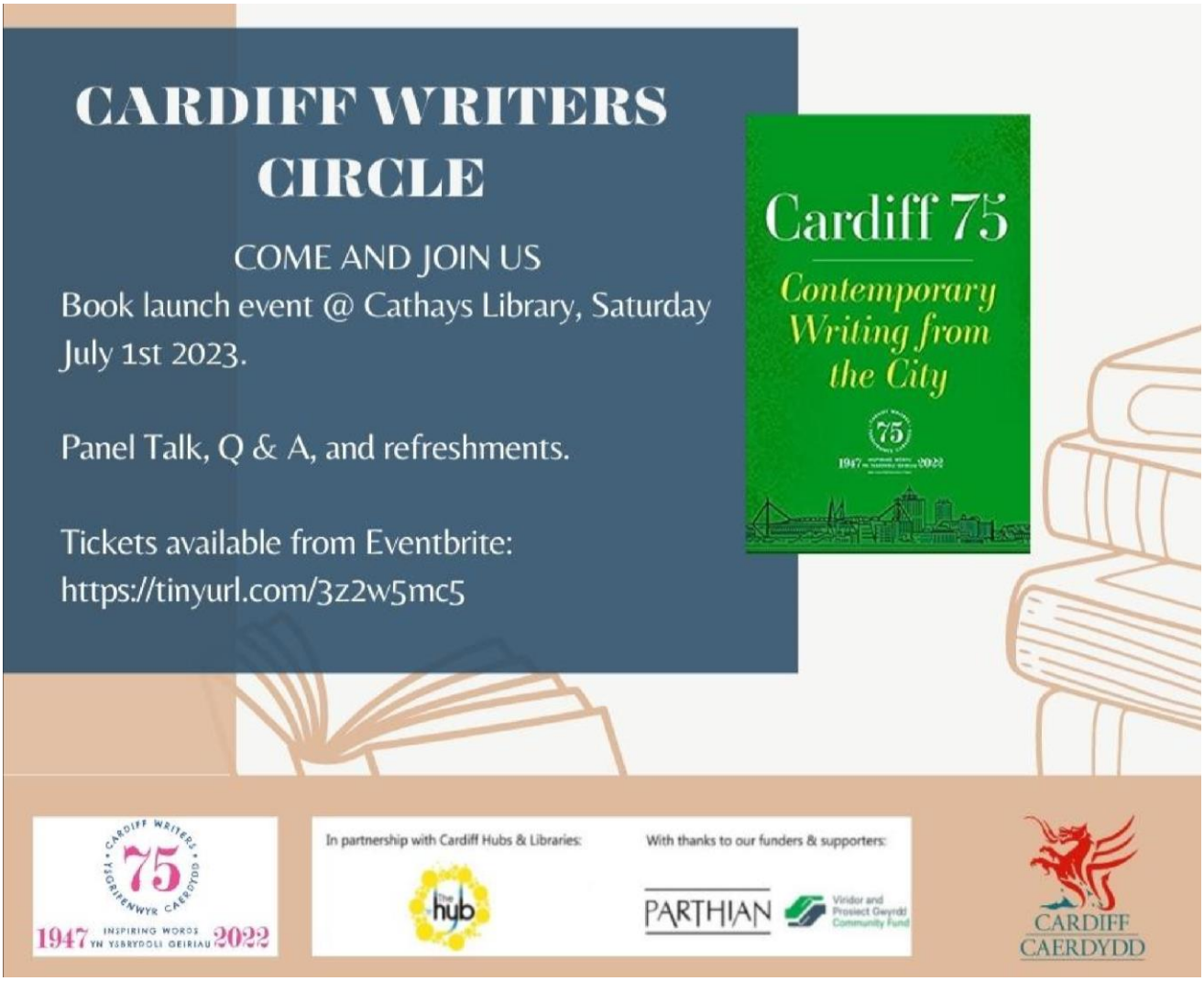
Website link: ***https://cardiffwriterscircle.cymru/***

Event link: ***https://tinyurl.com/3z2w5mc5***

Or

https://www.eventbrite.co.uk/e/cardiff-75-contemporary-writings-from-the-city-cathays-library-tickets-648846406067

2pm commencement at Cathays Library !!



Cardiff Writers' Circle was formed in 1947 and is joined here by other local writing groups, all lending their imaginations to a wide variety of styles, genres, and formats. A fun fact about the title: 'Cardiff 75' is a celebration of 75 years of creative writing in Cardiff, and there are 75 pieces in the collection! It has been described as "a big box of marvels, abuzz with distinctive voices and vivid tales" and "a testament to the ability of creative writing groups to energise and inspire" - so come along, hear from the authors, and pick up your own copy of 'Cardiff 75', a snapshot of the fantastic talent that exists today in Cardiff, city of the dragon.

Copies of the book will be available to purchase at the event, and tea, coffee & biscuits will be provided by our hosts. Please be aware that the event may be photographed and/or recorded.

This event is free.

This is a 'Cardiff 75' event celebrating seventy five years of creative writing in Cardiff.

Olivia and Ashley - staff - Cathays Library

Dar Ul-Isra – Festival of Communities @ City Hall - Sunday 2nd July

On Sunday, July 2nd, we at ***Darl Ul-Isra*** are hosting A Festival of Communities - a multicultural show at City Hall with performance artists, talks, stalls, and much more. Tickets are free, but limited, especially as there is dinner for all attendees. Please register at: ***https://shorturl.at/eN089***



The first Community Cohesion event of its type in Wales;

Organised by the *Ethnic Minority Welsh Women Achievement Association (EMWWAA)* in collaboration with the Welsh Government and supported by Race Equality First, the University of Wales Trinity Saint David, with community, and organisation leaders.

It aims to showcase the Welsh Communities by celebrating multi-culture, individuality and diversity.

Join us for a packed day full of activities ranging from cultural dances to songs and speeches, as well as workshops and stalls, and best of all, *dinner prepared by the award-winning chef*.

Registration is essential, so please book your tickets to avoid disappointment.

Please note that emails will only be used explicitly for future EMWWAA events.

Everybody is welcome!

Mo – Dar Ul-Isra Mosque

Greek Myth 101: Introduction to Mythology @ Cathays Library – Thursday, 6th July

Link: ***https://cardiffhubs.co.uk/hub/cathays-branch-and-heritage-library/***



Olivia and Ashley – Cathays Library

"Risky Friday's" @ CSAS: Cathays Sports & Social after 7pm – Starting Friday, 7th July !!

Live Music / Cocktails / 'Games'

Every other Friday at Cathays Sports & Social – Cathays Terrace



Mark – Manager - CSAS

Tafwyl – live Welsh Musci Bands @ Bute Park – Saturday, 15th and Sunday, 16th July

Link: ***www.tafwyl.cymru/***

Two days of several dozen live Welsh Medium music bands!!



Taking place in the shadow of Cardiff Castle, this free two-day festival celebrates Welsh-language culture in all its forms. That means more than 40 bands - including melancholy indie rockers Bwncath and heavy brass ensemble Llareggub - playing across three stages, plus the usual food stalls and beer tents, and a wide range of activities for everyone from teens to toddlers. The vibe extends to the rest of Cardiff, with bars, cafes and venues across the city hosting free events in the week leading up to the festival.
tafwyl.org

The organisers – Tafwyl

Motown & Soul Night @ CSAS / Cathays Sports & Social – Friday, 21st July !!

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



Mark – Manager - CSAS

Press photography Exhibition @ Ffotogallery – Ends on 22nd July

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

Open all month up to 22nd July !!

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)



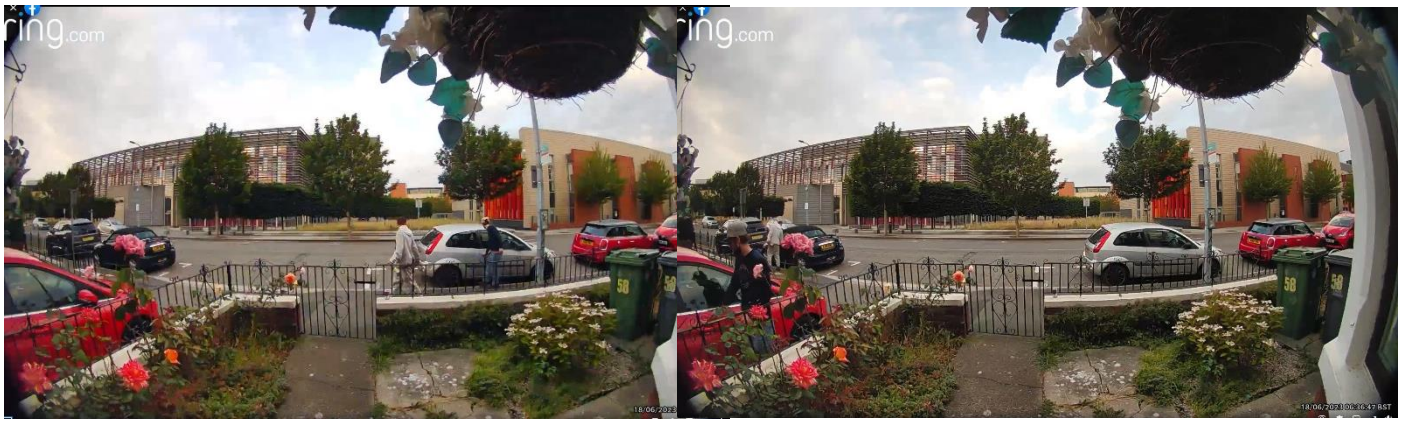
Image © Joann Randles

Cath - Ffotogallery

The thieves are about ……. – how can we monitor every street in Cathays?

Ring Doorbell website: ***https://en-uk.ring.com/***

This was lower Maindy Road (near to Lidl) on Sunday, 18 June 2023



One of our resident neighbours caught these two young adult males (using their homes ***'ring'*** doorbell/camera) trying to handles on every single car as they walked part each vehicle at 6:30am ish on Sunday, 18th June 2023.

The full video was shown online, which you can see the two youths trying every door handle as they go up the entire street.

If we have 200-500 personal surveillance cameras blanketing all of Cathays – which the residents, local businesses, school faith groups etc are in control of – it would help with a combined effort to show the pathways these opportunist criminals follow and make it easier for the local enforcement to catch them.

Please do consider putting camera's up on your house / street. If you co-ordinate with your neighbours – then entire streets can be laced up with camera's. A good example would be Harriet Street where the residents do cover a significant portion of Harriet Street, producing more evidence that may be used in court to prosecute anti-social activity!

The residents of Cathays!

Cathays Local Businesses

August 2023 – Cathays Monthly Update

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

Plenty going on in Cathays up to you to get involved !!!

Regards,

Paulus