Cathays Monthly Update – September 2023

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

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September 2023 comments:

Happy 50th Mark Hicks!!

One of our locals Mark 'Peggy' Hicks celebrated his 50th Birthday as August came to a close. Happy milestone birthday man!! Great turn out with people who care for, and admsire, Mark a great deal !!

Tea & Cakes Tuesday @ Ffotogallery

On Tuesday 5th September 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. This will coincide with a screening on the same day (see poster below!)

How far does this community update go?

I am more interested in encouraging the word-of-mouth discussions, recommendations etc to support everyone in Cathays – yet at just to explain what medium's this community update goes through …..

The irony is not lost on me that I've never been a fan of social media, yet use it as part of the platform to get this community update out across the area.

At present the avenues are Facebook, Twitter, NextDoor, various departments in the council, 3 of 4 of the college internal networks – yet the most important thing is people actually talking in real life to their Cathays (or wider) neighbours about all the positive things / current events happening in Cathays.

Recommended tradesperson – meet Falkland !!

As with Joe and Josh's tradesperson entry last month, ***Falkland*** is September's recommended/*Trusted Cathays Tradesperson*!

Falkland's work mobile is ***07894 145 647***, or email him on ***falkland_anderson@hotmail.com*** and enquire into his decorating, installing plasterboard walls/ceilings, floor varnishing etc and his other incredible services!

I've personally seen Falkland's efforts on several properties and was blown away at his excellent quality that he delivers to residents and landlords!

In his spare time Falkland is a family man, and a regular Cave explorer enthusiast – adventure man!!

Cathays Community Gardens – update!

There are multiple micro projects going on over the spring and summer and this will be explained/explored in future community updates.

Just massive congrats to 20 residents, two faith groups and 3 businesses on what they have contributed in recent months.

The Flora's BH weekend BBQ !!!

Ben & co at The Flora on Cathays Terrace had put on an amazing BBQ over the last weekend of August.

It was just amazing seeing some local neighbours and them asking "what is happening at The Flora?" as they could see a very healthy turn out of residents from all over Cardiff arriving there early Sunday afternoon on 27th August!

The Flora staff did an absolute brilliant job of marketing it, and no doubt the word-of-mouth referrals have been brilliant given the substantial turn out last Sunday!

Additionally The Flora has a new chef in play (they used to work in town!) and the new menu The Flora has been described as "banging" – check it out folks!!

New Letting Agency opening up!

Naz on our own Cathays girls (Dad set up Spice Box on Woodville in the 1970/80's and had stalls at all 3 of the Cathays Fairs in late 2010's!!) has taken over as the new manager of a new Letting Agents called Pure Properties on Salisbury Road.

As born and bred Cathays girl; Naz is keen to ensure that she gets good landlords on the Pure Properties books so if you know any landlords who are looking for an agency – they can book a meeting with Naz and her staff at Pure Properties!

Good luck Naz establishing the new letting agency!

Back lash from last community update?

It was good to get some strong words off some residents & businesses from last months. All feedback is good feedback even if the neighbours were cross about certain issues. It shows many of you care about this area!

That £8 a day Tradesperson charge is something that 50 tradespeople who live in Cathays, will have to absorb into their costs – and speaking in person to residents about this; they are aware the costs of call-outs for plumbers, electricians etc will inevitably go up for all of us when we need their services.

At least it created discussion and engagement, which is the whole point of the community update is to raise awareness of different things happening across Cathays

Volunteering – call to arms!

A list of different activities is being compiled by various groups in Cathays – which we will need substantial numbers to partake if just for 60-90 minutes in one activity! This will be shared in due course

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in September:

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 September 2023

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

Foodbank in Cathays – donating and collection in September

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!

- **SPONGE PUDDINGS**
- **TINNED POTATOES**
- **TINNED TOMATOES**
- **RICE PUDDING**
- **TINNED FRUIT**
- **TINNED MEAT (NOT CORNED BEEF)**
- **CHOCOLATE/SWEETS**
- **TINNED CUSTARD**
- **DEODORANT/ANTIPERSPIRANT**
- **SHAMPOO & SOAP**
- **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**
- **SWEETCORN**

sPlease 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 Community Centre presents 'Maitland Park Festival' - Friday, 1st September



September 2023

Maitland Park Festival

Have you:

- worked or performed in the Maitland Festival before and would like to do it again?
- would you like to be a food vendor?
- workshop provider? or seller? ...

We look forward to hearing from you! Please fill out the form to show your interest in Maitland Festival and we will be in touch!

Cathays Local Businesses

Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 2nd September

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 volunteer's desk – then please either scan the bar code to start the process, or …. Or alternatively – 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

Screening: 'The Bells of Santiago' @ Ffotogallery – Tuesday, 5th September

Event website link - ***https://ffotogallery.org/programme/tea-cake-tuesday-the-bells-of-santiago***



Panel discussion on barriers facing young Disabled Artist – Thursday 7th September

Website: ***https://ffotogallery.org/programme/panel-discussion-barriers-facing-young-disabled-artists***

6pm to 8pm at Ffotogallery

Join us on Thursday 7 September for a discussion about the barriers facing young disabled artists. BSL (British Sign Language) interpretation is provided for this event.

We are thrilled to welcome a diverse panel of individuals who are all working within the arts scene in Wales. They will be sharing their own personal experiences, how they overcame some of the barriers they faced, and what still needs to change to make the sector a more accessible and inclusive space.



The audience will also be invited to ask questions or share their own experiences.

Moderating the discussion will be photographer and artist Suzie Larke, joined by our panellists Jack Moyse, Joshua Jones and Danielle Webb.

Suzie Larke is a visual artist and photographer based in Cardiff, UK. Her fine art photography explores themes of identity, emotion, and mental health.

Jack Moyse is a photographer and artist based in Swansea, South Wales. His practice focuses on societal issues such as the demonisation of migrants, ableism, and mental health.

Joshua Jones (he/him) is a queer & autistic writer and artist from Llanelli, South Wales. He is the co-founder and director of Dyddiau Du, a NeuroQueer social hub and centre for art & literature in the heart of Cardiff.

Danielle Webb is a children's author, and founder / creator of *Life Being Little* and *Short Perspectives*. Webb is also a dancer, actor, representative for USW, organiser of the Reggae'n'Riddim festival, and is the Youth Communications Officer at Urban Circle.

Cath - Ffotogallery

Cathays Local Businesses

Welcome Café @ St Michael's Church - Saturday, 16th September

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



80's Night @ Cathays Sports & Social – Saturday, 30th September

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



Mark – Manager - CSAS

Cathays Local Businesses

United Community Social @ Brodies Café, North Road - Every Sunday from 1pm!

UCS

United Community Social

Brodies cafe†, 56 North Road, Cardiff

Sundays 1pm - 3.30pm

All welcome & encouraged*

Various discussions
Inc 'current affairs'



This is a relaxed local endeavour to unite people together with some constructive advice and ideas.

Contact:
Susan T: 07845 134 003 E: sgcardiff@hotmail.co.uk

*All children must be supervised by an accompanying adult.

†opposite Blackweir Tavern

Riverside Sourdough – every Tuesday AND Thursday @ Cathays Community Centre

Email: ***info@riversidesourdough.co.uk***
Tel: 07988 658387
Facebook: ***www.facebook.com/RiversideSourdough***
Website: ***www.riversidesourdough.co.uk***

Walk past your amazing local Cathays Community Centre and on Tuesday and Thursday later afternoon's you'll see the pop up table with Riverside Sourdough's amazing bakery selection on it (check out the images below!)

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4pm to 6pm

Every Tuesday & Thursday



October 2023 – Cathays Monthly Update

Autumn is coming, get your posters/event information in for October's events please!

How many residents will be installing compost pods this autumn to catch those beautiful leaves and use them to create next year's compost for your garden!!

Regards,

Paulus