Cathays Monthly Update – October 2023

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

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October 2023 comments:

Feedback - September's Cemetery tour!

On Sunday, 10th September there was a good turn out of people from all over Cardiff to attend the 'Friends of Cathays Cemetery' tour of the site.

Staff from Bereavement Services also attended, who had many discussions with the attendees alongside the volunteers from Friends of Cathays Cemetery!

It was incredibly informative and clearly enjoyed by the attendees!

'Red Robin Grave Care' Service

Also – Mike is running a grave care business, so if you want to hire him to clean up your deceased loved-one's grave site – please do enquire to Mike on ***https://www.facebook.com/RRobinGraveCare***

Mike – Red Robin Grave Care

Tea & Cakes Tuesday in 10th Oct @ Ffotogallery

From 11am to 1pm the Ffotogallery will be hosting 'Tea & Cakes Tuesday' which you are most welcome to attend.

Helping out elder staff in various work-places!

Cath - Ffotogallery

Halloween at Cathays Library !!!

Keep up to date with the weekly updates from Cathays Library on all the Halloween activities happening at your local library !!

Olivia / Ashley – Cathays Library

Cathays keeps reporting – and gets results!

For those who become apathetic and feels nothing gets done and those who have given up ……. a reminder of the many rays of hope your neighbours create on virtually every street in Cathays!!

Recently after massive problems that Gwennydd Street and Bruce Street have experienced in recent years – it's because of many of these amazing residents who have kept reporting – consistently - on an infamous trouble house that has garnered a result!

The Police, RSPCA and Social Services have stepped up and made positive steps forward to reduce the negative social impacts that your neighbours on two streets have suffered for too long.

Every report that all of you make – will always mount up alongside others (that you may not be aware are also reporting!) and things do get done!!

Together – this community makes a lot of positive change often driven from a holistic level!! You all make us stronger as a community…..

The residents - Cathays

1st year AGM:

The AGM of the Association of Beneficiaries of Maindy Park Trust will be held on Monday 30 October 2023

Wow, it's a year since the Association was launched!

Members will be sent details of the business to be conducted soon, and after the AGM business has been completed there will be time for an update, sharing thoughts, etc.

Jeremy – Save Maindy Velodrome/ABMPT

Correction on New Letting Agency opening up!

Local resident Naz asked me to clarify – she is ***not*** the owner of the Pure Properties, yet rather the manager of it. Apologies to Naz for the mix-up!

Jonathan's inventory for properties!

For our residents who have properties, Jonathan (who used to run Cardiff Bike Café on Park Place) has now set up 'No letting go' which he performs the inventory's for people's properties!

He will go around and make sure, in your building, everything is all functioning; electrical, water etc. Many residents, businesses, landlords would benefit from someone with Jonathan's integrity undertaking his inventories of your properties!

Call him on 0800 8815 366 or 07392 099 531, or email Jonathan on ***cardiff@nolettinggo.co.uk*** the website is on ***www.nolettinggo.co.uk*** – enjoy!

Hardcopy newsletter Your Cathays #12 = 2024

This one will be biggest to date! The centre piece will be an A2 calendar trying to list as many of the regular monthly activities you all undertake across Cathays!

The plan is – if 3,000 copies are made of 12 pages at A3 per page this will be far reaching. To highlight all the fantastic things going on – this will take a very long time to write! It was started 18 months ago, so small steps!!

Additionally we are long overdue for a Cathays local survey on what each street wants/can offer – and see how we can marry up all these amazing events/activities/groups etc that so many of you have worked hard to get up and running !!

From experience of 2014-2019 and 2022, it takes a whole day just to get down one street in Cathays (longer streets like Malefant or Maindy Road much longer!)

Even if the hardcopy begins next Spring/Summer – it will take a year to comprehensively survey each resident household!! How realistic this can be – we shall see when everyone gets the results in the 2025/2026 Your Cathays newsletters.

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in September:

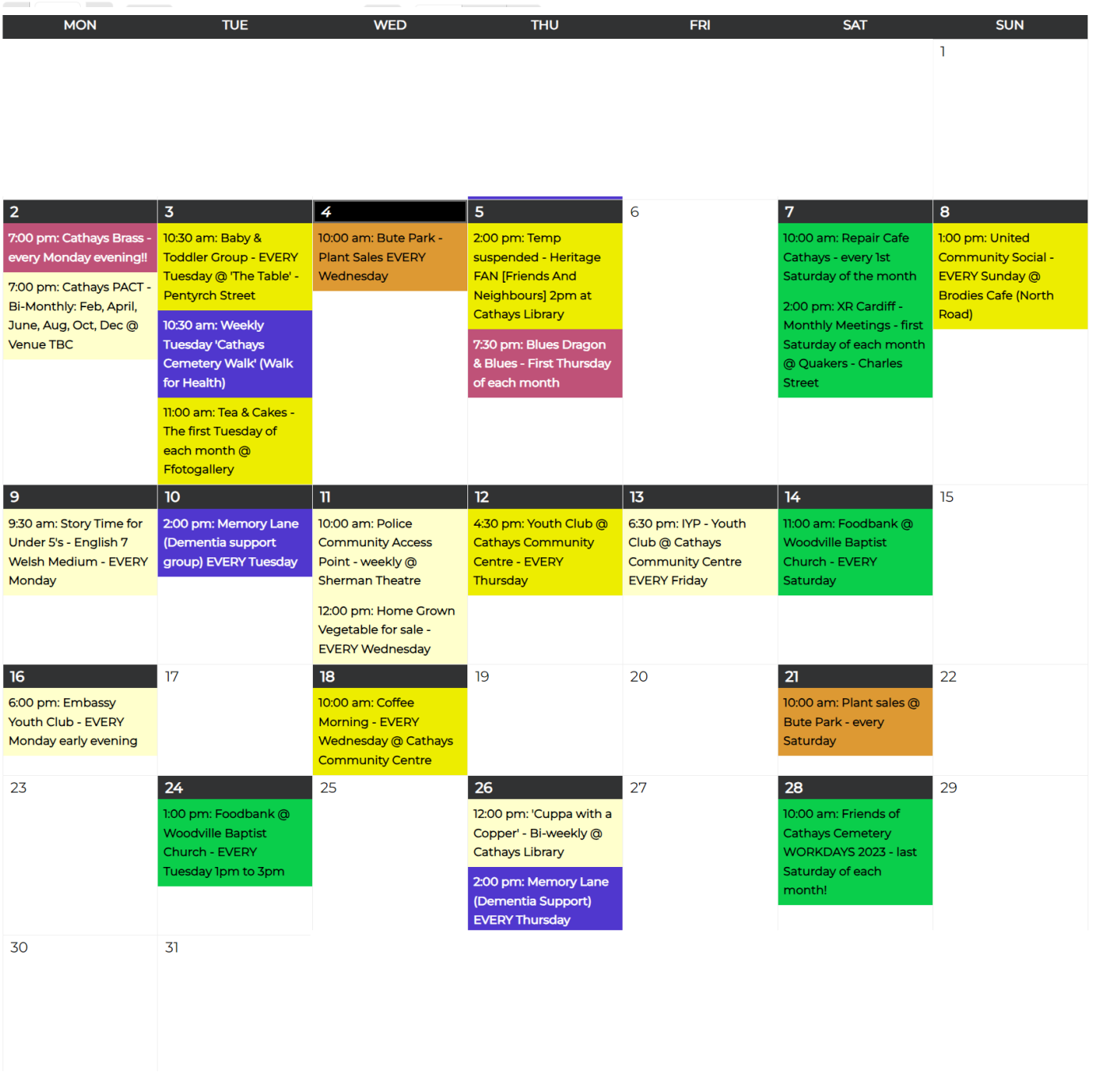
Links: ***https://www.yourcathays.org.uk/***

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



Where have the buses gone? Cathays residents speak up!

Some of our residents have commented on the recently cancelled bus services in Cathays.



Anne – Cathays resident:

"Anyone noticed a bus recently?

At the last count we had seven bus stops on Cathays Terrace; two of which are very smart, with garden rooves. On the plus side they are regularly cleaned by a man-with-a-van. On the minus side they are completely useless, as we have no bus services at all running up and down this road.

I rang the bus company, who sounded surprised (but unconcerned) that this was so. No explanation was forthcoming.

As a reasonably agile 80++ year old, I realise the two mile walk, there and back into town, is good for my health, but it is extremely tiring if one is carrying shopping. When I moved to Cardiff many years ago, the no.35 bus would appear on a fairly regular basis every 15 minutes or so, and was well supported.

Has anyone else been inconvenienced by this situation?

Grannie Annie."

Anne – Cathays Terrace

Bob – Cathays resident:

"More examples of Council wasting our money These two bus shelters erected at a cost of £17000 each are no longer needed as there are no bus services along Cathays Terrace!"

Bob – Maindy Road

Dottie - Cathays resident:

"The bus service is no longer running down Cathays Terrace, it is frustrating!

Now I have to catch two buses just to get to Llandough Hospital – it's getting rare to get a fluid reliable bus service!

I just wanted to tell you – I feel better now for venting my annoyance!"

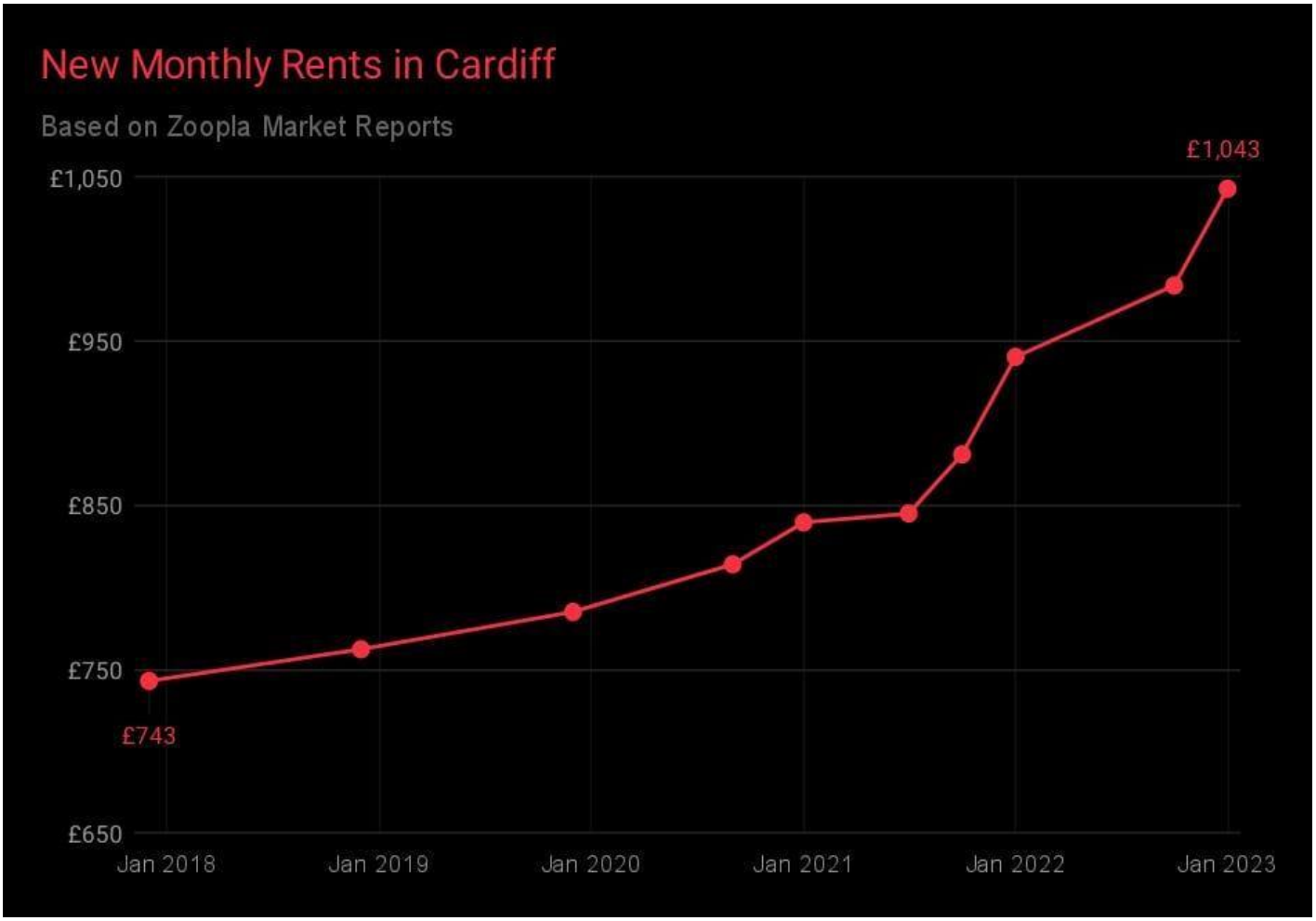
Dottie – Flora Street

Rent Control Campaign:

You may have missed it, but recently the Welsh Government held a consultation on Rent Controls. Rent Controls is an idea that is becoming more and more necessary, as housing inequality is hamstringing the economy whilst enriching a wealthy elite.

Rent Controls are legal controls on how much rent can be charged and how much rent can be raised by. We already have Rent Controls for Housing Association and Council Housing tenants. Their rent can only be raised by a certain amount each year, currently based on the Consumer Price Index (inflation), plus 1%, recently capped at 7% to recognise that inflation is massive this year. For most of the last 20 years this figure has been well below 5%. So if we recognise that some tenants should be protected from massive rent rises, why not others?

Acorn the Community Union are in the process of starting a campaign calling for Rent Controls to be introduced across Wales. This is because the price of rent now is unsustainable for our members. Rent in Cardiff has gone up from an average of £743 in January 2018 to £1043 in January this year. That's a 40% increase in five years. Has your income gone up by 40% since 2018?



Our members and other renters are not just spending more on food and bills like the rest of us due to cost of living increases, they are spending so much on their rent that instead of being able to save towards homeowning they are having to choose between rent and food! It's been a long time since people were able to just spend 30% of their income on rent, as was recommended by economists and banks when I was young. *Now they spend 50% or sometimes more!* We have already locked the majority of under-40s out of homeowning due to the now unreachable price of buying a home for most people of this age, and we need to act to prevent the impoverishment of another two generations. Wages have not kept up with cost of living increases and so many people are now unable to make ends meet.

The more impoverished people there are in a society, the more crime there is. Shoplifting is at all-time record highs at the moment because people are so poor. We live in the UK's number one bike theft hotspot! It will get so much worse if we don't do something about it at a structural level.

If you agree with us that something needs to be done and that people deserve to be able to live secure lives with affordable housing rather than precarious exploited lives, then please sign our petition at https://www.acorntheunion.org.uk/rentcontrolwales

Acorn is a Community Union with branches all over the world. We represent our members when they come up against problems, using solidarity and legal direct action. In Cardiff recently we have helped a number of members whose landlords were behaving illegally. We also have wider campaigns – in Bristol our members are campaigning to overturn the public toilet closures of the last 15 years which discriminate against elderly and disabled people. In Norfolk Acorn recently won Holiday Food Vouchers for 30,000 families.

Our strength is in numbers!

If you like this idea join us: https://www.acorntheunion.org.uk/join or email cardiff@acorntheunion.org.uk

Paul White – Cathays resident



Bin strikes still happening ……

The Industrial action over nationally-negotiated pay awards has been extended to October 16. During this period please not the following information!



♻***Green recycling bags will only be collected alongside your fortnightly black bag/bin collection.*** They will be recycled.

❌***Garden waste collections are cancelled*** to prioritise collection of black bin, food and hygiene waste.

✔***Non-recyclable (black bag/black bin), food and hygiene collections are currently running as normal.***

If your, waste has not been collected as scheduled, *please leave it presented at the kerbside as services may be delayed*. We will attempt to collect as quickly as possible.

Both recycling centres are open, so garden waste can be brought to these sites.
To book an appointment 👉https://orlo.uk/NXWbZ

We would like to thank you for your patience.

All the information is available here: https://orlo.uk/fYWyf

Cardiff Council

Foodbank in Cathays – donating and collection in October

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

New Business – MJ's Hair Creativity:

Facebook: ***https://www.facebook.com/profile.php?id=61550499526429***

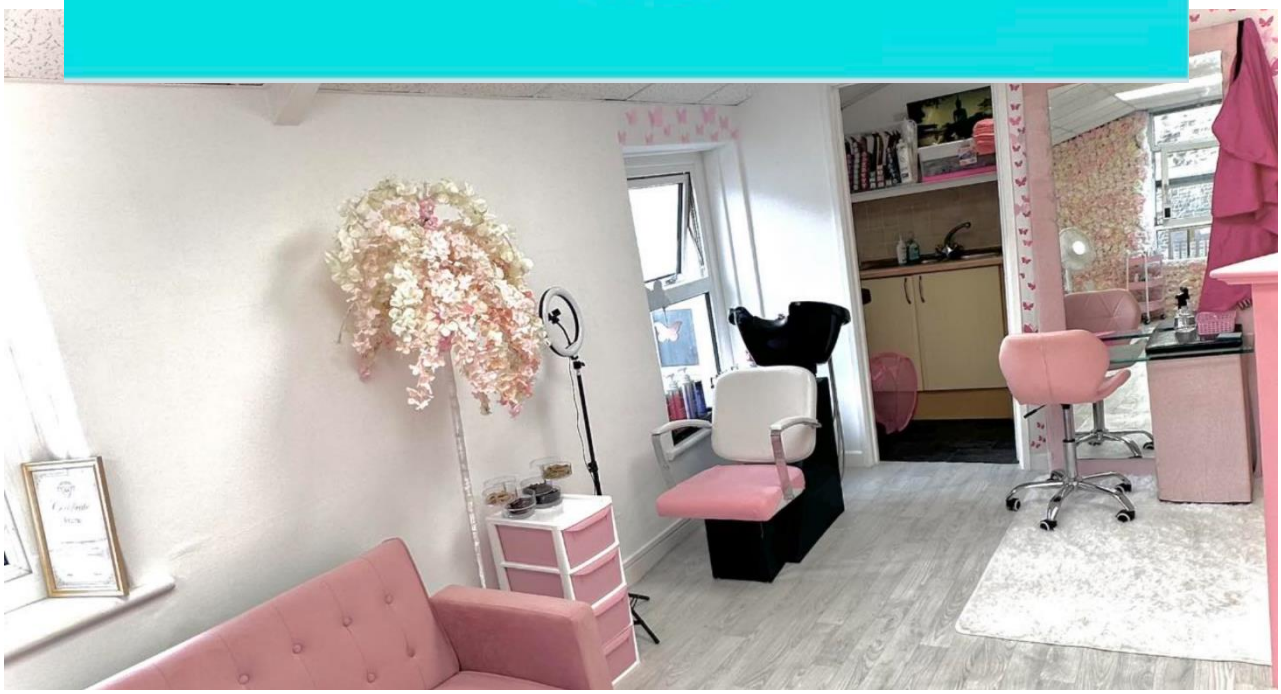
14 Museum Place, Cathays

Price LIST

MJ's Hair Creations

Wash and Blowdry	£15	All Over Colour	£32
Wash and Cut	£22	Highlights Half Head	£55
Wash, Cut and Blowdry	£26	Highlights Full Head	£100
Fringe Trim	£9	Colour Change	£120
Childrens Cut and Wash	£15	Balayage	£85
Hair Ups	£20 - £30	Colour Correction	£100
Straighten / Curled	£20	A consultation is required	- £150
Treatments	£10 - £20	A patch test is required for all colours.	

Please contact me for more information!
07941552757



Harvest at St Michael's Church – 4pm on Sunday, 1st October 2023:



Cathays Local Businesses

Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 7th Octobers

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

Georgina Black vocalist entertainer @ CSAS – Saturday, 7th October

CSAS/Cathays Sports & Social website - ***www.cssc.ukpub.net***



Feeling at Home (Pop up Exhibition) @ Ffotogallery - 11th to 21st october

Website: ***https://ffotogallery.org/programme/feeling-at-home***

Feeling at Home shows work from 19 photographers with learning disabilities from across Brighton and London.

They have been meeting together in small groups to reflect on what helps them feel at home, and what gets in the way of this.

The exhibition provides an opportunity for the public to see the world through the eyes of people with learning disabilities, and to reflect on their own responses to this work.



Get a sneak peak of the show on 10th October when we'll be open between 11am - 1pm for our next Tea & Cake Tuesday!

We are delighted to be hosting this pop-up exhibition at Ffotogallery from 11 - 21 October 2023.

Feeling at Home shows work from ***19 photographers with learning disabilities*** from across Brighton and London. They have been meeting together in small groups to reflect on what helps them feel at home, and what gets in the way of this. The exhibition provides an opportunity for the public to see the world through the eyes of people with learning disabilities, and to reflect on their own responses to this work.

The exhibition is part of the Feeling at Home research study, funded by the National Institute of Health and Care Research's School for Social Care Research. We have used photovoice, a research method where people tell their stories, share their experiences and work towards improving their lives through photography.

Cath - Ffotogallery

Cathays Local Businesses

Games afternoon @ St Michael's Church - Saturday, 21st October



Kalvyn Simpson Singer @ CSAS (Cathays Sports & Social) - Saturday, 28th October

CSAS/Cathays Sports & Social website - ***www.cssc.ukpub.net***

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November 2023 – Cathays Monthly Update

Any Bonfire Night festivities happening in Cathays?

Autumn is coming, get your posters/event information in for your November 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