Cathays Monthly Update – November 2023

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

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November 2023 comments:

2 months to 2024 !! Make everyday count !!

November's update is quite lengthy – so I hope you do not fall asleep reading it just yet.

I hope December's community update is even bigger – so please get your poster's in for everything Christmas and New year's Eve !!

Halloween

It was very positive to hear so many people commenting about people making the effort to celebrate events like Halloween.

Residents asking about local Halloween parties, the students making an effort with their window dressing, the businesses doing amazing stuff with their shop fronts.

The positive statements did reiterate quite a few points – namely no-one remembers this being undertaken so much ten years ago in Cathays.

Are we seeing more wider drive towards traditionalism in our communities – where people do want to make the most of all these seasons. Well done everyone who made the effort – for Halloween 2024 we'll have to see what family/children's Halloween parties we can support publicise.

PARKING – keep up the reporting !!!

I always speak with traffic enforcement staff each month about many pressing issues various streets highlight. It has always been a positive discussion and the traffic enforcement are sensitive to the resident's blight of parking nightmares.

In the last 12-18 months, a lady called Amy Preece took over as new heard of Parking Enforcement and seems to be making a lot of positive waves with her staff.

There has been a general positive vibe from the ground level upwards of better approaches to tackling the parking issues across Cathays and wider Cardiff.

The bottom line is to keep reporting – and everyone is encouraged to report the parking problems across Cathays.

The more data that traffic enforcement can collect, the better they can understand trouble spots across Cathays, which in the long term we all hope can be alleviated.

Please help your neighbours out – ***if you are someone who has to park in the alleyway for an hour or two,*** please leave a note in your car with your contact details. So if you are blocking someone who needs to get access to their garage, you are easily contactable.

Ill health in Cathays

It has been overwhelming in recent years to hear first-hand about how ill many of our neighbours have been.

To make things worse, many carers who look after their partners are also succumbing to illness and the carers do not have any back up.

How as a collective of streets/neighbourhoods can we help out? Please do submit your stories – your positive example could encourage others to set up their own support networks.

Cathays PACT

Quite a few neighbours have kept asking about the Cathays PACT (***P***artnership ***a***nd ***C***ommunity ***T***ogether) and when it was going to take off again. This was not just the past regulars yet long term residents who wish to get involved more in local safety etc. after expressing many concerns of recent anti-social activity.

The Police, being greatly displeased that the Cathays PACT had been discontinued - told me in Autumn 2022 that "…. if someone can organise a venue and a regular bi-monthly meeting for a new Cathays PACT; then we [the Police] would definitely turn up!"

So if anyone wishes to host a PACT meeting with their venue – we will happily publicise the event well in advance.

Break-in's on the business streets ….

As winter 2022 went into 2023, a lot of break-in's have occurred on our commercial streets such as Crwys Road and Salisbury Road where many of the businesses have been regularly hit.

Speaking with Christobelle of Eat Drink Greek, in October – it was stated that the businesses are trying to pull together in small pockets around Cathays; yet something needs to be done to improve the situation. See the entry below on 'Cathays Local Businesses'.

Not enough content to fill this space?

More like time constraint – and some entries are too large for 'the grey box shorts', such as the composting piece below.

Quite a bit of content has been pushed back to December and January's Cathays Monthly Update so it can be better fleshed out.

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in November:

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 November 2023

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

O.Constantinou & Sons, Crwys Road raises £628-46p for charity!

Link: **www.worldchampionhairdressing.co.uk**
Email: **hello@simonconstantinou.com**
Telephone: ***02920 461191***

Cardiff Salon:

Baking Hope and Raising Funds for City Hospice Cardiff

Cardiff, Wales: O. Constantinou & Sons, a well-loved hair salon in the heart of Cathays, Cardiff, successfully ***raised £628.46 for City Hospice Cardiff*** through a heartwarming bake sale and coffee morning event held on September 29th, 2023. In a heartfelt gesture, some of the money was used towards donating a full day of nursing care in memory of their beloved founder; **Odysseas Constantinou**, who was known for his kindness and dedication both to his craft and his community.

The event, held at the salon's premises, was a testament to the community's support and the salon's commitment to giving back. Clients, neighbours, and friends joined hands to contribute to the cause, enjoying an array of delicious homemade treats made by staff and clients, and a warm cup of tea or coffee.



The funds raised will go directly to supporting City Hospice's mission, offering palliative care, comfort, and assistance to individuals and families during challenging times. This means each person in their care can live their lives to the fullest for as long as possible. O. Constantinou & Sons is proud to be a part of this meaningful endeavour.

Simon Constantinou expressed gratitude to everyone who participated in the event and made it a resounding success. "We are overwhelmed by the generous support from our clients, friends, and family. A huge thank you to everyone involved in the day. This event not only allowed us to remember our loved ones, but also to make a real difference in the lives of those served by City Hospice. We are thrilled to contribute to such a vital cause."

Find more about the work City Hospice do and how to make a donation yourself,
please visit their website: ***www.cityhospice.org.uk***

Helen – staff – O.Constantinou & Sons

New shop in Cathays: St Vincent's Charity Shop

Website: ***https://svp.org.uk***
Facebook ***https://www.facebook.com/crwysroad***
Instagram ***https://instagram.com/stvincentsshopscrwysroad***
Tik Tok ***https://www.tiktok.com/@svpcrwysroad***

The St Vincent De Paul Society sets out to help anyone experiencing poverty throughout England and Wales. Through person-to-person contact and creating a bond with people we can support a wide range of needs. We have community support projects and stores that can provide affordable goods, volunteering opportunities as well as creating a presence in the local community.



Our mission is to empower local communities through compassion and care.

Bethan – Manager – St Vincent's Charity Shop

Foodbank in Cathays – donating and collection in November!

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

Massive thanks to Felicity of Foodbank Cardiff for the recent in-person discussion and updates. As autumn 2023 comes to an end – with the engagement of a lot of recent Cathays residents, faith groups – it is an issue that certain characters are still going hungry. ***There is no shame in using a Foodbank in these impossible times of cost of living crisis!!***

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 quality 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 any Foodbank!

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!

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!



Please absolutely *NO* Mince Piece

Felicity – Cardiff Foodbank
Gauri – Cardiff Foodbank
Barak – Al-Manar Centre
Mo – Dar Ul-Isra
Simon – Sherman Theatre

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!

- **UHT MILK (LONG LIFE)**
- **SWEETS AND CHOCOLATE**
- **JAM AND SPREADS**
- **BISCUITS**
- **SPONGE PUDDINGS AND LONG LIFE CAKES**
- **FRUIT JUICE (1 LITRE, LONG LIFE)**
- **TINNED POTATOES**
- **LONG GRAIN RICE**
- **TINNED TOMATOES**
- **RICE PUDDING**
- **HOUSEHOLD CLEANING PRODUCTS E.G. WASHING UP LIQUID, ANTI-BACTERIAL SPRAYS, CLEANING CLOTHS ETC.**
- **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**
- **SWEETCORN**

Please check the link weekly.

Please Cathays - Get composting those leaves!!

Evolution has given us so many resources that even in this day and age we do not use in a sustainable manner – when it is right out there for all of us to utilise.

Autumn gives us all these falling leaves – and I actively encourage you to compost these leaves in your own back gardens or nearby street planting areas/green spaces.



Please do get the nutrients back into the local soil, keep the soils around you in a stronger state with healthier properties.

Help maintain enrichened healthy local soils across Cathays (and wider world) – the stronger soils make for quicker absorption of rainwater, reduce flooding etc.

Health and safety:

Please do use gloves when picking up the wet leaves, you never know what may be in there (dog faeces, sharp objects etc) and for every bit of pathway outside your house you clear up – the safer it will be for everyone to walk down. Its akin to the 3 generations ago when all snow, leaves etc were cleared by local people to keep the streets clear of debris.

This will make it safer for everyone to walk around each of our local Cathays streets.

Bag up the leaves:

Just by placing the leaves in plastic bags will retain a healthy dampness in the leaves, worms will find their way in (they always do) and you can have year round compost source which can help activate your soils for successive years.



There are multiple biodiversity and planting projects happening across Cathays that our various residents are pioneering.

Many back gardens have turned into propagation sites, producing wonderful indigenous wildflowers and local trees which can be distributed across many local projects.

Composting in your garden:

The costs of living crisis has meant many people obviously prioritise food, heat etc and things like composting do take quite a few back seats now.

The point being, you can find 2nd hand / re-used compost tubs on many different social media outlets (or just ask your neighbour if you can have their's if they are throwing out their compost tubs).

As we go further together into a potentially more frugal future – we must preserve our resources. Localised Composting is very important to help ensure the health and validity of your local Cathays green spaces.

Please do share your composting stories!!



Repair Café Cathays – 10am @ Sherman Theatre – Saturday 4th November

When you arrive at Repair Café Cathays, register at the volunteers desk – then please either scan the bar code to start the process, or ask the volunteers how to do the alternative process!



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







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

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





Volunteers - Repair Café Cathays

Food & Fireworks Party @ Cathays Sports & Social - Night Sunday, 5th November



Remembrance Night Tribute @ Cathays Sports & Social - Sunday, 12th November



‘Gardening the world’ @ Cathays Cemetery – Tuesday, 14th November

Link: ***https://cathayscemetery.coffeecup.com/***

Friends of Cathays Cemetery
Cyfeillion Mynwent Cathays

Bill Mosley Memorial Lecture

"Gardening the World"

(Horticulture of the Commonwealth War Graves Commission)

Tues 14th November 7pm

in

Cathays Cemetery Chapels

(Fairoak Rd)

A talk by

Amy Kitcher

(Public Engagement Officer - CWGC)



Free Admission * On-site parking * 07753 169891 for further details

For our next talk we welcome Amy Kitcher from the Commonwealth War Graves Commission who will be looking at the work of the organisation, and in particular their gardening operations throughout the world.

Tuesday 14th November at 7pm in the cemetery chapels.

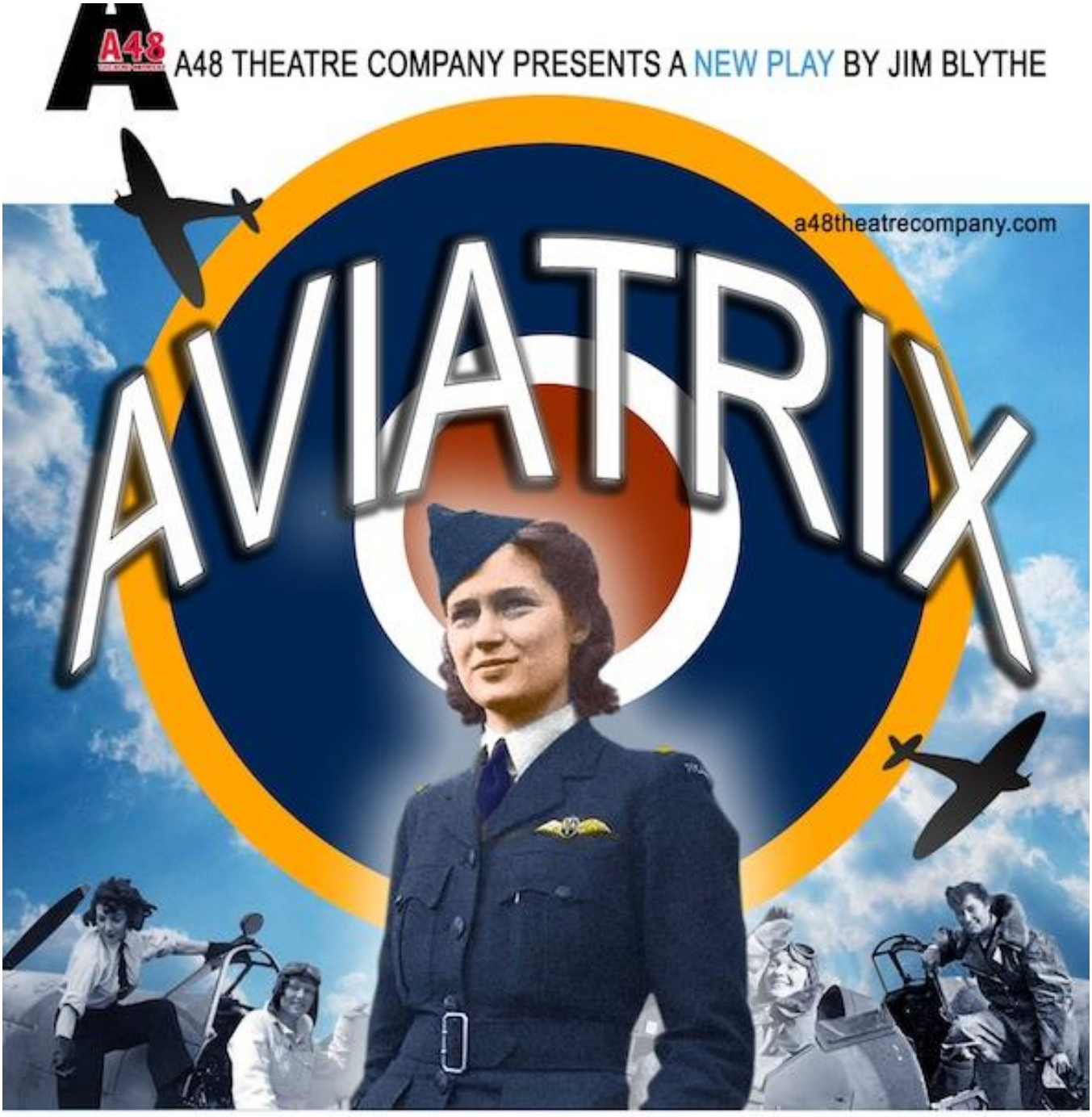
On-site parking will be available.

Free admission.

John, Paul and committee – Friends of Cathays Cemetery

A48 Theatre 'Aviatrix' @ Temple of Peace, Wednesday 15th November

Link: ***https://www.ticketsource.co.uk/whats-on/cardiff/the-temple-of-peace/aviatrix/2023-11-15/19:30/t-eaxkxpk***



Christmas Fayre @ St Michael's Church – Saturday, 18th November

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



Cathays Local Businesses

Keep Cash Local talk/discussion @ O'Neill's Pub (town) 12:30pm Sunday 19th November

Link: ***https://www.eventbrite.com/e/keep-cash-local-conference-how-do-we-act-to-stop-the-cashless-society-tickets-726680168947***



KEEP CASH LOCAL

HOW DO WE ACT TO STOP THE CASHLESS SOCIETY?

Alan Davies: *Editor of the Word Newspaper, Brighter Times Magazine and lifelong activist.*
Simon Goldberg: *Co Founder of You and Your Cash and White Rabbit Trust.*
Jonathan Tilt: *Former Leader of the Freedom Alliance and recently set up ' Vote Freedom Project.*
Debbie Hicks: *Keep It Cash, anti lockdown activist and lifelong campaigner and activist.*

Local/ Regional Speakers & Workshops:
Susan Jones, Keith Edwards, Charlie Rainbow, Natalie Chalk, Glyn Owen.

FFOCWS @ Ffotogallery - Thursday, 23rd November

Link: ***https://ffotogallery.org/programme/ffocws-2023***

ffotogallery

FFOCWS 2023

We warmly invite you to join us from 6pm on Thursday 23 November for the opening of Ffocws 2023. Be the first to see the work produced by the brilliantly talented photographers who have been selected to show their work in the exhibition.

Announced last month, the contributing artists include:

- Alice Forde
- Emma Spreadborough
- Jean Chan
- Mareah Ali
- Katie Nia
- Megan Morgan
- Robin Chaddah-Duke
- Shannon Maggie
- Shaun Lowde
- Viv Collis.

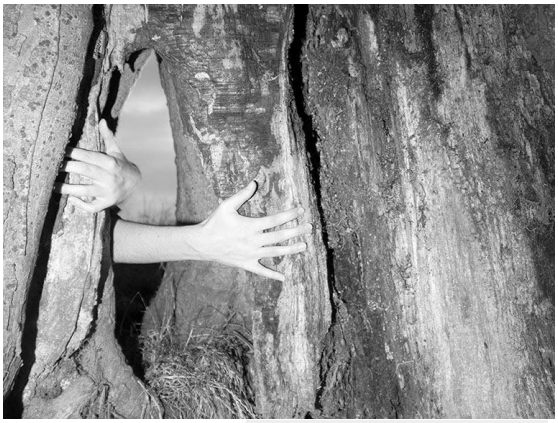


Image © Emma Spreadborough

We are delighted to be working in partnership with Cardiff MADE and the Higgins Photography Initiative to include a further four more artists; Jack Moyse, Kaylee Francies, Ffion Denman and Tracy Patricia Harris. Alongside the exhibition will be a programme of online artist talks - the details of which will be announced soon, so watch this space.

The exhibition continues until 12 January 2024, open Wednesday - Saturday, 12 - 5 pm.

Please note:
The gallery will be closed for the seasonal period;
Closed from 17 December and reopens on Wednesday 3 January 2024.

Kath - Ffotogallery

Cathays Brass Remembrance Service @ James Summers Funeral Care – Friday 24th November

Slightly outside Cathays – yet supporting Cathays Brass and the Co-Op!

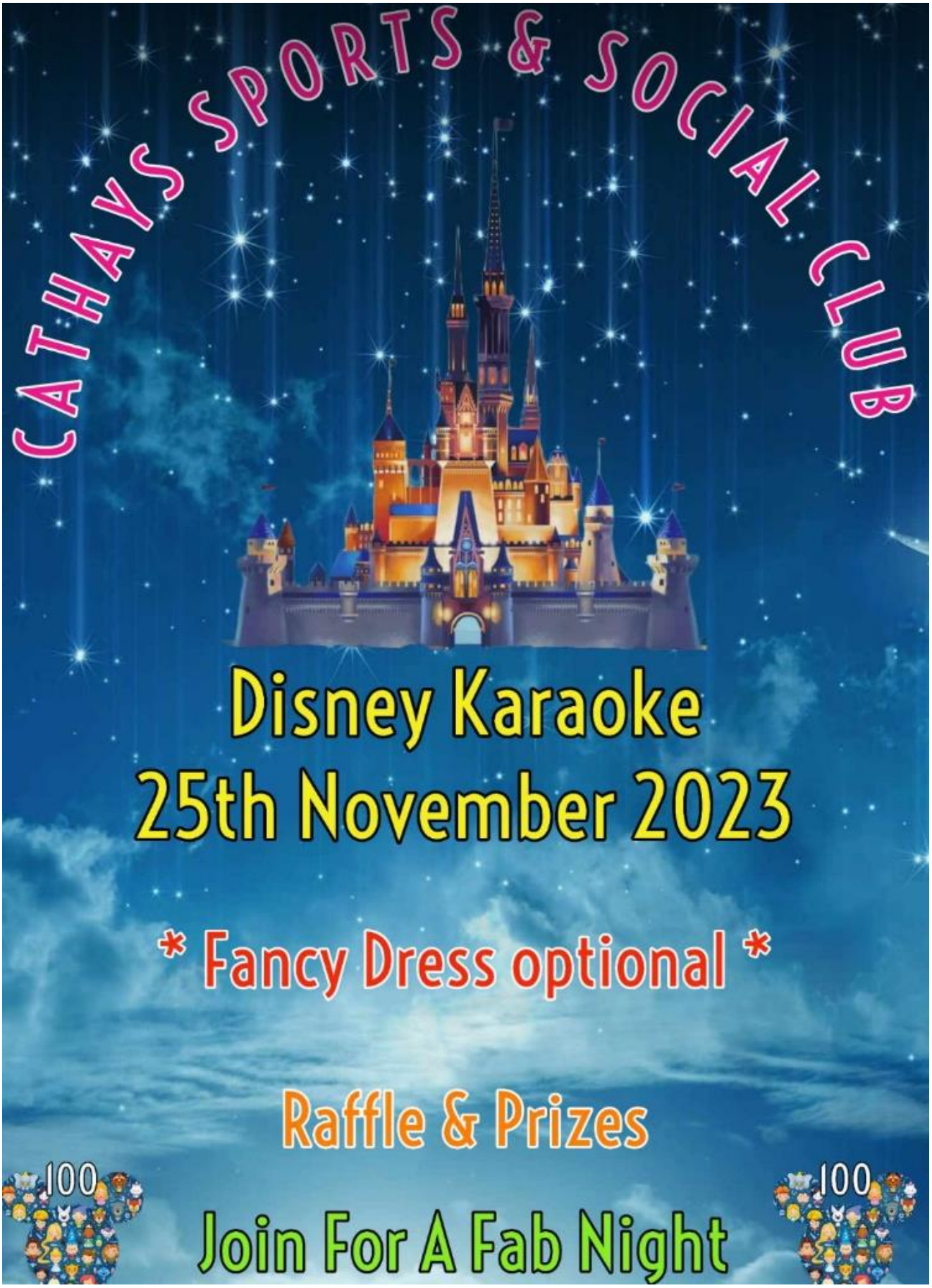
Website Link: *www.coop.co.uk/funeralcare/funeral-directors/cardiff/CF24-1XP/james-summers-funeralcare/roath-court-funeral-home*



Catherine – committee and musician - Cathays Brass

Disney Karaoke @ CSAS Cathays Sports & Social - Saturday, 25th November

Venue link: ***www.cssc.ukpub.net***



Josh – Deputy Manager – CSAS: Cathays Sports & Social

Facebook: Cathays Local Businesses group set up

Link: ***www.facebook.com/groups/cathayslocalbusinesses***



Given the spate of break-in's etc on many businesses on Crwys Road, the lack of footfall with customers, needing skilled people to help fix problems – many Cathays businesses have expressed interest in some form of collaboration amongst all the businesses of Crwys Road, Woodville Road, Salisbury Road etc.

Cathays Local Businesses FB group has been set up – all local businesses are encouraged to join!

This is to help the local businesses share local information:

- Raise awareness of any local good / bad practices.
- Recommend a decent tradesperson
    - Has a hairdressers/barbers got a recommended plumber to fix your boiler or leaking tap
    - A carpenter to help refit part of your shop.
- Food supplier – would you recommend a catering group or food supplier
- The list / potential is endless …..

The local schools, library, tradespeople, faith groups etc. are encouraged to join too.

!! Let's try and create some working sssolutions together !!

December 2023 – Cathays Monthly Update

Get your Christmas posters/event information in by the last week of November!

Email your posters to ***mail@yourcathays.orguk*** please.

Regards,

Paulus