Cathays Monthly Update – January 2024

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

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January 2024 comments:

A quiet one for January 2024

A lot of venues are taking a chilled month for January, so not many events happening – yet plenty of regular things happening.

No Repair Café in January!!

The 'repairer volunteers' are taking a break so there will be no repair café at Sherman in January. It will hopefully be back up and running again on the first Saturday of February.

Explaining antisocial activities!

Bit heavy to start the new year with a few scare stories – yet sometimes it is best to share some neighbours' experiences of anti-social activity and how they dealt with it; it is hoped once all permissions are granted that by the appropriate parties (and by that, I mean treasured neighbours!)

It might seem like nothing to you, yet it is a big deal to some neighbour's when lunatics are breaking things in the victim's garden *'to start a conversation'* (thank goodness in some circumstances camera's were up and running to capture the anti-social activity).

By sharing some resident's local anti-social nightmares; it will inevitably empower others on how to deal with similar experiences! Every problem can have a solution – and when we share good practice; we get become stronger as a community!

Taking requests on Cardiff Radio!!

Local resident Colin Broadbent has been working at BBC radio for many years now (and always set up a stall at the annual Cathays Fairs in 2017, 2018 and 2019).

Cardiff Radio now has new text 07354 770 837 service for you to text in your musical requests!

Some background info of Colin's radio work and efforts is available on ***https://radiocardiff.org/index.php/members/colin-broadbent/*** - get texting in your favourite songs!

What new activities should we set up?

As a general ask, I've put it to local people what activities could be set up to encourage more cohesion amongst our community.

There are various activities which Penylan, Roath/Plasnewydd, Cathays and Gabalfa are involved in/collaborate upon. (It never ceases to amaze me how many people in the other 3 districts have family or are ex-residents of Cathays!)

Yet I hope we can flesh out and broadcast more of these efforts in the coming months!

Toxic Volunteers – a hindrance to communities?

Having consistently engaged with approximately a dozen volunteer bodies across Cardiff over the last 10-15 years, some very disconcerting issues have been learned – one being a repetitive (and largely unresolved) issue regarding the problem of 'toxic volunteers'.

What is a toxic volunteer exactly? Many have different perspectives or variations of what they consider to be a toxic volunteer. Often it is based on anti-social conduct.

An example that should be shared - one major incident happened which I witnessed first-hand (and ended up discussing with 20 people from 4-5 different constituted volunteer groups) – the example was of regular decent (and real grafters) volunteers dropping out of volunteer groups that they has been part of for many years. In this case where 3 elders and 5 families discontinued their long-term volunteering efforts across 5 districts in Cardiff! It did take some time to work out why ….

This was due to one wind-up merchant, who would start showing up to 4-5 different groups regular activities – and begin discussing inappropriate topic matter (around small children, average age volunteers as well as elder volunteers) and trying to touch people, lick their faces etc. retorting *"Oh I'll stop licking your face when I see it doesn't wind you up anymore!" how is this appropriate?*

One parent explained to us they did not want their children being in earshot of such inappropriate conversation topics, antics and very messed up general behaviour; including several of the decent volunteers being stalked! This did continue for some time before it was inevitably reported to the Police. Was it too late?

Before the deluded sanctimonious can start waving their little woke flags – and start screaming 'no exclusions' – it was only when professionals and authoritative figures had been engaged on a wider level, from various locales, that patterns of complaints, reporting and unresolved outcomes became very apparent with 4 infamous characters who had all been deemed 'toxic volunteers'. 3 out of 4 characters had no recorded background of 'additional needs or behavioural issues established.

It is strongly recommended that as with many constituted groups who have H&S, safeguarding policies etc. that some form of policy is created by many of these CIC's to have some form of toxic volunteer policy, which requires a reporting and warning mechanisms.

The biggest problem is when you don't act, you don't report problems, it will be passed onto someone else. In this day and age we can not brush off "let someone else deal with it" when we all have a duty of care to report such characters/incidents to the 101 Police.

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in January:

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

Scroll down the front page or click on internet link here: CALENDAR – What's on this month – enjoy!

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 January 2024

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

Foodbank in Cathays – donating and collection for 2024

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

Happy 2024 to everyone from Foodbank Cardiff

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 the Foodbank voucher to use at the nearest Foodbanks to you!

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! Every donation (in the panel it highlights what we are short of!) welcome!

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 AND LONG LIFE CAKES**
- **SWEETS AND CHOCOLATE**
- **FRUIT JUICE (1 LITRE, LONG LIFE)**
- **TINNED CUSTARD**
- **RICE PUDDING**
- **SAVOURY SNACKS**
- **MICROWAVEABLE RICE/EASY COOK PASTA**
- **TINNED MEAT**
- **TINNED FISH**
- **WASHING POWDER**

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.



Foodbank Cathays DONATION / drop off locations:

Deposit in Foodbank Boxes across Cathays at locations such as:

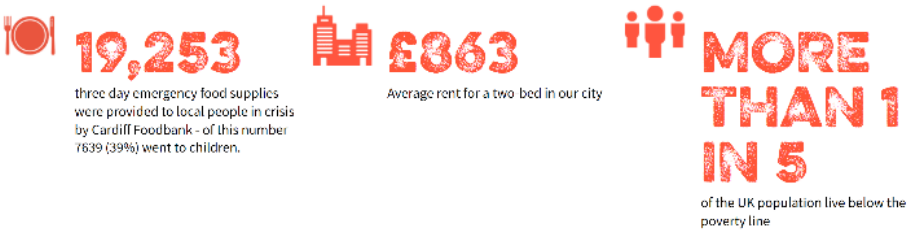
→ ***Al-Manar Centre*** – Glynrhhonda Road

→ ***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!

Please do give where you can spare one thing on the right list box!

Thank you everyone who donates!

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

Cathays Local Businesses

Coffee Mornings @ Cathays Community Centre – EVERY Wednesday from 3rd January

Links: ***www.cathays.org.uk***

COFFEE MORNING

OPEN FOR EVERYONE







TEA & COFFEE
FUN CHATS
QUIZZES & GAMES

EVERY WEDNESDAY 10AM-NOON

CF24 4HX
02920 373144
CATHAYS.ORG.UK

Poster courtesy of Helene – Social Media Manager – Cathays Community Centre
Bud – Manager – Cathays Community Centre
Cathays Community Centre

Cathays Local Businesses

FAN (Friends and Neighbours) @ Cathays Library – Thursday, 11th January

Starting at 2pm (running for an hour to 3pm) Cathays Branch and Heritage Library FAN (Friends And Neighbours) meeting, followed by Heritage FAN where we will explore ***Cardiff's Forgotten Cinemas*** using materials from the Heritage Library. All welcome, no need to book.

Any questions please contact me on ***janina.kuczys@thefancharity.org***

FAN: Friends and Neighbours in Roath, Splott and Cathays



FAN group weekly meetings are a great opportunity to make new friends and meet your neighbours. If you are learning English, FAN can also be a good way to improve your skills.

Who is FAN for? Men and women of any country and religion (or no religion) to meet in friendship and to talk about our daily lives.

What do we do? We meet for an hour and take turns listening to each other's stories, experiences and ideas. Anyone friendly is welcome, meetings are free and you don't need to book – you can just turn up!

Mondays 2.00pm **Urban Crofters** Crofts Street **Roath** CF24 3RB	Thursdays 11.00am **MADE Community Art Café** Corner of Lochaber and Angus Street **Roath** CF24 3LS	Thursdays 13.15pm **Oasis** 69B Splott Rd **Splott** CF24 2BW	**Second Thursday of each month** 14.05pm **Cathays Heritage Library** Fairoak Road **Cathays** CF24 4PW *See website for next dates and topics*

www.thefancharity.org
janina.kuczys@thefancharity.org
07512 638792 / 07880 630553
@thefancharity

Charity Number 1134900

Janina – FAN Co-Ordinator
FAN Cardiff

January 'pick me up' Photo Essay @ Ffotogallery – Starting 1st to 30th January

Website ***https://www.ffotogallery.org/programme/january-pick-me-up-photo-essay-project***

January can be a long, dark month after the highs of the holidays, so we'd like to invite you all to join in on a project designed to help improve our wellbeing and lift our spirits! ***Our aim is to create a space where creativity and wellbeing intersect.***

ffotogallery

At the start of 2023 we ran a project with daily prompts but this year we've decided to do it a bit differently. Instead of a prompt every day, we will issue a prompt at the start of each of the 5 weeks in January (4 full weeks and three days in week 5). ***The themes will follow the 5 Themes of Wellbeing and we invite you to create a photo essay that explores the theme for each new week with as many or as few photographs as you would like to capture.***

On Monday of each-week we will issue the Wellbeing Theme for that coming week across our online platforms. Having a week to think about each theme will give you time to consider how you could illustrate that theme through photography.

Your photographs could be personal or look outwards, you might like to include text through poetry or prose, you could include some mixed media if you'd like to and you can interpret the themes in whichever way seems right for you. The first weekly prompt will be posted on Monday 1st January.

We have created a ***Facebook Group*** where you can share your photographs throughout the month with a community of other photographers who are all taking part too.

If you're not on Facebook, you can upload your photographs to our ***shared folder***.

We are really looking forward to seeing how everyone interprets each theme and the wonderful work created! We hope that having an uplifting focus through January can help us all to start the New Year with a positive outlook for 2024!

Please ensure that you own all copyright to any work submitted. By submitting your work to us you are giving permission for the work to be shared across our online platforms. Please include your name in the title of each file submitted. The 5 ways to wellbeing were developed by the New Economics Foundation, and they're based on evidence and research.

WEEK ONE: CONNECT (1 - 7 January)

Human connection is so important to our wellbeing. Whether in person, online, through a phone call, with one person or many, connecting with others can help us feel close to people, and valued for who we are. How do you connect to people? How do you see others connecting? How can you show how important that connection is through photographs?

Use this week to explore the notion of connection and how it helps improve our wellbeing.

Cath & colleagues
Ffotogallery

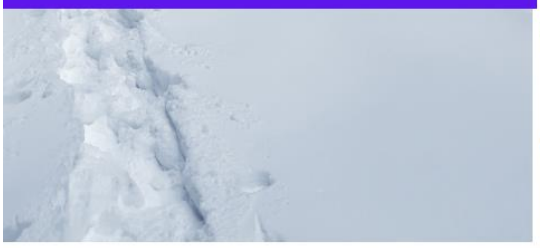
Cathays Local Businesses

Cathays Community Centre – Winter 2024 Hall Hire!!

Website ***www.cathays.org.uk***



Room hire Winter



CATHAYS COMMUNITY CENTRE · CANOLFAN GYMUNEDOL CATHAYS

Booking info:
Cathays Community Centre.
02920373144
email@cathays.org.uk

www.cathays.org.uk
@cathayscommunitycentre
@CCYCP1
@CCYCP



MAIN HALL
Standard capacity: 80 people. WiFi, wheelchair access, PA system, 100 chairs, 10 tables. **Suitable for:** birthday parties, dancing classes, other large events.



BINGO HALL
Standard capacity: 100 people. WiFi, wheelchair access, PA system, 100 chairs, 10 tables. **Suitable for:** birthday parties, dancing classes, other large events.



MEDIA ROOM
Standard capacity: 3 people. WiFi, Xbox Series S Consoles (3x), computers (3x). **Suitable for:** gaming, post-production work, studying



CAFE
Standard capacity: 18 people. WiFi, 8 tables, 18 chairs, projector and screen, garden area, wheelchair access. **Suitable for:** product launches, community events, meetings.



PRACTICE ROOMS & STUDIO
Practice rooms (3x) (two downstairs (wheelchair access), one upstairs). Fully equipped. Prices: off-peak £5, peak £7 p/h.

Studio - fully equipped (recording equipment, microphones etc.). £2.50 p/h.



SENSORY ROOM
The room is designed to combine a range of stimuli that allow individuals to engage their senses, including lights, colours, sounds, soft play resources and aromas.

Helene - Social Media Manager
Cathays Community Centre

Thank you for Cardiff Civic Society!

Website: ***www.cardiffcivicsociety.org***
email ***chair@cardiffcivicsociety.org***
Phone ***029 20 343 121***

Dear members and supporters,

I'd like to thank you all so much for the support you have given Cardiff Civic Society over the year.

As ever, we have been very busy fighting campaigns: **reduced library services, the closure of the Cardiff Story Museum, privatisation of St. David's Hall, the destruction of a Site of Special Scientific Interest** *(invaluable wildlife habitat) for an unnecessary commercial development* **at Hendre Lakes**, to name but a few.

We have also supported other campaign groups to protect their green spaces at Danescourt Woods, Hailey Park, the Northern Meadows and Pentwyn, again to name but a few.

We have been working hard on the ***Replacement Local Development Plan (RLDP)***, which will influence the way the city looks for the foreseeable future. Our aim is to help create a truly green city, where social justice prevails, and everyone can thrive, alongside nature.

As ever, with our campaigns, we win some and we lose some. But, in the fine words of the late union leader, Bob Crow, if you fight, you won't always win, but if you don't fight you will always lose.

To flag up some good news:

The proposal to build on Danescourt Woods and meadow was refused by planning committee, saving this green space for the health and wellbeing of Cardiff's citizens. The council backtracked on the reduction of library services and a stay of execution was given to the well-loved Cardiff Story Museum. In many areas of the city, mowing has been reduced, to give pollinators a helping hand.

Next year, CCS will be engaged in an exciting project with Cardiff University, looking at aesthetic justice, i.e that everyone should have access to an attractive environment in which to live.

We hope to see you at one of our events next year, details to be announced early in 2024. This year, we enjoyed a fantastic talk by poet and author, Peter Finch; a visit to Llantrisant Common, with the incomparable Rob Parry of Initiative for Nature Conservation Cymru, to look at rare and beautiful Marsh Fritillary Butterflies, successfully reintroduced to the site; and our visit to the Newport Medieval Ship – older and rarer than the famed Mary Rose.

In the meantime, Cardiff Civic Society would like to wish you a very Happy New year 2024,

With thanks,

Nerys Lloyd-Pierce - Chair
Cardiff Civic Society

Lastly – THANK YOU Kyle Harris – Manager of The Vulcan Lounge (2017-2023)!

Facebook: ***www.facebook.com/TheVulcanLounge/***
Instagram: ***www.instagram.com/thevulcanlounge/***

It was saddening to hear in late autumn 2023 that Kyle Harris would step down as manager from The Vulcan Lounge, Cathays at the end of the year! This mid-30 something has really brought a new breath of life to the Vulcan in his 2018-2023 tenure – running a successful and interesting venue!



Starting in 2018: Kyle has managed bars/pubs in other parts of the UK, so brought a lot of experience with him. As new manager Kyle set up the kitchen with spicy offerings, putting regular events on such as Thursday evenings 'Open-Mic-Nights' and Karaoke Friday's.

2019: A very healthy mix of residents, young professionals, students and postgrad's would use the venue – including several of the societies such as the boardgames society who set up on Monday's in the Vulcan Lounge.

Lockdown 2020: Between the two lockdowns, Kyle had to really bring his game on – with many contentious characters coming from outside the area in summer 2020; it was incredibly challenging working at The Vulcan Lounge and other venues (Wellfield Road suffered equal challenges too – with many Penylan residents referring it as 'trashville street' in summer 2020.) which resulted in a lot of troublemakers being banned.



2021: The post lockdown world …….. Kyle steered the venue to bring in regular decent people and gave a massive thanks to all supportive characters with a BBQ after the 2nd lockdown!

The ***October 2021 Vulcan Halloween Party*** (for kids and parents) was absolutely heaving and a thunderous success which helped bring in a few new regular's!! A lesson to encourage other venues to put on family friendly activities!

Many residents who began frequenting the Vulcan Lounge post lockdown grew stronger associations with other neighbours and quite a strong group of the 40-75 year old's has emerged from this!

Summer 2022 – every Thursday night Open Mic Night a success!! It is with proud memories that summer 2022 (when too many naysayers say 'Cathays shuts down' – the Vulcan Lounge was very busy for a dozen Thursday's straight with all the live music. So many wonderful people coming from all over the inner districts of Cardiff to partake!

Gaining a 5 Star in hygiene rating for their kitchen services, quality was always assured with Vulcan's Food services.



2023 – by the spring of 2023, Kyle felt it was time to start winding down and looking to new pastures. The Vulcan Lounge was closed for the summer, with Kyle taking the 40-70 somethings over to the Mackintosh (which we are sure Laura, Ceri and Jake found interesting) for a 3-month drinking session! The Vulcan Lounge was welcomely reopened in last September.

What Kyle did for the Vulcan Lounge as a manager was unprecedented – integrating so many people together; putting a lot of variety on for many to appreciate and enjoy! He will leave some very big shoes to fill – I just hope the next manager comes close to filling them!

The UK needs more managers like Kyle in all businesses, not just hospitality. With a strong direction, drive/work ethic and real gumption – any of you can make something positive happen, even in great adversity! Kyle certainly did!

Thank you Kyle Harris, for being a brilliant manager, boss & entertainer!

From …. the staff, the students and especially 'the regulars' of many Cathays residents!

The Vulcan Lounge, Cathays

Cathays Local Businesses

February 2024 – Cathays Monthly Update

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

→ Restaurants – your Valentines offer's
→ Florists – your romantic bundles offer's
→ Anything else!! Etc!!

Anything to increase community connection, footfall for the local businesses of Cathays!s

Regards,

Paulus