Cathays Monthly Update – March 2024

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

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March 2024 comments:

Dinas Computers are closing!

Wyn has decided to close Dinas Computers after the shop has served Cathays and wider Cardiff over the last 4 decades!

Starting as a small business in the 1990's, Wyn purchased the shop in 2001 and has run a positive and successful business based on trust and word-of-mouth referrals.

The staff Wyn and Phillip have done a great deal for the community, not with just stopping with running a great businesses – both these gentleman have been heavily involved local stuff – stemming from supporting local faith groups, being instrumental in sorting out the Cathays Christmas Lights, being a committee member of 'Save Maindy Velodrome' and much else besides – Wyn and Phillip of Dinas Computers have led by example on so many levels.

The shop, as we understand it at present will close at the end of March – so please do pop in to see what laptops, tech or hardware will be on sale!

I hope a lot of past customers go in to say thank you for the top-notch service 1000's of customers have received over the many years!

Dinas Computers will be missed by many!

Cathays Fair 2024

No promises – as we are still looking through insurances, viability and many other hurdles before we even know if this amazing annual event we had in 2017, 2018 and 2019 can continue in the mid 2020's.

Yet the possibility of a 4th Cathays Fair has been explored over the last 18 months.

If you can fancy setting up a stall for possible Cathays Fair 2024 – then please just register your initial interest with ***admin@cathayscompass.org*** and a database of potential participants will be collated.

This is ***not*** a required commitment, merely gauging who is interested. We still do not have any confirmation of which available sites can be used – as everyone is so overwhelmed with all their normal day to day responsibilities!

Multiple meetings every week!

On average – in most evenings of the month, I average 20 meetings a month. The outcome of this is many residents and groups are mobilising their own projects and there is real viability of this bouncing off other districts as part of wider collaboration!

We are slowly getting there Cathays folks!

Knock on effect of Salisbury Road GP closure.

Predictably the residents/patients registered at Salisbury Surgery are a bit frustrated at the impending closure of this precious GP in our community.

It goes without saying this will put additional pressure on both our local Pharmacies as a go-to-point for health support.

I've spoken to both our local Pharmacies on Woodville Road and Crwys Road, to ask if they want to add any content to this community update to help streamline information or ease of access for residents going to either of the Pharmacies.

When something is put together, it will be added to this community update! So much pressure on everyone, so whatever we can do to improve efficiency of anything in Cathays (and wider Cardiff) on any level – lets try and support each other!

The Walk for Health at Cathays Cemetery

It was amazing to hear more people are joining the 'Walk for Health' which happens every Tuesday mid-morning in Cathays Cemetery.

Starting at ***10:30am*** behind Cathays Library on Fairoak Road, the walk invariably takes an hour or so – with the participants talking about the local heritage as they go about this amazing heritage site.

One of the new participants to this walking group have found this to be very beneficial, not just for better physical health – yet making new friends and having a regular weekly event helps them a great deal!

Happening every Tuesday, many of the walker's pop into Teacups and Cupcakes for a quick cuppa afterwards!

Cathays Knitting Group

Interest has been shown by various residents, so if you fancy attending the knitting session – it will be happening on Wednesday afternoons at Teacups and Cupcakes!

Just pop in and take your knitting gear with you (no you don't have to buy a cup of tea!) yet Clare is encouraging our local knitters to get involved and meet other knitting enthusiasts!

Comedy 'Roasted' Nights at Rhostio!

Come to the monthly comedy nights at Rhostio for a good laugh, wonderful food and an enjoyable evening out! ***https://www.facebook.com/events/1105603027149974*** this is a good opportunity for you to meet more people across Cardiff and increasing your social circles.

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in March:

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 sensure the information is updated with times, links etc.

Basic/Uncategorised | Health, Fitness & Sports | Local Business | Volunteering & Activism | Social & Recreation | Art, Music & Culture

Events in March 2024

MON	TUE	WED	THU	FRI	SAT	SUN
				1	**2** 10:00 am: Repair Cafe Cathays - every 1st Saturday of the month 11:30 am: 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 6:45 pm: Cardiff Greenpeace @ Temple of Peace - 1st Wednesday of each month	**7** 2:00 pm: 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	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	31

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**
- **INSTANT/EASY COOK PASTA**
- **FRUIT JUICE (1 LITRE, LONG LIFE)**
- **TINNED CUSTARD**
- **TINNED FRUIT**
- **TINNED TOMATOES**
- **RICE PUDDING**
- **CONDIMENTS E.G. KETCHUP, BROWN SAUCE, MAYONNAISE 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.



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!

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
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

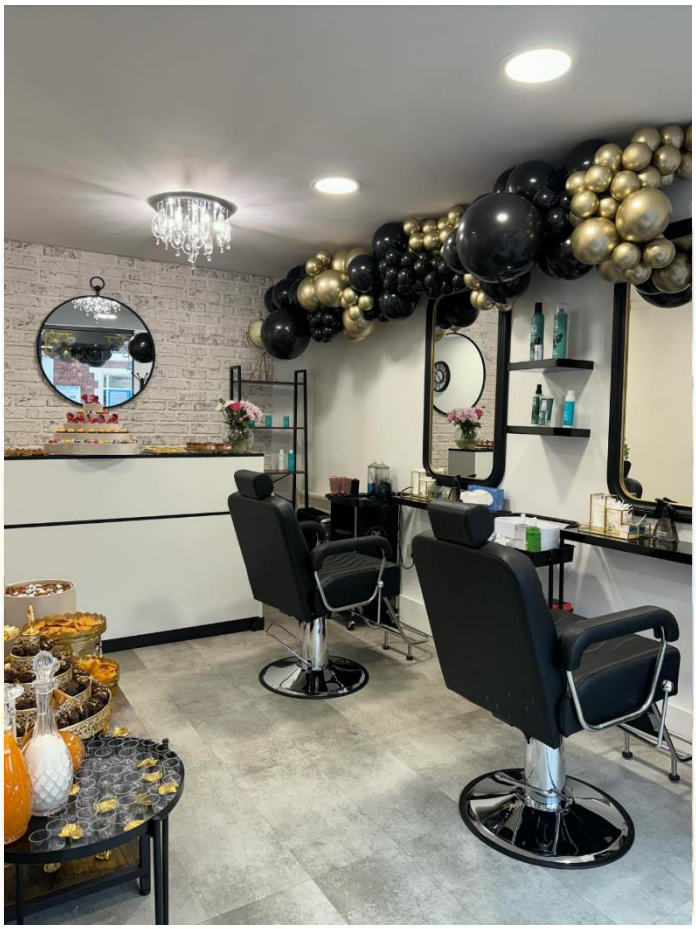
New Business opens! Rawan Hear & Beauty – Shop on Crwys Road

Phone: 029 2020 0051
Email: ***rawan.hairbeauty@yahoo.com***

Welcome to Rawan Hair & Beauty. We proud to open up our new shop on Crwys Road!

You can find us on Instagram is you search ***rawan_hair_beauty***







Rawan
Rawan Hair & Beauty

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

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

Cathays Local Businesses

Community CAFÉ @ St Michael's & Angels Church - Saturday, 9th March

Website ***www.parishofcathays.org***
Email: ***Stmichaelandallangelscathays@gmail.com***



Rev ***Caroline*** and Rev ***Meg*** – Vicars
Linda – Committee
St. Michael & All Angels

Come dine with me @ Al Manar Centre – Starting Monday, 11th March

Website ***www.almanar.org.uk***
Email ***gm@almanar.org.uk***

Location – Glynrhondda Street (which connects to Senghennydd Road)



Barak – Manager
Al Manar Centre

Cathays Local Businesses

Exploring history of Cardiff Market (FAN) @ Cathays Library – Thursday 14th March

Website ***www.thefancharity.org***



Starting at 2pm / 14:00 Cathays Branch and Heritage Library

FAN (Friends And Neighbours) meeting

This will be followed by Heritage FAN group;

We will explore Cardiff Market

using materials from the Heritage Library.

All welcome, no need to book.

This is a brilliant opportunity for those who have never done it before – to learn how to use the library resources.

How to search for information, historical data etc.

Janina

FAN – Friends and Neighbours Cathays

Wine Taster Evening @ Rhostio Specilaity Coffee – Wednesday 29th March

Link: ***https://www.eventbrite.co.uk/e/rhostio-wine-club-tickets-825501666707***



It is £25-00p a ticket for our Rhostio Wine Club !!

Please come and join our monthly event – meet new friends, share your passions of wine and enjoy a great evening out !!



Rhostio Speciality Coffee

Edible Cardiff – for food growing enthusiasts! From 30th March all over Cardiff

Website ***www.ediblecardiff.org***



Lisa – Manager
Social Farms & Gardens

April 2024 – Cathays Monthly Update

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

Anything to increase community connection, building friendships, footfall for local businesses etc!

Regards,

Paulus