Cathays Monthly Update – June 2024

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

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June 2024 comments:

Cathays Fair 2024 – Saturday, 6th July

We've done this in a very short 8-9 weeks – contacting 50-60 prospective stalls, making sure the new businesses set up in post-lockdown Cathays were invited to set up stalls too, as it will be their first time around.

Massive love to both our headteachers pushing to get the fair up and running again since 2019 (our 3rd and last one to date) and for Bud of your local community centre sorting out the music two stages.

Let's hope for a good turn out and bring the neighbours together!

Tragedy of dying on your own ….

Dalton street long term resident Mel & Chris flagged up their concerns to 101, when a household on Flora Street had flies buzzing all over the place, which gave our residents some concern about the elderly gentleman who we knew lived there.

When we chased up the 101 call our local Police PCSO David Lloyd sadly explained that this elderly resident was very ill and hospitalised over Christmas 2023 yet elected to come home soon afterwards.

Sadly, he passed away in January. We have a lot of decent Flora Street residents, yet no-one really knew this isolated elderly gentleman. Some residents did express concern that this elder may have been isolated and potentially suffered loneliness. "… and that is no way to die" one of our tradespeople said.

Being isolated is a repetitive horrible negative cliché of this early 21st century – yet how do we overcome this in Cathays (or wider area)? How do we create links to those we do not know are isolated?

Mrs. Paula Shipton-Jones – New Head !!

Yes 100's of you know Paula took over Gladstone Primary pre-lockdown. Yet it was good to hear that Paula will be the new headteacher of whatever name is given to the new primary school when Gladstone and Allensbank Primary join up in approximately September 2025 onwards.

Mrs. Abi Cuthbert will be taking St Monica's CIW up to the Welsh Medium School Ysgol Mynydd Bychan site, and the Ysgol Mynydd Bychan will be taking over the Allensbank Primary School site.

Art as Activism – Panel Discussion!

At Ffotogallery on Thursday, 6th June from 6pm until 8pm there is a Panel Discussion on "Art as Activism in a Climate Emergency".

May Bank Holiday Charity BBQ !!

Massive love and respect to Kath and Ian – who put on the BBQ on Monday, 27th May – this raised money for Dementia UK Charity with the BBQ happening at CSAS Cathays Sports & Social. Congrats Kath & Ian for your efforts! Food was excellent.

……. And thanks to the big man upstairs for the amazing sunshine!! No – not Fonzie!

Sharon is on the mend !!

It was wonderful to hear, in early May, that Sharon has been making some recovery after the very brutal incident where she was hit and dragged by an intoxicated driver on Fanny Street.

Many of you will remember, It did make the city wide news earlier spring 2024 and the

Massive thanks to everyone for donating towards the 'Sharon appeal'.

We look forward to Sharon being hopefully back in the Baguette Shop on Senghennydd Road at the end of the year!

Another newborn!!

As May comes to an end, one of our young couples have welcomed in their first baby to the world. Congrats Eli and Dan !! Best wishes to your new family.

Exciting times!! (Although I don't envy the responsibility of nappy changing etc. – mind you someone should have invented self-destructive nappies by now).

Protestors event hijacked?

In the middle of May – the Palestine Protestors have for the most part (like 99%) run a peaceful and unobtrusive protest in lieu of their beliefs!

It was saddening that, in the 2nd week, an infamous champagne sipping socialist (who will turn up to an anti-rally of basically any demonstration that happens in the locale over the years.), who had nothing to do with the camp - turned up to rile up the Protestors (creating a lot of noise thus disturbing a special needs exam) then he quickly got out of there, leaving the protestors behind, before security or the police could process them.

It was evident the 'socialist' never gives a damn about any of the true core values of what these protestors stand for ……. Just show up – ring their own bell and clear out avoiding any responsibility for their actions.

It is a tragic and horrible misrepresentation.

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in June:

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

June 2024

MON	TUE	WED	THU	FRI	SAT	SUN
					1 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	2
3 7:00 pm: Cathays Brass - every Monday evening!! 7:00 pm: Cathays PACT - Bi-Monthly: Feb, April, June, Aug, Oct, Dec @ Venue TBC	4 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	5 10:00 am: Bute Park - Plant Sales EVERY Wednesday 6:45 pm: Cardiff Greenpeace @ Temple of Peace - 1st Wednesday of each month	6 2:00 pm: Heritage FAN [Friends And Neighbours] 2pm at Cathays Library 7:30 pm: Blues Dragon & Blues - First Thursday of each month	7	8 11:00 am: Foodbank @ Woodville Baptist Church - EVERY Saturday	9 1:00 pm: United Community Social - EVERY Sunday @ Brodies Cafe (North Road)
10 9:30 am: Story Time for Under 5's - English 7 Welsh Medium - EVERY Monday	11 2:00 pm: Memory Lane (Dementia support group) EVERY Tuesday	12 10:00 am: Police Community Access Point - weekly @ Sherman Theatre 12:00 pm: Home Grown Vegetable for sale - EVERY Wednesday	13 4:30 pm: Youth Club @ Cathays Community Centre - EVERY Thursday	14 6:30 pm: IYP - Youth Club @ Cathays Community Centre EVERY Friday	15 10:00 am: Plant sales @ Bute Park - every Saturday	16
17 6:00 pm: Embassy Youth Club - EVERY Monday early evening	18	19 10:00 am: Coffee Morning - EVERY Wednesday @ Cathays Community Centre	20	21	22	23
24	25 1:00 pm: Foodbank @ Woodville Baptist Church - EVERY Tuesday 1pm to 3pm	26	27 12:00 pm: 'Cuppa with a Copper' - Bi-weekly @ Cathays Library 2:00 pm: Memory Lane (Dementia Support) EVERY Thursday	28	29	30

Foodbank in Cathays – donating and collection for June 2024

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

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!

- **LONG GRAIN RICE (UP TO 1KG BAGS)**
- **FRUIT JUICE (LONG LIFE, 1 LITRE)**
- **WASHING UP LIQUID**
- **JAMS AND SPREADS**
- **TINNED POTATOES**
- **SQUASH**
- **TINNED FRUIT**
- **TINNED CUSTARD**
- **CONDIMENTS E.G. KETCHUP, MAYONNAISE ETC.**
- **DEODORANT/ANTI-PERSPIRANT**

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 7839 (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

Cathays Local Businesses

Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 1st June

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

Open Cycling Day @ Maindy Stadium - Sunday, 2nd June

ABC Maindy Park (the Save Maindy Velodrome group) are holding an inclusive cycling Open Day on Sunday 2nd June between ***1pm*** and ***3pm***. The Open Day is an opportunity for anyone with a disability, together with their family or friends, to try out cycling in a safe and supportive environment at the home of the Maindy Flyers Cycle club in the heart of Cardiff.

There will be specially adapted bikes available together with appropriately qualified coaches. So, whatever your ability, from total newcomers to the sport to those who are able to ride, the event will have something for everyone.

→ Lead Coaches: **Alan Davis MBE** (former Head Coach of Maindy Flyers)
→ **Bryan Pilot** (Coach of Disabled Cyclists at the Geraint Thomas National Velodrome in Newport).
→ **James Coxon**, the current Recumbent Trike National Champion and indoor world hour record holder, will there as well.

We appreciate that some people may be interested but lack a bit of confidence. They could still come along to just have a chat (and a cup of tea!), we'll have representatives from Disability Sport Wales and Pedal Power who could discuss any issues.

To book a free place click on the event booking Ticket Tailor web page
https://www.tickettailor.com/events/abcmaindypark/1245204

Information is also available on social media (links below). It would be great and hugely appreciated if you could share the event details:

ABC Maindy Park website - ***https://smctcampaign.wixsite.com/abcmaindypark***
ABC Maindy Park Facebook page- ***https://www.facebook.com/ABC-Maindy Park***
Save Maindy Velodrome Facebook page - ***https://www.facebook.com/groups/savemaindyvelodrome***

Chris – Secretary
ABC Maindy



History of Cardiff @ Cathays Library – Thursday, 13th June

Website ***www.thefancharity.org***
Tel: 07512 638792
Facebook: thefancharity Twitter @thefancharity

History of Cardiff – St Mary's Street – Thursday 13th June

Cardiff FAN: Cardiff Friends and Neighbours



The FAN Charity: bringing people together to meet, listen and talk.

Come to a FAN (Friends and Neighbours) Group! You'll meet friends and neighbours and feel more hopeful for the world.

All FAN Groups are free and open to all but we are a charity and rely on funding to continue our work. If you feel you are able to give please go to *www.thefancharity.org* Your support will mean that we can host FAN Groups for free, for everyone.

Come to a FAN (Friends and Neighbours) Group! It's a great opportunity for local people to meet newcomers; you'll meet friends and neighbours and feel more hopeful for the world.

The FAN Charity
Registered Charity No. 1134900
Companies House No. 7157056
I'm a Dementia Friend
You can join me at dementiafriends.org.uk

You are welcome to attend any of the meetings wherever they are based geographically and we also extend a warm welcome to people who are learning English and would like to practise their skills in a supportive and friendly environment.

Yes Cardiff FAN will be Cathays Fair this year too !!

Janina Kuczys - Development and Support Officer for
FAN (Friends and Neighbours) in Cardiff

Classic Motown Reggae & Soul @ Cathays Sports & Social - Friday, 14th June



Cathays Local Businesses

Pop Up Recycling Point @ Miskin Street – Starting Monday 17th June

Event link: ***https://www.cardiffdigs.co.uk/recycling-waste/love-when-you-leave/#collections/***

Pop Up Recycling Point

Bring items to a pop-up recycling event! No appointment needed and you can just pop by one of these events with any of the following items:

→ Small electrical items*
→ Clothing & Textiles
→ Books/CDs/DVDs
→ Ceramics (plates, cups, etc)
→ Pots, pans, cutlery, knives (metal)
→ Household batteries
→ Food donations (in-date, non-perishable)

**Sorry they cannot accept fridges/freezers, TVs, computer screens, large appliances e.g. dishwashers, washing machines, etc.*

DATES: June 17-21 & June 23 – 28

TIME: 10:00am-3:00pm

LOCATION: The corner of Miskin Street and Salisbury Road just outside the shops and directly across from Misfits.

MAP: https://goo.gl/maps/eNLUB1QVNkvyxrUi8

The location can be accessed by car, bike or on foot.



Cathays Local Businesses

Cathays Futures @ Spark Building (Maindy Road) – Wednesday, 19th June

Website ***https://forms.office.com/e/sSGPfGmCpU***

We want to pilot and build new ways of working between SPARK and the Cathays Community that supports and enhances wellbeing in Cathays. We want to co-produce and mobilise knowledge and expertise in inventive, community-rooted and equitable ways.

The initial phase of this work will take place between now and the end of July 2024, and we are inviting you to the first **Cathays Futures Lab.**

10:30am – 3:30pm, Wednesday 19th June 2024, Visualisation Lab, sbarc|spark, Maindy Rd, Cardiff, CF24 4HQ

Register here: https://forms.office.com/e/sSGPfGmCpU

The Lab will bring together stakeholders from Cathays community, SPARK and Cardiff University to co-design ways of working that use our expertise to support wellbeing in Cathays. **Following the Lab, we will support some initial small-scale test-and-learn pilots (probably with young people) that will start to put the ideas from the Lab into practice.**

Lunch and refreshments will be provided throughout, and we are probably going to be hosting a SPARK BBQ on the same day in the late afternoon (until about 5-ish), which you could also attend and informally build relationships with the wider SPARK community.

We also have a small access and remuneration budget to support people to attend this Lab, if that is helps removes barriers for people to attend.

I hope that you can attend this initial event and if you've got any questions, please do just email. If you can't attend but want to be kept informed and future activity shared with you, let me know and I'll add you to a mailing list.

Hayley – Research Fellow
Spark – Cardiff University

Summer Skittles @ Cathays Sports and Social – Starting Friday, 21st June

Website ***w m***



Gay Pride @ Tiny Rebel - Starting 22nd June

Website ***https://www.facebook.com/events/432626802696475/***



Event by **Tiny Rebel Cardiff** and **Dirty Pop**
25 Westgate St, CF10 1DD Cardiff, United Kingdom

Tickets:
www.ticketsource.co.uk/hiraeth-music-group/dirty-pop-pride-24/e-lbrgog

Public · Anyone on or off Facebook

June is Pride month and we're back at Tiny Rebel for one of the biggest parties of the year!

Sashay away from the castle, clack those heels down the Womanby Street cobbles and join us upstairs for the best electronic pop and disco dancing in town!

Last year tickets sold out so early that we had a queue down the stairs and into the bar even before we opened the doors, so this year we're starting at 9pm for an extra hour of DP Pride!

Tiny Rebel Cardiff
21:00 - 02:00
£6 adv / £8 on the door

Sustainable Practice Workshops @ Ffotogallery – Saturday, 22nd June

ffotogallery

Link: ***https://www.eventbrite.co.uk/e/turmeric-anthotypes-workshop-and-eyescura-experience-tickets-891585605547***

Turmeric Anthotypes Workshop and Eyescura Experience

Sustainable practice workshops with Justin Quinnell

Join us on **Saturday 22nd June** for one of 4 available hand's-on creative workshops that explore using Turmeric to create anthotypes, an image created using photosensitive material from plants under the influence of light.



While you wait for your image to develop, experience the world through the lens of the Eyesura!

Suitable for all ages and abilities but under 16's must be accompanied by an adult please.

Justin – Guest organiser
Ffotogallery

Cathays Local Businesses

Cathays Community Fair 2024 @ Pentyrch Street – Saturday, 6th July

FB Links: ***https://www.facebook.com/events/1030933015061839***

More importantly – word of mouth of you inviting the neighbours to your community fair !!!

Spread across Pentyrch Street, St Monica's Church in Wales, Gladstone Primary and Cathays Library



2 sound stages

50 stalls

Including food stalls, goods for sale, local activities

Supporting local Faith Groups, Local Businesses, Local volunteers etc

The first annual fair since 2017, 2018 and 2019 – well done to everyone for getting involved in a very quick timeframe of 8-9 weeks to get this all up and running. Come and meet 100's of your neighbours and encourage more support in our community for all the local businesses, local faith groups, local volunteer bodies and other organizations!!

Everyone in Cathays!

Cathays

Cathays Local Businesses

July 2024 – Cathays Monthly Update

See you all at the Cathays Community Fair 2024 !!

As for the rest of July – please do get your events in!!

Regards,

Paulus