# Cathays Monthly Update – July 2024

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

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# July 2024 comments:

## Pre-Cathays Fair meeting event – Wednesday 3rd

For any of the stall holders, volunteers and contributors of Cathays Fair 2024 – a pre-event meeting is being held at St Monica's at 6pm

## Cathays Fair 2024 – Saturday, 6th July

Yes, it is in a few days time!! 2pm at Pentyrch Street – this is your community fair, so come and say hello to your neighbours! Support the local businesses, faith groups etc.

You all made this happen – so let's all enjoy your community event!! See you all on Saturday!!

## Eli Hourihan - RIP

Very sadly one of our Rhymney Street legends passed away in early June. Eli was well revered by the immediate neighbours and she brought up a well known family.

You could always count on Eli to say it like it was, and she did not suffer fools lightly whatsoever and I did enjoy her wry sense of humour and take on local issues. Rest well dear lady!

## Harriet Street Couple - RIP

This is an odd one to write up, a bit mysterious – yet not intentionally. One of our mechanics told me that sadly a carer (husband) had died recently on Harriet Street, and the wife who has a serious mental degeneration illness has had to be taken into a care home. This must be incredibly difficult for her.

This is obviously very tragic, although I know their names and know them to speak to them continuously over 5-10 years, I always felt the two of them were quite isolated.

Still trying to locate any next of kin to ask permission to add the residents names to the community update.

## Call for volunteers!!!

Cathays Community Centre is calling out for more volunteers, do you want to get involved in day or evening volunteering linked to your local community centre!

Interested? Then please do contact the community centre on **02920 373 144** or email them on ***volunteering@cathays.org.uk***. You can introduce yourself and submit a CV to express your interests in volunteering.

## Lack of social engagement?

Over June - five engagements with residents has once again highlighted the lack of social connection many of the residents still suffer – what can we do about this?

## PCSO David Lloyd retires!!

I was surprised to hear that your local PCSO the excellent David Lloyd has very quietly retired from decades of service being your local Community Police Officer for the Cathays community.

Many 100's of you have engaged with Dave over the last few decades and his presence was very much appreciated in Cathays. Many of us were surprised it was such a 'quiet exit' yet it is typical of David Lloyd to be so modest that he did not want any fanfair upon his departure! He will be missed!

Thank you PCSO Lloyd for everything you ever did for Cathays (and surrounding districts) Happy retirement Dave! You have earned it sir!

## How far does this community update go?

Although I use Social Media very sparingly – I've done a quick breakdown of how far this community update reaches.

Website: Stats show 500 visitors a month just for the 'Cathays Monthly Update'.

X/Twitter: Approx 700 views a month

Facebook: Approx 1000 views a month

Next Door: No-one was more surprised than I to see 1,200 views a month on the Next Door App.

University networks, 3 out of 4 of the colleges of Cardiff Metropolitan, USW, Welsh College and Cardiff University that have facilities in Cardiff all distribute this email through their internal networks – average views; 2,500 – 3,000 views a month.

The most important thing is word of mouth, those of you that tell your neighbours about this community updates entries.

The main target area is obviously Cathays, yet the surrounding 8-9 districts do access this community update and at times I am surprised how afar people do actually read it.

This is your community update – to support your neighbours, the local businesses, faith groups, schools, students, volunteers etc – so let's keep it going together!

## A48 Theatres growing numbers!!

It was very impressive to hear that 'Graveyard Voices' which A48 Theatre runs at Cathays Cemetery is regularly filled up with 150 attendees.

Kath and co are now looking at doing autumn/winter performances too!

Cathays Local Businesses

# The 'Your Cathays online CALENDAR' in July:

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

***July 2024***

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| 1<br>7:00 pm: Cathays Brass - every Monday evening!!<br>7:00 pm: Cathays PACT - Bi-Monthly: Feb, April, June, Aug, Oct, Dec @ Venue TBC | 2<br>10:30 am: Baby & Toddler Group - EVERY Tuesday @ 'The Table' - Pentyrch Street<br>10:30 am: Weekly Tuesday 'Cathays Cemetery Walk' (Walk for Health)<br>11:00 am: Tea & Cakes - The first Tuesday of each month @ Ffotogallery | 3<br>10:00 am: Bute Park - Plant Sales EVERY Wednesday<br>6:45 pm: Cardiff Greenpeace @ Temple of Peace - 1st Wednesday of each month | 4<br>2:00 pm: Heritage FAN [Friends And Neighbours] 2pm at Cathays Library<br>7:30 pm: Blues Dragon & Blues - First Thursday of each month | 5 | 6<br>10:00 am: Repair Cafe Cathays - every 1st Saturday of the month<br>11:30 am: XR Cardiff - Monthly Meetings - first Saturday of each month @ Quakers - Charles Street | 7 |
| 8<br>9:30 am: Story Time for Under 5's - English 7 Welsh Medium - EVERY Monday | 9<br>2:00 pm: Memory Lane (Dementia support group) EVERY Tuesday | 10<br>10:00 am: Police Community Access Point - weekly @ Sherman Theatre<br>12:00 pm: Home Grown Vegetable for sale - EVERY Wednesday | 11<br>4:30 pm: Youth Club @ Cathays Community Centre - EVERY Thursday | 12<br>6:30 pm: IYP - Youth Club @ Cathays Community Centre EVERY Friday | 13<br>11:00 am: Foodbank @ Woodville Baptist Church - EVERY Saturday | 14<br>1:00 pm: United Community Social - EVERY Sunday @ Brodies Cafe (North Road) |
| 15<br>6:00 pm: Embassy Youth Club - EVERY Monday early evening | 16 | 17<br>10:00 am: Coffee Morning - EVERY Wednesday @ Cathays Community Centre | 18 | 19 | 20<br>10:00 am: Plant sales @ Bute Park - every Saturday | 21 |
| 22 | 23<br>1:00 pm: Foodbank @ Woodville Baptist Church - EVERY Tuesday 1pm to 3pm | 24 | 25<br>12:00 pm: 'Cuppa with a Copper' - Bi-weekly @ Cathays Library<br>2:00 pm: Memory Lane (Dementia Support) EVERY Thursday | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

Cathays Local Businesses

# Foodbank in Cathays – donating and collection for July 2024

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

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!

- **COOKING SAUCES**
- **SWEETS/CHOCOLATE**
- **TINNED CUSTARD**
- **CONDIMENTS E.G. TOMATO SAUCE, SALT, PEPPER ETC.**
- **RICE PUDDING**
- **TINNED FISH**
- **TINNED MEAT**
- **UHT MILK**
- **DEODORANT/ANTI-PERSPIRANT**
- **ANTI-BACTERIAL SPRAYS**

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**
- **BAKE BEANS**
- **TEA**
- **CEREAL**

***Please check the link weekly.***

**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!




Foodbank Cathays DONATION / drop off locations:

Deposit in Foodbank Boxes in various part of Cathays including:

→ ***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)

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

## Thank you everyone who donates!

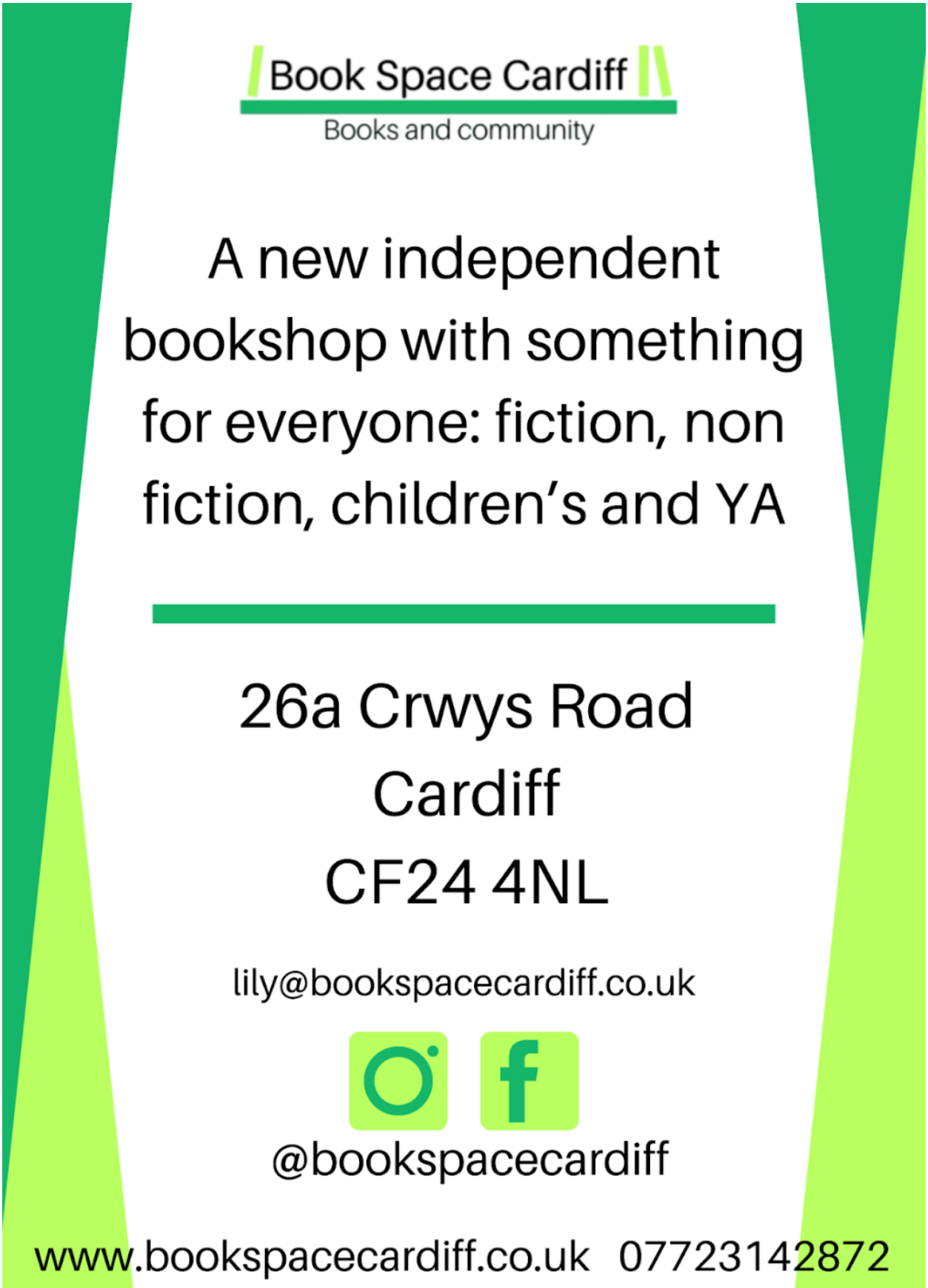
*Felicity* – **Cardiff Foodbank**
*Gauri* – **Cathays Methodist Church**
*Barak* – **Al-Manar Centre**
*Mo* – **Dar Ul-Isra**
*Simon* – **Sherman Theatre**

**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! Book Space Cardiff – Crwys Road




**Lily** – Manager
***Book Space Cardiff***

## Graveyard voices (A48 Theatre) Tuesday 2nd July through to Sunday 7th July

# "Graveyard Voices" 2024

*Listen to the stories written by members of 'Living Lines' and performed by A48 Theatre Company*

# Cathays Cemetery

*Fairoak Road entrance, Cardiff CF24 4PY*

*Tuesday July 2nd 7.00 pm*
*Thursday July 4th 7.00 pm*
*Sunday July 7th 2.00 pm*

*Tickets £8.00 from www.ticketsource.co.uk*

*1½ hour walk led by Roger Swan*
*Refreshments in the chapel afterwards*



*Please wear appropriate footwear*

CARDIFF
CAERDYDD

*Enquiries contact a48theatrecompany@gmail.com*

**Kathy** – Staff
***A48 Theatre***

Cathays Local Businesses

# Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 6th July

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

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

# Starting 2pm!

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

# 40 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 organizations involved.

***Everyone in Cathays!***
Cathays



## Veggie Café @ St Micheal's Church – Saturday, 13th July




**Caroline** – Faith Leader
***St Michaels All Angels Church***

## Sustainable Book/Art Fair @ Ffotogallery - Saturday, 13th July

ffotogallery

Website ***https://www.ffotogallery.org/programme/sustainable-book-art-fair***

***Opening 12pm to 4pm***

Our regular Book Fair event is back on Saturday, 13th July 2024 but this time with a focus on sustainable practice! The first of two book fairs this year will coincide with our exhibition, ***The World Without Us***, which features works that have all been created by artists who address climate emergency issues:

→ *Mike Perry*
→ *Gareth Philips*
→ *Ackroyd & Harvey*
→ *Lauren Pitson*
→ *Sophie Gerrard*
→ *Yangzi Qiu*



We have invited artists, photographers, writers, crafters, and publishers influenced by the ***climate emergency*** to join us for the day.

More details to follow – keep an eye on the link above!

***Cath*** – Manager
*Ffotogallery*

# The excess of waste – and what some of our residents do with it!

The dumped Pallet's is not exactly the sort of thing that Flora Street and Letty Street residents want to see dumped in the alleys of our community – yet sadly it is a blight that has occurred too many times the last 30-40 years. Before everyone kicks off and starts needlessly blaming *all* the landlords; the positive examples of what is done with this wood should be shared.



By the time the 2008 recession was putting it's own degraded economic print on the global market – several Cathays residents were already doing their bit to try and reduce the waste and blight in many corners of Cathays.

***Pallet Wood*** is a godsend on so many levels when it can be re-used for so many new resources. There is a Pallet Appreciation Society on FB (check it out) for some the joy of making garden chairs, tables, planters – all out of pallet wood – the designs you can find online are insanely positive!



Again – another example of the 'Quartet' of Penylan, Gabalfa, Roath and Cathays collaborating on multiple projects. The image on the right is a days volunteering by a Cathays Resident who in 2019 made a dozen trips over several months with a pallet breaker – often starting at 7am at the (eventual) City Heights Student Accommodation site on the top of City Road, next to the derelict Gaiety Building.

The materials recovered, saved the building group a lot of costs of waste wood. Massive thanks to site foreman Tony for allowing access, ensuring the Cathays resident had a proper hardhat and Hi-Vis on as they got on with their pallet dismantling.



The wood recovered was used for multiple local projects for Plasnewydd Community Garden, the Catherine Street Planting Box, Penylan Planters Projects, Composting boxes in residents gardens etc to name a few volunteer residents efforts. This helped create a lot of bonds in the quartet.

The garden shelves was a space saving idea created in Cathays many years ago to save on lack of storage – a 'vertical storage' was created which trebled for 1) rainwater capture to water the planting boxes on the street 2) wildflower storage – so the the different heights over 2.5 metres high ensured the maximum amount of sunlight could be gained in such a darkened garden space and 3) the storage of more pallet wood and other recovered materials.

With space at a such a premium we should encourage greater efficiency of water collection, solar collection (for the wildflowers) and so much more – just with good design practices yet integrated with a stronger materials recovery process there is just so much more, that could be done in Cathays and wider Cardiff. The reputation of this small city is very poor for litter, waste and dumping – just with many changes in attitudes to secure what limited resources we take too much granted off – a whole social rethink is required.

The best thing about these gardens in Cathays (and nearby districts) getting these new materials re-used furnishings and storage space is the discussions that transpired which helps get the word out and encourage better practice. What could you do with the all that premium waste wood you find in the skips or dumped on the streets?



**What about metal recovery?** Landlords such as Tony, Tina and others have lead the way on many levels of minimising the waste. This could be done through multiple activities annually when the houses need a retouch (or possibly significant work) before the new tenants or families move in ……..



It is very gratifying, to see the landlords stripping down the mattresses, which the springs bed network left behind is highly valuable metal which could be sold to Material Recovery Firms, or just re-used in the locale for various projects.

Again – this would not have been happening if it wasn't for the enthusiasm of people re-using the materials, or the absolute minimum of breaking down the waste (i.e. stripping the mattresses) so the materials are easier to recover as it is all 'materially individualised'.

***Paint Pots:*** The plastic lids of 1000's of large 9 litre paint pots could be used to capture water if you put it under your herbs, or vegetables in pots or wildflowers in pots – that precious 5 – 10 mm lid space will help stop the water from disappearing into the floor when you water your wildflowers etc.

***Plastic bottles*** – what about cutting the recovered ones in half, and use them as house plant containers – as long as no holes are in the base ridge of the bottle – it should last in your house for a good few years.



The need for healthy house plants that can help clear out the toxins in the air is a major supportive issue and many of you can see the significant increase of house plants you see in 100's of windows around Cathays.

I wonder what it would take to get Cathays to propagate more healthier indoor house plants and share them out?

***Organic Waste:*** No – not what the stray dogs 'pile' on some parts of Cathays! All those beautiful fallen branches can easily breakdown in your compost and create an enrichening contribution to the degradation cycle. All those bacteria and bugs would have a field day contributing to breaking down that healthy wood in your compost heap/container. All that healthy soil for your plants conditioned from locally (fallen branches) procured organic waste which you can use 12-24 months later. Don't let it go to waste – compost those leaves and branches – the future will thank you for it! What would 1000 more compost 200 litre tubs in residents gardens do for your shared Cathays?



***Don't take it for granted*** – we (*as in 7.9Bn souls – yes someone actually did a head-count – they must have been bored!*) are all on more borrowed time than anyone could possibly fathom. It is not appreciable the nay-sayers and doom-and-gloom wave flaggers putting it out that social collapse is inevitable – technically it may have occurred decades ago – we are all just in denial of it all …….



What if part of the 2020 to 2045 *British Social Renaissance* was a major social shift of squeezing every drop, not letting anything go to waste …… yet equally creating tangible future wealth for everyone – including great, great unborn grandchildren?

We've still got a lot to do ……. Just know that 1000's of people lead all over the world on so many levels, it is just they do not get any publicity of all this good practice …… imagine a 1000 global good examples of waste minimisation and material recovery which we could all easily undertake. I wonder what good practices also exist in Cathays and wider Cardiff?

## What can you do?

# FOI gained by Save Maindy Velodrome/ABC Maindy Group:

The following was submitted to the community update:

*"Since the decision made by the Cabinet acting as Sole Trustee in March 2023 to apply for permission to execute the land swap, we have continued behind the scenes to gather the information that we suspected the Council would not have provided to the Charity Commission, and ensure that the statutory regulator was fully and properly informed*

*One huge part of this was to do with money - both revenue and asset value*

*We felt we were on the right track when the Council became evasive and failed to meet its statutory obligations in respect of responding to Freedom of Information (FoI) requests. For some of these it was only the threat of sanction from the Information Commissioner's Office (ICO) that the Council eventually coughed up the information that had been lawfully requested*

*It is little wonder that the Council wanted to keep it out of the public eye*

*In brief, we have now been able to share with the Charity Commission:*

- *over £4m in revenue was generated from recreation and leisure time facilities at Maindy Park in the four and a bit years before it was disposed of by way of a 15 year lease to GLL*
- *Maindy Park generated a surplus and the query obviously is whether the charity property was included in the GLL lease deal in order to make the parcel of 8 leisure centres financially attractive when the Council was desperate to out-source the loss-making ones*
- *Lease with GLL makes no reference of the charity's beneficial interest in Maindy Park and makes no provision to protect the interests of the charity*
- *Trust funds have been used towards provision of recreation and leisure time facilities on the Park which gives rise to the query as to why these do not appear to be included or referenced in the balance sheet prepared by the Council and in the information submitted each year to the Charity Commission*
- *The Council commissioned a valuation, supposedly on behalf of the charity, for the land swap which gave a value of around £300k for the parcel of land (approx half of the Park)*
- *However, a few years earlier the same surveyor had carried out an asset valuation of the whole Park based on replacement value of assets and land unencumbered by the covenant and this came in at just over £7m being £4m for the land and £3m for recreation assets*
- *In October 2022 the Principal Property Solicitor informed the Council's appointees to the Advisory Committee that the Council had decided to use Local Govt planning provisions to override the restrictions in the covenant and so be able to develop the land*
- *3 months later the Council's appointees to the Advisory Committee based their recommendation on a single survey undertaken by a conflicted party on the basis of the covenant being in place*

*All of this information has been shared with the Charity Commission and a very simple question put:*

*Is it within the scope of reasonable decisions that a Trustee body can make that it applies for permission for a land swap based on a single valuation done only on the terms most favourable to the Council's financial benefit?*

*That is at the heart of the decision that the Charity Commission as statutory regulator will need to make"*

FOI Undertaken by Christine – and sent by Jeremy.

***Jeremy*** – Committee Member
*ABC Maindy Park*

Cathays Local Businesses

## August 2024 – Cathays Monthly Update

# *Enjoy the summer everyone !!*

Not that we are wishing the summer away – yet please do get your autumn posters in!!

Regards,

Paulus