Cathays Monthly Update – August 2024

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

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August 2024 comments:

The Cathays Fair 2024 – give feedback!

For all the stall holders invited, even if they did not turn up – please do feedback on the Cathays Fair 2024. All feedback is good feedback if this is to become an annual event.

Park Event - Gabalfa

As with recent years – Cathays Community Centre has led by example with the amazing Maitland Park Festival – please do attend and enjoy a summer event out!!

Details in update below!

The Rape of Cathays

No – not said for shock value. Approximately 50 residents used this term when I was giving out the Your Cathays hardcopy newsletter!

Thank you to a very treasured Lisvane Street resident for actually explaining to me last month that it was in fact a real article produced by Mr Vic Mortimer (no not the tv due – get your head's out the la la land!!) – thank you sir!

Link: ***https://dicmortimer.com/2012/02/14/the-rape-of-cathays/*** - it is a difficult read – yet a necessary one too!

When I read this ……. with the next hardcopy newsletter in mind – I may re-write one of the 2-A3 sized page entries for 2025 as "The 2nd rape of Cathays" ….. we shall see!!

… and apologies to over 50 residents (and others) for not cogging on that the term they used was an actual article written by one of our amazing residents!!

Bute Park outside Cinema!

One of my better memories in Cardiff was Summer 1999 watching (I think it was Monty Python) movie on giant screen in Bute Park – what memories!!

Link is: ***https://www.adventurecinema.co.uk/venues/bute-park*** and now Back to the Future, and other classics will be shown.

New Bin Scheme to roll out in Autumn !!

I've known about this for a considerable amount of time and have been trying some experiments and 3 other districts of residents who have been experiencing problems with the 5 bins in last few months.

This will be explored more in the September update – and I will explain how our residents can lead by example on this. We have to make this work between us all.

Apologies for delay in this update going out !!

Please understand this email update I do not get paid to do – and it takes the sacrifice of 40 hours of editing each month (changing the shortage of specific items on the foodbank, changing venues of times for regular events, changing the online calendar etc).

On this occasion our new book business had an event on the 1st which I did not get this email outdate for quick enough for (yet did discuss with some local leading families in previous weeks who have strong connections across Cathays) and also I did not put the Repair Café entry (3rd of August) in as the outdate went out too late. Also missed the Ffotogallery childrens club! My bad !!

Town issues ….

A piece in the news about the demolishing of supposed protected heritage of town centre. The link enclosed: ***https://www.bbc.com/news/articles/ck5gyn120njo*** This is exactly what Cardiff Civic Society were warning against – and sadly did happen!

Resident ripped off by dodgy tradespeople!

Out of respect for one of our Rhymney Street resident long term residents – their name has been omitted – they got got RIPPED OFF TWICE by dodgy people pretending to be external decorators. The description has been shared out (of the suspects appearance and demeanour!) of Irish accents and a dodgy car they were using – they took the £300 up front 7 did a runner!!

After finding this out - we referred our local resident to the very reliable ***JJ's Helping Hands Ltd*** who have been picking up a lot of work through resident referral this year! Josh and Joe will help out our elder resident!

An example of 'leading by example': on one street which is heavily connected with WhatsApp (something I've not bothered with since lockdown) where they watched a tradespeople do the exterior of a house this summer – which needed significant work to be undertaken!

Many of the residents were commenting (on their private street digital group) about the love and care shown by this tradesperson who stripped the paint off the stonework, cleared the rotted wood, cleaned up the metal railings etc – then decorated it all. By the end of the week 3 different residents came out of their homes and asked for the tradesperson's details.

Only by leading by example and referring work-of-mouth can we help created a trusted tradesperson database! As local residents, business etc – we can not keep getting ripped off!!

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in August:

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

August 2024

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

Foodbank in Cathays – donating and collection for August 2024

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

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

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!

- **SWEETS/CHOCOLATE**
- **INSTANT PASTA E.G. PASTA'N'SAUCE / MUG SHOTS**
- **SPONGE PUDDINGS**
- **TINNED CUSTARD**
- **CONDIMENTS E.G. KETCHUP, MAYONNAISE**
- **LONG LIFE FRUIT JUICE**
- **DEODORANT/ANTI-PERSPIRANT**
- **SHAMPOO**
- **ANTI-BACTERIAL/CLEANING SPRAYS**
- **WASHING UP LIQUID**

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**

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)

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

Constantinou: public notice & invitation!

Link: ***https://www.worldchampionhairdressing.co.uk/unwind-with-quiet-hair-appointments-at-simon-constantinou/***



Unwind with Quiet Hair Appointments at Simon Constantinou

Now offering Quiet Hair Appointments for clients who prefer a silent and relaxed experience.

Whether anxious about visiting someone new, needing to work during your appointment, or simply wanting some quiet me-time, this service caters to your needs. During these appointments, stylists will minimise conversation, focusing on providing excellent service while respecting your desire for quiet.

O.Constantinou & Sons
99 Crwys Rd
Cardiff
CF24 4NF
Tel: 02920461191
www.simonconstantinou.com

Helen – Staff
Simon Constantinou **-** Crwys Road

Book Space Cardiff – Launch Event@ The Beanstalk Murder!

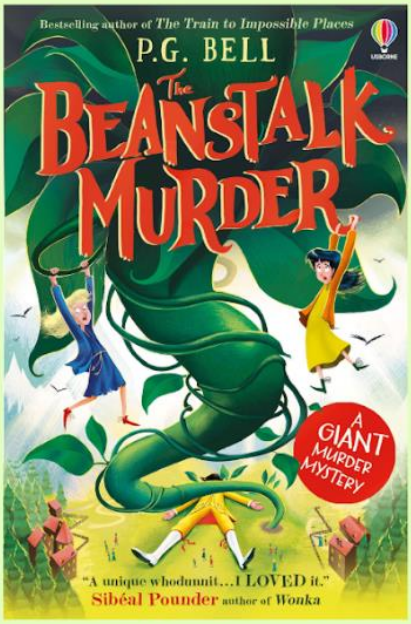
Link:

Book Space Cardiff

Books and community

Book Launch Event

P G Bell



1/8/24

14:00



Ticket only: free

Ticket & a book: £7.99

To book your ticket email

lily@bookspacecardiff.co.uk

Or you can book your tickets in store!

The event will be a reading followed by a Q&A with the author and then an opportunity to get the book signed.

Lili – Manager

Book Space Cardiff - Crwys Road

Cathays Local Businesses

Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 3rd August

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

FAN Heritage Monthly Meeting @ Cathays Library – Thursday 8th August

FAN: Friends and Neighbours presents:



On Thursday 8th August, at 2pm, ***Cathays Branch and Heritage Library*** FAN+ Heritage Monthly FAN group will explore the:

Fascinating history of the Welsh Emigration to Australia.

Starting with a short FAN meeting! Then the group will go on to discuss this part of Welsh history using artifacts and documents from the library archives. It promises to be another really interesting meeting!

Join us at 2pm on Thursday 8th August, at Cathays Branch and Heritage Library, Fairoak Rd CATHAYS CF24 4PW Meetings are free, they last about an hour and you don't need to book!

For the most up to date information about FAN, visit www.thefancharity.org

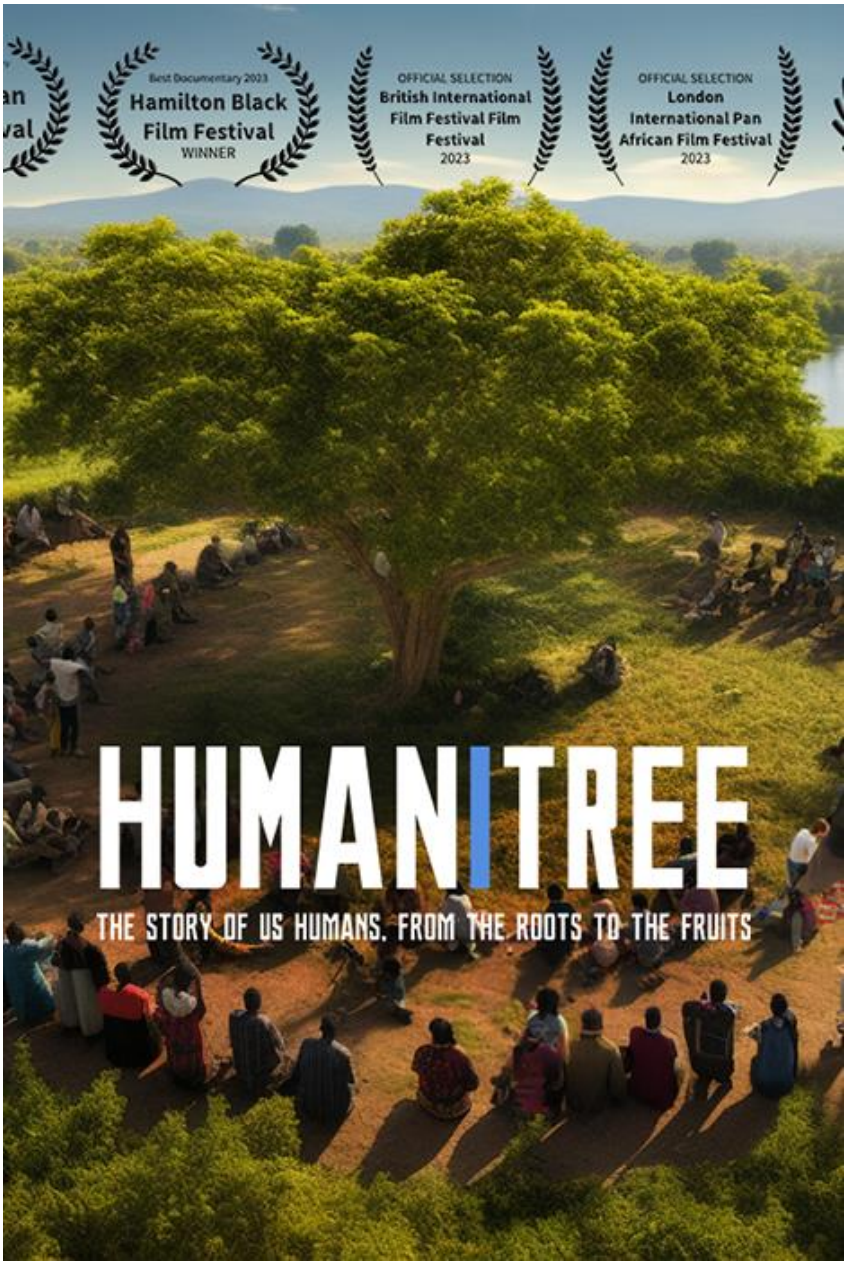
Janina – FAN co-ordinator
FAN Charity

Film Screening: HumaniTree @ Ffotogallery – Thursday, 8th August:

Link: ***https://www.ffotogallery.org/programme/film-screening-humanitree***

Thursday 8 August, 7 - 10pm

HumaniTree: A Story of Us Humans is a groundbreaking 90 minute documentary that delves into humanity's journey from African origins to global civilisations.



As Earth faces critical challenges from human activity, the film explores cultural evolution and innovation, offering hope for a better tomorrow.

Led by Director Nuakai Aru, a team of ten passionate filmmakers from South Wales collaborates with Urban Circle Newport and Black Nine Films to unveil our shared past and dispel myths, presenting a vibrant portrayal of the human family.

Introduced by some of the film's makers, there will also be an opportunity for Q&A's

Cath – staff
Ffotogallery

The World Without Us @ Ffotogallery – EVENT CLOSING Saturday, 10th August

12noon until 5pm

FB Links: ***https://www.ffotogallery.org/programme/the-world-without-us***



Image © Tracey Paddison

The World Without Us brings together a group of artists inspiring us to look more closely at our relationship with the natural environment and the climate crisis gripping our planet.

Through their experimental and innovative approaches, the artists encourage us to consider photography's role in climate activism and question how we care for and connect with our surroundings.

As we stand at this critical juncture for the future of the planet, the works on display serve as a rallying call to shift our perspective on nature as an infinite resource, and to consider more deeply our impact and legacy on the landscape for future generations.

The World Without Us is part of Interventions: Gallery Reset - a series of gallery 'takeovers' made possible with Art Fund's 'Reimagine' grant, providing new opportunities for artists to experiment, challenge and ask provocative questions, with a focus on themes such as identity, migration, gender, social inequality and the environment.

Gareth Phillips, Ackroyd & Harvey, Mike Perry, Lauren Pitson, Sophie Gerrard, Yangzi QIU Artist & Contributors

Ffotogallery

Mike Aubrey - Singer @ Cathays Sports & Social – Saturday, 10th August



Richard Beavis – Singer @ Cathayas Sports and Social - Saturday, 24th August



Cathays Local Businesses

Maitland Fest @ Maitland Park – Friday, 30th August



Supported by Cathays Community Centre

Cathays Local Businesses

September 2024 – Cathays Monthly Update

The Autumn begins ….

Get your September events in please!!

This update averages 5,000 views a month through multiple platforms – so we are getting a wide coverage for the area!!

Let’s get Cathays working together !!!!

Regards,

Paulus