Cathays Monthly Update – September 2024

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

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September 2024 comments:

Volunteering shortfall ……

Once again; the issue of volunteer shortfall has come up. With multiple activities happening across Penylan, Gabalfa, Roath and Cathays – too many good souls have commented on post-lockdown how so many of these voluntary bodies have significantly dwindled! Why have so many people given up on so many fronts?

What specific volunteering are you interested in? Supporting the elderly? Helping neighbours on your own street? Foodbank volunteering? Grafting with local clean up of our local green spaces/alleyways/pavements and local frontage?

Do get in touch with your specific interests.

Helping set up new CIC/constituted groups

Regrettably I can ***not*** take on any more responsibilities of being committee member on new groups, the next hardcopy newsletter (more on that later) and this Monthly Update take priority.

However – having met with multiple neighbours over the last 24 months, regarding the projects (that many of them arbitrarily chose to stall pre-lockdown due to all the forced politicisation, social media coo-cooing etc leading up to 2019) I am relieved that some have chosen to get these community projects back up and running.

For many of them, it will be slow burn – yet what I have vouched to several potential groups is I am happy to do the minutes for the first few meetings, try and see what micro-funding they can look for, and recommend other decent characters in Cathays may be interested to get involved with them.

These projects hopefully should grow in the 2020's and 2030's – time will tell. Good to know so many Cathays residents do want to get involved in things (even if it is just their own individual project).

'Outed-change-up' of community engagement

Some of you have commented on the recent Wales Online article - ***https://www.walesonline.co.uk/news/wales-news/people-cardiff-neighbourhood-rats-everywhere-29803981*** - this is oddly enough a tiny reflection of something more widespread I have been drafting over the last 6 months; that is going into the Autumn 2024 and winter 2025 updates.

Please know I did NOT go to this media group to discuss any of the 20 projects the residents have been planning the last 5 to 10 years! It was quite poorly written in terms of the misrepresentation it brings – yet I will explain in later months as I'll break it down and show how it barely reflects 1% of the amazing things many residents get up to – and why they've chosen to keep it quiet!

Negative video on Cathays?

Alison, one of our local musicians flagged this video up in early August ***https://www.youtube.com/watch?v=WUmMKfTn_Dk*** which some residents have commented on!

It is saddening what is shown about many districts – especially when they have their own neighbourhood initiatives. A very warped view ….

Should one of the residents make a positive video to counter this? We can all make Cathays better – yet many have said they are way done/past complaining and want to do something positive – so please do make some positive videos on/about your street!

Cathays PACT – provisionally Monday 7th October

The local Police and many residents have been asking about the PACT meetings for some years now. Many are keen to engage on community wide issues.

The new chair is proposed to be an impartial individual who is outside the Cathays community – this will run things more fairly.

Rest assured when the venue is confirmed – many of the interested residents will be contacted directly, as well as various avenues of word-of-mouth, email, social media etc. The Police are very motivated to be involved.

"Tax Fraud on The 'Brook"!! It wasn't me!!

So the infamous Cranbrook Street hit the news for gigantic tax fraud (I'm telling ya coppa – t'was not me!!) ***https://www.threads.net/@conor_gogarty/post/C-16qE8u8Zi/*** what a story !! Enjoy !! Now quickly off to my tax exile !!

Rhymney Steet and Cranbrook (coming a close 2nd worse in Cathays) were the sorts of places that the now 70-and-80 year olds were told (from elsewhere in Cathays) to avoid when they were kids in the mid-20th! – Heard this story too many times from years of door knocking!

"Ah – Cathays – never a dull moment!"

Food Bank needs volunteers!!

Speaking to one of our faith leaders Gauri at the Cathays Fair 2024 – there is a significant shortage of volunteers for Foodbank (as with many volunteer led initiatives/organisations!)

Can you help out? Please do contact Cardiff Foodbank - and explain how far you'd be willing to travel to support various Foodbanks across Cathays and wider Cardiff!

Trust me – as someone who could write the book on going hungry many times the last five decades ….. the need for supporting Foodbank has never been higher!

RIP Pauline Allen

It was a sad day on Tuesday, 13th August when the McGivney family gathered together, at the CSAS to celebrate the life of Pauline Allen who died in the early hours of Tuesday, at the age 78 years of age.

It was a beautiful moment to witness over 20 of the family gather with 3 generations of McGivney's coming together in a moment of reflection and love.

Pauline gifted us with Dave – who in turn became dad to the 3rd generation of the McGivney's who are heavily embedded in Cathays as residents, staff, and as tradespeople who many people trust and rely on.

As for the 4th generation – no doubt they will make their mark in the 2030's and 2040's. Thank you Pauline for what you gifted to Cathays!

Free haircuts on Crwys Road

Hey my name is Edafe - I am giving out ***free haircuts*** out in Cathays located at ***Gents of Brooklyn*** at CF24 4NH (I will be available on Mondays - Wednesdays from 9:00am - 5:00pm) come and a have free trim!!

Nuisance Parking – lead the charge!

As the build-up of cars happens with each September, we need to be more vigil with reporting parking (which the Police have categorised as 'dangerous' in many parts of Cathays) so please use the Parking guidance link:

https://www.south-wales.police.uk/advice/advice-and-information/asb/asb/antisocial-behaviour/nuisance-parking/

Before everyone starts blaming the students – please know we have a significant amount of HMO's populated by 18-60 year old's across Cathays!

Amazing how over the last 10 years people tell me "it's a student house!" when in fact it is 25-40 year old professionals living in an HMO for a good 5-10 years!

Be professional – report parking issues accordingly!

Town issues ….

Although the city 'Town' centre is part of the Cathays district boundary – it very much is its own entity with very differing dynamics, compared to wider Cathays.

I wonder what community initiatives could be achieved in town centre? Is town well and truly dead inside? Have people given up?

I do not think so – town centre could be something so much better in the 2030's and 2040's – micro businesses, shop space co-operatives of multiple sole traders?

What can we do?

Co-Op Senghennydd re-opens!

Manager Kim is reopening the Co-Op Senghennydd on 2nd September. For our residents who go through the union side of the building – you will have seen quite a bit of work has been done internally of the building.

Ffotogallery closed for 1 & ½ months.

The Tuesday Tea & Cakes will kick off the new autumn on Tuesday, 8th October running from 11am to 1pm: ***https://ffotogallery.org/programme/tea-and-cake-tuesday*** - everyone welcome!

Massive love to Cath and team keeping all these cultural events they've put on. I hope the core team have a break whilst the work is construction work is undertaken on Ffotogallery – and look forward to October's re-opening!

Trusted Tradesperson – Dan (doors/windows) !!!

Dan of DK Windows fixed one our Fanny Street residents home windows and his work has been greatly praised (and now added to the Cathays Trusted Tradesperson pages) and strongly recommended.

Dan's info has been added to the ever-evolving Cathays Trusted Tradesperson page (which will take ages to populate) so please take a peak at Dan's entry on link:

https://www.yourcathays.org.uk/cathays-tradespeople/#cathaystradespeople-doorswindows and please do recommend local tradespeople who have done something amazing for you in Cathays!

One of our residents, living here for 30 years greatly appreciated Dan's professionalism and demeanour and we hope other residents use his services!

Hardcopy newsletter?

Although frustrating a lot of neighbours don't want me to write about their amazing efforts – I also understand why residents will not allow me to add content of local positive effects for fear of it being misconstrued

With the recent 6 months of door knocking and targeting specific streets – a few neighbours have asked if the hardcopy 'Your Cathays' has been discontinued.

Far from it – yet with the next 2-3 years of content being lined up in the hardcopies 200 being edited in (including a long overdue wider spread survey of Cathays – so the info can benefit all of you) specific residents have been – often 2-3 on each street, then collectives of people of 4-5 to discuss the local projects, concerns etc.

There has also been discussions about a hardcopy newsletter for 2 other nearby districts – to see whether they can produce their own district newsletters; so too many discussion on that front over 2021 onwards – yet it does feel some traction is happening now.

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in September:

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

September 2024

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

Cathays Local Businesses

Foodbank in Cathays – donating and collection for September 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

Foodbank NEEDS volunteers – can you help out please!

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!

- **UHT MILK**
- **COFFEE**
- **SPONGE PUDDINGS**
- **SWEETS AND CHOCOLATE**
- **DEODORANT/ANTI-PERSPIRANT**
- **SAVOURY SNACKS**
- **TOILET PAPER**
- **BISCUITS**
- **TINNED CUSTARD**
- **LONG LIFE FRUIT JUICE**

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 collection point – 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

Sherman Theatre's 'Sherbets' (kids club!) – parents please get signed up!!

Link: ***https://www.shermantheatre.co.uk/***



Parents - Group 2 of Sherman Theatres 'Sherbets' is open for signing up to:

SYT2 Link: ***https://www.shermantheatre.co.uk/book-online/170601***

Group 2 takes place on Thursdays 6pm – 7.30pm. links on dates below – please click the above link and chose from the dates below.

The term dates will be as followed: 12/09/24, 19/09/2024, 26/09/2024, 3/10/2024, 10/10/2024, 17/10/2024, 7/11/2024, 14/11/2024, 21/11/2024. 28/11/2024, 5/12/24

There will be a two week half term the week commencing the 21st of October to the 1st of November.
Please do let me know if you are no longer interested so that I can release spaces for those further down on the list.

You have exclusivity to the link for 48 hours, then I will be contacting those further down the waiting list.

Diolch

Ffion – Creative Engagement Assistant
Sherman Theatre – Senghennydd Road

65+ - Can you help with a Flu Study @ Heath / University Hospital of Wales

Link: ***https://blogs.cardiff.ac.uk/irfluva-study/***

⭐ ⭐ **We are looking for volunteers for the @IRFLUVAStudy !** ⭐ ⭐

The IRFLUVA Study- 'Improving the long-term immune response to the flu vaccine'.
Our study aims to explore if we can improve the effectiveness of a normal flu vaccine in older people with a food supplement.
Did you know that by 2050, one in five people will be aged over 65 years of age?
Or that the immune responses to vaccines reduce as we age?
We are interested in finding ways to protect older people from flu infections, improve immune responses and encourage healthy immune ageing. This study will explore this.

We start recruiting for the study on 30th September and we are looking for volunteers aged 65 years or over to take part.

⭐ **Contact us to express an interest in taking part:**
Email JonesL147@cardiff.ac.uk
Telephone 07480 926235

⭐ Follow us @IRFLUVAStudy #BePartofResearch



Lucy – Researcher
University Hospital of Wales

Alexander technique for LGBT @ Cathays Community Centre – Sunday, 1st September



Kirsten – Alexander Technique Tutor
Hosted at ***Cathays Community Centre***

Cathays Local Businesses

Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 7th September

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!







sss

email: ***repaircafecathays@gmail.com***

Social Media please search: ***Repair Café Cardiff***

Margaret, Colin, Melanie, Imants, John and everyone else - Volunteers
Repair Café Cathays

David Grace - Singer @ Cathays Sports and Social – Saturday, 7th September

Website ***http://www.cssc.ukpub.net/***



FAN Heritage Monthly Meeting @ Cathays Library – Thursday 12th September

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

The FAN Charity
Registered Charity No. 1134900
Companies House No. 7157056

FAN (**F**riends **A**nd **N**eighbours) monthly meetings in Cathays Branch and Heritage Library are a great opportunity to make new friends and meet your neighbours! English learners are welcome. We meet for an hour to listen to each other and find out about local history. Meetings are free and you don't need to book. You can just turn up!

Future FAN Meetings in Cathays Branch and Heritage Library

12th September, 2pm – Artist spotlight on Charles Byrd

Following a short FAN meeting, the group will find out about the unique local artist, Charles Byrd who was known for his paintings of Cardiff and for his much loved "Magic Machines", brightly coloured kinetic sculptures with moving parts.

Join us at 2pm on at Cathays Branch and Heritage Library, Fairoak Rd CATHAYS CF24 4PW.

For the most up to date information about FAN, visit www.thefancharity.org or contact janina.kuczys@thefancharity.org

Photo credit to Mr John Greenaway



Janina – FAN co-ordinator
FAN Charity

Danica – Singer @ Cathays Sports & Social: Saturday, 21st September



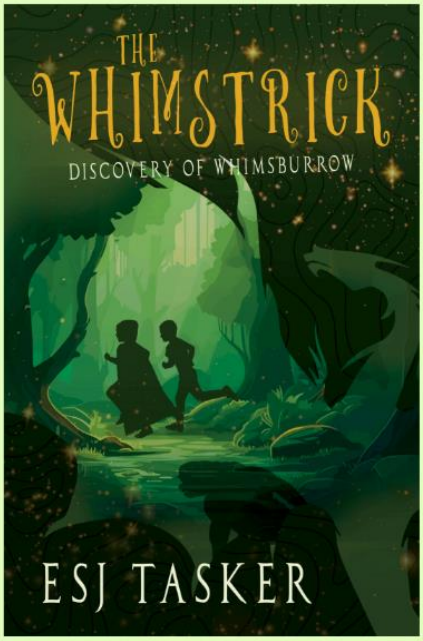
Book signing with ESJ Tasker @ Book Space Cardiff – Wednesday, 25th September

Website ***www.bookspacecardiff.co.uk***

Book Space Cardiff

Books and community

Reading, Q&A and book signing with ESJ Tasker



25/9/24
18:30



Ticket only: free

Ticket & a book: £8.99

To book your ticket online
www.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.

Lily – Manager
Book Space Cardiff

After Hours Browsing @ Book Space Cardiff – Thursday, 26th September

Link: ***www.bookspacecardiff.co.uk***

Book Space Cardiff

Books and community

After hours browse

Thursday 26th September

18:00 - 20:00

26a Crwys Road, Cardiff, CF24 4NL

What to expect:

Free refreshments

10% off selected stock

£5 tote bags (usually £8)

lily@bookspacecardiff.co.uk

@bookspacecardiff

www.bookspacecardiff.co.uk 07723142872

Lily – Manager
Book Space Cardiff

Visit my Mosque – Open day @ Al Manar Centre – Sunday, 29th September

Website: ***https://www.almanar.org.uk/***



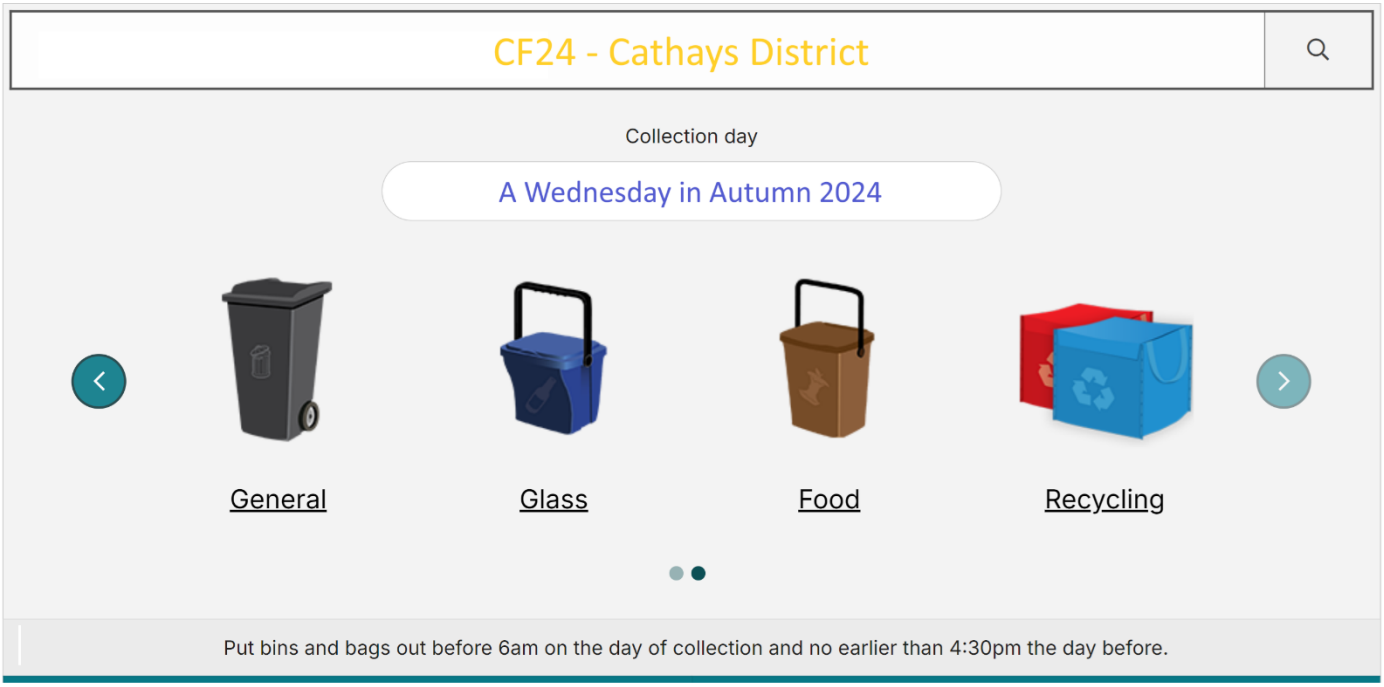
Barak – Manager
Al-Manar Centre

Cathays Local Businesses

[October 2024 – Cathays Monthly Update]

New Bin System is coming out soon …..

Please help your neighbours integrate with it!!



Please do get out and compost some leaves!!

The Student events begin, the Police and student Police are out door knocking !!

The new bin system comes into play …….

Let's crack it together – and make Cathays better together!!

Regards,

Paulus