Cathays Monthly Update – November 2024

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

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November 2024 comments:

When to contact the Police (or partners)

Thank you Bob David for flagging this one up - ***https://www.south-wales.police.uk/police-forces/south-wales-police/areas/campaigns/campaigns/do-i-need-to-contact-the-police/*** - to make things more efficient for the local residents knowing what is a Police complaint issue – and when it is a partner body complaint issue.

Please do share this link!

PACT preparatory feedback

A dozen residents met with the Uni staff in October to hold an initial preparatory meeting as a precursor to setting up the PACT.

The format will follow usual dates – and in 2025 the initial Cathays PACT will be held – dates to be confirmed. With representatives from Cathays, Roath and Gabalfa (including the Roath PACT Chair) – clearly many residents are concerned about safety, local issues etc.

The 2nd preparatory meeting will have double the number of residents – so a larger discussion will be held on how to progress the PACT for the mid 2020's onwards.

Parking Permit Consultation

The deadline for this survey/consultation is 1st December – so please do have your say on Parking Permits in our locale. The link is ***https://www.cardiff.gov.uk/ENG/Your-Council/Have-your-say/Live-Consultations/city-wide-parking-plan-consultation/Pages/default.aspx*** I am sure many of you will have something to say/write/tick boxes on! Any other information – you can email directly on city ***parkingplan@cardiff.gov.uk*** !

Rage on the streets

I bumped into a long term Gelligaer Street residents on the top end where we had a very long conversation about current events in our locale …. The lady was very angry about a lot of issues and said she felt like giving up on everything.

Hope is never lost, it just needs to be given a bit of light at times (when the darkness is at its worse) yet I walked away from the conversation with vigour that these 20-25 resident projects must continue to develop.

Community Centre AGM – 7th Dec

A larger piece will be in next month's community update – yet please do come to the Cathays Community Centre on Saturday, 7th December. Provisionally the starting time is 5pm for a 2-3 hours AGM.

Everyone welcome! Please support your local community centre!

No more Green Waste Collection

One of our 20 something council workers who collects the green waste (leaves/grass etc) from the large green Wheelie Bins has politely asked that it be relayed the Green Waste Collections have now ended until next year.

So no better time to install 1000 of those Composters in your gardens and add those beautiful autumn leaves and fallen branches to your composters!

Have you marked your new waste bags?

So several residents have kindly been going up 1 or 2 streets and adding the house numbers to the new Blue and Red (and hard plastic blue = glass) waste bags/caddies.

Numbering every one of them will significantly reduce the amount of missing bags, help identify your own households bags and keep everyone's stress and angst down!!

Xmas Carols

A lot of neighbours have commented in recent months about the set up for December, just like the positive example of residents putting out Pumpkins to encourage families to trick or treat, residents putting up Poppy's for Remembrance etc – I actively encourage all of you to put Xmas Lights up on every street in Cathays.

Also – can all the faith groups/schools please get their posters in for the Christmas Carols events!

Save Roath Rec

On Saturday, 19th of October a solid 30 representatives from Cardiff Civic Society, Roath Residents, Designers, Architects etc etc – A half dozen people gave speeches out of respect to 'Save Roath Rec' which is challenging the insanely poor design of the bike track on Roath Rec next to Penylan Library and Ninian Road.

There were Cathays residents present; who have also been supportive of 'Save Roath Rec'. The Issues discussed not just included what 3-4 vital issues the residents/Save Roath Rec were able to change – yet highlighted the total lack of consultancy undertaken by the council at the initial stages.

Cardiff Civic Society has been involved in 22 different campaigns just in the last 10 years – which highlights just how bad things are with our heritage being destroyed all over this small city of ours.

What can you do about it? What do you want to do about all this in 2025?

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in November:

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

November 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	

Please *contact us* and tell us about your events in Cathays so that we can add them to the *Your Cathays Calendar* for everyone else across Cathays to see & share in your activities !!

Cathays Local Businesses

Foodbank in Cathays – donating and collection for November 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!

- **BISCUITS**
- **COFFEE**
- **SHOWER GEL**
- **SWEETS**
- **TINNED VEGETABLES**
- **CHOCOLATE**
- **SAMPOO**
- **SPONGE PUDDINGS**
- **TINNED MEAT**

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:

- **BAKED BEANS**
- **PASTA**
- **CEREAL**
- **SQUASH**

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

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

Residents – get paid £40 to help the Optometry School undertake research!

Website ***www.tinyurl.com/DyslexiaF***

Hi everyone!

I'm conducting a study on time perception in dyslexia and seeking participants **with** or **without** dyslexia**.**

What is the research about?

Our research aims to investigate a potential cause of reading difficulties by examining the relationship between time perception and the microscopic eye movements that aid in maintaining focus while reading.

What will the studies involve?

The study will include reading ability tests, an IQ test, and game-like psychophysical tests. In one, you will be asked to identify which of two stimuli appeared first, based on a short time difference. In the other task, participants will decide whether a middle bar is misaligned more toward the left or right bar.

Participants must:

- Be over 18.
- Speak English as their primary language (Reading tests scoring system is designed for those who speak English as their first language only).
- Have no cognitive / sensory impairments (no disorders of sight, hearing, or cognition (although you may still take part if you wear spectacles)).
- Not have a history of epilepsy.

Participation involves a **single** visit to the School of Optometry and Vision Sciences located on Maindy Road, Cardiff, and lasts approximately 2 hours (usually **less than 2 hrs**). Participants will receive **£40 for taking part.**

If you meet the above criteria and are interested in participating, kindly fill out the form through this link: www.tinyurl.com/DyslexiaF.

If you or anyone you know might be interested in getting involved in our study, please do get in touch! People outside the university are also welcome to take part, so feel free to share with your family and friends.

For further information about the study, please pop a comment below with your contact details, or visit our university web page Investigating the link between eye movements and dyslexia - School of Optometry and Vision Sciences - Cardiff University.

Thanks for your help!

Bader – Researcher
Optometry School – Cardiff University

Cathays Local Businesses

Dementia Friendly Ambassador Volunteer:



Caerdydd sy'n Deall Dementia — Dementia Friendly Cardiff

Become a Dementia Friendly Ambassador Volunteer

Cardiff Council is working to make Cardiff a Dementia Friendly City.

We need your help to support local shops, businesses, and organisations to:

- **Pledge to become Dementia Friendly**
- **Make changes to be more welcoming and accessible for people living with dementia**
- **Achieve official recognition from Alzheimer's Society**

The volunteer role is flexible and would suit anyone who is willing to connect with the community and is passionate about making Cardiff a Dementia Friendly City.

We recognise the important and valuable contribution volunteers provide by giving up their time. In return you will **feel valued**, have a **sense of belonging** and receive appropriate **training**, **support**, and **supervision**.

To apply or if you have any questions, please get in touch.

Chloe Gifford
– Dementia Friendly Volunteer Coordinator
07855 980 955
Chloe.gifford2@cardiff.gov.uk

STRONGER FAIRER GREENER

CARDIFF CAERDYDD

Cathays Local Businesses

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

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

Come and Sing Faure's Requiem – St Johns Church – Town Centre – 3rd November

Link: ***https://www.facebook.com/events/1205799154024568/***



Rev Sarah – Faith Leader
St John's Church

Food & Fireworks Party @ CSAS – Tuesday, 5th November

Link: ***https://www.cssc.ukpub.net/***



Mark – Manager / ***Josh*** Deputy Manager

Cathays Sports & Social

Remembrance Day @ CSAS – Sunday, 10th November

Link: ***https://www.cssc.ukpub.net/***



John – Committee
Mark – Manager / ***Josh*** Deputy Manager
Cathays Sports & Social

‘From Sketch to Stone’ @ Friends of Cathays Cemetery – Tuesday, 12th November

Link: ***https://cathayscemetery.coffeecup.com/***

Friends of Cathays Cemetery
Cyfeillion Mynwent Cathays

Bill Mosley Memorial Lecture

From Sketch to Stone

The story behind the new crest on the main gate



Tues 12th November 7pm
in
Cathays Cemetery Chapels
(Fairoak Rd)

A talk by
Simon Morgan
(Mossfords Memorial Masons)

Admission £5 (cash only) * On-site parking * 07753 169891 for further details

Simon – Mossfords Memorial Masons
John, Paul et al – Committee
Friends of Cathays Cemetery

Book Event 'Birdsplaining' @ Book Space Cardiff – Wednesday, 13th November

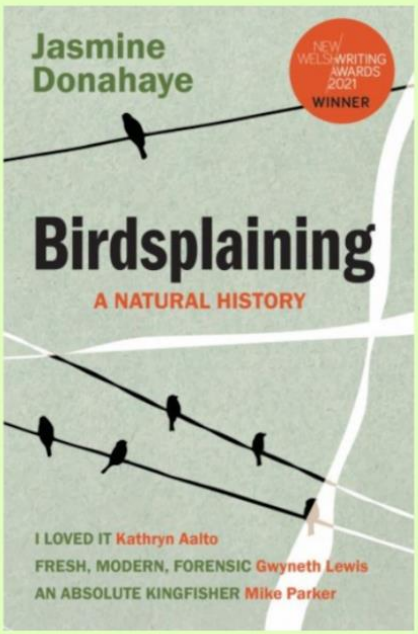
@bookspacecardiff

Book Space Cardiff

Books and community

Book Event

Birdsplaining



13/11/24

18:45



Ticket only: free

Ticket & a book: £9.99

Book your ticket online:

www.bookspacecardiff.co.uk/pages/events

Or you can book your tickets in store!

Jasmine Donahaye will be interviewed by Lewis Davies in discussion of Birdsplaining

Lily – Manager

Book Space Cardiff - Crwys Road

FAN: The Welsh Atlantis @ Cathays Library – Thursday, 14th November

Website: visit ***www.thefancharity.org***

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

14th November, 2pm – The Welsh Atlantis

Cantre'r Gwaelod, known as "The Welsh Atlantis", was an area of land which, according to legend, was located in an area west of present-day Wales which is now under the waters of Cardigan Bay. Several myths exist about it, e.g. that the land was flooded because a Well Maiden neglected her duties and allowed the well to overflow. Another was that a prince of the realm, who held charge of the flood gates became inebriated and his neglect of the flood gates allowed the sea to sweep through them. Join us for a short FAN meeting, followed by an exploration of the myths and history of this fascinating area!

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



Janina – FAN co-ordinator
FAN Cardiff

Help Create a Woodland Glade @ Bute Park – Saturday, 16th November

FB: ***https://www.facebook.com/ButeParkCommunityOrchard***
X: ***https://twitter.com/ButeParkOrchard***
Insta: ***https://www.instagram.com/ButeParkCommunityOrchard***



Spring bulb planting and woodland glade creation.

Please meet at the orchard site at 10.30am, finishes at 12.30pm

We will be planting native pollinator friendly bulbs, and continuing to work on creating a beautiful woodland glade next to the orchard. This will involve cutting back, materials cut will be used to make small habitat piles. Tools will be provided. Starts at 10.30 prompt. Wear warm clothes, hats and layers. Bring a hot water flask with a drink of your choice.

We will also have bulbs to give away for you to plant at home.

Volunteers & Staff of Bute Park
Orchard Cardiff

Christmas Fayre @ St Michael & All Angels Church – Saturday, 16th November

Website: ***https://www.parishofcathays.org/***



Rev Caroline – Faith Leader

St Michael & All Angels Church

After Hours Browse @ Book Space Cardiff – Thursday, 21st November

@bookspacecardiff

Book Space Cardiff

Books and community



lily@bookspacecardiff.co.uk

@bookspacecardiff

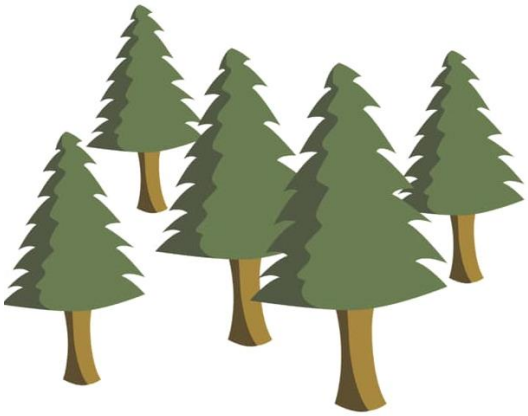
www.bookspacecardiff.co.uk 07723142872

Lily – Manager

Book Space Cardiff - Crwys Road

New Friends of Bute Park Presents 'Find the Reindeer' – From 24th November

New Friends of Bute Park





Look for me in the tree!

Bute Park's Free Christmas Reindeer Trail

Santa's reindeer are hiding in the trees in Bute Park... Can you help find them?



A special Free Family Christmas Trail around the park this Winter.
Available daily between 24th November and 1st January.
(Every day except Tuesday)

The trail is free - just collect a map from the Secret Garden Cafe or the Bute Park Visitor Centre before heading out to enjoy the family-friendly walk around the beautiful Bute Park.

New Friends of Bute Park
Ffrindiau Newydd Parc Bute

Find us on Instagram:

thenewfriendsofbutepark

Book Event @Book Space Cardiff – Wednesday, 27th November

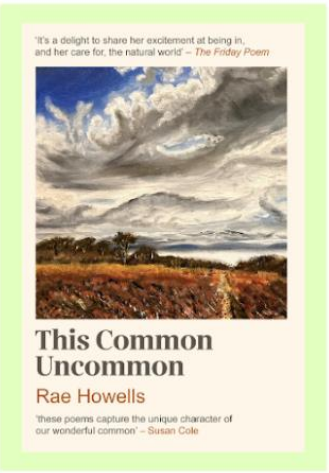
@bookspacecardiff

Book Space Cardiff

Books and community

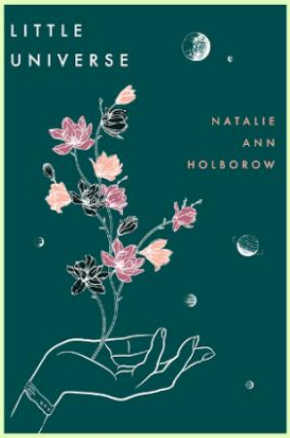
Book Event

This Common Uncommon Little Universe









27/11/24 18:45

Book your ticket online:

www.bookspacecardiff.co.uk/pages/events

Or you can book your tickets in store!

Chaired by Susie Wildsmith of Parthian Books

Lily – Manager

Book Space Cardiff - Crwys Road

Hire out a venue for New Years Eve @ Cathays Sports & Social

Link: ***https://www.cssc.ukpub.net/***



Mark – Manager / ***Josh*** Deputy Manager
Cathays Sports & Social

December 2024 – Cathays Monthly Update

Lets celebrate a Cathays Christmas 2024 Together !!

If we have a white Christmas with snow (and safety) for a week of 25th it will be a miracle!!
Start praying everyone!!

Neighbours!! Voluntary bodies!! Businesses!!! Schools !!!! – and of course = Faith Groups!!!

PLEASE do get your Christmas Posters in ASAP – I hope Decembers update is 30 pages of wonderful things wrapping up this very incredibly insightful year!!!

!!! Lets get everyone coming to Cathays for Xmas !!!

Regards,

Paulus