Cathays Monthly Update – December 2024

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

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December 2024 comments:

It snowed in November – first time since 2018 !!

Global warming got a slap when we had some snow in November!! So we are not quite licked yeton the global warming front yet!!

It may have been brief – yet we may get lucky and have a White Christmas on December 25th – fingers crossed.

Perhaps all humanities efforts to save us from the 'big sea rise' is slowly being reversed ….

"Or are we [delusional and] *just jerking off!?!"*
(Blazing Saddles, 1974)

The rain after the snow ….

My goodness the week after it snowed the very heavy rains just reinforced the need for more rainwater capture, and natural local drainage.

I am helping people to install water butts in their gardens – so if you want any assistance by all means get in touch. You buy the water butt, I will bring the tools to install it – you can pay me with a bottle of wine and a sandwich!

Cathays Community Centre AGM

Please do come to the Cathays Community Centre AGM on ***Saturday, 7th December*** – provisionally starting from 5pm and finishing for 8pm.

Perhaps you'd like to join the Community Centre core committee? I will be running late – yet I hope to get there by 6:45pm ish ….

The standard 12-14 hour day!

Having spoken at length with multiple businesses (independent and franchise), it was shocking when many people tell me they work an standard 10-14 hour day. When the shop, pub, business is closed, there is all the admin, ordering, receiving, advertising, processing etc. to be done. This must take its toll on a lot of people …..

On another strand - Sadly too many people agree with me, from their own work/home observations that we all seem to have inherited 150%-200% workloads compared to say 3 years ago ….

Often it's not an increase in hours (or rather paid hours) yet where there were 5 people to finish a job, now it is just 3 people who must complete the tasks in the same timeframe which normally required 5 people to undertake. Is this our modern UK institution of the last 5 years??? Can we psychologically and physiologically handle it? If we are expected to work until 75 in the future – can you pace yourself out?

I wonder when the 'silly season' is on – do these hours increase even more?

Please be supportive or our local businesses!

RIP Joy Davies

One of Thesiger Streets kindest hearts sadly stopped beating in October. Mrs Joy Davies sadly passed away – survived by her husband Brian.

Brian & Joy were married for over 50 years and had children and grandchildren, which were brought up with very decent traditional family values.

Brian – you & your family are in our inner circle's thoughts of your recent loss. Our condolences sir.

New babies on the way!

Best wishes to our 3 expectant families who are all due to have babies in Spring (ish) 2025.

Still at it in the 80's!!

No, not the decade/period – 80's as in your age!! Although we've celebrated some of our 80 somethings Cathays resident's birthdays this year – it is a reminder of how long millions of us will work into our 70's/80's.

I meet every month with an amazing 84-year-old to help him process his timesheet on the computer. He can do the work, deal with the stress and is very professional – yet just needs a bit of help with sorting out the techie side of things.

It did irk me when some sanctimonious millennial told me "if they can't do their own timesheet – then they should not be working!" (yes, I bit my lip with that one!)

Our conversations are never dull, the 84-year-old legend reading of 'Private Eye' journal and what is happening in the news/global events. It is great that such interests are maintained – at any age. I am grateful for the chats!

Our 84-year-old is a role model to us on many levels; in fact only now in 2024 has one of our 90 year old staff finally stepped down and retired after many, many decades of service! Two wonderful role models!

Obsessed with the 80's!?!

Now for the 1980's reimagining in the 2020's …. these young men with their Tom Selleck moustaches, the clothing, the mullets etc. I sometimes can not wonder if they either look like 1980's Brookside extras or 1970's Pornstars. Dear me!! It is laughable walking down the street seeing all the 'tache boys rocking up!!

The 1980's was a period of *'making something out of nothing'* which in one respect's does represent who we are now in the 2020's and 2030's (the post 2008 and 2010's was bad enough!) that we have to create our own resources and not be dependent on a downed system of national and global economic decline. We have to make everything last, no more throw away culture!

Breakthroughs we made in 2023

There were 3 major break throughs our community made in 2023! Yes I realise we are about to go into 2025 … you can find out our 2024 breakthroughs next year!

#1: A case worker sought me out to inform me they had dealings generationally with this infamous trouble family, who I had made repeated complaints about – (yet they were blocked) and they raised significant concerns.

In fact, 18 months later in one of many follow up meetings the case worker told me; "its just like Jimmy Saville all over again – it will start coming out long after they are dead".

Having spoken to retired police officers and retired social workers and dozens of 60+ residents who had many run-in's with the trouble family; they all explained to me the terrible things this infamous trouble family caused.

This will continue to grow until sufficient to complain to the political ombudsman – then hopefully some legal action can long overdue be undertaken!

How unfortunate the deviant local politicos attempted to pedal an award in the name of this trouble family, and as I pointed out to the politician in November 2020, I had zero doubts that the trouble family had one of the politico's in their pockets! This will go further ….

#2: The scaffolding on the schools would still be there, if not for one of our two head teachers (backed by the other headteacher) stepping up and going straight to the Senedd; that scaffolding would probably still be there.

Having spoken to parents and faith people who sit on various committees including both the school have explained they were angry/frustrated with the useless politico non-answers. Thank you to our school management for getting all that horrid 4 ½ to 5 years of ugly scaffolding gone!

#3: The 3rd one was when I met with Jeremy at the end of the year, in the Crwys; where he explained the next stage for ABC Maindy Park. I read the 2-page sheet of their stance/proposal and it held water for sure! I never spoke of it, as it was their efforts – and patience would be a virtue as always.

It was ironic that after a 90-minute solid meeting, and Jeremy left and I wanted to finish my drink – five minutes later the politico's from two districts sat on their next table. It was tempting to start shouting at them ……. Yet It was not my kill to make. For the deviants who think they can weakly stare (they have no strength to say anything – as they will simply make fools of themselves) like petulant children or toothless past-their-limits cultist ….. absolutely pathetic! Absolute chronically delusional.

Enjoy the piece that Jeremy has written for you further down in your community update.

Breakthroughs in 2024

You have to read the December 2025 update for that.

You all make us stronger together Cathays.

The next 3-4 months planning engagements

As with the last 3 months - Hopefully in the next 90-120 days I will have met with the majority of community leaders, projects leaders, approximately 50 of our residents who are very active in our community.

The main goal is to get up-to-date information to populate a hardcopy monthly calendar showing all the regular things happening in Cathays (to go in next hardcopy newsletter yet also to see if we can put up large A1 versions in various locations around Cathays that will be up-to-date for 30-36 months) to encourage more people to partake in local activities.

The 2nd part of the meetings will be updating on where all these local projects are at (many of them stalled at the end of 2019 due to the forced politization etc), where local people stand now for 2024-2027's – and what can be progressed for our diverse community.

Weekly Rubbish Bins not getting collected

Okay – so quite a bit of complaints in recent weeks about non-collection of waste, even when you did put it out on the correct bin day – which 95% of residents do.

Please remember, this is a massive learning arc, which the council waste teams as well as the residents must go through as we try and make it work in Cathays.

To use the waste hierarchy cliché from the late '20th C' – non-use, reuse, compost, recycle etc etc – you all know it! So many neighbours lead by example with ***Reduce*** (not creating waste in first place), reuse, and its great that we have got more home composting going on now.

Massive love to people re-using all those glass jars, wine bottles (we not judging!) and one family we know who use the glass for artwork etc – fantastic!

I have been writing a piece on *'loving single use plastic'* for the last 12 months – yet it still needs a lot of work – tbc / tbp! If the lovely local Friends of the Earth or Greenpeace put a hit out on me – it's been good knowing most of you Cathays!!

Your Cathays Newsletter – your inputs

The ongoing meetings and chats with businesses, faith leaders, 100's residents – we should be able to identify 50 regular monthly events across Cathays.

Please do get in touch about any regular walking group, singing/choir groups, work groups, knitting groups, gardening or skills group, the lists of when various pub quizzes are happening in which pub, book clubs etc.

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in December:

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

December 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	27	28	29
30	31					

Community breakthrough with Maindy Velodrome!

Council admits no lawful basis for school to use charity land for car parking, and it will stop doing so by 31 December 2024

No lawful basis exists for school to use Maindy Park for car parking admits Council!

Towards the end of last month, the Council's *Director of Education and Lifelong Learning* admitted in communication about planning applications for Cathays High School that the *Council knew it was in breach of charity law* in using Maindy Park Trust land for the school overspill car park.

Although this was flagged by an external expert several years ago, the Council has allowed it to continue but must now ensure it stops by the end of this month.

The Council acts as Sole Trustee of Maindy Park Trust and is legally required to safeguard the Trust's property and assets to ensure they are used only in furtherance of the charity's objectives, namely recreation and leisure time use by Cardiff residents in perpetuity – education is not within the Trust's charitable objectives.

The continuing failure to act in the Trust's best interests on this matter was one of the concerns community campaigners raised with the Charity Commission and it is now becoming clear that the Charity Commission is giving detailed scrutiny to the Council's application for the land swap that would, if approved, see the velodrome demolished so a new school can be built on the public open space.

The practical implications for the school are unclear and any queries or concerns should be raised with the Cathays councillors or the Chair of Governors who will, no doubt, have been briefed fully on the situation by the Education Service and the Council's legal team.





Jeremy Sparkes, campaigner
Save Maindy Velodrome and ***ABC Maindy Park***
(an individual member of the ***A****ssociation of the* ***B****eneficiaries of the* ***C****ovenanted Land at Maindy Park & of the Maindy Park Trust*)

Facebook: ***www.facebook.com/groups/savemaindyvelodrome***
X (formerly Twitter): @MaindySave

Cathays Local Businesses

Foodbank in Cathays – donating and collection for Christmas 2024

Just like any week of the year – 10,000's of people are still going hungry in a 100km radius of you!
Please donate for this Christmas 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!

- **CHOCOLATE**
- **INSTANT MASHED POTATO**
- **SOUP**
- **SPREADS**
- **TINNED FRUIT**
- **CUSTARD**
- **LONG-LIFE JUICE**
- **SPONGE PUDDINGS**
- **SWEETS**
- **WOMEN'S DEODARANT**

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:

- **SQUASH**
- **BAKED BEANS**
- **PASTA**
- **NAPPIES**
- **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

New Business – Maple Leaf Massage – Park Grove



Hi everyone! I'm a qualified Holistic Massage Therapist and I practice from a space directly across from the Pen & Wig I aim to provide an inclusive and welcoming space, where most of my clients have been first timers, neurodiverse, LGBTQIA+, or have been nervous about going to a traditional spa.

My FB page is linked below but I'm more active on insta @mapleleafmassagecdf

I offer student rates too 😊so don't hesitate to message me!

Leigh-Anne – Practitioner
Maple Leaf Massage

Tea & Cakes Tuesday @ Ffotogallery (Fanny Street) – Tuesday, 3rd December

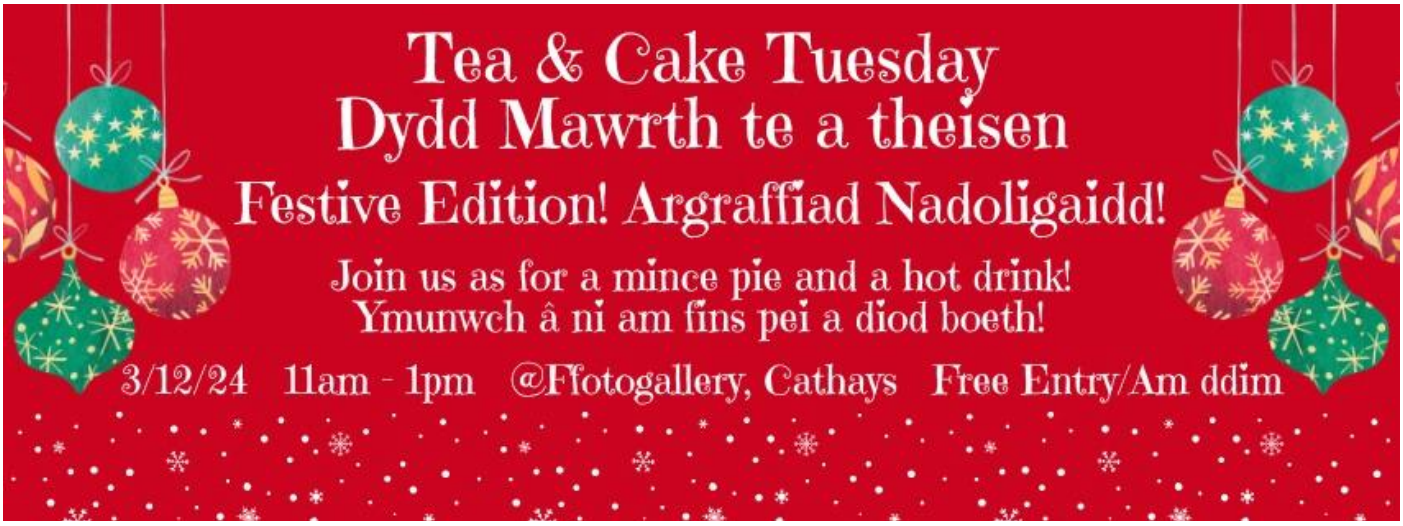
Link: ***https://www.facebook.com/events/1713315269449573/***

Tea & Cakes Tuesday – Festive Edition

ffotogallery

Join us on Tuesday 3rd of December in our beautiful gallery for some mince pies and hot drinks! We will be open between 11am-1pm and would love to spend a couple of hours feeling festive with you! Free to all!

Ymunwch â ni ar Ddydd Mawrth 3ydd o Ragfyr yn ein horiel hardd am fins peis a diodydd poeth! Byddwn ar agor rhwng 11am-1pm a byddem wrth ein bodd yn treulio cwpl o oriau yn teimlo'n Nadoligaidd gyda chi! Am ddim i pawb!



Cath – Staff
Ffotogallery

Spark Xmas Games – the residents are invited! Wednesday, 4th December

(This is the building where the Cathays PACT will be held hopefully in 2025)

The sbarc|spark building is hosting some Christmas activities on the 4th December and as part of it we are bringing back the sbarc|spark Games (full details are below). We'd like to extend this invite to the people and partners we've connected with as part of the Cathays Futures programme. Please do sign-up if you'd like to attend. It's a good way to meet some more folk who are based in the building.

The sbarc|spark Winter Games – back, by popular demand!

10:00am – 11:30am, Wednesday 4th December 2024 @ Event Space in sbarc|spark, Maindy Road, Cardiff, CF24 4HQ, UK

Want to get to know more people who work in sbarc|spark and the wider Cathays community? Interested in finding out about what each other does and how you can collaborate in the future? Not a big fan of conventional networking opportunities? Then get involved in the sbarc|spark Winter Games…

As part of our Christmas celebrations, we've taken inspiration from – or more accurately, completely ripped off – some of our favourite gameshows and reworked them into challenges designed to help you to get to know more about the folk based in sbarc|spark and the Cathays community. In teams, you'll attempt to come top of the leaderboard by completing a series of tasks and getting as many points as possible along the way. And you know what points mean? Yes, you've guessed it, prizes.

So, contenders, ready? Sign-up now and be the ultimate victor.: https://forms.office.com/e/CRbBBFEpbE

Please note: This is an in-person event and place are limited.

Hayley – Researcher of Cathays Futures
Spark School - Cardiff University

After Hours Browse @ Book Space Cardiff – Thursday's 5th, 12th and 19th December

@bookspacecardiff

Shop address: 26a Crwys Road, Cf24 4NL
Tel: 07723 142 872
Link: ***https://www.bookspacecardiff.co.uk/***



Lily – Manager
Book Space Cardiff - Crwys Road

Cathays Local Businesses

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

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

AGM & Live Music / Party @ Cathays Communtiy Centre – Saturday, 7th December

Link: ***www.cathays.org.uk***



Bud – Manager
Cathays Community Centre – *Cathays Terrace*

Christmas Festive Singers, Bingo & Disco @ CSAS – Saturday, 14th December

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

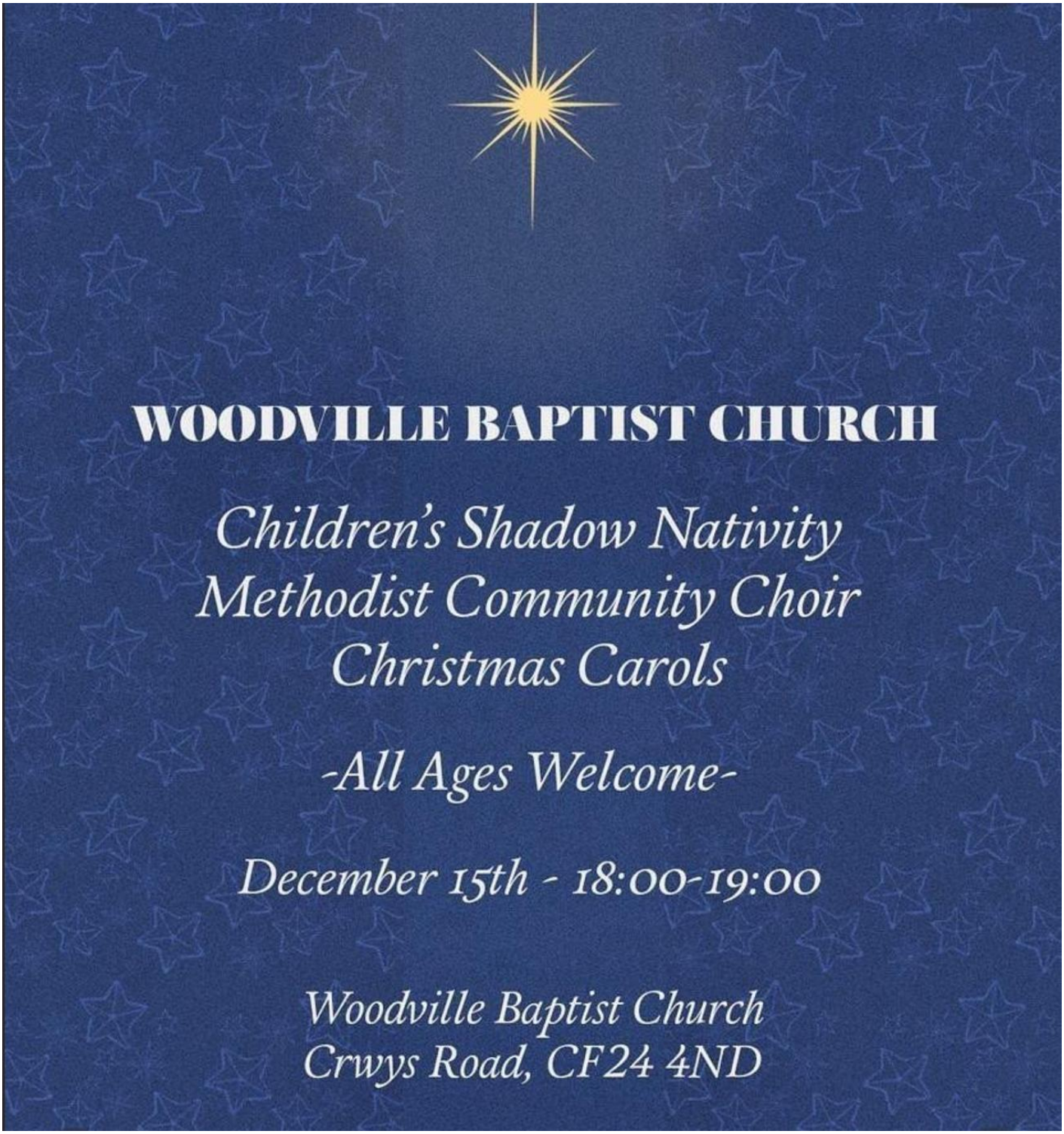


John – Committee
Mark – Manager / ***Josh*** Deputy Manager
Cathays Sports & Social

Carol Service @ Woodville Baptist Church – Sunday, 15th December

Link: ***www.woodbap.org.uk***

Starting 6pm until 7pm – everyone welcome



Josh – Pastor
Woodville Baptist Church

Messy Church for Christmas @ St Michael's All Angels – Saturday, 21st December



Rev Caroline – Faith Leader
St Michael's Church – Whitchurch Road

Carol Service @ St Michael's Church - Sunday 22nd December



Rev Caroline – Faith Leader
St Michael's Church – Whitchurch Road

Crib Service @ St Michael's Church - Christmas Eve - Tuesday, 24th December



Rev Caroline – Faith Leader
St Michael's Church – Whitchurch Road

Book a venue for New Years Eve? Try The Jamshed !!



John (committee) ***Mark*** (Manager) ***Josh*** (Deputy Manager)
Cathays Sports and Social (CSAS) – Cathays Terrace

Cathays Local Businesses

January 2025 – Cathays Monthly Update

The new year begins …..

Let's start 2025 strong together – although many businesses and other groups will be taking a well-deserved break off in January – any events happening in January please do send your posters in!

Happy New Year 2025 Cathays and wider Cardiff

Regards,

Paulus