Cathays Monthly Update – March 2025

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

Contents

March 2025 comments: 2

Blue / Red Bags at Cathays Library 2

An old friends from Cathays Library 2

Cathays PACT progress 2

Save Maindy Velodrome 2

Stabbing incident on Salisbury Road 2

Bus Route Consultation 2

The 'Your Cathays online CALENDAR' in March: 3

New Business – Rejuvenating Touch 4

Foodbank in Cathays – donating and collection for March 2025 5

Foodbank Cathays DONATION / drop off locations: 5

Bassists and Percussion – please do join Cathays Brass 6

Come dine with us – any Saturday or Sunday in March @ Al Manar Centre 7

International Women's Cycling Event @ Maindy Velodrome – Saturday, 8th March 8

Mark Simon – Performer @ Cathays Sports & Social – Saturday, 8th March 9

History of New Theatre (FAN event) @ Cathays Library – Thursday, 13th March 10

Streams in the Desert @ St Michael's and All Angels – Saturday, 15th March 11

Don't get mad, get even!! Cardiff Civic Society @ Holiday Inn - Wednesday, 19th March 12

Bex – Performer/Artist @ Cathays Sports & Social – Saturday 22nd March 13

April 2025 – Cathays Monthly Update 14

March 2025 comments:

Blue / Red Bags at Cathays Library

A few residents have been in touch about getting smaller versions of the Red/Blue soft bin bags for their waste output. Some households produce very little metal cans/plastic/paper etc so do not need the large family size red/blue sized bags.

Popped in and spoke to Ashley at the Library in February who explained that residents can bring in their larger bags and swap them out for smaller red/blue bags if they wish it. Please contact the library in advance to see if they have the smaller sizes in stock.

A few residents have actually been washing the blue/red waste bags – yet explained to me, it was easier to wash the plastic/metal waste etc before it goes in the waste bags. If you do swap out your larger bins for the smaller bin soft bags – please do try and clean out the larger bags before you return/swap them out at your library.

An ongoing discussion with residents, landlords, students, young professionals etc is trying to gain insight into how to make the current bin system more functional. Some ideas got potential – more to be discussed in future updates.

An old friends from Cathays Library

It was great bumping into our former long term librarian in recent months, who still keeps an eye on events of Cathays Library long after he has retired. Rodney wishes to put something in a future edition of the community update which would be most welcome.

Cathays PACT progress ……

You will all be invited to a weekend (most likely Saturday) event at some point in June/July when the wider community can have discussions on how to get a ***P***olice ***a***nd ***C***ommunity ***T***ogether PACT regular meeting so we can improve the safety in our community.

From initial discussions with the Uni, a programme could be established to make things better for everyone. This would be communicated with all 4 colleges with students in the Cathays district. Better integrating everything with our residential, business, faith, school, volunteer etc wider community.

I know a lot of people are frustrated by the local social deviance that has been allowed to creep in – yet recent events just in the last weeks are something our community can tackle together with responsible reporting – and a feedback loop every few months of the progress the community is making – such as 5 residents wish to set up Neighbourhood Watch on their different streets. Will highlight good practise for us all to share….

Save Maindy Velodrome

By chance I bumped into the amazing Save Maindy velodrome / ABC Maindy core committee in recent weeks. An amazing group of people who have potentially pulled off a real David and Goliath scenario.

They did stress "we have not won the war – yet it D-Day and we are on the beaches ……. We are a long way from Paris yet!"

It was an interesting analogy – the cycle track is far from safe – yet progress is being made by the people of Cardiff to safeguard our heritage.

Stabbing incident on Salisbury Road

The 'South Wales Listens' website (set up by Police) had broadcasted the following information following the horrible stabbing incident:

"Abdul Ali, 19, of Salisbury Road, Cardiff has been charged with Section 18 wounding with intent and possessing an offensive weapon in a public place. He will appear before Cardiff Magistrates Court today. The charges are linked to an incident which occurred on Salisbury Road on Tuesday, February 25.

Two other men arrested as part of the investigation have been released on bail. A 33 year-old man remains in hospital where his condition is now described as stable."

Gratitude to the people in our community who reported the incident to the Police – and to the Police for apprehending the suspected attacker so quickly.

Bus Route Consultation

Some of you may have seen the consultation being undertaken by your local Cardiff Council: ***https://www.cardiff.gov.uk/ENG/Your-Council/Have-your-say/Live-Consultations/Bus-priority-strategy/Pages/default.aspx*** The intention is to look into 6 priorities of (and to quote):

" - Faster and more reliable bus services.
- Attract more funding for bus priority measures.
- More accessible services that are easier to use.
- Better integration between each bus service, and with rail, light rail (trams), and bus.
- Bus routes and stops designed to complement walking and cycling facilities.
- More accessible and real time information to make journey planning easier."

Obviously many will meet this with a dubious nature, as more people are pushed out of using their cars – yet please do get your input added to the consultation.

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in March:

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

March 2025

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

New Business – Rejuvenating Touch

Link: ***https://www.facebook.com/profile.php?id=61572184119554***

Beauty, cosmetic & personal care · Health/beauty

Address: 94 Woodville road, Cardiff, United Kingdom

Tel: ***07809 259269***

- Instagram: rejuvenatingtouch



Valentina - Staff

Rejuvenating Touch Woodville Road

Cathays Local Businesses

Foodbank in Cathays – donating and collection for March 2025

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**
- **??????????????**

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**
- **??????????????**
- **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

Bassists and Percussion – please do join Cathays Brass

Link: ***www.cathaysbrass.com***



The musicians
Cathays Brass

Come dine with us – any Saturday or Sunday in March @ Al Manar Centre

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

AL-MANAR
CENTRE CARDIFF
Aspiring towards a proactive community



Barak – Faith Leader
Al Manar Centre

International Women's Cycling Event @ Maindy Velodrome – Saturday, 8th March

Link: ***https://www.ticketsource.co.uk/whats-on/cardiff/maindy-centre/international-womens-day-cycling-event/e-rgdgom***



Following the success of last year, we are really pleased to bring you our Women's Day to celebrate International Women's Day. This event is to inspire women to get involved in these coached sessions and FUN races. We hope to run the day as follows at Maindy:

2.30 to 3.30pm -Building confidence session, suitable for all abilities

4 - 5 pm - Building skills for group riding and race practice

Please arrive 15 minutes before your session to allow time for us to allocate bikes where needed.

We look forward to welcoming prospective members and women just getting in to, or thinking of trying out road cycling. We have a small range of bikes and helmets that we can lend out for the sessions (free of charge) to anyone who doesn't have a bike. Please get in touch with us beforehand so we can make arrangements for this to ensure the right size is available.

Bikes can also be hired from nearby Pedal Power (CF11 9LB) for small charge. There will be a couple of ride leaders to accompany you from Pedal Power at 2pm if you do choose to hire a bike.

Shared by ***ABC Maindy / Save Maindy Velodrome***

Mark Simon – Performer @ Cathays Sports & Social – Saturday, 8th March



Mark / Josh – Manager/Deputy Manager
Cathays Sports & Social - Cathays Terrace

History of New Theatre (FAN event) @ Cathays Library – Thursday, 13th March

Website ***www.thefancharity.org***

The history of New Theatre



The next FAN Plus Heritage meeting will take place at Cathays Library, at ***2pm on Thursday 13th March***.

Following a short FAN meeting, we will explore the fascinating history of the much loved New Theatre, using documents and artifacts from the library's archives.

Join us at Cathays Library, 2pm - 3pm Thursday 13th March:

Cathays Branch and Heritage Library,
Fairoak Road, Cathays CF24 4PW

Tel: 02920 785 580 for further details.

FAN have many free friendship meetings throughout Cardiff and beyond. For further details, visit www.thefancharity.org

Janina – FAN co-ordinator
FAN Cardiff

Streams in the Desert @ St Michael's and All Angels – Saturday, 15th March

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



Rev Caroline – Staff
St Michael's and All Angels

Cathays Local Businesses

Don’t get mad, get even!! Cardiff Civic Society @ Holiday Inn - Wednesday, 19th March

FB event link: ***https://www.facebook.com/events/1295771691678837/***
Website ***https://www.cardiffcivicsociety.org/form-rdlp-meeting-2025?***

Are you angry about the loss of green spaces and the neglect of historic buildings in Cardiff?

Then this is event for you!

Make Your Voice Heard on Cardiff’s future - Cardiff Civic Society is delighted to invite you to a lively engaging meeting on Cardiff’s future.



From 7pm, Wednesday March 19, Holiday Inn, Castle Street, Cardiff CF10 1XD

Cardiff Council are consulting on the replacement local development plan (RDLP). This will decide what gets built where - and what gets demolished - for the next ten years.

If we want to stop the future destruction of our cultural and built heritage, like Gwdi Hw and Guildford Crescent (pictured), we need to raise our voices!

Therefore, this is a great opportunity to hear from a respected and independent group of concerned Cardiff citizens about the risks and opportunities of the new plan - and how you can make your voice - and those of your community - heard.

And we'll be joined by friends from Cardiff university who will reflect the importance of beauty in the modern city.

See you then - at **7pm on Wednesday 19 March at the Holiday Inn, Castle Street, Cardiff, CF10 1XD**.

Presenters:

Nerys Lloyd-Pierce, Chair, Cardiff Civic Society
Lyn Eynon, Planning Lead, Cardiff Civic Society - *on Cardiff’ council ten year plan for the city - the ‘replacement local development plan*
Daisy Dixon and Panos Paris, Cardiff University- *on the importance of beauty in Cardiff*

The Cardiff Civic Society Committee
Cardiff Civic Society

Bex – Performer/Artist @ Cathays Sports & Social – Saturday 22nd March



Mark / Josh – Manager/Deputy Manager
Cathays Sports & Social - Cathays Terrace

Cathays Local Businesses

April 2025 – Cathays Monthly Update

Please do get your posters in!!

Easter is here – please get any posters/links in for your events.

Regards,

Paulus