Cathays Monthly Update – May 2025

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

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The Room is impossible to Eat @ Book Space Cardiff – Thursday, 22nd May 14

Richard Beavis – Singer @ Cathays Sports & Social – Saturday, 24th May 15

"Look, Don't Touch" (meet the authors) @ Book Space Cardiff – Thursday, 29th May 16

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May 2025 comments:

A joint 60th of Cathays birthday's

Happy 60th celebrations to a couple of our local legends Jayne (Rhymney Street) and Colin (Gower Cathays area) was recently held at St Andrew's church on Saturday, 26th April. Many happy returns to Jayne, Paul and Colin.

The friends and families paid £5-00p entry to cover venue costs and this also made up the fund raising of £1,235 to go to local charity group 'Headway'.

There was approximately 6-7 different bands playing live music and everyone partied like it was 1999 !!! The earliest of Generation X across the UK are now beginning the march towards middle age! And we still think we are young …… fantastic!

Poetry Open Mic Night

At Cardiff Book Space (Crwys Road) – the monthly 'Poetry Open Mic Night' is happening on Wednesday the 14th of May from 6:10pm / 18:10 onwards

So for all you aspiring poets – do try your hand at this event and hopefully meet other poetry minded people!! Please do help get the word out for this sort of local business/local fun event.

May Garden Gathering – 10th May

Are you ready to for Spring to start? On May 10th we have an exciting event happening at Cathays Community Centre. Our Spring Garden Gathering is taking place, with Impact's craft market.

We are hoping that this event is a time for us all to come together in the lighter and warmer days, to celebrate the new beginnings of a new season.

If you are wanting to be surrounded by good company, in a (hopefully) sunnier month, this is the perfect event for you to join in. We will have music, food and a craft market, si there should defiantly be something for everyone.

As you are probably aware, Cathays Community Centre has so many volunteering opportunities, as well as many activities that happen on a day-to-day basis for all ages. This is the perfect opportunity for you to chat with our team and find out how you want to be involved.

We hope to see you all there, as this is just the start of our spring/summer events. Main poster is below in this community update for 10th May!

David – Cathays Community Centre

Cath's moved on from Ffotogallery

Massive farewell to Cath who has recently left Ffotogallery on Fanny Street.

Cath did a lot of work to publicise the arts via Ffotogallery and her efforts will be missed. The set up of the gallery is 'full of light and air' – an amazing creative environment to be in.

For those of you who have yet to try Tea & Cakes Tuesday – I encourage you to try it.

Massive love, respect and thanks Cath for all your efforts.

Cathays legend opens up Granny Mac's

Jayne, one of our Rhymney Street legends is taking over as bar manager for one of our contemporary venues 'Granny Mac's/

Granny Mac's on City Road has become a very positive vibe venue – and with the change in licensing to allow for evening openings – a lot of young professionals, singers etc have started to frequent the place.

As before, Jayne is a legend with the University Sports Society since the mid 2010's – and we hope more of the 20 and 30 something's begin frequenting this venue. Please do pop in Cathays residents and support this local business.

Thank you for hosting a water butt

The water butts we installed in the mid to late 2010's across different parts of Cathays – we are eternally grateful for.

Just in the latter part of April the heat has definitely been on …… to this – much of our wildflower growing the residents have undertaken alongside some of our volunteer bodies did see a lot of our wildflwoers taking a beating in the heat – so we are grateful for the dozen water butts placed around Cathays – and that the neighbours are happy for trusted local people to go onto their properties to replenish their watering cans.

Our precious resources (like access to water) is something we can not take for granted. So I actively encourage as many of you as possible to install water butts across Cathays.

The various wildflower growing the residents have undertaken for decades are bearing proverbial fruit and helps support our precious eco-systems.

The tree growing is also pivotal for the carbon sequestration that is so desperately needed on a global level.

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in May:

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

May 2025

MON	TUE	WED	THU	FRI	SAT	SUN
			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 6:00 pm: Zumba Class EVERY Wednesday @ Community Centre	29	30	31	

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

Cathays Local Businesses

Foodbank in Cathays – donating and collection for May 2025

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

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

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!

- **LONG-LIFE MILK**
- **SPONGE PUDDINGS**
- **TINNED FRUIT**
- **TOOTHBRUSHES**
- **WASHING POWDER**
- **PASTA PACKETS**
- **TINNED FISH**
- **TINNED RICE PUDDING**
- **TOOTHPASTE**
- **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:

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

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

Cathays Local Businesses

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

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***





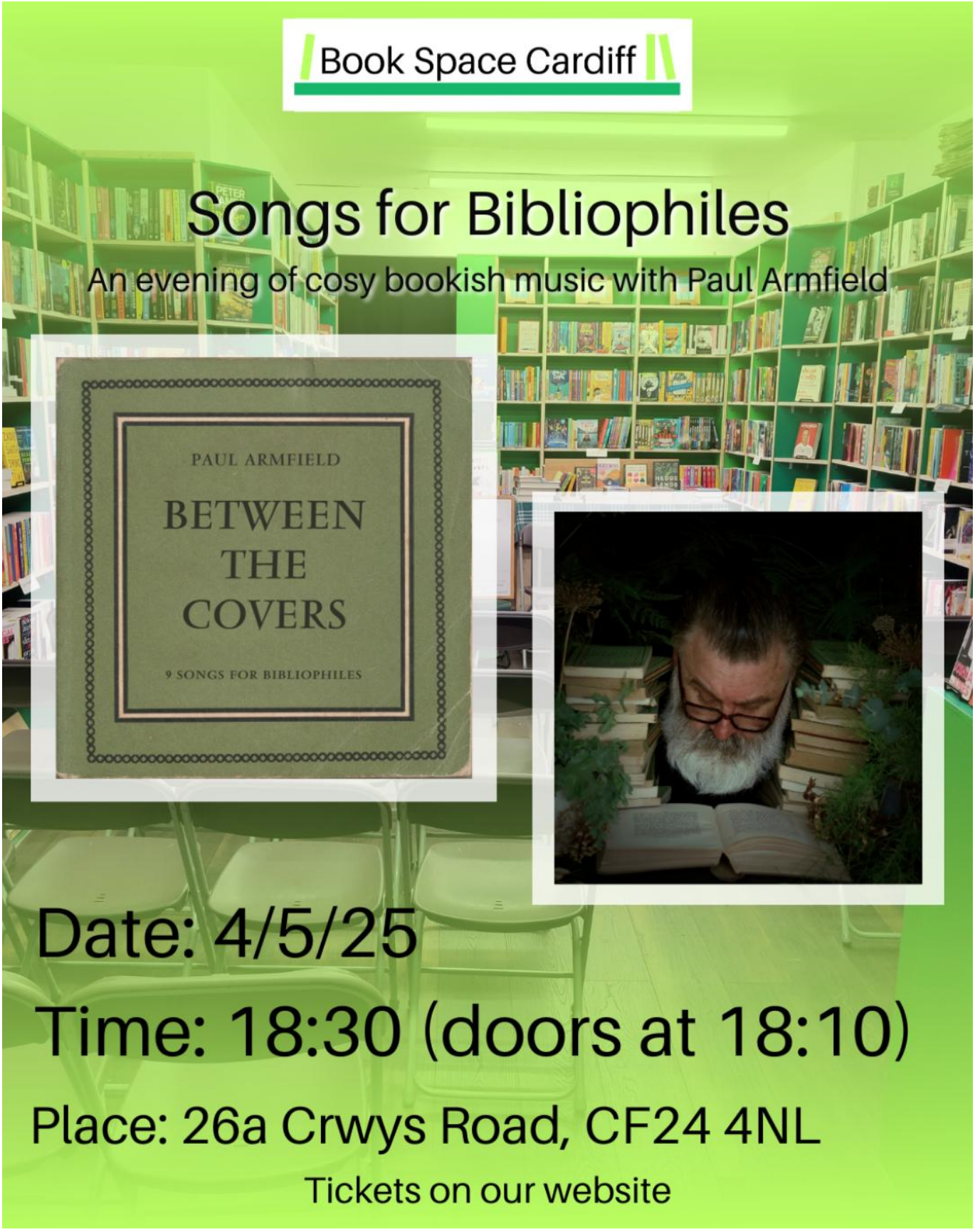
Margaret, Colin, Melanie, Imants, John and everyone else - Volunteers
Repair Café Cathays

Shazelle (singer) @ Cathays Sports & Social – Saturday, 3rd May



Songs for Bibliophiles @ Book Space Cardiff – Sunday, 4th May

Link: ***https://www.bookspacecardiff.co.uk/pages/events***



Lily – Manager
Book Space Cardiff - Crwys Road

Tea & Cakes Tuesday @ Ffotogallery – Tuesday, 6th May

ffotogallery

Link: ***https://www.facebook.com/events/704003472300963/704005438967433/***



Tea & Cake Tuesday
Tuesday 6th May 2025
11:00am - 1:00pm
FREE - All welcome

Be among the first to experience this powerful exhibition in a relaxed and welcoming atmosphere. Have a hot drink and some delicious cake whilst connecting with others who share a passion for art and culture.



The staff - *Ffotogallery*
Fanny Street

Cathays Local Businesses

FAN (Friends & Neighbours) @ Cathays Library – Thursday, 8th May

FAN has many meetings in Cardiff and beyond. For further details visit ***www.thefancharity.org***





Please do join us on
Thursday 8th May
to find out about ***The Old Custom House in Penarth***.

Following a short FAN meeting, we will explore the history of the building using documents and images from the heritage library archives.

Meet at Cathays Library 2 - 3pm

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

Tel: 02920 785580 for further details. No need to book.

Janina – FAN co-ordinator
FAN Cardiff

The Room is impossible to Eat @ Book Space Cardiff – Sunday, 11th May

Link: ***https://www.bookspacecardiff.co.uk/pages/events***



Lily – Manager
Book Space Cardiff - Crwys Road

Cardiff Foodies Festival 2025 @ Bute Park – Friday, 9th May to Sunday, 11th May

Link: ***https://www.facebook.com/events/953180979685559/***



The UK's most popular touring food & drink festival returns to Bute Park, Cardiff for a huge celebration!

With live music from chart-toppers SCOUTING FOR GIRLS and THE WANTED 2.0 plus a Friday night of White Island anthems with the live Symphonic Ibiza orchestra!

Discover a huge variety of mouth-watering food and drink, see live cooking demos from top chefs & bakers plus much more!

The organisers - ***Foodies Festival, Visit Cardiff / Croeso Caerdydd*** and ***Musicians Against Homelessness***

Cathays Local Businesses

Spring Garden Gathering @ Cathays Community Centre - Saturday 10th May

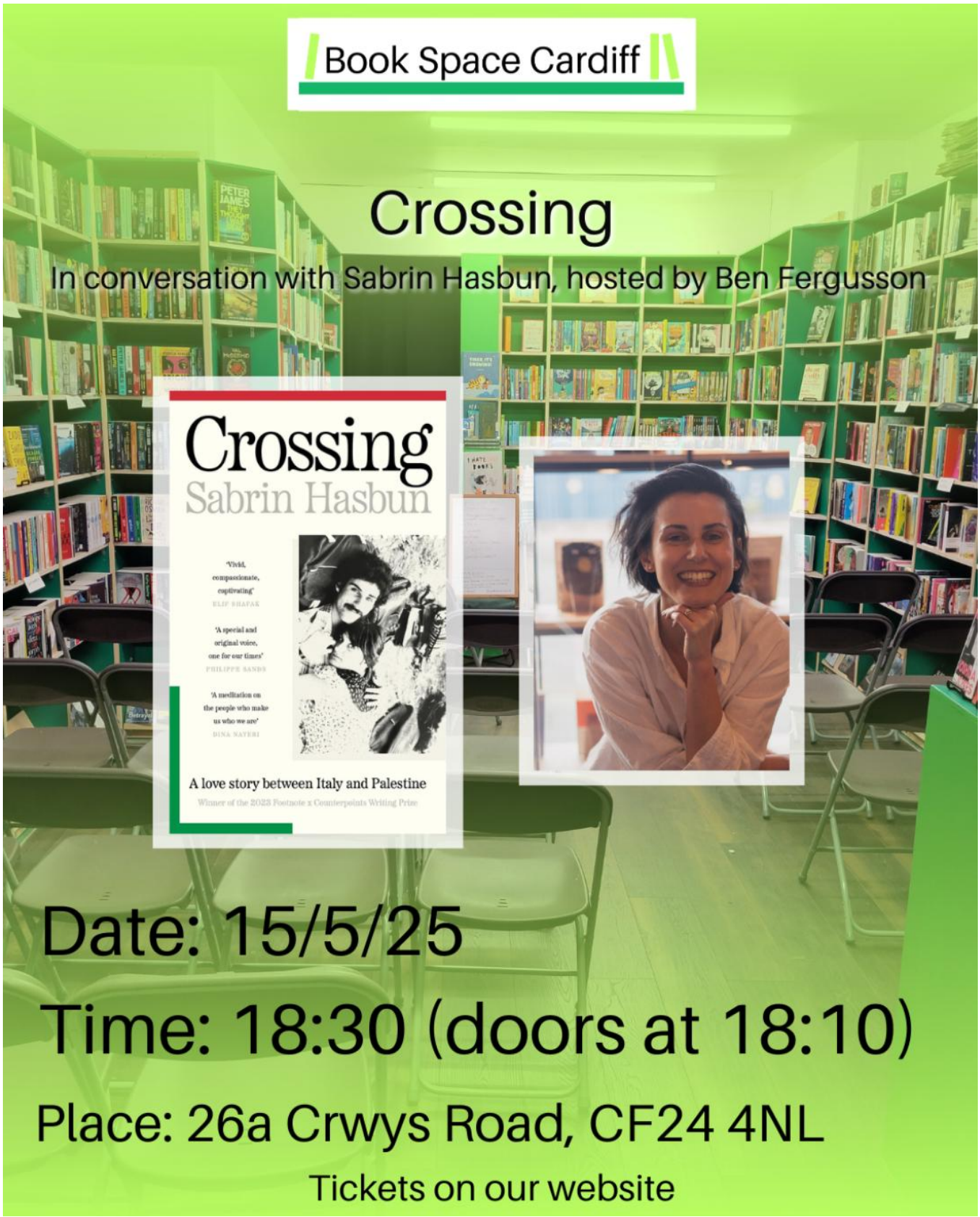


36-38 CATHAYS TERRACE, CARDIFF CF24 4HX,
029 2037 3144, EMAIL@CATHAYS.ORG.UK

David – ***Cathays Community Centre***
Cathays Terrace

‘Crossing’ (Book Launch) @ Book Space Cardiff – Tuesday,15th May

Link: ***https://www.bookspacecardiff.co.uk/pages/events***



Lily – Manager
Book Space Cardiff - Crwys Road

The Room is impossible to Eat @ Book Space Cardiff – Thursday, 22nd May

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Lily – Manager
Book Space Cardiff **-** Crwys Road

Richard Beavis – Singer @ Cathays Sports & Social – Saturday, 24th May



“Look, Don’t Touch” (meet the authors) @ Book Space Cardiff – Thursday, 29th May

Link: ***https://www.bookspacecardiff.co.uk/pages/events***



Lily – Manager
Book Space Cardiff - Crwys Road

Cathays Local Businesses

June 2025 – Cathays Monthly Update

Please do get your posters in!!

Regards,

Paulus