Cathays Monthly Update – July 2025

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

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July 2025 comments:

Abuse from the businesses?

An incident in June which needs to be shared. One of our long term residents who just happens to be disabled and has challenges moving about the pavements of Cathays (no don't start saying 'so do we – have you seen the rubbish everywhere!?!')

A car was very poorly and irresponsibly parked on Crwys road outside this food business. When the disabled resident and friend (an ex-resident) were trying to traverse the street – they politely asked the business if they could move the car.

Now – not withstanding that the car should NOT have been parked on the street, the staff came out and were incredibly abusive using the F-bomb and C-bomb aimed at the residents – being equally dismissive of the female resident and intentionally ignoring them to abuse the male ex-resident.

The Police were called out ironically by this business, which then blew up in their own faces – and the Police made them apologise to the resident.

This should never have happened in the first place. Irresponsible parking is not appropriate – yet when you are politely asked to move the vehicle you should not be abusing residents when they ask you to do this…..

I am annoyed that the adjoining businesses also got involved and took the wrong side of the issue. This could of escalated…. And I am deeply ashamed that such an issue had escalated.

Praise to the local Police for being punctual and sorting the issue. The Police may be overwhelmed on a national level – yet we should highlight the good work they do!

Yes there was a mention that traffic enforcement also were they – yet did want to ticket the car due to the potential lash back …. So much needs to be sorted in Cathays and wider Cardiff.

I politely remind our local businesses that over 3,000 residents live in Cathays

Cash/Informal economy

It was impressive to see signs up in our local XL Chip Shop, Cardiff Market etc to see mini posters encouraging more use of cash with transactions.

When cash is used, the local businesses get to keep more of it – whereas they argue when you use card/online payment etc – more funds are taken out the local economy.

Eno Booth Funeral/Wake

On Wednesday, 16th July Eno's funeral at the Thornhill Crematorium will be at 11:30am, followed by the wake at CSAS (Cathays Sports & Social on Cathays Terrace) from 13:30 onwards.

A lot of people will wish to attend, and the turn-out is expected to be high – so the entire floor of the bar, café/space/lounge will be made available to you all.

Please do come and show your respects, Eno was a much loved character of Cathays – no doubt you will bump into many old friends and ex-neighbours from around Cathays.

A young family moves into a s@~t hole !!

Why did they move in then? I hear you cry – simple – the proverbial 'beggars can't be choosers' rings true as in many examples of recent years with the insane housing crisis.

This story should be shared of neighbours/friends helping out. It was a bit of an emergency decorating job – yet some some examples should be shared:

→ Caustic Soda on all the kitchen and bathroom/toilet pipeworks – the lash back was disgraceful (this is dangerous stuff to use if you do not know what you are doing) yet the noise/vibration/smell made as the pipes were all 'blasted out' shows it has not been properly maintained for years.
→ Approximately a dozen House Plants were donated to help cleanse the air in the house with the latent mould smell – months later the home feels more 'breathable'.
→ Although not professionally undertaken, between several residents they had sufficient experience to get the much-needed decorating undertaken.
→ Massive thanks for the loan of a carpet cleaner and a kitchen cleaner – made everything much fresher.

The story reflects – people are on their knees, yet it was a good story to share about the local neighbours helping out. At least the new residents know they are some partial community network where they moved in.

PACT preparatory meeting

The entry is further down in the update – yet if you wish to attend please email ***spark@cardiff.ac.uk*** and add your name to the attendance list.

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in July:

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

July 2025

MON	TUE	WED	THU	FRI	SAT	SUN
			3 2:00 pm: Heritage FAN [Friends And Neighbours] 2pm at Cathays Library 7:30 pm: Blues Dragon & Blues - First Thursday of each month	4	5 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	6
7 7:00 pm: Cathays Brass - every Monday evening!! 7:00 pm: Cathays PACT - Bi-Monthly: Feb, April, June, Aug, Oct, Dec @ Venue TBC	8 2:00 pm: Memory Lane (Dementia support group) EVERY Tuesday	9 10:00 am: Police Community Access Point - weekly @ Sherman Theatre 12:00 pm: Home Grown Vegetable for sale - EVERY Wednesday	10 4:30 pm: Youth Club @ Cathays Community Centre - EVERY Thursday	11 6:30 pm: IYP - Youth Club @ Cathays Community Centre EVERY Friday	12 11:00 am: Foodbank @ Woodville Baptist Church - EVERY Saturday	13 1:00 pm: United Community Social - EVERY Sunday @ Brodies Cafe (North Road)
14 9:30 am: Story Time for Under 5's - English 7 Welsh Medium - EVERY Monday	15	16 10:00 am: Coffee Morning - EVERY Wednesday @ Cathays Community Centre	17	18	19 10:00 am: Plant sales @ Bute Park - every Saturday	20
21 6:00 pm: Embassy Youth Club - EVERY Monday early evening	22 1:00 pm: Foodbank @ Woodville Baptist Church - EVERY Tuesday 1pm to 3pm	23 6:00 pm: Zumba Class EVERY Wednesday @ Community Centre	24 12:00 pm: 'Cuppa with a Copper' - Bi-weekly @ Cathays Library 2:00 pm: Memory Lane (Dementia Support) EVERY Thursday	25	26	27
28	29	30	31			

Cathays Local Businesses

Foodbank in Cathays – donating and collection for August 2025

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

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!

- **INSTANT MASHED POTATO**
- **LONG-LIFE JUICE**
- **LONG-LIFE MILK**
- **MEN'S DEODARANT**
- **RICE**
- **SNACKS (CRISPS, CEREAL BAR)**
- **SPONGE PUDDINGS**
- **TINNED FISH**
- **TINNED FRUIT**
- **TINNED POTATOES**
- **WASHING UP LIQUID**
- **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:

- **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

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

Orchestral Cricket Team – looking for new members!!



Welsh Ambulance Service Community Volunteering

GIG CYMRU NHS WALES
Ymddiriedolaeth Brifysgol GIG Gwasanaethau Ambiwlans Cymru
Welsh Ambulance Services University NHS Trust

WELSH AMBULANCE SERVICE COMMUNITY VOLUNTEERING

Three ways you can make a difference through volunteering:

Volunteer Car Service



Volunteer your time to transport patients to hospital appointments.

Community Welfare Responder



Take an initial set of observations and provide welfare support.

Community First Responder



Trained to attend emergency calls to provide life-saving care.

Volunteering is a great opportunity to make a real, noticeable difference in your local community. Volunteering is a great way to meet new people, enhance your career opportunities and learn lifesaving skills.

What's in it for you?

- Giving back and learning new skills
- Building confidence
- Improving well being
- Feel connected to your local community

Ready to make a difference?

amb_Volunteer.Onboarding@wales.nhs.uk

0300 131 1392

ambulance.nhs.wales/volunteering

Singer: Mike Jordan @ Cathays Sports and Social - Saturday, 5th July



Mark – Manager
Cathays Sports and Social - Cathays Terrace

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

Indoor Graveyard Voices @ Cathays Cemetery – Wednesday, 9th July

Graveyard Voices 2025



Cathays Cemetery

Fairoak Road entrance, Cardiff CF24 4PY

Tuesday 8th July 7.00pm

Thursday 10th July 7.00pm

Sunday 13th July 2.00pm

Three guided walks meeting some of the residents of the cemetery and hearing their tales

And

Indoor Graveyard Voices

Cathays Cemetery Chapel, Fairoak Road

Wednesday 9th July 7.00pm

All tickets £10 per person from www.ticketsource.co.uk

Presented by Cardiff Council Bereavement Services, Living Lines and A48. Walks are around 1.5 hours. Please wear appropriate footwear and bring water if hot.

Cardiff Bereavement Services

FAN (Friends & Neighbours) @ Cathays Library - Thursday, 10th July

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

The FAN Charity

Please do join us on ***Thursday 10th July*** to find out about the

Butlins Holiday Camp which on Barry Island (until 1996)

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

Meet at 2 - 3pm, Cathays Branch and Heritage Library, Fairoak Rd, Cathays CF24 4PW

Tel: 02920 785580 for further details. FAN meetings are free and there is no need to book.



(Photo credit Steve Daniels, CC BY-SA 2.0)

Janina Kuczys FAN Development Officer for South-East Wales.

Cathays Local Businesses

Celebrate!! "A Morning Retreat" - Café @ St Michael's Church – Saturday, 12th July

Link: ***https://www.facebook.com/events/1391820255171887/***

A Morning Retreat
with Rev Caroline and James Downs
at St Michael & All Angels Church, Gelligaer St, Cathays

Saturday 12th July 2025
10.30am-12.15pm
(with refreshments from 10am)

- *What* do we celebrate? *Why* do we celebrate? *How* do we celebrate?
- What does it mean to "celebrate" the Eucharist?
- How can we celebrate in a world fraught with pain & suffering?

All are invited to join Rev Caroline and James Downs for a morning retreat where we will explore these questions together in a friendly and welcoming setting.

To register: please write your name on the sheet in Church, speak to Rev Caroline, or email carolinerebecca.downs@btinternet.com

Rev Caroline – Faith Leader
St Michael's Church – Gelligaer Street

Poetry Open Mic Night July @ Book Space Cardiff – Wednesday, 16th July



Lily – Manager
Book Space Cardiff

Pre-PACT preparatory meeting @ SPARK (Maindy Road) Thursday, 17th and 23rd July

Just a little reminder about the forthcoming workshops in the Help Shape the Future of Community Safety in Cathays programme:

Part 1: What We've Heard So Far (Thursday 17th July, 6pm – 7:30pm)

We'll share the key insights from the pop-up Labs and ask: What do they mean for community safety in Cathays?

Part 2: Ideas For The Future (Wednesday 23rd July, 6pm – 7:30pm)

Let's co-create a roadmap for better community safety. We will be asking, how can the Cathays community work together – with South Wales Police and others – to make Cathays a safer, more connected place?

Both Labs will be in the Event Space @ sbarc|spark, Maindy Rd, Cardiff CF24 4HQ and ideally people should aim to attend both parts of the Lab.

We've heard back from some people about which dates, they can and cannot attend. We are going to add this list into the invites, so you can accept/decline accordingly.

If you are attending, please could you also let us know via email if you have any ***dietary requirements*** or if there are any ways that we can make the Lab more ***welcoming, accessible or inclusive*** for you.

To get involved please email ***spark@cardiff.ac.uk*** and get added to the attendance list (even if you can just attend 1 of 2 – or both of these events).

Singer – Graham Anthony @ CSAS – Saturday, 19th July



An evening of Poetry readings @ Book Space Cardiff – Wednesday, 23rd July



Lily – Manager
Book Space Cardiff

Singer: David Grace @ Cathays Sports & Social - Saturday 23rd July



Josh – Deputy Manager
Cathays Sports & Social – Cathays Terrace

Cathays Local Businesses

August 2025 – Cathays Monthly Update

Please do get your posters in!!

Advice for beating a drought?
Family events for the summer?

Regards,

Paulus