Cathays Monthly Update – September 2025

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

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September 2025 comments:

Police/Community Payback meeting:

The Central Town Police / Local Neighbourhood Policing Team will be at City United Reformed Church on 9th September. This will from 11:00 to 13:00; the opportunity will arise for you to discuss local issues and our Police to provide information on crime prevention.

Entries on the monthly calendar ….

As always – please do send in your regular (that happen the same day each month) to go on the online calendar – a poster/logo/FB event/contact details.

The online calendar does a get a lot of views each month, supplemented by this community update which goes through various norms of social media.

The most important referral is 'word-of-mouth' so please do tell your neighbours about local events – coffee mornings on Wednesday at the community centre, poetry nights in the book shops, family efforts etc which makes Cathays stronger.

Rodents across Cathays

You all see a lot of rats charging about multiple streets of Cathays, due to the food sources that emanante from multiple different sources (no – it's not just student houses as so many like to allocate blame to) like Food establishments etc.

A lot of people have seen the media about oversized rats being found – this is down to the feeding points, and potential chemicals in foods etc. that has resulted in such exaggerated sizes of rats.

Just please do know Cathays neighbours, you have a lot of residents, local businesses who do a lot to reduce the vermin problem and certain landlords who have led by example too – on the rodent/vermin front.

The real issue with putting poison down, is when they eat it and take some of it back to the nest – if it is under your house and the rats nest all die; the smell will result in you possibly taking the floorboards up which will be timely and costly.

It may be that mouse/rat traps are a better option – so when you catch them/kill them you can put them straight into the rubbish and not worry about them dying underneath your house.

Although several neighbours are aware certain locals are using .22 airguns to take down the rats, this may not be smiled upon by others.

What would any of you recommend undertaking for tackling infestation/rodent problems across Cathays?

Government Emergency Alert Test 7th September

The majority of you already know The National Emergency Alert test will be hopefully contacting your PCD [Personal Communications Device] / mobile phone on Sunday 7th September 2025.

This should be at 3pm. You will get a vibration, then a loud siren sound (apparently even if your device is on silent) on your phone/tablet.

The message that comes up will confirm *"this is a test"* – and you do not need to do anything else…. For now.

I realise some will feel some pangs of paranoia …. Yet humanity has gone through this since the mid-20th; with drills in schools of 1950's little kids jumping under their school desks etc. onwards …..

The contentious issues all over the planet could lead to multiple wars – over stupid money, oil and land/space. Yet not a unified WW3 with a 'them and us' scenario – rather multiple wars fighting over limited resources which will result *inevitably in everyone losing from ……*

What if we are forced to be more self-sufficient …

This is not stirring paranoia – rather encouraging better practise. Regardless of emergency warnings, potential wars etc – one thing that is a definite in any future scenario is costs always go up!!

In times of duress, people do pull together – yet what if resources become tighter, we make things last which before people would take too much for granted.

It is interesting looking at retail; where so many lines of food product (too many people are used to purchasing every week – for many years) and now the supply lines have become erratic – yet the public are not picking up on much worse this could be …..

→ If we did grow 1-5% of our own diets, that would be amazing.

→ Jumpers on in winter, as opposed to the heating being on for longer periods.

→ Repair, not throw away …… the list goes on – and many residents have better ideas than what is written above.

→ Don't throw those plastic trays (shallow receptacles for store fish or meat) out, wash them up and use them to go under the pots in your gardens. Stop all that water draining away – let the potted plants utilise it.

→ Energy storage – you remember those heaters with bricks in them, you warmed them – then let them emanate the heat out overnight. Decades later there are backup batteries – yet what can people innovate in their homes to capture heat/electricity/water?

Switch off all the social media !!!

Upon crossing paths with a retired Rugby Player, now in his 40's; who (he has his own entry on Wikipedia) was working on Wyeverne Road quite recently and it is always hear one of his gleanings/thoughts of the month.

Our man spoke about how social media is just poisonous ….. and people should be out there hitting the gym, not hitting the keyboards as it would be more beneficial to people's wellbeing.

His frustration of the 'absolute rubbish' – that gets flaunted on various parts of social media; with so much bad information out there; it will only lead to degeneration on so many levels.

It was interesting to note the irony of encouraging something 'like better health' (through exercising) and how it can be easily attacked with 'if people want to do x, y, z on their phones, or just be lazy everyday – it is entirely their right.

This is not an entry on doom and gloom, rather the epitome of 'the beast makes the most noise before it dies' and 'woke' of recent years has been allowed to piggyback on so much political correctness creeping into all level of psyche's since the 1970's – this should not be allowed to dictate the virtues of family traditionalism and values.

Just please remember more vulnerable isolated people can be influenced by inaccuracies of the internet and only by proper sensible conversation and mental exchange in a face-to-face manner can we create real connection. Not hide behind a keyboard which is causing havoc in so many people's lives……

The next PACT steps

The next event for progressing the Cathays PACT is a meeting on Monday 22nd September, 3pm to 4pm, at the Spark Building on Maindy Road.

This will be followed by an online Microsoft Teams meeting on Tuesday 23rd September, 5pm to 6pm. Additional information will follow.

Other stuff missed out….

Grovelling apologies to the Crwys Pub – although I took pictures of the event posters, I forgot to add it to the recent months updates.

The 90's evenings put on in July and August at the Cryws Pub were wonderful with residents from The Boomers, Gen X and millennials turning up in 1990's attire – it was hilarious and very engaging and many enjoyed these nights out.

To Danny, Theresa and the rest of the Crwys Team – congrats on organising some great summer nights out.

Widening Cardiff

Speaking of more space - Imagine if the 3 Tidal Lagoon's had gone ahead 10 year's ago – we'd (as in South Wales) would be halfway through that building process now. Imagine what could have come with additional space if south Cardiff rose out the water?

→ Offshore wind, sea PV farms – trying into the tidal!
→ A Cardiff Bay High School.
→ A few more 1000 flats (for those with ostentatious taste) with 'Bay Towers' going up.
→ An energy source that could have funded pensions for the next 120 years …..

The list of opportunities is significant - What great engineer could come forward and make this happen? We are not exactly in a Victorian era of pioneering engineers like Mr Brunel these days….. perhaps a new breed of engineers needs to happen to take us into the mid-21st century.

Eco-Angst and future Angst …….

It was interesting speaking with various local parents about the potential of eco-angst that their offspring may suffer at present and the future.

As a rough explanation of what is eco-angst: it is a mental issue of fearing the future destruction of these many ecosystems that the last few generations of us have managed to trash and now the decline may be unreversible.

As opposed to be the harbinger of doom and gloom, it is encouraged that this learned-helplessness should be dispelled, and it is better encouraged to foster more positive natures like a 'can-do-attitude' to fixing problems.

Children in any generation have enough issues in their lives, we don't need to be adding more problems/constraints to their evolving psychology.

Social media can be such a nightmare of misrepresentation, even with liars really believing they have portrayed something that is accurate.

Tik Tok was one example running up to other countries elections where all this inaccurate information was being portrayed which the general demographic recipients of it was the younger generations.

Are parents, grandparents and communities so scared now to discuss issues with their children, or is it fear of the older generations actually having bad information themselves and not sure what is honest, logical and accurate?

Perhaps it is time more people started going to our libraries. A good book never did anyone any harm – apart from possibly expose us to the truth!

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in September:

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

September 2025

MON	TUE	WED	THU	FRI	SAT	SUN
1 7:00 pm: Cathays Brass - every Monday evening!! 7:00 pm: Cathays PACT - Bi-Monthly: Feb, April, June, Aug, Oct, Dec @ Venue TBC	2 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	3 10:00 am: Bute Park - Plant Sales EVERY Wednesday 6:45 pm: Cardiff Greenpeace @ Temple of Peace - 1st Wednesday of each month	4 2:00 pm: Heritage FAN [Friends And Neighbours] 2pm at Cathays Library 7:30 pm: Blues Dragon & Blues - First Thursday of each month	5	6 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	7
8 9:30 am: Story Time for Under 5's - English 7 Welsh Medium - EVERY Monday	9 2:00 pm: Memory Lane (Dementia support group) EVERY Tuesday	10 10:00 am: Police Community Access Point - weekly @ Sherman Theatre 12:00 pm: Home Grown Vegetable for sale - EVERY Wednesday	11 4:30 pm: Youth Club @ Cathays Community Centre - EVERY Thursday	12 6:30 pm: IYP - Youth Club @ Cathays Community Centre EVERY Friday	13 11:00 am: Foodbank @ Woodville Baptist Church - EVERY Saturday	14 1:00 pm: United Community Social - EVERY Sunday @ Brodies Cafe (North Road)
15 6:00 pm: Embassy Youth Club - EVERY Monday early evening	16	17 10:00 am: Coffee Morning - EVERY Wednesday @ Cathays Community Centre	18	19	20 10:00 am: Plant sales @ Bute Park - every Saturday	21
22	23 1:00 pm: Foodbank @ Woodville Baptist Church - EVERY Tuesday 1pm to 3pm	24 6:00 pm: Zumba Class EVERY Wednesday @ Community Centre	25 12:00 pm: 'Cuppa with a Copper' - Bi-weekly @ Cathays Library 2:00 pm: Memory Lane (Dementia Support) EVERY Thursday	26	27	28
29	30					

The summer before Fairoaks Primary School Opened.

Original website: ***https://www.gladstoneprimarycardiff.co.uk/***
Replacement website: ***https://www.fairoakprimary.co.uk/***

So with 125 years of being Gladstone Primary School, with the amalgamation of Allensbank Juniors with Gladstone to create the newly renamed Fairoak Primary School which will be helmed by Mrs Shipton-Jones, who although originally the Headteacher at Gladstone Primary School, Mrs Shipton-Jones has been actually running both sites of Allensbank and her own school for quite some time now – as Mrs Shipton-Jones and her staff have been going through the challenging admin adventure of amalgamation of both schools in time for the September 2025 opening.

Massive praise for Mrs Shipton-Jones and her staff for having to remove all their resources in less than 48 hours, once school had finished – in order for the entire school site to be cleared out; in order for the builders to get in and do a lot of much needed work to consolidate two schools into one – an incredible challenge that has had to be done in merely 6 weeks.

One of our Cathays residents Gary is also the caretaker of both schools (and now staff at Fairoaks) on the Pentyrch St/Whitchurch Road site. Gary did liaise with the Cathays residents who wanted to also help out in their small way in the school changeover.



With our clean up volunteers, we volunteered to spray the outside of the school with eco-friendly weedkillers (mixed in with vinegar) and safely sprayed the exterior of the school site (once it was closed and no people were present) to try and reduce all the overgrown weeds that have been poking out everywhere.

After a few weeks the result was the weeds all dying back to the roots and then it will be easier for the on-site staff to remove the non-indigenous and intrusive buddleia etc.

Ruth, one of our Cathays local residents – parents of pupil's at Gladstone/now Fairoaks – and works in the school and sat on the committee too (woo – role model Cathays resident!!) has praised the efforts of the school staff, parents, builders etc for the incredible stress they have all been under and working together to get the site ship-shape for the new opening in September.



Huge praise for the builders having an extremely constraining mere 6 weeks to get month's worth of work undertaken into a small amount of time. The new entrance on the side of the school is an excellent design idea and will make things more accessible for pupil and parents.

It will take some time for the staff, pupils and parents to adapt to the 'shake down' of inhabiting the new building and working out a lot of nuances etc as any business, voluntary body or charity do when change occurs. Please be supportive where you can to your new primary school in Cathays.

We wish Mrs Paula Shipton-Jones, her staff, and most importantly the pupils/families of Fairoaks Primary School the very best in the coming years.

We are all proud of you – and looking forward to the next few years of the schools evolution!

Foodbank in Cathays – donating and collection for September 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!

- **BISCUITS**
- **CHOCOLATE**
- **LONG-LIFE MILK**
- **MAYONNAISE**
- **SHAMPOO**
- **SNACKS**
- **SPONGE PUDDINGS**
- **SQUASH**
- **SWEETS**
- **TOMATO SAUCE**
- **WASHING POWDER**
- **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:

- **NAPPIES – IN SIZE 0, 1, 2,3**
- **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

Volunteers wanted for improving Knee osteoarthritis treatments

Email: mskbrf@cardiff.ac.uk

We're seeking volunteers, in particular people over the age of 60 for our study.

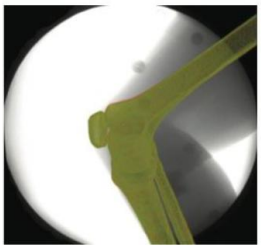
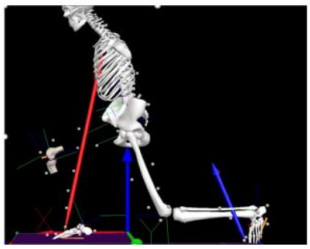
The two study visits take place locally at University sites – one at CUBRIC on Maindy Road, CF24 4HQ, and the other at Queen's Buildings on the Parade CF24 3AA.
We can offer free parking or reimburse travel costs for journeys for the two visits.

CARDIFF UNIVERSITY
PRIFYSGOL CAERDYDD
KU LEUVEN
IMPERIAL
GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

Volunteers Needed:
Can you help us understand knee function to improve knee osteoarthritis treatments?

Receive up to £50 compensation (travel expenses/ shopping vouchers)



Knee osteoarthritis is very common. This study aims to inform decisions about knee replacement surgery to improve patient's ability to move in a stable and pain-free way.

We need healthy volunteers aged 30-85 with no current knee problems for our study.

Volunteers will visit Cardiff University on 2 occasions. These will include an MRI scan and a special video X-Ray whilst performing simple movements.

Interested in taking part or learning more about the study?

Contact us at mskbrf@cardiff.ac.uk or call 02922511829

HV Advert Version 1 14.02.25

IRAS Project ID:343290

Link: ***https://www.cardiff.ac.uk/engineering/research/facilities/musculoskeletal-biomechanics-research-facility***

Jenny – Research Facility Co-Ordinator - ***Cardiff University***
Maindy Road

Cardiff & Vale Residents Association – group launched!

Link: ***https://www.facebook.com/groups/1692762034716747/?ref=share***

Susan, one of our North Road residents wishes to share this with you all.

"Hello and Welcome to the Cardiff Residents Association!

Have you ever felt like important decisions were made about your community without your input? Do you believe that residents should be at the heart of what happens locally? If so, you're in good company!

I started this group, the Cardiff Residents Association, because I truly believe in the power of community, fairness, and open communication. This is a friendly space where we can come together and make a real impact!

What We're All About:

This isn't just another group for sharing frustrations—this is a platform for action and positive change! Here's how we'll make a difference: * Information and Awareness: We'll share clear and reliable information about the issues that matter to us, from local planning to council decisions.

Understanding the facts is our first step towards making a real change! * Challenging Things the Right Way: We'll support each other in learning how to effectively challenge decisions that don't serve our community.

Together, we can navigate the ins and outs of local government and ensure our voices are heard. * A United Voice: There is strength in numbers! This group will be a place where we can connect, share our experiences, and work together on the issues impacting our everyday lives.

How You Can Get Involved:

Your voice matters! We'd love to hear your thoughts, experiences, and the passion you have for our community. Share your ideas, ask questions, and help us gather the information we need to build a vibrant resident movement.

This group is for all of us, and together we can create a community where everyone's voice is valued and plays a vital role in shaping our lives. Join the conversation, and let's get started on this journey together!"

Susan – Cathays resident
Cardiff Residents Association

Portraits in Motion @ Ffotogallery – Wednesday 3rd September

Link: ***https://www.ffotogallery.org/whats-on-listings/portraits-in-motion***

Portraits in Motion: Art & Photography Fashion Show

Join us for a performance response to the work of acclaimed Ethiopian artist and photographer ***Aïda Muluneh***, alongside seven emerging artists from across the UK.

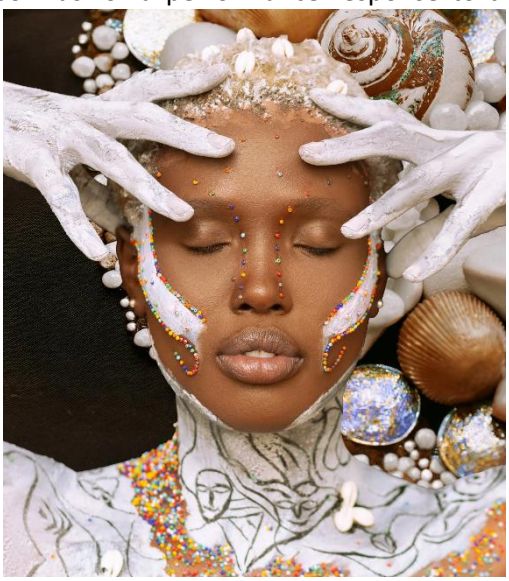


Image by Aïda Muluneh / Ffotogallery

Curated by ***Paskaline Jebet***, this one-night event brings together photography, fashion, body-painting, and modelling in a dynamic, multidisciplinary response to Muluneh's powerful series The Necessity of Seeing.

The evening offers a unique glimpse into the creative process, not just its polished outcomes, but the collaborative, layered, and often messy behind-the-scenes moments that make the work possible.

For one night, Ffotogallery transforms into a shared studio, where audiences are invited to witness and participate in the act of creation.

A panel discussion will follow the performance, providing space for the artists and collaborators to reflect, share insights, and open up conversation with the audience.

Kate, Grace and the staff - *Ffotogallery*
Fanny Street

Mark Griffiths: An Incremental Demise @ Ffotogallery - Thursday 4th September

Link: ***https://www.ffotogallery.org/whats-on-listings/mark-griffiths-an-incremental-demise***



Image by Mark Griffiths/Ffotogallery

Public preview: Thursday 4 September, 6-8pm

All welcome, no need to book

Land carries memory. It holds the stories of the people who've lived, worked, gathered, and grieved upon it. In the UK, these landscapes, whether rolling green fields or disused industrial sites, have long shaped our sense of identity and belonging.

Yet today, these spaces are increasingly caught in the crosshairs of change, as competing demands for housing, infrastructure, and economic growth threaten to redraw the map of our towns, cities, and countryside.

An Incremental Demise examines the choices we face about land use today - presented through personal stories, scientific evidence, and a hopeful protest for our future.

Versions of this exhibition will be touring to **YMa** in Pontypridd in late 2025, and then also touring to **Oriel y Bont**, Trefforest in October 2026.

There will be events programmed throughout the exhibition run at Ffotogallery, YMa & Oriel y Bont featuring film screenings, panel discussions and performances on the topics of the work.

This project is supported by the Arts Council of Wales and the Gwendoline and Margaret Davies Charity.

Kate, Grace & the staff - *Ffotogallery*
Fanny Street

Cathays Local Businesses

Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 6th September

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***



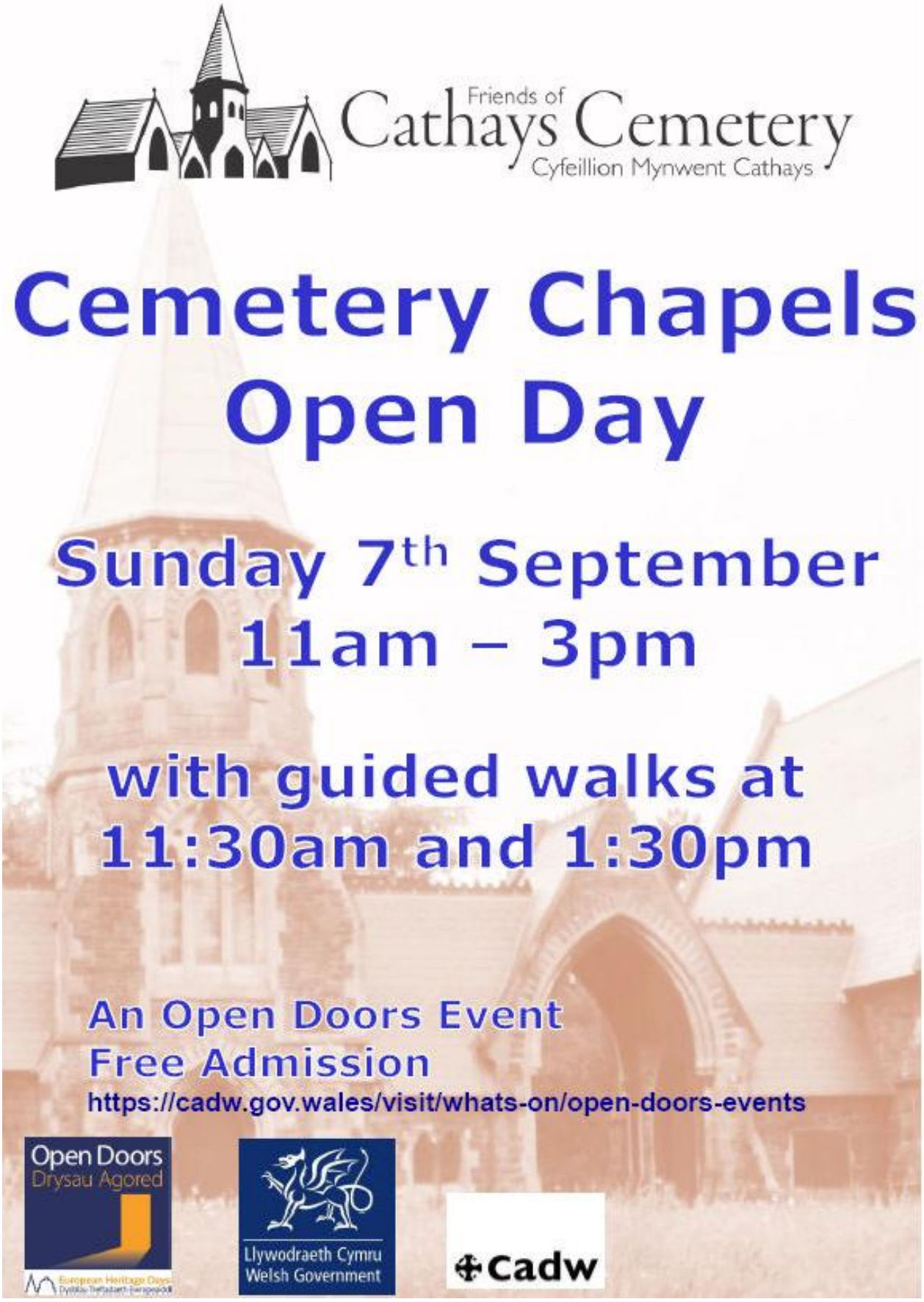


Margaret, Colin, Melanie, Imants, John and everyone else - Volunteers

Repair Café Cathays

Chapels Open Day - Friends of Cathays Cemetery – Sunday 7th September

Link:



John, Paul & co – Committee of – *Friends of Cathays Cemetery*
Fairoaks Road

Veggie Café @ St Michael's Church – Saturday, 13th September

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



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

Mosque Open Day @ Al Manar Centre – Sunday, 5th October

Link: ***https://www.almanar.org.uk/***
FB link: ***https://www.facebook.com/AlManarCentreCardiff/***

Please not that Monday 6th is dedicated for any school to book a visit with the Al-Manar Centre; for our schools across Cardiff please contact ***gm@almanar.org.uk*** – all schools are welcome.



Barak (Manager) – ***Al-Manar Centre***
Glynrhhonda Street

Cathays Local Businesses

October 2025 – Cathays Monthly Update

Please do get your posters in!!

No – not forgotten about certain groups wanting their entries in the online calendar ***www.yourcathays.org.uk*** – please send in the information you wish to be included.

Yes – the multiple groups that have overlap we are working on getting 23 different projects integrated under 4-5 different websites – yet everyone needs to be patient. The real work is the physical effort many dozens of residents are putting in – and that is not taking away the amount of residents who are writing reports, feasibility studies – or just chasing up external people/organisations to see what collaborations can take place.

If anything is missed out of this one – then please do get in touch – ***mail@yourcathays.org.uk***

Regards,

Paulus