Cathays Monthly Update – October 2025

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

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UFO Sightings - FAN (Friends & Neighbours) @ Cathays Library – Thursday, 9th October 15

Meet the author: Gareth Howell-Jones @ Book Space Cardiff – Thursday, 9th October 16

The Tonic Review X Crow Calls – OPEN MIC @ Book Space Cardiff – Friday 10th October 17

MacMillan Coffee Morning @ St Michael's Church – Saturday, 11th October 18

Bookshop Day @ Book Space Cardiff - Saturday 11th October 19

Poetry Open Mic @ Cardiff Book Space – Wednesday, 15th October 20

Blackweird Comedy @ Blackweir Tavern – Monday, 20th October 21

Meat (The Meat Loaf Experience) Singer @ CSAS – Saturday, 25th October 22

Build Halloween Wall @ Lark Design Make – Thursday, 30th October 23

Kieran Marsh - Singer @ CSAS – Friday, 31st October 24

Halloween Party @ CSAS – Friday, 31st October 25

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October 2025 comments:

Congrats new Mum & Dad!!

Massive congrats with love to Emma & Martyn on the arrival their baby daughter Lily-Rose, last month. The wider Booth/Bunce/Jones families are very proud to this new addition to their family circles – as are the many residents/club members who know our young couple since they were little kids themselves.

Best wishes Emma and Martyn!! We are proud of you!!

Kath is setting up youth group again!

We used to run a Girls Brigade Company at Cathays Methodist Church in Crwys Road but changed it recently to a youth club as we also had boys attending.

However when we started back after the Summer holidays are numbers dropped dramatically.

In the hope of attracting new members I would be grateful if you could advertise the group for us.

We meet on Tuesday evenings at Cathays Methodist Church from 6.15pm to 7.45pm. We take boys and girls between the ages of 5 and 11 years old. Whilst at the group we do craft, play games and have stories etc. Cost is £2 per session. People who are interested can contact Kath on 07748951465. Many thanks.

Kath – Girls Brigade

Micro-grants deadline 8th October!

I'm just sending around a final reminder about the micro-grant funding to support the piloting of ideas of *evening-time alcohol-free activities in Cathays.*

The funding criteria is attached and the deadline for applications is the 8th October 2025. The application form is short and shouldn't take too much time to complete.

The application form can be accessed via these links:

https://forms.office.com/e/BpjdwystQU (English)

https://forms.office.com/e/K2BGPPVMsS (Cymraeg)

Hayley – Spark Building

Alcohol Free Activities drive!

The University is trying to pioneer more alcohol free activities – which a lot of Gen Z students wish to partake in. This is not just exclusively for the students – yet residents, young professionals, faith groups etc. Many of you will wish to get involved in these social activities.

This is something I hope local businesses will look into – is it possible that certain sections of pubs can be focused on non-alcoholic consumption – or is this segregation?

Suggestions? Ideas? Recommendations? There is certainly a market for the alcohol free social venues!

Crwys Pub refurbishment

One of the residents favoured pub is going to have a refit – so The Crwys Pub will be closed from 3rd November – as part of it's refurbishment – with a view to re-open on 26th November. The venue will be missed for that month!

The Crwys is a popular pub with many residents, young professionals, students and one of the better examples of an integrated social set up.

We are proud of Danny, Theressa and team for running a tight ship which makes everyone's experience there an enjoyable one!

Cardiff Marathon – Sunday 5th October

Join us at Cathays Community Centre on Sunday for the Cardiff Half Marathon! Anytime between 10-3pm out in the garden and on the street.

The first runners are due to go past at 10.42am and the road is re-opening at 3.15pm

We are having some music and cheering participants on including our own Emily Redmond who helps manage our Social Media.

The café will be open and we are also using the event to welcome in any new residents/visitors to the area for an introduction to the Community Centre.

We also aim to raise some money to fund the running of our after school clubs!!

There will be an exercise bike out in the garden, and will be having a competition as to who can go the furthest in 15 minutes. Exciting Prize to be confirmed!!

Let us know if you'd like to sign up for a quick cycle on the day! Sign up in 20 seconds
https://docs.google.com/forms/d/e/1FAIpQLSenqZzzPSzP8zS-UMomDaOBfSflgeSzVSc7ffNwok-hhZczFw/viewform?usp=header

We are asking anyone want to take part to share this link to our fundraising page https://localgiving.org/fundraising/CCYCP-After-school-clubs If you can't make it on the day -please consider making a donation via the link to support those taking part and the continuation of our excellent after-school clubs with Fairoak and St Monica's Primary Schools

Festival of Social Science

You are all invited to the 'Festival of Social Sciences' – running October to November; the link is ***https://www.cardiff.ac.uk/festival-of-social-sciences/2025-festival-programme*** and please do partake in the workshops.

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in October:

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

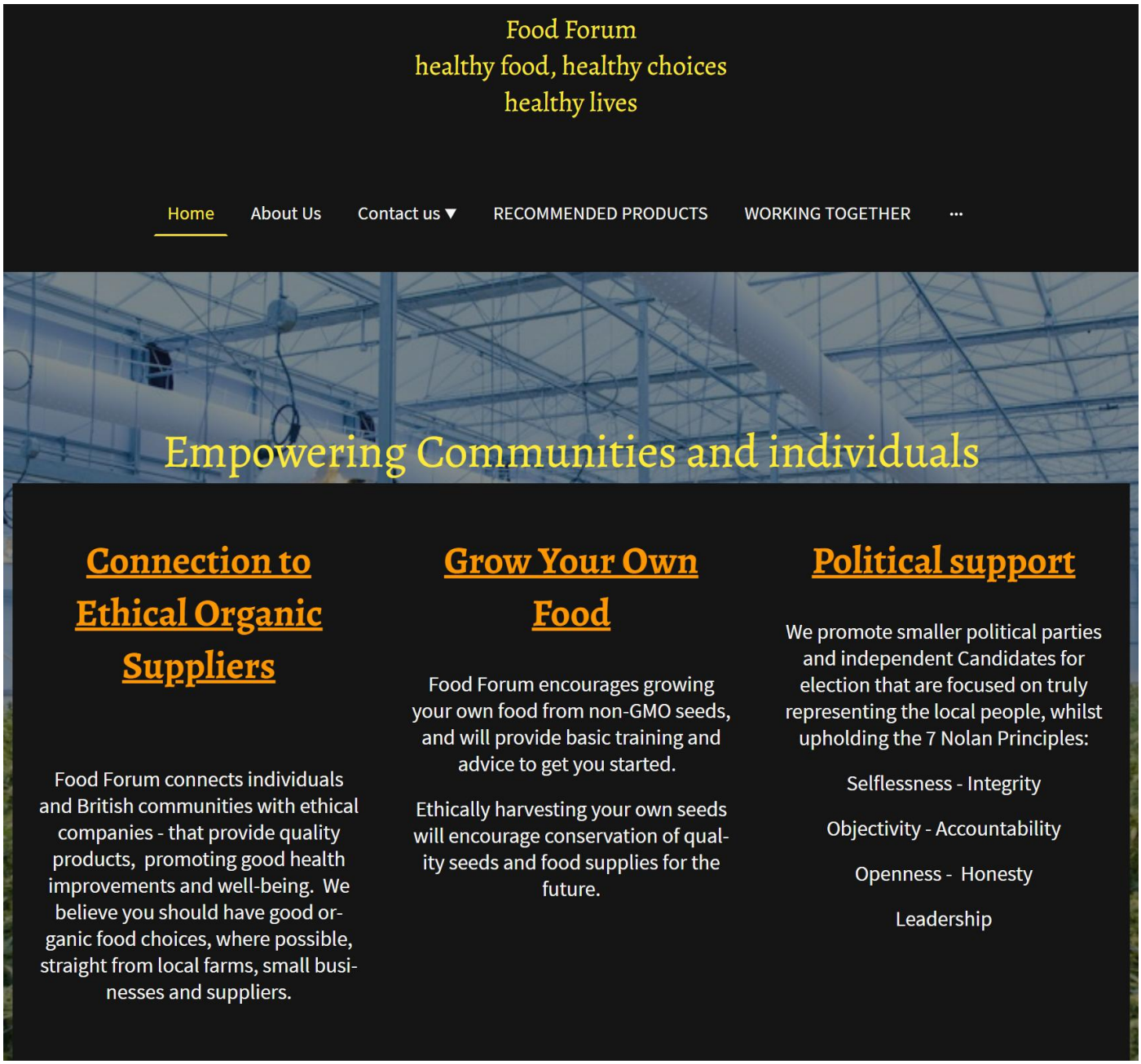
October 2025

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

Local food growing website: Food Forum

Link: ***https://www.foodforum.uk/***



We are working on encouraging more localised food growing, and this website has been launched to help raise awareness of our goals and efforts.

Please do get involved.

Susan - *Food Forum*
North Road Resident

Cathays Local Businesses

Foodbank in Cathays – donating and collection for October 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**
- **DEODARANT**
- **MAYONNAISE**
- **SNACKS**
- **SQUASH**
- **TOMATO SAUCE**
- **WASHING UP LIQUID**
- **CHOCOLATE**
- **LONG-LIFE MILK**
- **SHAMPOO**
- **SWEETS**
- **WASHING POWDER**

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 – SIZE 0**
- **NAPPIES – SIZE 1**
- **NAPPIES – SIZE 2**
- **NAPPIES – SIZE 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

Womb / Women's support group – September events.

Link: ***www.wombcic.co.uk***



Ladies – come and try one of our sessions! We are on 99 Woodville Road, Cathays, CF24. 4DY.

Alcohol free activities – what can we do to support this?

Reimagining Night-Time Socialising in Cathays: Alcohol-free activities for young people

Between May and July 2025, SPARK hosted a series of co-creative workshops – called Labs - as part of the Cathays Futures initiative in collaboration with Cardiff Council's Community Safety Team. This initiative brought together students, local organisations and businesses, public health teams, police and researchers. Together they developed prototypes for alcohol-free night-time activities in Cathays, a student-dense area of Cardiff.

Key insights that emerged from this work included:
→ There is a strong appetite for alcohol-free socialising, but prevailing social norms and peer pressure still steer young people toward alcohol-based activities.
→ What's available shapes what's possible – exposure matters. If alcohol-free activities are not available or well promoted, young people can't access them.
→ The experience and atmosphere are just as important as the activity itself.
→ Local businesses are open to alcohol-free initiatives, especially when aligned with their values, though it's not necessarily a top priority for them.

From these insights, a range of common ideas for alcohol-free, evening activities for young people emerged, such as:
→ Hosting evening events in non-traditional venues like museums and community centres.
→ Extending the hours of daytime venues (e.g., cafes) to pilot evening events.
→ Creating vibrant, atmosphere-rich experiences with music, lighting, and decor.
→ Offering interactive and themed activities such as karaoke, mocktail-making, and silent discos.
→ Promoting peer-led initiatives through volunteering and creative outreach.
→ Including food and drink incentives with appealing non-alcoholic options.
→ Designing events that foster connections between students and long-term residents.
→ Supporting young people's engagement through youth workers and familiar faces.
→ Ensuring a diverse mix of activities to appeal to varied interests.

With support from Community Alcohol Partnerships, we are now able to launch a micro-grant scheme that will enable people, groups, organisations, businesses and/or venues based in Cathays to pilot the ideas developed in the workshops. The funding has been designed to reduce the financial risk of 'trying something new' and support interested parties is testing out new ideas. People can apply via using one of these forms:

https://forms.office.com/e/BpjdwystQU (English)
https://forms.office.com/e/K2BGPPVMsS (Cymraeg)

For further details, contact Hayley Trowbridge on TrowbridgeH@cardiff.ac.uk

Hayley – Spark Building
Cardiff University – Maindy Road

Cardiff Careers Fair – Friday, 3rd October – town centre, Cathays

Link: ***https://www.eventbrite.co.uk/e/cardiff-careers-fair-tickets-1057867142099***

Employer looking to **Exhibit** at this event? Click here.

Check out the video on : ***https://www.youtube.com/watch?v=ORH8t_0hLGI***

Are you looking for a new career?

The Cardiff Careers Fair will offer candidates from all backgrounds, experience and education levels the opportunity to speak to representatives from an abundance of local employers, all in one place.



Why attend?

There will be a wide variety of different organisations attending, alongside a wide variety of roles being advertised. Online applications can be very time consuming – by attending this event, you get the chance to skip this process and speak directly to the organisation.

What type of companies usually exhibit?

Exhibitors typically hail from a diverse array of sectors, including finance, education, sales and marketing, motoring, human resources, IT, healthcare, tourism, commercial real estate, biochemistry, electronics, manufacturing, hospitality, social work, events management, retail, job boards, supermarkets, banking, and pharmaceuticals. Contact us to find out exactly who is hiring at this event.

The Venue

The Millennium Stadium, known since 2016 as the Principality Stadium for sponsorship reasons, is the national stadium of Wales. Located in Cardiff, it is the home of the Wales national rugby union team. The stadium is situated an approximate 7 minute walk and a short 4 minute from Cardiff Central Station.

Cardiff Careers Fair Team

Principality Stadium, Town Centre (Cathays District)

British Working Class exhibition begins @ Ffotogallery – Friday 3rd October

Link: ***https://www.ffotogallery.org/whats-on-listings/after-the-end-of-history-british-working-class-photography-1989-2024***

ffotogallery

Launching in March 2024, Hayward Gallery Touring - the UK's largest contemporary art organisation producing exhibitions that tour Britain - will present

After the End of History: British Working Class Photography 1989 - 2024.

The exhibition will bring together working class artists who use photography to explore the nuances of life in all its diversity today, turning their gaze towards both their communities and out to the wider world.



After the End of History will offer a picture of working-class life today; from Rene Matic's portrait of growing up mixed race in a white working-class community in Peterborough, to Elaine Constaintine's documentation of the Northern Soul scene, to Kavi Pujara ode to Leicester's Hindu community, and JA Mortram's documentation throughout his life of marginalised people while working as a caregiver.

Among the artists featured in this exhibition are **Richard Billingham, Sam Blackwood, Serena Brown, Antony Cairns, Rob Clayton, Joanne Coates, Josh Cole, Artúr Conka, Elaine Constantine, Natasha Edgington, Richard Grassick, Anna Magnowska, Rene Matic, J A Mortram, Kelly O'Brien, Eddie Otchere, Kavi Pujara, Khadija Saye, Chris Shaw, Trevor Smith, Ewen Spencer, Hannah Starkey, Igoris Taran, Nathaniel Telemaque, Barbara Wasiak** and **Tom Wood**.

Johny Pitts, Curator of After the End of History, says: "Developing a show with Hayward Gallery Touring, which pieces together complex and counterintuitive expressions of working class life through the lens, has been a deeply enriching process. I hope the extraordinary work included offers not only a celebration of the craft and creativity of working class practitioners, but also engages, surprises and inspires a working class audience, and anyone interested in art against-the-odds."

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

Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 4th October

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

Visit My Mosque Day @ Dar Ul-Isra (Wyeverne Road) – Saturday, 4th October

Link: ***https://darulisra.org.uk/***



Mo – Cardiff Muslim Council
Dar Ul-Isra, Wyeverne Road

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

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

Al-Manar Centre invites you to its Annual Mosque Open Day

On **Sunday, 5th October 2025, from 12pm to 6pm**, Al-Manar Centre will be opening its doors for our annual Mosque Open Day. The event will feature an **exhibition on Islam and Muslims**, as well as **guided tours of the mosque**, offering a chance to explore and learn more about one of Cardiff's vibrant community spaces.

Visitors can also take part in a range of **interactive activities**, including **Henna art, Arabic calligraphy, and the chance to try on a hijab**. Alongside these activities, you can enjoy **free snacks with a taste of Arabian cuisine**, adding a flavour of hospitality to the day.

The Open Day is designed to **foster understanding, strengthen community ties, and build bridges across cultures**. We warmly welcome everyone from our diverse Cardiff community to join us for this special occasion.

Come along, enjoy the activities, and take part in an important opportunity for dialogue, friendship, and shared community spirit.

NB: the exhibition will be extended to **Monday 6th Oct.** This day will be **dedicated for school visits**.
These visits are designed to support **Religious Education and Citizenship studies**, while also helping pupils develop respect, understanding, and awareness of Cardiff's diverse communities.

To book a time slot, please email: **gm@almanar.org.uk**

We would be delighted to welcome your pupils for what promises to be an enriching and memorable learning experience.



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

ACORN AGM @ Quakers – Monday, 6th October

Regular events Link: ***https://www.facebook.com/events/1543771336982448/***

- Electing a new committee
- Celebrating our wins from the last year
- Planning our 'Bailiff Free Wales' Campaign

The AGM starts at 18:45pm on Monday 6 October - you can attend in-person by going to the Quakers Meeting House in Cardiff City Centre, or join online by using our Zoom link



Free Meals – every Tuesday @ Cathays Community Centre – Tuesday 7th October

Link: ***https://www.tykrishna.cymru/ffl***

Free Meals - every Tuesday at Cathays Community Centre
12:00 pm – 1:00 pm



Every Tuesday from Midday for an hour at Cathays Community Centre

Free meal time again! We've had a good response these last few weeks.

Come and get your free meal at Cathays Community Centre today from Food For Life Wales!

It's for anyone in need or just to give it a try!

The more that come and taste this lovely food the more awareness will spread and we can make sure Cardiff is fed!



Food for Life
On Cathays Terrace – outside Cathays Community Centre

Cathays Local Businesses

UFO Sightings - FAN (Friends & Neighbours) @ Cathays Library – Thursday, 9th October

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



Join us on Thursday 9th October to find out about the Broad Haven Triangle in Pembrokeshire, a scene of alleged UFO sightings!

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

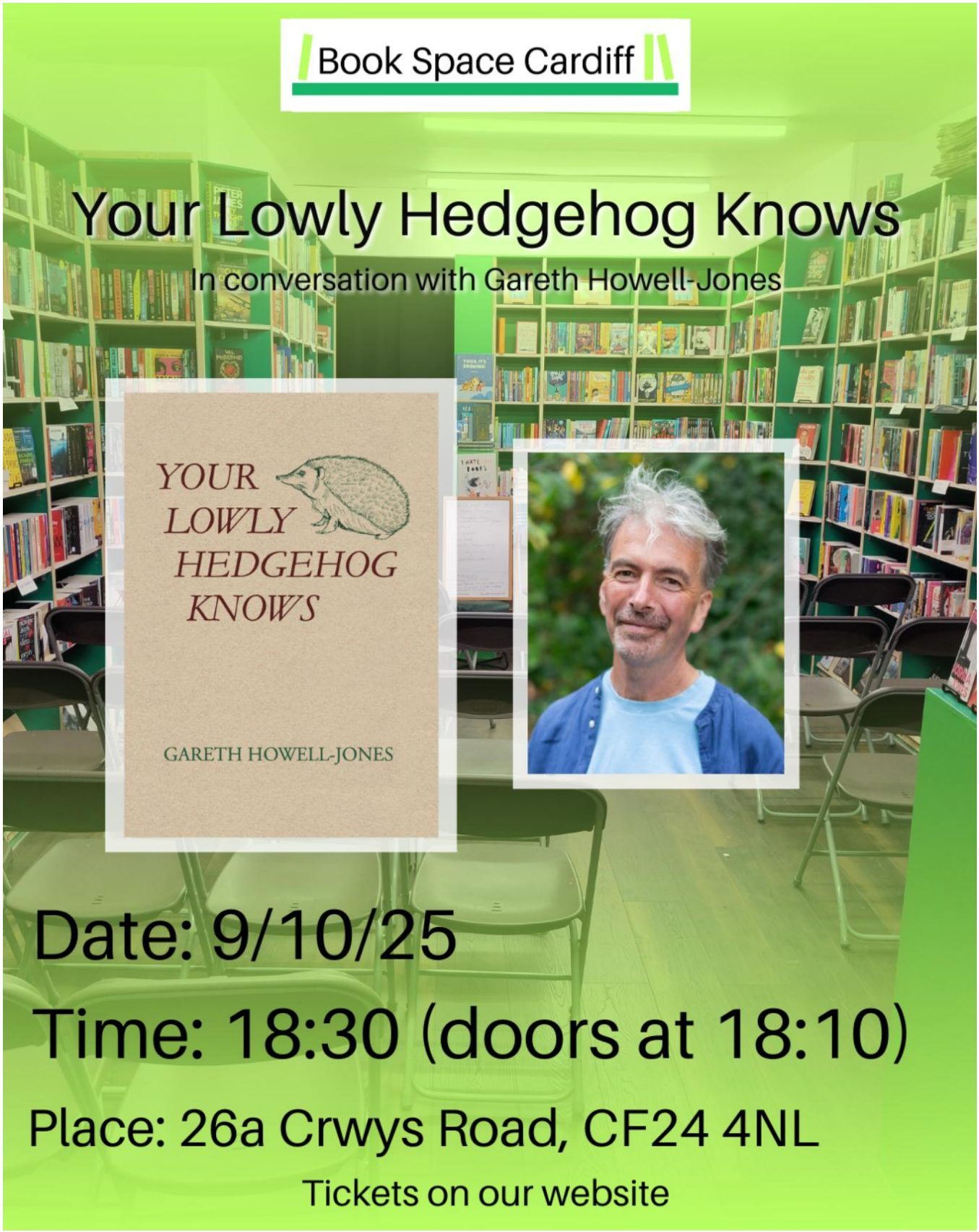
Meet 2 - 3pm, Thursday 9th October Cathays Branch and Heritage Library, Fairoak Rd, Cathays CF24 4PW

Tel: 02920 785580 for further details.

Free FAN meetings take place in many places across Cardiff and in Barry, Bridgend and online. No need to book. For further details, visit the website: *www.thefancharity.org*.

Janina – FAN co-ordinator
FAN Cardiff

Meet the author: Gareth Howell-Jones @ Book Space Cardiff – Thursday, 9th October



Lily – Manager
Book Space Cardiff – Crwys Road

The Tonic Review X Crow Calls – OPEN MIC @ Book Space Cardiff – Friday 10th October



Lily – Manager
Book Space Cardiff – Crwys Road

MacMillan Coffee Morning @ St Michael's Church – Saturday, 11th October

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

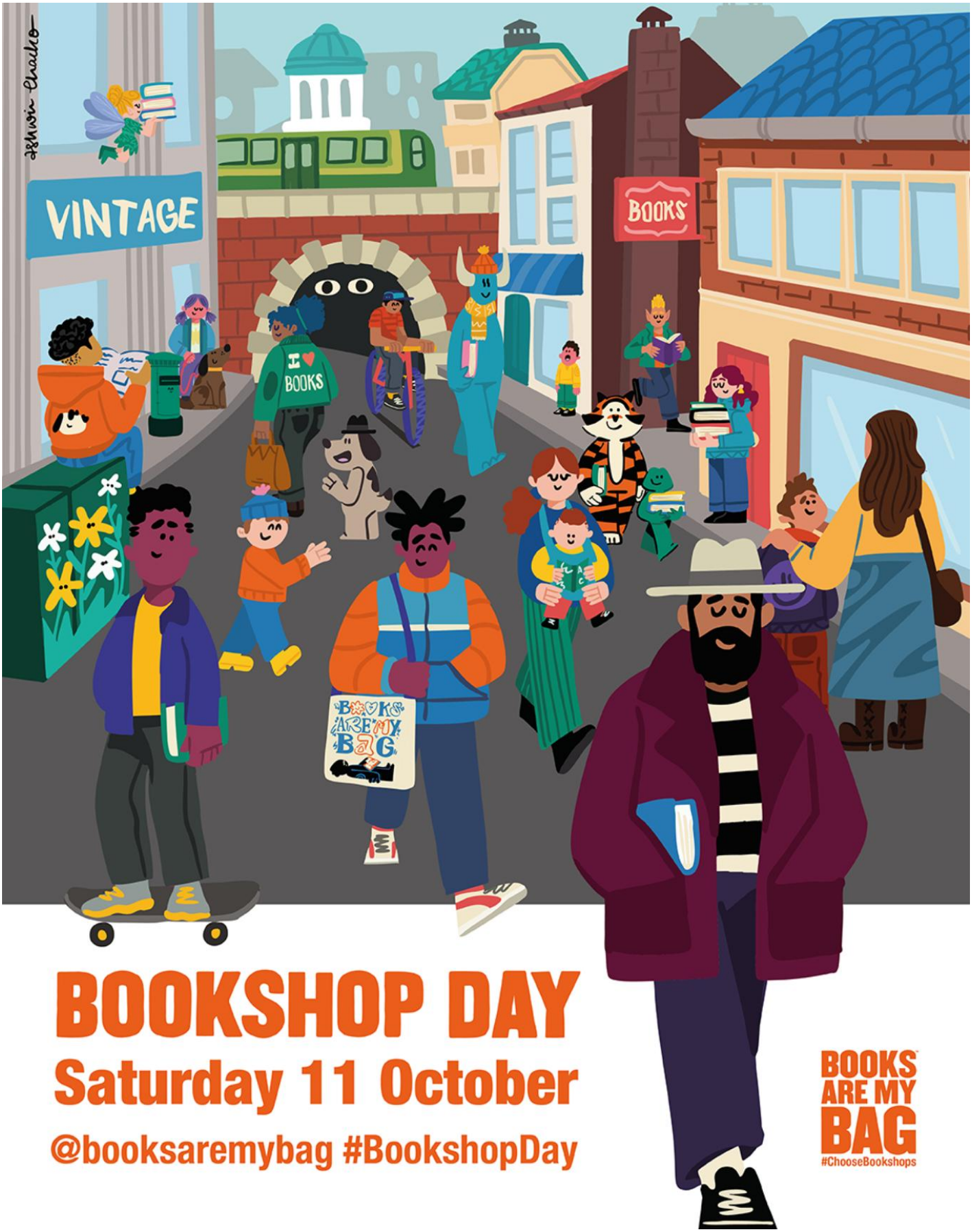
From 10:30am!



Here in St. Michael's Church on Saturday, October 11th from 10.30am onwards. Tickets are £3.50 for adults and £10 maximum for families. Tickets are available in church or on the door. All welcome! Please support this wonderful charity!

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

Bookshop Day @ Book Space Cardiff - Saturday 11th October



Lily – Manager
Book Space Cardiff – Crwys Road

Poetry Open Mic @ Cardiff Book Space – Wednesday, 15th October



Lily – Manager
Book Space Cardiff – Crwys Road

Blackweird Comedy @ Blackweir Tavern – Monday, 20th October

Booking link: ***https://www.jokepit.com/e/41114***



Katrina – contributor
Blackweir Tavern, North Road

Meat (The Meat Loaf Experience) Singer @ CSAS – Saturday, 25th October



Build Halloween Wall @ Lark Design Make – Thursday, 30th October

Link: ***https://www.facebook.com/events/821197663674958/***



Event by **Larkdesignmake**

36 Dogfield Street, CF24 4QZ Cardiff, United Kingdom

Public · Anyone on or off Facebook

Come get crafty this halloween with our fun workshop where you will work together as a pair to create pumpkin and ghost wall hangings. Coming in fancy dress is always great at the studio too 😉 Suitable for age 10 +

This workshop includes all materials & light refreshments.

1 ticket required per Parent & Child pair making a wall hanging each.

If you would like to bring an extra child or parent please also purchase an extra single ticket at checkou

Kieran Marsh - Singer @ CSAS – Friday, 31st October



Halloween Party @ CSAS – Friday, 31st October



Cathays Local Businesses

November 2025 – Cathays Monthly Update

Please do get your posters in!!

Family Firework events?

Bonfire night themed meals in restaurants?

Red Poppy / Remembrance events?

Regards,

Paulus