Cathays Monthly Update – November 2025

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

Contents

November 2025 comments: 2

Remembrance Sunday 2

Setting your clock by Neil's house! 2

Using someone's IP without their permission 2

Review of the month? 2

A potential site for a new foot bridge 2

How far does this update reach? 2

Projects deferred ……. 2

The 'Your Cathays online CALENDAR' in November: 3

Foodbank in Cathays – donating and collection for November 2025 4

Foodbank Cathays DONATION / drop off locations: 4

Free Personal Safety Alarm for Women: 4

Turn'd Up Fitness with Ceri @ Cathays Community Centre - EVERY Monday! 6

Mentoring! 1 to 1 with the Ffotogallery Team @ Ffotogallery – Friday, 7th November 7

Rosie Kane – Singer @ Cathays Sports & Social – Sunday 9th November: 8

AGM – ABC Maindy @ Cathays Community Centre – Monday, 10th November 9

Poetry Open Mic @ Book Space Cardiff – Wednesday 12th November 10

Swansea Jack – Legendary Dog: 'FAN' @ Cathays Library – Thursday, 13th November 11

Blood Donation @ Temple of Peace – Monday's 17th and 24th November 12

Lionel Richie Tribute Gig @ CSAS – Friday, 21st November: 13

'Truth like Water' Book Event @ Book Space Cardiff – Saturday, 22nd November 14

Book Club @ Book Space Cardiff – Thursday, 27th November 15

Christmas Fayre @ St Michael's Church – Saturday, 29th November 16

December 2025 – Cathays Monthly Update 17

November 2025 comments:

Remembrance Sunday

Everyone is so busy with their lives, so there is not any Remembrance Sunday I am aware of being organised. I think the Faith groups and the local CSAS will have talks or small presentations.

I do hope in the future Remembrance Sunday's are celebrated on a little larger scale. I praise several of our residents who in the early 2020's put on Remembrance Sunday events in the nearby small parks. We are proud of your efforts!!

Setting your clock by Neil's house!

In several of our seasons each year – I love to see Neil and his family decorate the front of their house on Whitchurch Road with (just recently Halloween) or Christmas deco, or other events that happen in the year.

If Neil can do something wonderful like that; could streets like Crwys Road, Woodville Road, Salisbury Road have decorations adorned on them to celebrate the various seasons.

The majority of you know the Xmas lights (put up an zig zaggin all the way down) on Wellfield Road near the Roath/Penylan border has always been an excellent Christmas celebration and leading by example local effort. What could our businesses, residents, landlords collaborate upon in Cathays to create such similar conditions. Just putting the seed out there …….

Using someone's IP without their permission

This has been repeatedly highlighted over the last 10 years of opportunist people using other people's efforts, work or product and passing it off as something they are using, or involved with.

This is a very poor practice – if you are using someone's images, videos or work; you must credit the original person who created it - in the various presentations/social media platforms

Do not take credit for other people's efforts. It will serve only to turn around, at a later point, to bite you in behind!!

Review of the month?

A couple of us have surmised of what would reviewing local businesses do to help the better end of our businesses?

This would involve a bit of efforts, pictures, content etc – yet if anyone wishes to lavish some praise on local businesses; then please do submit a review.

A potential site for a new foot bridge

One of our Lisvane Street professional couples came up with a perfect location for a public footbridge that could really help access parts of Cathays and wider Cardiff.

We are not going to disclose the location – yet ideas like this just shows the really positive energy of a newer and revitalised Cathays.

How far does this update reach?

It is shocking sometimes to see the numbers of hits or views of this community update through the various avenues of communication.

The main purposes of this update was to support strengthen bonds amongst our community, encourage people not just in Cathays – yet from the wider area to come and support our shops, restaurants etc.

It may be a static page at the end each update shows a the figures per various avenues of communication.

Yet there is zero substitute for 'word-of-mouth' and I actively encourage all of you to give positive referrals where you can – recommending that much needed decent plumber, or car mechanic, empowering tutor etc.

There are plenty of good souls out there – creating the community network to strengthen all these local potential bonds is a challenge in itself.

Projects deferred …….

Although I was mortified, in latter 2019, that so many neighbours had arbritrarily chosen to stall some amazing ideas that would have contributed positively to Cathays – I could understand their frustrations of the forced politicisation often by infamous social media avenues.

I had hoped in late 2021/early 2022 a lot of these community ventures would be given a chance to take 1st breath – yet too many neighbours had become disillusioned with the poisonous situation that has slowly crept into Cathays like a cancer.

If these 5 Cathays websites do go ahead that spread out over these 23 separate yet equally complimenting community initiatives) then some level of resilience will need to be integrated into it; so for example if one project fails there will not be a knock-on effect that will hurt the other resident's efforts.

There will be no misrepresentation allowed to creep in, no making awards out in the name of criminals, no pretending to be part of the furniture, no deviance activated and thinking it will be allowed to be gotten away with…… you have been warned!

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in November:

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

November 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 12:00 pm: Free Meals - every Tuesday at Cathays Community Centre	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	27 12:00 pm: 'Cuppa with a Copper' - Bi-weekly @ Cathays Library 2:00 pm: Memory Lane (Dementia Support) EVERY Thursday	28	29	30

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 !!

Foodbank in Cathays – donating and collection for November 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!

- **CHOCOLATE**
- **MAYOANNAISE**
- **SQUASH**
- **TOMATO SAUCE**
- **CLEANING SPRAY**
- **SHAMPOO**
- **SWEETS**
- **WASHING POWDER**
- **DEODORANT**
- **SPONG PUDDINGS**
- **TINNED FRUIT**

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:

- **INFO MISSING ON WEBSITE**

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

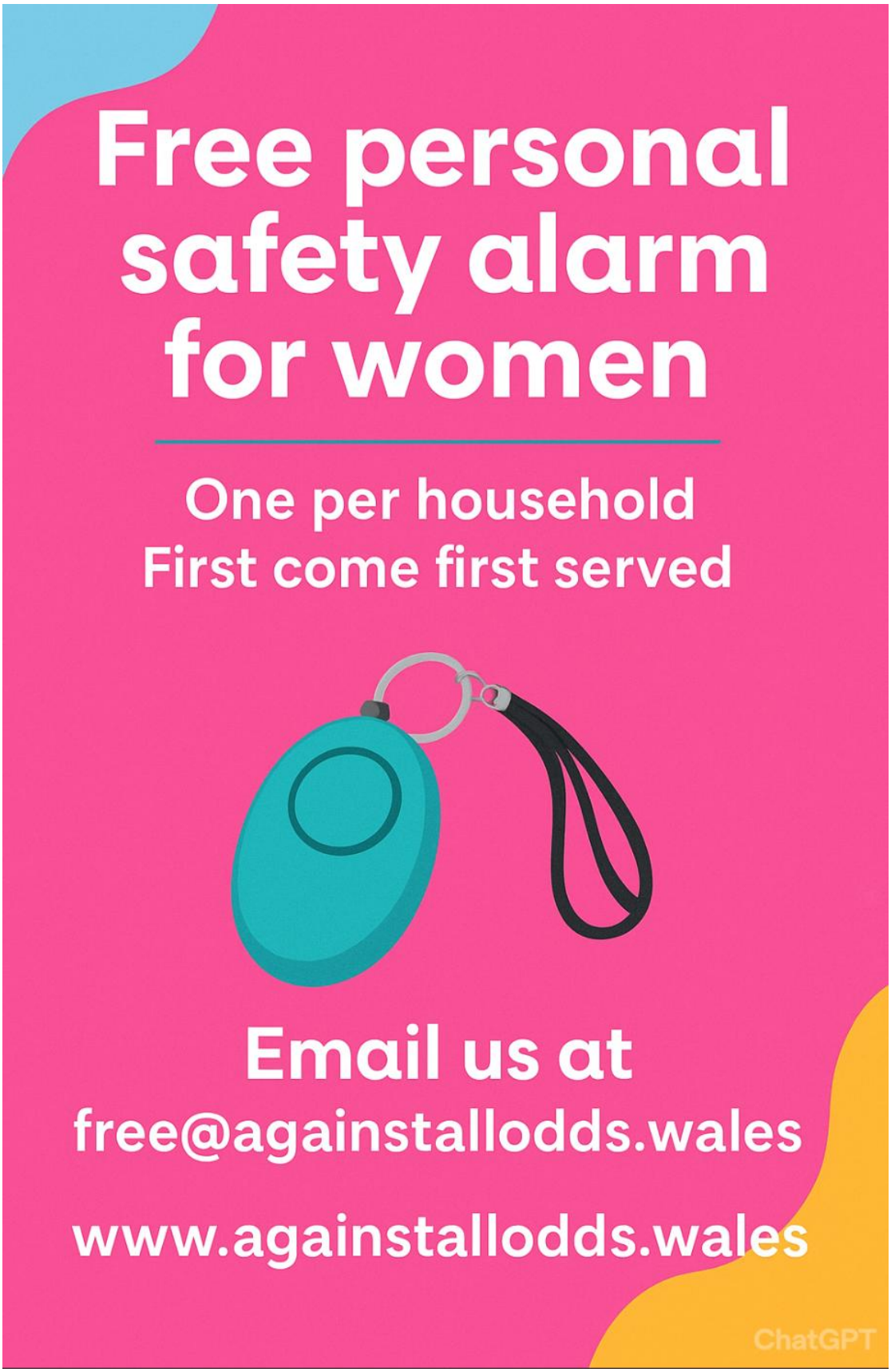
19,253
three day emergency food supplies were provided to local people in crisis by Cardiff Foodbank - of this number 7639 (39%) went to children.

£863
Average rent for a two bed in our city

MORE THAN 1 IN 5
of the UK population live below the poverty line

Free Personal Safety Alarm for Women:

Link: ***www.againstallodds.wales/***



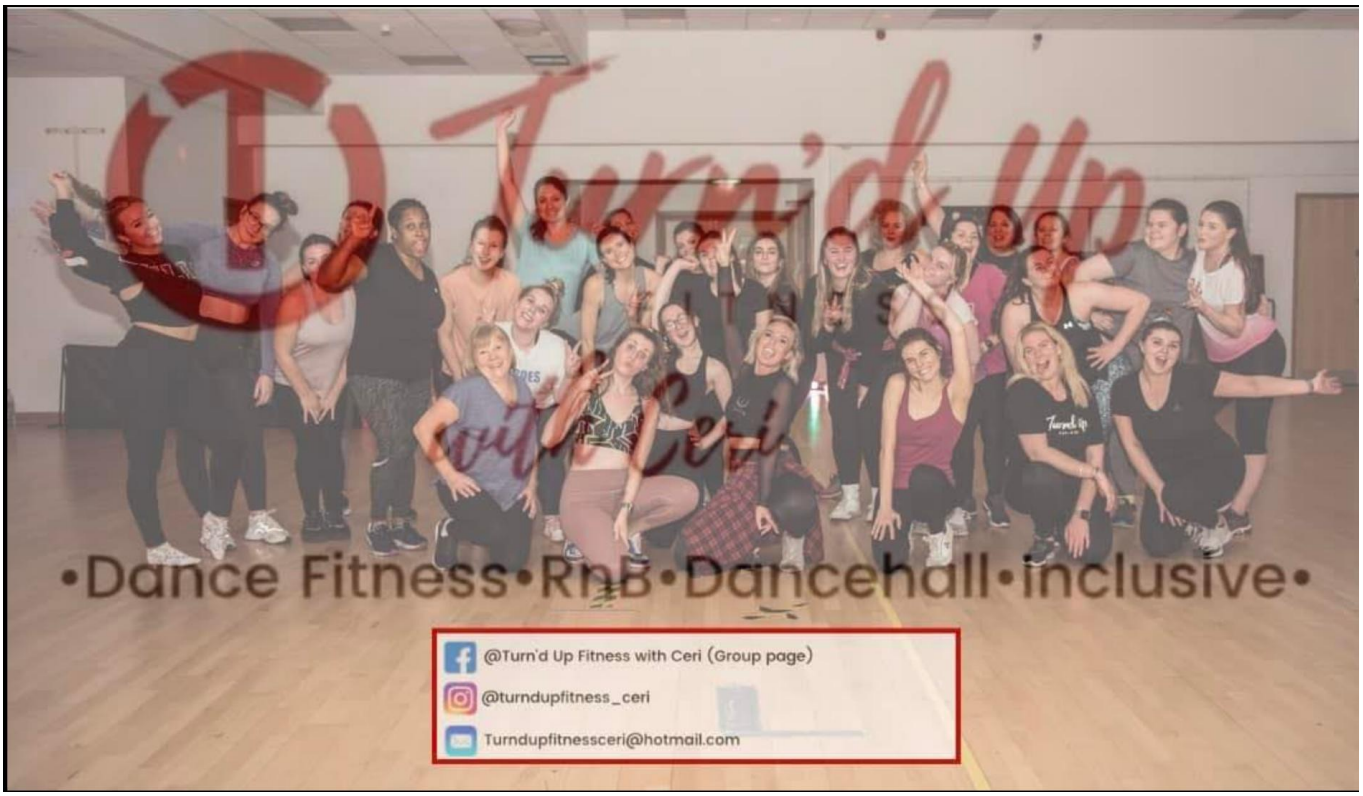
Dougie – Cathays Resident
Against All Odds

Cathays Local Businesses

Turn'd Up Fitness with Ceri @ Cathays Community Centre - EVERY Monday!

Link: ***https://www.facebook.com/groups/435903394259375/***

Every Monday – 6pm to 7pm
Dance Fitness – RnB – Dancehall



Please come and attend at Cathays Community Centre



Ceri - *Organiser – **Turn'd Up Fitness with Ceri***
Cathays Community Centre -

Mentoring! 1 to 1 with the Ffotogallery Team @ Ffotogallery – Friday, 7th November

Free, booking required: ***https://forms.gle/7uHWGS8fwT2phzP39***

Looking for support or advice on your creative practice?

Do you have a practical question we might be able to help with? Or do you need a bit of direction on what to do next? Book in a 1-2-1 with the Ffotogallery team.

Ffotogallery 1-2-1's are informal advice sessions to help emerging professional artists and photographers outside of full time education with their practice and careers. These sessions are with Siân Addicott and Bob Gelsthorpe, they last 45 minutes and can take place at Ffotogallery, or online if required.

To sign up, please fill in the form below, a member of our team will be in touch to confirm your session, or recommend an alternative, before the date of the 1-2-1. We specifically encourage women and non-binary artists/photographers to sign up.



Siân Addicott has been Director of Ffotogallery since 2022. She previously worked as Head of Undergraduate Photography at University of Wales Trinity St David's (UWTSD). Prior to joining the University in 2013, Siân spent eight years working as International Editor at Camera Press, one of the UK's largest independent photographic agencies.

Bob Gelsthorpe has been Creative Producer since 2024. He works collaboratively to support artists, photographers, organisations and other producers to present contemporary practice to the public and has also worked in communications and development roles at a number of organisations, including Chapter, Arnolfini, Llantarnam Grange and Literature Wales.

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

Rosie Kane – Singer @ Cathays Sports & Social – Sunday 9th November:



Josh – Deputy Manager
Cathays Sports and Social

AGM – ABC Maindy @ Cathays Community Centre – Monday, 10th November

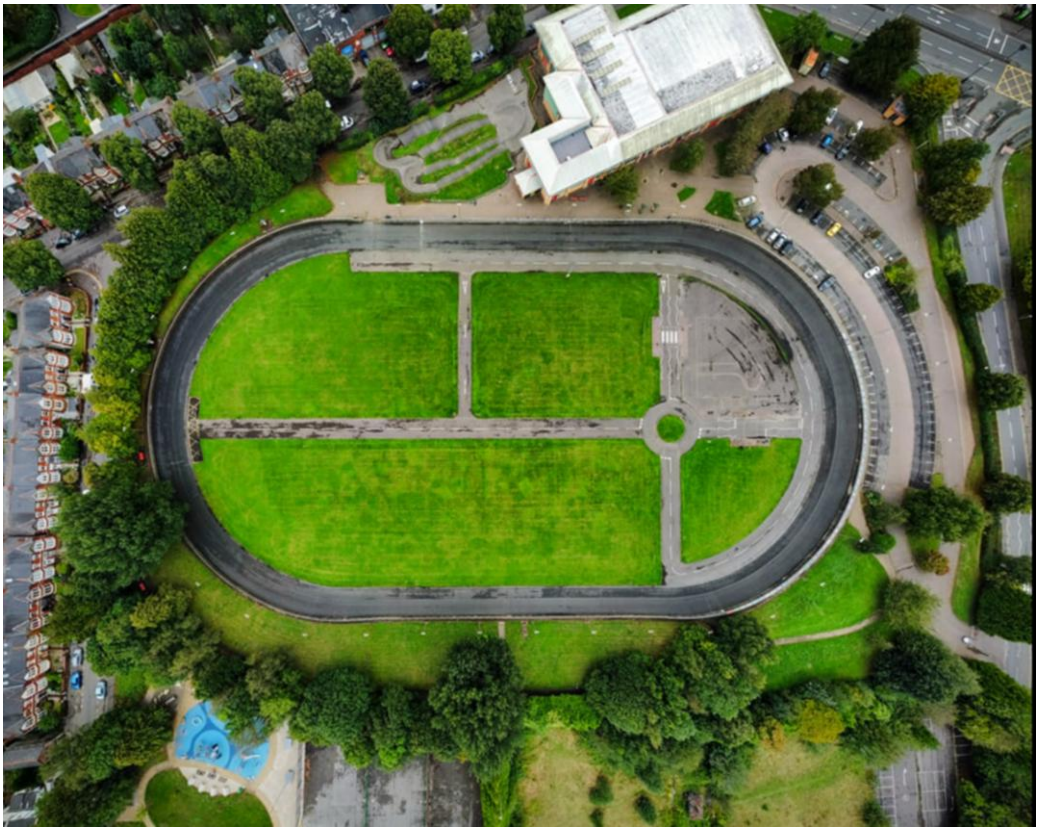
Monday 10 November 2025 from 19:15-20:45

ABC Maindy Park AGM

Cathays Youth & Community Centre

FB Link: ***https://www.facebook.com/events/665308973057554/***

Eventbrite link: ***https://www.eventbrite.co.uk/e/abc-maindy-park-annual-general-meeting-2025-tickets-1854055974329***



Come and find out about the campaign to save Maindy Park and historic velodrome from development.
Get your free tickets here:

ABC Maindy Park - Annual General Meeting 2025 **https://www.eventbrite.co.uk/.../abc-maindy-park-annual...**
See less

Christine, Renata, Wyn, Chris, Ant, Jeremy et al – committee and core organisers
ABC Maindy / Save Maindy Velodrome

Poetry Open Mic @ Book Space Cardiff – Wednesday 12th November

Events link: ***https://www.bookspacecardiff.co.uk/products/poetry-open-mic-november-tickets/***



Lily – Manager
Book Space Cardiff – Crwys Road

Cathays Local Businesses

Swansea Jack – Legendary Dog: 'FAN' @ Cathays Library – Thursday, 13th November

The FAN Charity

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

Join us on Thursday 13th November to find out about Swansea Jack, a legendary black retriever who rescued dozens of people from the docks and riverbanks of Swansea!



Photo Credit Wikipedia Rhodri 77

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 13th November

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

Blood Donation @ Temple of Peace – Monday's 17th and 24th November

Main group ***www.wbs.wales/TempleOfPeace***



Laura – Staff
Welsh Blood Service

Lionel Richie Tribute Gig @ CSAS – Friday, 21st November:



Josh – Deputy Manager
Cathays Sports and Social

‘Truth like Water’ Book Event @ Book Space Cardiff – Saturday, 22nd November

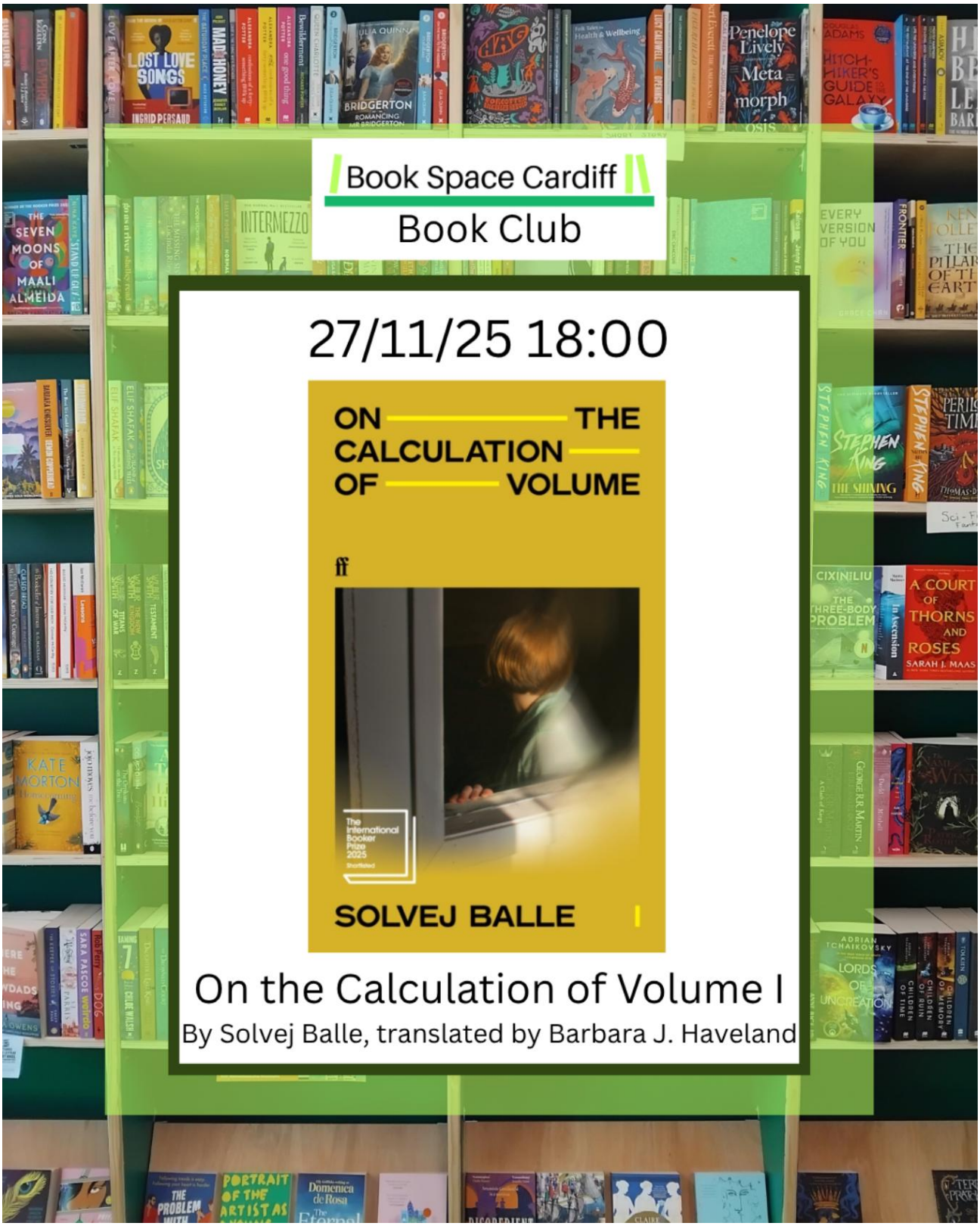
Link: ***https://www.bookspacecardiff.co.uk/products/truth-like-water-witsh-ticket***



Lily – Manager
Book Space Cardiff – Crwys Road

Book Club @ Book Space Cardiff – Thursday, 27th November

Link: ***https://www.bookspacecardiff.co.uk/products/november-book-club-on-the-calculation-of-volume-i***



Lily – Manager
Book Space Cardiff – Crwys Road

Christmas Fayre @ St Michael's Church – Saturday, 29th November

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



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

Cathays Local Businesses

December 2025 – Cathays Monthly Update

Please do get your posters in!!

Have an amazing Christmas all of you!!

Regards,

Paulus