Cathays Monthly Update – December 2025

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

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December 2025 comments:

The bills are mounting up ….

With dozens of residents exploring different community initiatives, the costs issue has always been something that has put people off since we started looking down various avenues of community activism.

For many of you speaking how the world has shot by in the last 5 years in a post-lockdown era with so many new difficulties emanating out of national and international issues …… please know the amount of positive actions that people in Cathays have undertaken.

Your neighbours just get on with it, so much amazing positive conduct that keeps us moving forward.

I fully realise people are overwhelmed at the costs of a lot of projects the Cathays residents wish to explore – yet it's not just about the money, it's about mobilising a lot of people to get something done.

One project alone would literally need 50-75 volunteers just to get something completed in a very short time frame of 3-4 hours … it is doable. Yet I do have more concerns about getting the neighbours together – as opposed to just raising the funds.

Bud stepping down from the Community Centre

Although I was a bit mortified to hear this in the summer of 2025; it did take sometime to process it. The excellent Bud Harper will be stepping down as manager from Cathays Community Centre.

I can still remember the weekend in December 2024 when the UK got it's Red Storm Warning that went out to millions of you – and the Cathays Community Centre AGM was that weekend) which they had to postpone to January 2025)

Please do come to January 2026's AGM – a lot of people will want to come to it on Saturday 24th January 2026 – starting from 5pm.

You can meet the new manager who will be introduced next year and enjoy the activities and refreshements after the AGM gathering.

Anything else?

Many of you will be taking a well deserved break in January so that community update will not be too full – yet for now I wish you all a very Merry Christmas – treasure your family, friends and community and let see what 2026 brings to Cathays!

Congrats to 3 of our young couples

It was great to learn three more of our young couples have had babies in 2025, we wish our young families of Cathays the best in these coming years.

South Wales Metro to put on late night Xmas trains

From 14th December, to support the Christmas night time economy the South Wales Metro will be putting on some late-night trains.

Link: ***https://news.tfw.wales/news/new-late-night-rail-services-for-south-wales-metro*** please do share to friends around the region.

Friends of Cathays Cemetery

Friends of Cathays Cemetery have finished all their 2025 events – and you can find the 2026 events in the coming weeks on their website.

Link: ***https://cathayscemetery.coffeecup.com/***

No FAN group in December

Janina and the FAN staff will not be putting an event on in Cathays Library in December, yet they will be up and running again in the new year.

For more information check out ***www.thefancharity.org*** for more updates.

ABC Maindy – AGM last month

A good turnout for ABC Maindy/Save Maindy Velodrome's core committee and supporters – when they had the AGM at the Café in the Cathays Community Centre on Monday 10th November!

It's just incredible to see a group of people come together and drive such a positive change – and remind us the power and resilience of this community.

Just 5 year's ago – total strangers came together and stood up to an incredibly illegal and toxic political situation – and saved our Heritage under insurmountable odds.

By setting up a committee of experienced and incredibly patient people, who going through all those FOI's, the documentation – calling out the relentless level of lies, after lies after lies – Save Maindy Velodrome (now ABC Maindy) did something incredible and reminded us that we've all got to keep trying no matter what.

Thank you to ABC Maindy, for your sacrifice, your achievements, your resilience – and leading by example that our community is not beaten yet!

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in December:

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

December 2025

MON	TUE	WED	THU	FRI	SAT	SUN
1	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 12:00 pm: Free Meals - every Tuesday at Cathays Community Centre	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	31				

Cathays Local Businesses

Foodbank in Cathays – donating and collection for December 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**
- **DEODARANT**
- **JAM**
- **LONG-LIFE JUICE**
- **NAPPIES – SIZE 4**
- **NAPPIES – SIZE 5**
- **NAPPIES – SIZE 6**
- **NAPPIES – SIZE 7**
- **PASTA PACKETS MICROWABLE**
- **RICE SACHETS MICROWAVABLE**
- **SHAMPOO**
- **SPONGE PUDDINGS**
- **SQUASH**
- **SWEETS**
- **TIINED FRUIT**
- **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

The newly refurbished The Crwys Pub – reopens!

Website/Menu page: **www.crwyspubcardiff.co.uk**
Tel: **029 2037 1075**

At the end of November The Crwys finished its refurbishment and opened its doors again – to welcome you all back.



The re-design has a few new editions to it for you all to enjoy.

→ Two new dartboards and a designated dartboard area.
→ A 3 metre wide new television for your to enjoy the sports.
→ New Bar Menu (whilst still retaining some of the classics dishes)
→ Pool Table
→ New Seating arrangements and some taller tables and bar stools



A great bright open design, positive community vibe and a welcoming environment for our local community to enjoy.



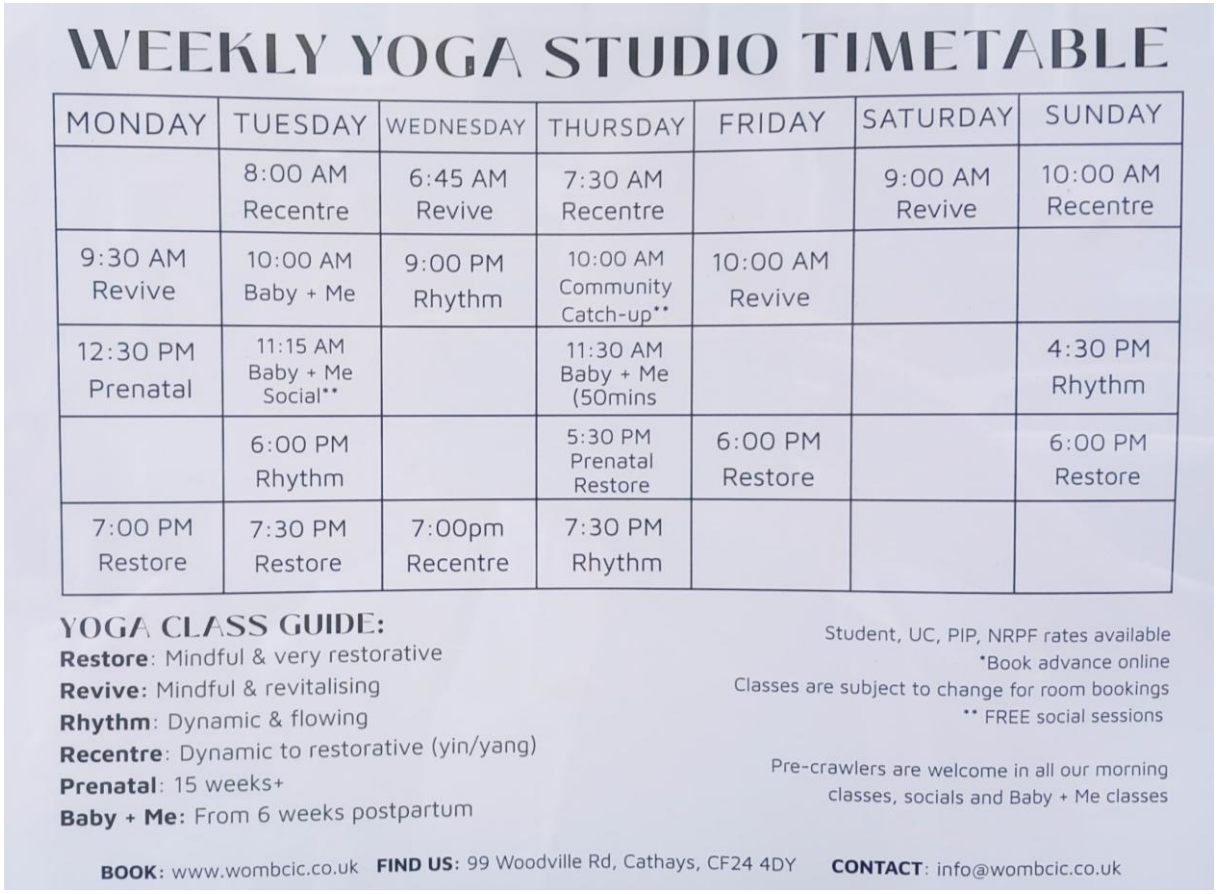


We look forward to welcoming our regulars back, and all the new people who wish to join us!

Danny Manager / *Theresa* Deputy Manager
The Crwys Pub – Crwys Road

Ladies – please check out 'Womb' (Ladies support group) - Woodville Road.

Link: **www.wombcic.co.uk**
Email: **info@wombcic.co.uk**



WEEKLY YOGA STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00 AM Recentre	6:45 AM Revive	7:30 AM Recentre		9:00 AM Revive	10:00 AM Recentre
9:30 AM Revive	10:00 AM Baby + Me	9:00 PM Rhythm	10:00 AM Community Catch-up**	10:00 AM Revive		
12:30 PM Prenatal	11:15 AM Baby + Me Social**		11:30 AM Baby + Me (50mins			4:30 PM Rhythm
	6:00 PM Rhythm		5:30 PM Prenatal Restore	6:00 PM Restore		6:00 PM Restore
7:00 PM Restore	7:30 PM Restore	7:00pm Recentre	7:30 PM Rhythm			

YOGA CLASS GUIDE:

Restore: Mindful & very restorative
Revive: Mindful & revitalising
Rhythm: Dynamic & flowing
Recentre: Dynamic to restorative (yin/yang)
Prenatal: 15 weeks+
Baby + Me: From 6 weeks postpartum

Student, UC, PIP, NRPF rates available
*Book advance online
Classes are subject to change for room bookings
** FREE social sessions

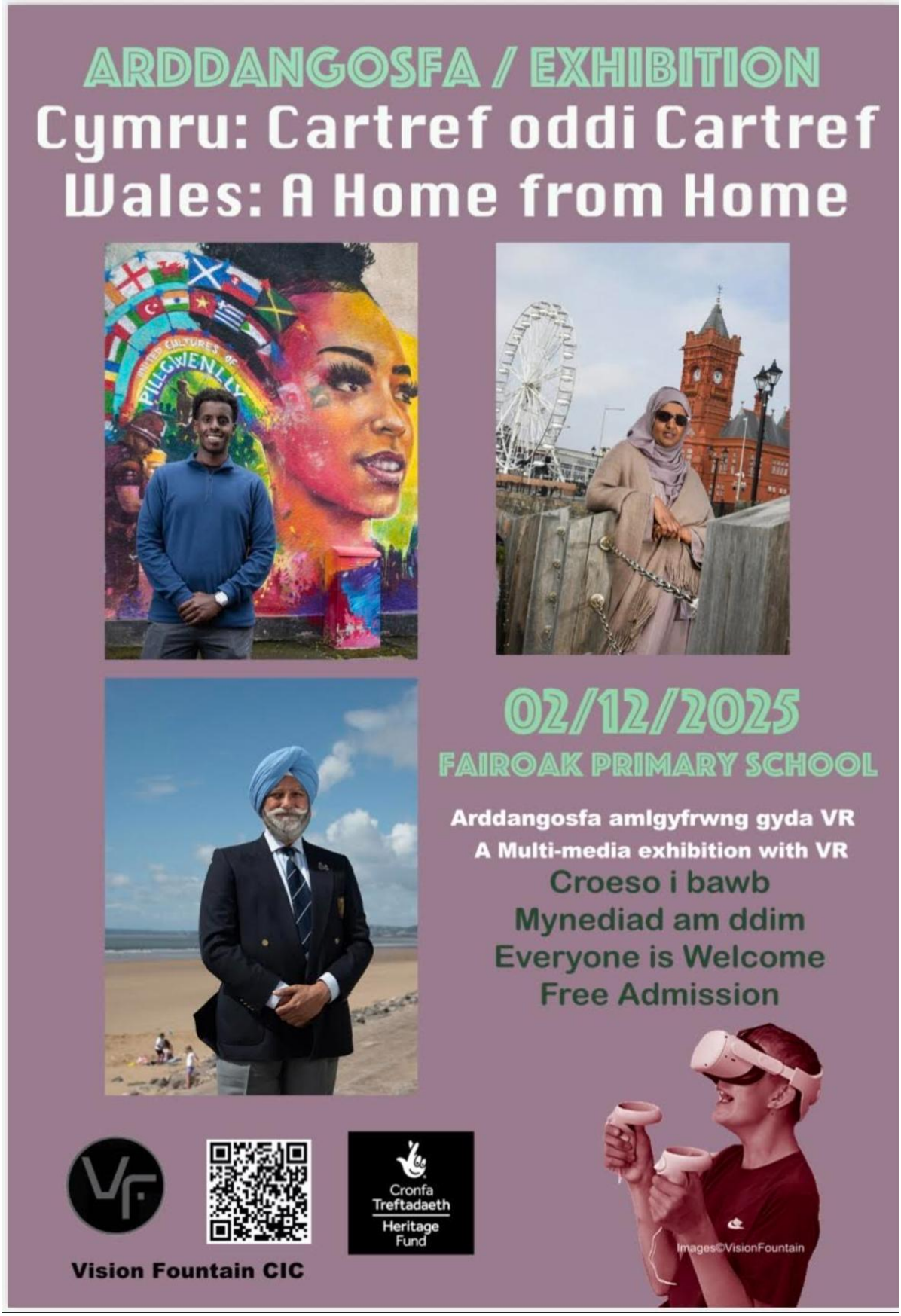
Pre-crawlers are welcome in all our morning classes, socials and Baby + Me classes

BOOK: www.wombcic.co.uk **FIND US**: 99 Woodville Rd, Cathays, CF24 4DY **CONTACT**: info@wombcic.co.uk

Womb CIC – Woodville Road

Exhibtion @ Fairoaks Primary School – Tuesday, 2nd December

Link: ***www.visionfountain.com***
Open to all from 14:30



Donna – *Fairoak Primary School*
Top of Pentyrch Street

Cathays Local Businesses

Bike Marking (Police) @ Senghennydd Court – Tuesday, 2nd December

Bike Marking at Senghennydd Court

From 16:30 to 18:00

We recently invited you to attend our community event Bike Marking at Senghennydd Court on Tue 02 Dec 16:30, full details of which you will find below. We would be extremely grateful if you would indicate your intention to/not to attend using the relevant button, as this will enable us to finalise the event planning.

When and Where?

Tue 02 Dec 2025 16:30 - 18:00

Senghennydd Court, Salisbury Road
Cardiff
CF24 4DS
///fires.sorry.cycle



Will you attend?

I Will Attend

Interested

Cannot Attend

South Wales Police

Christmas Celebrations @ SPARK (Maindy Road) – Wednesday 3rd December



Music Morning - Dovetail Cardiff @ Eglwys Dewi Sant – Thursday, 11th December



Rhian - Deputy Community and Learning Partnerships Manager
Arts Active; Cardiff

Poetry Open Mic @ Book Space Cardiff – Wednesday, 10th December

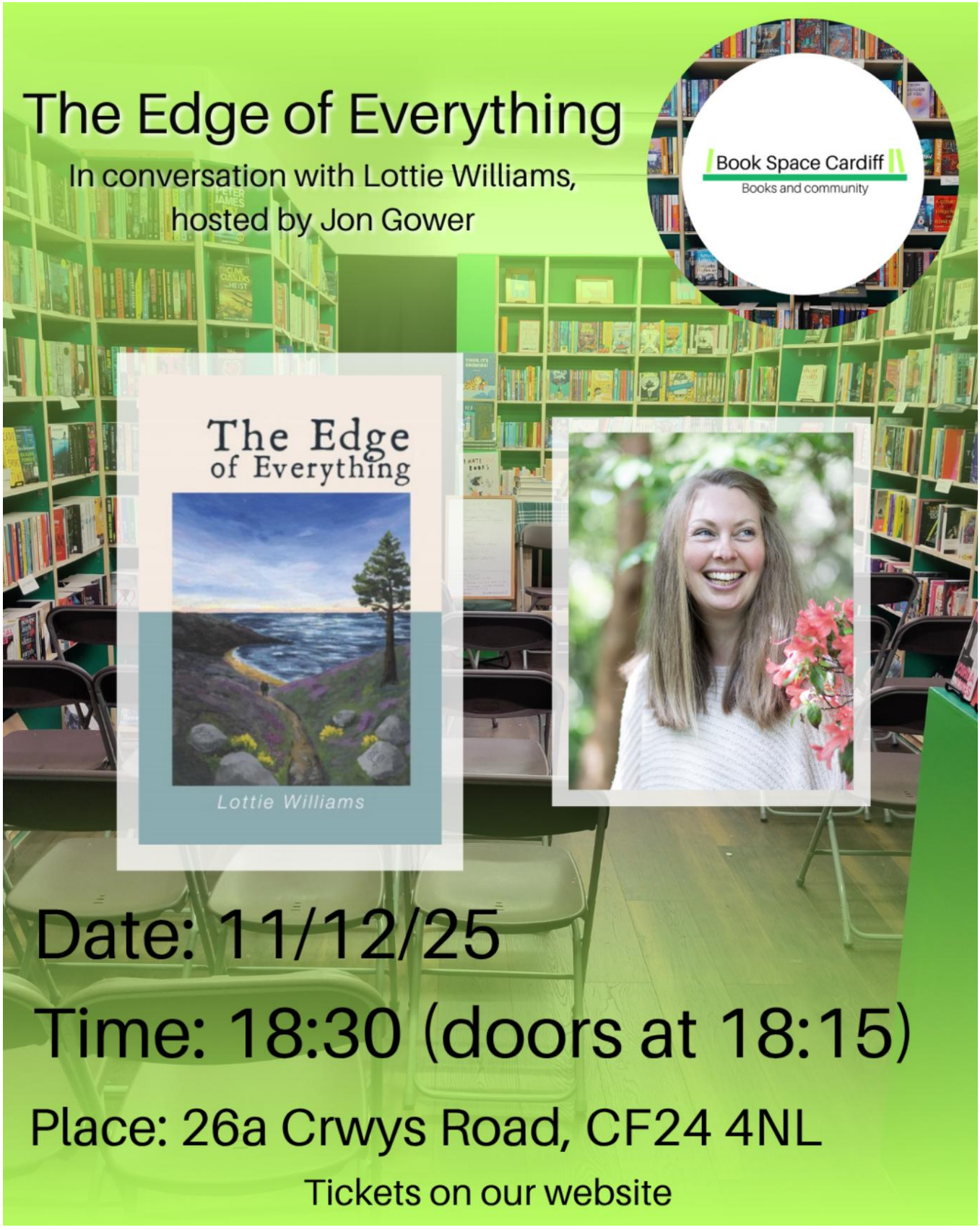
Link: ***https://www.bookspacecardiff.co.uk/products/poetry-open-mic-december-tickets***



Lily – Manager
Book Space Cardiff – Crwys Road

Lottie Williams (Author) @ Book Space Cardiff – Thursday, 11th December

Link: ***https://www.bookspacecardiff.co.uk/products/the-edge-of-everything-event-ticket***



Lily – Manager
Book Space Cardiff – Crwys Road

After Hours Browsing @ Book Space Cardiff – Friday 12th December



Lily – Manager
Book Space Cardiff – Crwys Road

Four nights of Carols & Readings @ St Michael's Church – 17th to 25th December

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

Christmas Services at St Michael's, Cathays

St Michael & All Angels Church, Gelligaer St

Wednesday 17TH December, 2.00pm
QUIET SERVICE, preparing for Christmas

Come away from the frantic bustle for an hour of peace, with music, readings, and a chance to relax.



Sunday 21st December, 6.00pm
FESTIVE CAROLS & READINGS

All the favourites and seasonal readings followed by free refreshments and fellowship.

Wednesday 24TH December, 5.00pm
CHRISTMAS EVE CRIB SERVICE

A joyful 40-minute service for adults and children, telling the Christmas story.

Optional: Come along in a costume if you wish!





Thursday 25TH at 10.00am
CHRISTMAS DAY SERVICE

Christmas Morning communion service with carols for adults and children.

ALL are welcome

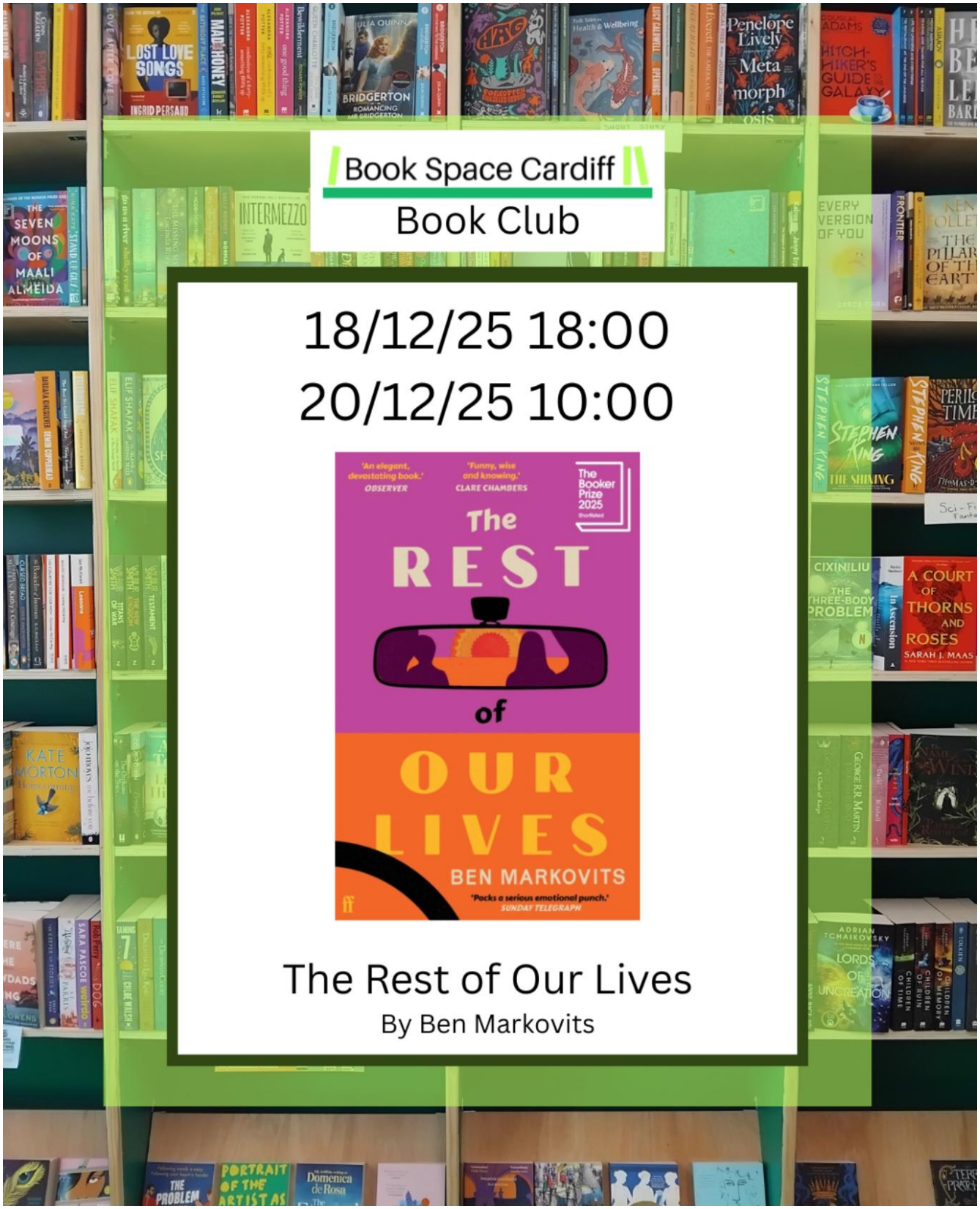
parishofcathays.org

Rev Caroline – Faith Leader

St Michael's Church – Gelligaer Street

Book Club @ Book Space Cardiff – Thursday, 18th and Saturday, 20th December

Link: ***https://www.bookspacecardiff.co.uk/products/december-book-club-the-rest-of-our-lives***



Lily – Manager
Book Space Cardiff – Crwys Road

A very Messy Christmas @ St Michael's Church – Saturday, 20th December

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



CRAFT SONG **All welcome!** STORY FOOD

Saturday
20 December
10.30am – 12.30pm

ST MICHAEL AND ALL ANGELS
GELLIGAER STREET, CARDIFF

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

Fancy a bit of Invigilating? A part time job awaits you …….

Link: **invigilation@cardiff.ac.uk**

Several of our local residents have joined, or will be joining the invigilation team at Cardiff University Exams Department.



This has been a great experience which a lot of people who have joined this part of the University, including certain well renowned residents from Cathays!!

It may be you are Self-employed and can benefit from a bit of PAYE ***or*** recently retired and wanting to keep working. The calibre of people who have joined the invigilation team has been a very positive experience for all those involved and each of them bring their own craft and contribution to the fold.

The current people in the image are former civil servants, police, teachers, nurses, teaching nurses, photographers, artists, local parents/grandparents – and much more! You may recognise a few Cathays, Roath, Heath and Penylan (and wider Cardiff) residents in the picture.

I am encouraging a few specific Cathays residents to apply (as one of the residents recently joked "Cathays is secretly taking over the University!!") just use the email address at the top of this page and express your interest!!

Invigilation Team
Cardiff University

Cathays Local Businesses

January 2026 – Cathays Monthly Update

Please do get your New Year's and January events posters in!!

Yes – many of you will be having a well deserved rest.

Have a wonderful family and community Christmas!!

You make us Cathays (and town too!!)

Regards,

Paulus