Cathays Monthly Update – January 2026

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

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January 2026 comments:

Happy New Year everyone!!!

There was no massive rush on this update; a lot of you are taking a break after the seasonal madness …… also a few things had to be taken out last minute due to not having permissions at the last minute etc.

A few glum faces with everything going on – yet I hope most of you got to spend time with friends, family and loved ones to see in the new year.

I was surprised how a lot of neighbours said they had an early night. Each to their own ……

Quick shout out to Eye 2 Eye Opticians!!

Thank you May and the team for fixing the specs (again!!) as a certain poor accident prone resident keeps breaking their frames!! [Is it 3 pairs now?] tsk tsk!!

£30 was a good price to get it fixed – thank you Eye 2 Eye !! Grateful !!

RIP Derek

It was horrible to hear that 'Squeak' lost his twin brother Derek in recent days (a heart attack) which has been very saddening to hear about.

I did pass my condolences onto Squeak on Queen Street, just as 2026 began …. as he put it "I've lost my twin brother and more importantly my best friend - in one person!"

For those of you who know Squeak & Derek; they are very decent and very supportive components of Cathays for many decades now. One of them being the precious few who can still work diesel injectors across all of Cardiff.

The immediate circle of friends and family will be apprised soon of what is happening next …. It is tough not knowing what to say to neighbours when they have lost someone close to them …..

My condolences sir!

Mackintosh refurbishment

The Mackintosh Pub on Mundy Place/Richard Street will be closed from Saturday, 4th January – due to refurbishment work (following on from the Crwys recent refurbishment in November just gone).

The Mackintosh Pub should reopen on 21st January.

The pub quizzes are something I do encourage more of you to join at not just the Mackintosh, yet all our pubs! You never know who you are going to bump into ….

… What a load of utter cobblers

Link: ***https://www.facebook.com/crwyskeycutting/***

A few people have been asking about shoe repairs – so I strongly recommend for shoe repairs (and for keys too) **Crwys Key Cutting and Shoe Repairs** on 96a Crwys Road.

My (less than 6 months old) shoe soles came off the shoes – which I was really cheesed off about. So popped in, dropped them off and picked them up 3 days later – costs less than a tenner (so brought some extra laces etc just as a thank you!!)

The shoes are wearing great now – thank you man!!!

Love and Farewells to Manager Bud!!

Please do pop into the AGM for Cathays Community Centre (Saturday, 24th January from 5pm) – as Mr. Bud Harper steps down after his 10-year Tenure as manager of Cathays Community Centre.

I still remember December 2024's UK Red Storm Warning alert which the majority of the nation received (I didn't get an alert – I smell conspiracy!!) which pushed back the Dec 2024 AGM to Jan 2025. It was the opportunity to say goodbye to Debs when she retired – and massive thanks to John (who sadly passed) and left the Community Centre in his will.

Bud will be handing on the reigns to Mr Rhys Simmons (if I spelt the name wrong I apologise) so please do come and enjoy some live music, the AGM minutes and review and the chance to catch up with the regulars.

Thank you Bud for everything the last 10 years!!

Need a computer repaired?

Although it was a real loss when Dinas Computing finally closed its shop for good. A few people have asked about where to get their pc's fixed?

"We ***will*** fix any PC" in Llanishen (Business Park) has had some very positive word-of-mouth reviews from local residents. The main contact is 029 2076 6039 or 07999 056 096 – the level of trust they have generated across Cardiff is amazing.

As Tim quoted "when they swapped out my battery, they cleaned out all the dust in the 5 year old laptop – it works like new now – thank you!"

Building trust in our networks across Cathays and all of Cardiff is the only way we can stabilise a proper local/city wide economy. Real professionalism is what we demand of all businesses, commerce etc – so stand up and get your penny behind the better businesses!!!

A friend with the early stages of Parkinsons …

It is not that I do not have permission to say a name, I've chosen not to – out of respect for the family. Yet it was like being hit by a train when a certain lady colleague (former youth worker/case worker) and neighbour told me she has been diagnosed with Parkinsons Disease – too near, yet still too far from her retirement…..

It is difficult not knowing what to say …. And keeping this quiet a few months before the wider neighbours and workplace would know about it (like I have had to keep a lot of secrets having engaged with 1000's of you over 2013/14 to present!!)

The last people want is pity, what they do want – is empowerment, even in the face of serious physical and mental impending constraints.

Speaking with the next-of-kin, they also shared they'd been reading up on Parkinson's – it's not like we are all supposed to know about everything about everything – yet when things hit close to home, those closest to you to start to bone up and research the basic's of these medical challenges that loved ones go through …..

A chat with a local businesswoman.

It was great to see Claire from Teacups & Cupcakes for an impromptu catch up. Many of the businesses are very concerned about what they feel is a decline in the health/vitality of local businesses on the commerce streets of Cathays.

What dodgy businesses are there????

It is something we all need to work upon. Yet I have to say some of the resistent groups of businesses who do not wish to engage includes vape shops, nail bars, hairdressers/barbers – some of them being quite rude when we've tried to reach out going into the shops as part of the community efforts over the last 11-12 years.

To this I do wonder what would be turfed up if all these certain types of businesses had been audited/investigated for potential money laundering. A subject the dozen residents brought up with the University Spark lot who wish to undertake work on the wellbeing of the residents in December 2024.

Reports, reports, reports …..

In contrast – it is understandable that no-one wants to write any reports of all these little wonderful initiatives many of you are undertaking – yet as long as minutes, drawings, designs, rough notes etc are made – then at least some sort of record the last 10-15 years (even in lockdown) are maintained to show the validity of these resident's efforts.

The nasty bin letter!

So a lot of conversations were had in recent weeks about the infamous letter you got through your doors, about the bins etc – it was quite a pathetic read to be honest.

As it is the Cathays residents that lead by example – although it may not be kept quiet anymore – yet one resident has single handedly created a bin reminder (which they check against the council website each week – as to maintain consistency) and put the bin reminder our every single week, along with the reminder of how big the bin fines are etc.

This has been integrated by one resident speaking directly to 100's of students in set environments where they will absorb the information that they will be clouted with bin fines. This is why the bin situation has drastically improved – particularly on certain streets where the residents lead by example.

It is ***also*** ironic that when certain residents have really taken up waste reduction a notch, created local re-use links and closed gaps in the waste cycle …. Yet this won't be mentioned more in depth for another 18-24 months explaining what your amazing neighbours have been up to with real meat-on-the-bones solutions.

It'll just be hilarious when deviants are taking credit for something that has nothing to do with them!! It will just be reported to the appropriate ombudsmen/higher authorities. Should we all well give them the noose now to hang themselves?

The real exemplar is YOU !!! As in 100's of Cathays families across our district setting the example, and engaging with the new and temporary neighbours – showing them (gently and positively) that the majority of you are leading by example!!!

Meetings, meetings, meetings …..

Yes – many cite indifference to the relentless meetings believing nothing happens – yet all you need to know is a core group of residents are mobilising a lot of efforts which are developing into better community engagement……

One of my favourite memories of the last year was tensions boiling up, as certain amazing characters were threatening to quit our local efforts …… then when the pictures came out of different time points – the progress seen was just so wonderful. Yes, a subtle tear was shed …. Yet it was a testimony to the amazing positive contributions that the residents make – and you can see the change over the years.

All will be explained in due course on multiple fronts. This is your time now Cathays – for the next 12-24 months to stand and be counted.

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in January:

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

January 2026

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

Foodbank in Cathays – donating and collection for January 2026

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!

- **COFFEE**
- **INSTANT MASHED POTATO**
- **JAM**
- **LONG-LIFE JUICE**
- **LONG-LIFE MILK**
- **PASTA PACKETS (MICROWAVE)**
- **SNACKS (CRISPS/CEREAL BAR)**
- **SPONGE PUDDINGS**
- **TINNED FRUIT**
- **TINNED POTATOES**
- **TINNED TOMATOES**
- **TOILET ROLL**

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**
- **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

Cathays Local Businesses

FAN (Friends & Neighbours) @ Cathays Library – Thursday, 8th January

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



Please do join us on Thursday 8th January to find out about ***the beautiful buildings and gardens of Insole Court in Fairwater!***

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

Meet 2 - 3pm, Thursday 8th January at Cathays Branch and Heritage Library, Fairoak Rd, Cathays CF24 4PW. No need to book.

Tel: 02920 785580 for further details.

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



Photo Credit Wikipedia, Tom Zelinski

Janina – FAN co-ordinator
FAN Cardiff

South Wales Listens @ John Lewis – Town – Friday 9th January

Link: ***https://www.southwaleslistens.co.uk/Content/Pages/Latest-Updates***

Another version of 'Cuppa with a Coppa'

De Cymru yn Gwrando South Wales Listens

HEDDLU DE CYMRU SOUTH WALES POLICE

Comisiynydd yr Heddlu a Throseddu De Cymru — South Wales Police and Crime Commissioner

Three words: **///feel.hiding.patch**

Come and talk to the local Police:

If you attend, it will be an opportunity to speak with the local Police Officers and PCSO's about local issues, concerns, potential collaborations etc. Come and engage – make our area better!

About South Wales listens:

In South Wales Police, our PCSOs and Officers are proud to be at the heart of the local area they serve.

We want to ensure that our neighbourhood policing is as efficient and effective as it can be, and our aim is to be the best in the country at understanding and responding to the needs and priorities of each individual community.

Engaging with our communities sits right at the heart of our model of neighbourhood policing. It is about connecting with individuals, organisations, businesses, schools, workplaces and others; working to tackle your priorities; and putting measures in place to prevent issues from escalating – or from occurring in the first place.

As we continue to enhance our service to you, we have introduced South Wales Listens – a free messaging service from South Wales Police, which allows you to tell the local team what is worrying you, what you want to see change, and to suggest ways we can work with you to make your community better. It will also enable you to ask for information, whether that be getting crime prevention advice, the latest information about ongoing incidents, or learning more about what your local police team is doing - the choice is yours.

Through South Wales Listens, you're invited to sign up and tell us what concerns you in your local community. We will also let you know about local engagement events, share crime prevention advice, and provide occasional updates about significant policing activity in your area.

South Wales Listens enables you to send messages directly to your local PCSOs and the neighbourhood policing team. We will listen to what you have to say and then we will share with you the actions we have taken to address your concerns. We look forward to hearing from you.

Keeping South Wales safe – together.

South Wales Police
South Wales Listens
John Lewis – St David's 2 – Town Centre

Community Lab @ SPARK Maindy Road – Thursday 15th January:

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

We'll be running a session on 6:00pm - 7:15pm on the Thursday 15th January 2026 in the Event Space in sbarc|spark, Maindy Rd, Cardiff CF24 4HQ

The session will showcase the roadmap and catalyse conversations about how and who will take them forward. If you'd like to join this session, email spark@cardiff.ac.uk and let us know if you have any dietary requirements and/or access needs.

Alcohol-Free Social Activities (Feedback):

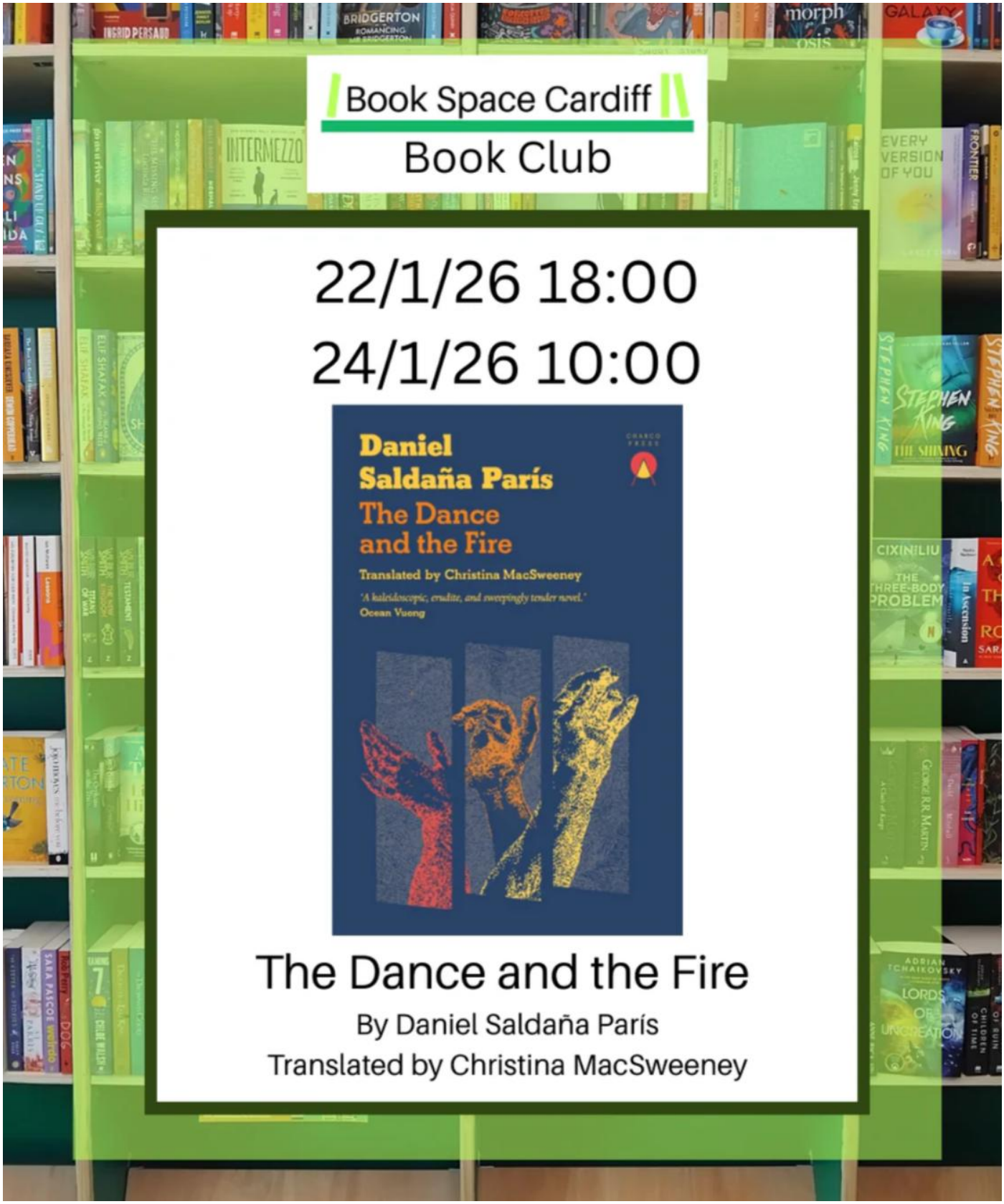
Early in the year we ran a set of Labs to design ideas for evening-based, pro-social, alcohol-free activities for young people in Cathays. With support from Community Alcohol Partnerships, we are now working with five local organisations and businesses to pilot prototypes of these activities.

In the new year, we will share with you all the results of these pilots – so watch this space!

Chris & Hayley – staff at *SPARK Team*
Cardiff University

The Dance & the Fire @ Book Space Cardiff – Thursday, 22nd / Saturday, 24th January

Link: ***https://www.bookspacecardiff.co.uk/products/january-book-club-the-dance-and-the-fire***



Lily – ***Book Space Cardiff***
Crwys Road

Cathays Local Businesses

February 2026 – Cathays Monthly Update

It'll be deserved cold winter …. Yet spring is coming end of Feb/early March….

A UB40 Tribute act in February (last year's was h-e-a-v-i-n-g-!-!)

Valentine's Events – come on restaurants & shops get your posters in!!

In the meantime – be careful with the ice, travel and getting around – help your neighbours too please!!!

Regards,

Paulus