# Cathays Monthly Update – May 2026

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

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# May 2026 comments:

## A back up to the back up to the back up - phew!!

With such a need to build resilience into ALL communities across the planet if we are to combat global warming, food shortages, starvation pockets etc. it's time we all created quite a few back up's into all our millions of communities.

With so many projects the Cathays residents started stalling in latter 2018/early 2019 – it is interesting to see the grass roots very quietly percolate upwards again.

One of the projects on a larger Cardiff wide project I was doing the (online meetings) meetings in the late 2010's, through lockdown and into the early 2020's onwards …

The main focus was on food growing, and (much earlier in 2012/2013 when the Cardiff Transition lot were mapping out the many districts of Cardiff for potential food growing spots – we've made a bit of progress in the last 14 years!!) yet what can we do the next 10 years?

With Grow Cardiff going into Fairoak Primary; to speak to our young pupil's about food growing, food health etc - a certain wonderful gentlemen fed back to me afterwards. It's amazing that all these projects are slowly percolating forward after all this time!!

I wonder what every street would look like if all of you were forced to tear up the periphery of roads, in order to collect the rainwater and grow food on each street?

I think you'd be amazed just how insanely positively we can all innovate when you put your head's to it – watch the world around you – the designs will follow ….. I wonder how many of you can protect and innovate your ideas fairly and honestly?

We've been in crisis – yet equally in denial for too many decades – yet a bit of shake up always makes us all incubate our situations – and progress things (albeit under a bit of duress) – so what have you done recently to grow your 1% of your own diet?

This is not the end, just new beginnings – even if the next 10-20 year's is hardest on the entire world – the majority all endure!! ….. furthermore most of you will work together – locally, nationally and internationally!!

## The Senedd Elections …..

Please vote responsibly!! Ideally we'd have proportional representation – yet these are uncertain times.

Whatever the outcome you all wake up to in mid-May 2026 (assuming no 2nd election if 7th's outcome is a bit skewed) I encourage you too to get behind your new Government.

Seriously impressed that residents from multiple Cardiff districts who made a point of NOT voting in the past – are making sure they vote this time around.

## RIP Cliff (Of Elmer's Café!!)

I swore I'd never be writing about war or the terrible conflicts ……..

Yet to bury your head in the sand means worse in the long term …….

Cliff was a paragon of longevity – taking the café on in his advanced year's and created a lot of positive energy

Cliff was supportive of the newsletter in the early days, and his ideas on what should be put in it a decade ago helped forge the relationships with the businesses on Crwys Road.

The illness that took Cliff, was something he fought to the end – bloody tough gentleman!! If you want to drop some flowers outside Elmer's café – please do so!!

Rest in Peace man. Thank you for everything you gave this community – and the people in your life you loved so much!! (Thanks Mike for the head's up on Cliff!!!)

## The other death …. Of a great neighbour!

I do not have permission to publicise the death of another very dear residents – yet the word-of-mouth around Cathays in recent days has just spoken huge volumes of how much this respected, and very much treasured resident meant to many of you!!

You WILL be missed by many (do not even care how cliché that line is – as it seems to go on every RIP notice in this update – just know how valued and loved many dozens and dozens and dozen's of these residents meant to the core of this Cathays community.) With so many of the long-term residents dying in a post-lockdown world; it is a tragedy on so many levels.

With great love; those in the know – you are already missed sir!!! Rest well in Heaven mate!! Thank you to a dozen residents for the head's up on our friend who has passed ……. Love you man!!!

## Price hikes!! Do we adapt ….?

The price of oil (equivalent to £8.50p a Gallon) – and the paper's in the 1990's were kicking off about the £5 gallon – and now we are going towards a £10 gallon for the 2030's!!

So where does this leave us? Well – million's of people are already pretty much dealing with it. Drive less, walk more to the shops, work from home (God Bless video calling!!) yet as opposed to fear scarcity – the majority lead by example by making things stretch out more.

Price increases are as inevitable as death and taxes are ….. yet just keep doing what is best by your household, the causal knock on effect will show with many. You lead by example silently …. People will follow.

## Cathays Beer House – another award !!!

I was NOT jealous – MUCH !!!! No poor dad joke aside – this is wonderful news that ***Cardiff Camra*** have awarded Cathays Beer House the *Cider Pub of the Year 2026* (that is two in a row now – which is just incredible!!)

With Martin and Diane being long term residents and the last 7-8 year's local business owners too – just one of many examples of you all leading by example.

Keep it up Cathays people!!! Just well done both of you still running a locally owned, locally run, locally frequented venue!! More examples like this on every business street in Cathays please ….

## 10 year's of Teacups and Cupcakes

Massive love to Clare on a decade of running Teacups and Cupcakes – a longer write up will come in for next months edition.

Clare has done a lot in our community, as well as run this wonderful Cupcakes shop!! The shop has been a hub for the children's tea parties, a meeting point for Cathays Compass committee members as well as other residents,

I've had multiple chat's with Clare, where she has put forward ideas on how to make Crwys Road more functional/safer – it reinforces why all these wonderful businesses like Gardiners, Cathays Beer House (and those we sadly lost like Dinas Computers, Touch Print etc) do want to all work together as a business community!

The main issue is the lack of time – and everyone is facing fatigue in this overworked 2020's – just keep pushing forward folks – it's all we can ask!!

Happy Ten Year Anniversary to Teacups and Cupcakes""

## Book Space Cardiff – newsletter sign up!!

Please do sign up to Lily's newsletter sign up!!

The link is ***www.bookspacecardiff.co.uk/pages/newsletter-sign-up*** - get the information in advance, and I encourage all of you to try the Poetry night's etc.

Hey …… just a thought, should Ffotogallery, Rhostio and Book Space Cardiff do a joint art, poetry and wine tasting night? You never know!!!

## New Craft group – every Saturday!!

Patrick has sent a poster in for a regular children's craft fair at Cathays Library.

## Cathays Community Centre

Also thank you Bridie sending in the poster for a one-off Craft Fair at Cathays Community Centre.

## Cathays Local Businesses

A polite reminder, a Facebook group has been set up for the local businesses of Cathays – not the residents, not the students (they have their own online various groups)

Do the businesses need a FB group, so that they can work interdependently of each other, without hurting their own individual autonomy?

If another business needs an emergency plumber, carpenter etc – legal advice – who would your own business recommend?

## Gremlins in the email ……

Okay – so 200 people may not have got the April edition of the Cathays Monthly Update …… my error with the techie glitches etc.

One of the many things that need to be overcome with a requirement to build in more back up's to the back up's etc etc etc – dear me!!

Apologies if you did not get the April community update!

## The spiralling costs of the projects ……

It may be stalled, yet between 23 and 31 local community initiatives still have some legs – yet the costings of say 2017/2018 to the prices now to get things done almost a decade are stupid.

Although no pledges are made, thank you to multiple businesses, residents, faith groups etc who have either said they'd put XYZ bucks up, or contribute 50 hours of volunteering over several days …….

It's just good to know people do care!! This community is not beaten just yet !!!

## Clashes of events …..

This is not a criticism, yet where things are quiet for months on end – then 2 or 3 events with similar theme's may happen on the same day.

The Library and Community Centre is an example of this, with regard to both putting on Craft events (Is Design Lark Make also doing an event on this Saturday too?) on the same day.

The bottom line is – how can we avoid this, as to spread out all these wonderful micro events – so the residents, students and wider communities across Cardiff can come to Cathays to enjoy all these wonderful efforts?

Any ideas????????

Cathays Local Businesses

# The 'Your Cathays online CALENDAR' in May 2026:

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

***May 2026***

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | 1 | 2<br>10:00 am: Repair Cafe Cathays - every 1st Saturday of the month<br>11:30 am: XR Cardiff - Monthly Meetings - first Saturday of each month @ Quakers - Charles Street | 3 |
| 4<br>7:00 pm: Cathays Brass - every Monday evening!! | 5<br>10:30 am: Baby & Toddler Group - EVERY Tuesday @ 'The Table' - Pentyrch Street<br>10:30 am: Weekly Tuesday 'Cathays Cemetery Walk' (Walk for Health)<br>11:00 am: Tea & Cakes - The first Tuesday of each month @ Ffotogallery | 6<br>10:00 am: Bute Park - Plant Sales EVERY Wednesday<br>6:45 pm: Cardiff Greenpeace @ Temple of Peace - 1st Wednesday of each month | 7<br>2:00 pm: Heritage FAN [Friends And Neighbours] 2pm at Cathays Library<br>7:30 pm: Blues Dragon & Blues - First Thursday of each month | 8<br>6:30 pm: IYP - Youth Club @ Cathays Community Centre EVERY Friday | 9<br>11:00 am: Foodbank @ Woodville Baptist Church - EVERY Saturday | 10<br>1:00 pm: United Community Social - EVERY Sunday @ Brodies Cafe (North Road) |
| 11<br>9:30 am: Story Time for Under 5's - English 7 Welsh Medium - EVERY Monday | 12<br>2:00 pm: Memory Lane (Dementia support group) EVERY Tuesday | 13<br>12:00 pm: Home Grown Vegetable for sale - EVERY Wednesday | 14<br>4:30 pm: Youth Club @ Cathays Community Centre - EVERY Thursday | 15 | 16<br>10:00 am: Plant sales @ Bute Park - every Saturday | 17 |
| 18<br>6:00 pm: Embassy Youth Club - EVERY Monday early evening | 19<br>12:00 pm: Free Meals - every Tuesday at Cathays Community Centre | 20<br>10:00 am: Coffee Morning - EVERY Wednesday @ Cathays Community Centre | 21 | 22 | 23 | 24 |
| 25 | 26<br>1:00 pm: Foodbank @ Woodville Baptist Church - EVERY Tuesday 1pm to 3pm | 27<br>6:00 pm: Zumba Class EVERY Wednesday @ Community Centre | 28<br>12:00 pm: 'Cuppa with a Copper' - Bi-weekly @ Cathays Library<br>2:00 pm: Memory Lane (Dementia Support) EVERY Thursday | 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 !!**

Cathays Local Businesses

# Foodbank in Cathays – donating and collection for May 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!

- **BARS OF SOAP**
- **COFFEE**
- **LONG-LIFE JUICE**
- **SPONGE PUDDINGS**
- **TINNED FRUIT**
- **TOMATO SAUCE**
- **CLEANING SPRAY**
- **DEODARANT**
- **SNACKS (CRSIPS, CEREAL BARS)**
- **SWEETS**
- **TOILET ROLL**
- **TOOTHBRUSHES**

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

# An update from Maindy Velodrome / ABC Maindy:

Ruling Link: ***https://www.bailii.org/uk/cases/UKFTT/GRC/2026/542.html***

## Maindy Park – update (May 2026). Submitted by: Mr Jeremy Sparkes

The Council has recently (13 April) been ordered by a Tribunal to release documents about its management of the Maindy Park Trust, which is a registered charity and has the Council as its Sole Trustee.

Transparency about the past and the present is essential for putting in place new governance and safeguards that are needed for the future of the park, its iconic velodrome, and all the associated recreation facilities and green space it provides.

We gave the Council the opportunity to be upfront about any failures and failings that had seen park areas taken up for school car parking, other parts allowed to deteriorate after they were fenced off, and queries over responsibility for maintenance, particularly of the velodrome.

This final concern is a priority with the Tour de France 2027 route in Wales due to pass right by Maindy Park - it cannot be allowed to crack, crumble and fall into disrepair.

However, the Council has fought for 2 years, spent £000s of public funds and probably hundreds of hours of Officers' time to keep these documents secret. They even used our council taxes to pay for an experienced (some might say aka "expensive") barrister to argue their case at the day-long Information Rights Tribunal hearing.

This Tribunal decided that our challenge was correct in law on every one of the 5 legal grounds the Council was using to prevent release; and that the public right to know far outweighed the Council's desire for secrecy: "[our] motive was found to be a legitimate public interest aim of holding the Council to account as sole trustee of charitable land."

The Council has now been instructed to provide all the documents to us - in full - within 35 working days of the date of the decision (delivered by the beginning of June) but there is nothing to prevent them from giving the documents to us sooner.

We hope that these documents will start to give answers to concerns such as:

- Why income and expenditure is not recorded through the Trust (which is what happens today in similar situations in other councils). It seemed to have become absorbed into the general parks' funds and, when several leisure centres including Maindy were outsourced to GLL, it then all became absorbed into GLL's accounts;
- Compensation that the Council needs to be pay for the school car park use, particularly as the Council allowed it to carry on for years after it knew there was no lawful permission for such use;
- What explanation the Council gave to the Charity Commission for ignoring the gold standard of modern Charity governance, the appointment of independent trustees, to manage the Council's conflict of Interest;
- Who is actually responsible for maintenance (one of the documents as the lease between the Council and GLL, and this where we would expect things like maintenance to be clearly set out);
- Why an earlier valuation of Maindy Park by the RICS surveyor, which gave an open market value of c. £2.9m for the land and over £4m for buildings & recreation assets, was excluded from the Council's land swap application (it only included a later valuation for about half the park with covenant restrictions applying of around £300,000).
- Once the Council has handed over the documents, we will be going through them in detail and will share an update.

If anyone wants to read the Tribunal decision it can be found on this link to the database of legal cases:
***https://www.bailii.org/uk/cases/UKFTT/GRC/2026/542.html***

***Jeremy Sparks***
***ABC Maindy*** (Save Maindy Velodrome)

## Food Growing Initiatives in Cathays – People's Forum Wales:

Link: ***https://organity.co.uk***

Susan, one of our north Road pioneers is reaching out to local people in Cathays, Roath. Gabalfa etc to see if they wish to get involved in a local food growing initiative.

*Really important we are proactive in setting up food supply lines for those who are willing to share the work!*

*I've been contacted by someone in Ely (regarding food growing on a local level) so will move on to them, but we need this happening here as well, on a bigger scale.*

*I'm friends with Natalie Bradley. Was hoping to get some good people interested in setting similar up in Cardiff, to supply local people with good food, organic straight from the farms.*

*Please see the YouTube link below and check out Natalie's interview!*

***Video link:*** ***https://youtu.be/KRZ7ambpunI?si=NJLwD8zrclXpgqGI***

# *Interested in some local food growing? Please do give Susan a call on 07845 134003*




***Susan*** – Organiser
People's Forum Wales – North Road

## Rainbow Wales @ Book Space Cardiff – Thursday, 7th May

Book Space Cardiff Newsletter Link: ***https://www.bookspacecardiff.co.uk/pages/newsletter-sign-up***

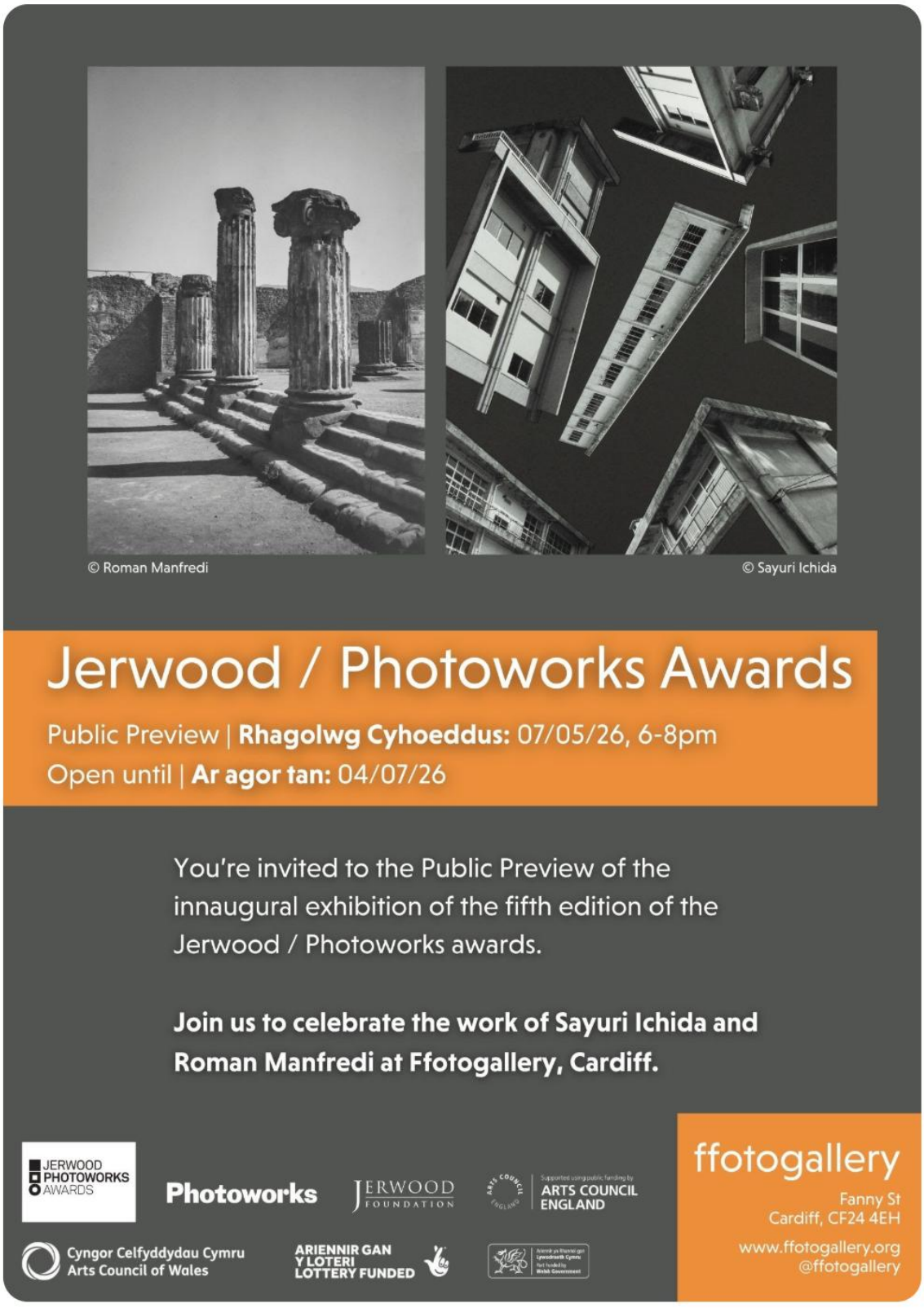



***Lily*** – Manager
***Book Space Cardiff*** - Crwys Road

## Jerwood / Photoworks Awards @ Ffotogallery – Thursday, 7th May:

Link: ***https://www.ffotogallery.org/whats-on-listings/jerwood-photoworks-awards-5***

ffotogallery




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

## Family Craft Group @ Cathays Library – EVERY Saturday 10am to 10:45

Link: **To be confirmed**




**Patrick** – Organiser
***Family Craft Group*** – Fairoak Road

## Garden Meet up & Craft Fair @ Cathays Community Centre - Saturday, 9th May

Link: ***www.cathays.org.uk***




***Bridie*** – Staff
*Cathays Community Centre* – Cathays Terrace

# Archaeology Recording @ Friends of Cathays Cemetery – Tuesday 12th May

Link: ***http://www.friendsofcathayscemetery.co.uk/***




Our next talk will take place on Tuesday 12th May, when Ciara O'Brian Butler and Katie Faillace of Cardiff University's School of History, Archaeology and Religion (SHARE) will be discussing their new project recording the graves in Cathays Cemetery and the techniques they propose to use.

These are likely to include the use of high-definition laser scanners to capture precise 3D, digital images.

As usual the talk will take place at 7pm in the Cathays Cemetery Chapels.

Admission is free and there is ample on-site parking

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

## Poetry Open Mic (Night in May) @ Book Space Cardiff – Wednesday, 13th May

Book Space Cardiff Newsletter Link: ***https://www.bookspacecardiff.co.uk/pages/newsletter-sign-up***




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

# FAN (Friends & Neighbours) @ Cathays Library – Thursday, 14th May

The FAN Charity

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.

## Please do join us on Thursday 14th May to find out about ***Cardiff Industrial and Fine Art Exhibition***

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

Join us on Thursday 14th May to discover the rich history of the much-loved, iconic David Morgan Department Store

Meet at Cathays Library 2 - 3pm.

Cathays Branch and Heritage Library, Fairoak Road, Cathays CF24 4PW

Tel: 02920 785580 for further details. No need to book.



**"Gathering the Jewells"**
**From People's Collection of Wales website**
**https://www.peoplescollection.wales/items/7088**
Photo credit: People's Collection of Wales



**Janina** – FAN co-ordinator
***FAN Cardiff***

# Meet the Author: Onjali Q. Rauf @ Book Space Cardiff – Saturday, 16th May

Book Space Cardiff Newsletter Link: ***https://www.bookspacecardiff.co.uk/pages/newsletter-sign-up***




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

## The Spoke Poetry (Multiple Readings) @ Book Space Cardiff – Saturday, 23rd May

Book Space Cardiff Newsletter Link: ***https://www.bookspacecardiff.co.uk/pages/newsletter-sign-up***




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

Cathays Local Businesses

## Meet the Author: Bethany Handley @ Book Space Cardiff – Thursday, 21st May

Book Space Cardiff Newsletter Link: ***https://www.bookspacecardiff.co.uk/pages/newsletter-sign-up***




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

## Book Signing (Dylan's Park) @ Book Space Cardiff – Saturday 30th May

Book Space Cardiff Newsletter Link: ***https://www.bookspacecardiff.co.uk/pages/newsletter-sign-up***




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

Cathays Local Businesses

## June 2026 – Cathays Monthly Update

# *Get your June time posters in please!!*

Where will we be in June 2026

It is but interesting times we all live in …….

Regards,

Paulus