Cathays Monthly Update – June 2026

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

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June 2026 comments:

FINALLY many pressure valves are released!!

It has in fact been (almost at time of writing) 60 full months / 5 years when the 2nd lockdown in the UK eased, July 2021 seems such a long time ago now. Yet it was a new world that billions of people would reach into.

So many souls have forgotten the lockdown experience as a turbulent global decade has taken its toll on many; costs of living crisis, multiple wars, compromise of so many qualities and standards, woke making the most noise before it dies ……

For me – it helps that I record everyday – *for almost 40 years in fact*. It helps that I can go back to any event in 1990's, 2000's etc. all the old tape, the digital, all the script – a permanent record of a lot of good AND some very bad things that have transpired that will have been recorded. You never know when you will need to recall it all for the courts or public hearings!

As with all facets of humanity I wish to explore, it has always been required that I put in a 60-month minimum cycle – does not matter if the social interest/phenomenon run concurrently, or I stagger with several 5-year social studies commencing in successive years. Too much of life goes undocumented, when it should be – especially when you have to tackle multiple deviants!

Over the coming 12-24 months, it is (long overdue?) time to start sharing and explaining quite a few of these various things going on. It may rattle the cage a bit …. Yet too much unjust things have not been tackled appropriately. It is time to talk about all this ……

I may be the one coming off worse for it, yet the best thing about the non-interference policy with people (call it a Star Trek: TNG Prime Directive from the late 80's) yet I faith in humanity, that in the end you will work it out for yourselves …….. as has been evident of just the last few months after the build up of these 5 difficult years.

Since all the door knocking in the early 2010s onwards as I have tried to make some headway into building relationships with 100's of the families/residents/young professionals in Cathays – it has been difficult at times figuring a lot of things out; yet having to keep quiet about many things I'd rather I did not uncover.

I wouldn't say it was outright challenging keeping all these secrets, yet it has been a reinforcement of the need to never interfere in local people's lives; the real issue is patience – even under great adversity – just wait; things will hopefully sort themselves out…..

Dutch Garden Centre to close.

Yes I realise it is not in Cathays, yet a long-standing sbusiness of 5 decades closing after all this time is a little disconcerting, as it is many different businesses that we have lost in recent years. I've put the owners message in this update.

What on earth can we do to help improve all our business streets, and keep all these decent local businesses open for longer …. Any thoughts?

The council caught out again …..

Another gleaning from one of the Save Maindy Velodrome (they saved it – so now it is ABC Maindy) yet the link they sent reflects on misconduct from the higher up's in the current council;

https://localgovernmentlawyer.co.uk/governance/396-governance-news/100433-city-council-undertakes-governance-review-of-charity-amid-regulator-concern

To bury your head in the sand means worse in the long term ……. What an absolute mess/state has been made – fortunately – there will always be a few brave souls like Save Maindy Velodrome volunteers to counter the law breakers and underhand activities that have been allowed to creep in with the local authorities ……

Making your batteries last

For all the push for 'fast-charging', I strongly encourage many people to still take the plodding slow-charging route for your phones, tablets, laptops etc.

You may have more advanced tech than a decade ago (where it cuts the charge off at 80% or 90% to protect the battery life) yet even with this new feature – excessive fast charging will knacker your battery out – in many cases leading to a shorter life of your devices.

Given the costs of microchips etc – it will force the many to ensure their devices last longer, so please try and use the snail like slow charging (overnight?) to keep your battery healthy and make it last for the longer term!

Ant and Leona – congratulations!

Massive congratulations on the recent wedding, and on being one of the many Cathays young professional families moving into the area! What a lovely family!

Many of you will know Leona and Ant from their valiant efforts of being original/founding members of Save Maindy Velodrome and now ABC Maindy.

We wish your new family every success in the future. Massive praise and congratulations you two!

A new Government – what now?

Although I have to keep it quiet – I was really impressed at how many residents, who never vote – DID register to vote this year – and made a point of turning up; stand and be counted.

More to the point, I was a bit shocked how many people told me they voted Reform!

With this new Plaid (minority) Government you have voted in, they will have to work hard – as Reform will be a constant fire up their backsides – that Plaid will need to show viable results before the next 2031 Senedd elections….. time will tell on their success.

A lot of our European friends who have gone back to their respective countries after study, work or living here have explained how their own news services are watching UK politics very keenly. The start of a new era?

Police meet residents/cuppa with a coppa

Your local Neighbourhood Policing Team will be at LEONARDO HOTEL, 1 Park Place (Opposite Henry's Bar) in town, on ***9th JUNE 2026*** between 10:00-12:00.

Come along and meet us. We can discuss any local issues, provide information on crime prevention, tell you about some of our local initiatives. These sessions are open to anyone and everyone. Hopefully we will see you there!

Moving out your HMO:

This is not just for students, yet a lot of the 20-50 year old professionals living in HMO's too.

Please use the information please that Cardiff Digs website has generated to help the 4 colleges of students make a clean-as-an-exit-as-possible! Link: ***https://www.cardiffdigs.co.uk/recycling-waste/love-when-you-leave/#collections*** – yet inevitably there will be some level of 'dumping on the street'.

As for the Cathays residents, as many of you are up-cycling/recyclers now – look out for any new (slightly used) plate sets, towels, small tables etc – there are plenty of good finds. We know some of the landlords have an informal exchange network going on – it saves it going to the skip or the fire!

Regardless of it being dumped on a skip, or the street - I know I am certainly grateful since 2002 (and I've been here since the mid-1990's!) for all the spare plant pots, recovered soil etc. A lot of *'dead house plants'* the last 25 year's I've managed to bring back to life – get them growing and pass them onto the neighbours. Again – another thing (of many) that does not get plastered all over the social media, when it is simply a case of 'paying it forward' and trying to create some form of local community links!

Also …. A recent mini-anniversary:

Not had permission for this entry, so no names – yet a fond tale to share! It was lovely to hear "fell in love and married my flat mate!"

Who says love & romance is dead? It just needs to air out its lungs on an international level once in a while! The world isn't whipped just yet!! Viva la romance!

Save our books petition/campaign!

Please help!

There is 7 km of books are under threat at Cardiff University's Arts and Social Studies Library, including Welsh language collections, and significant books about Wales and its history.

The university want to turn the second floor into classrooms, against staff and students' wishes. We were not consulted.

Please sign our petition and spread the word: **https://you.38degrees.org.uk/petitions/save-the-second-floor-of-cardiff-university-s-arts-and-social-studies-library-assl**

Email: ***Saveourassl@gmail.com***,
Insta @saveourasslcardiff.

Catrin, ***Dan*** and colleagues. ASSL

USW Open Day:

A few open days of the local colleges may be of interest to our teenagers and prospective mature students too!

The University of South Wales has Open Days coming up! ***https://www.facebook.com/UniversityOfSouthWales*** - check out the video for the open day at University of South Wales (campuses in Cardiff, Treforest and Newport).
Link: ***https://signup.southwales.ac.uk/en/book-open-event/***
Find out why we're a top 50 UK University (Guardian University Guide). Join us at our next Open Day on Saturday 13 June.

Cardiff Metropolitan University Open Day:

Are you supporting a student on their journey into higher education?

Join us on Saturday 20th June at our undergraduate Open Day to find out more about how we can support you through the process.

We hope to welcome you on campus soon – link is: ***https://www.cardiffmet.ac.uk/study/open-days-and-events/undergraduate-open-days/***

A goodbye to Jenny Rathbone

I was grateful to see Jenny Rathbone in-person in April to wish her a happy retirement. The initial difficult conversation we had in November 2020 when I had to report multiple infraction of her parties councillors led to Jenny taking a bit of action. More to share on all this in the future monthly updates ……

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in June 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!

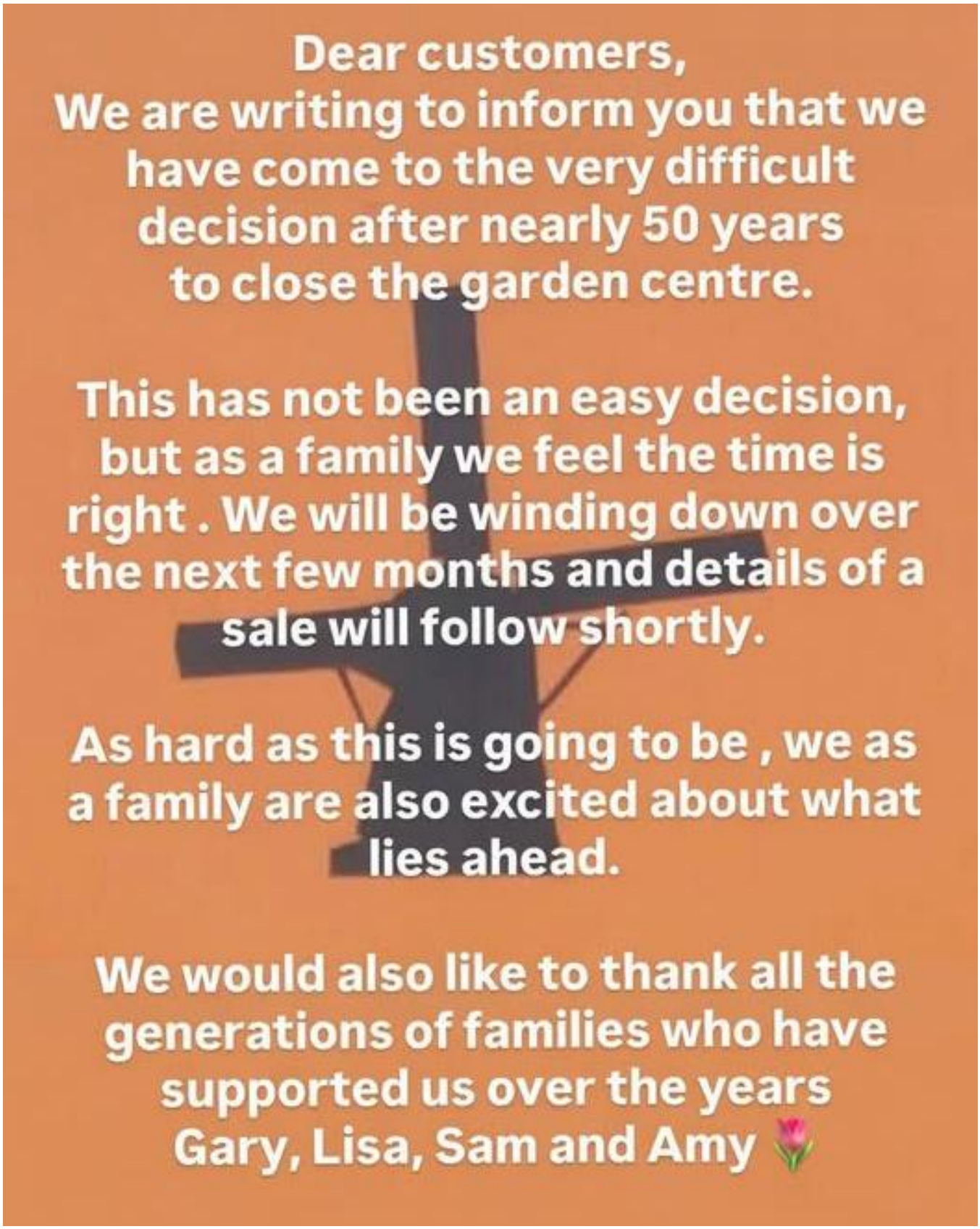
Please help to repopulate this monthly online Cathays Calendar – for those with entries on the calendar, please ensure the information is updated with times, links etc.

Basic/Uncategorised | Health, Fitness & Sports | Local Business | Volunteering & Activism | Social & Recreation | Art, Music & Culture

June 2026

MON	TUE	WED	THU	FRI	SAT	SUN
1 7:00 pm: Cathays Brass - every Monday evening!!	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 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					

Dutch Garden Centre Cardiff – closing after 50 years



Gary, Lisa, Sam & ***Amy*** – Staff
Dutch Garden Centre - Cardiff

Cathays Local Businesses

Foodbank in Cathays – donating and collection for June 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**
- **CLEANING SPRAY**
- **DEODARANT**
- **SPONGE PUDDINGS**
- **TINNED FRUIT**
- **TINNED TOMATOES**
- **TOOTHBRUSES**
- **CHOCOLATE**
- **COFFEE**
- **LONG-LIFE JUICE**
- **SWEETS**
- **TINNED RICE PUDDING**
- **TOMATO SAUCE**

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

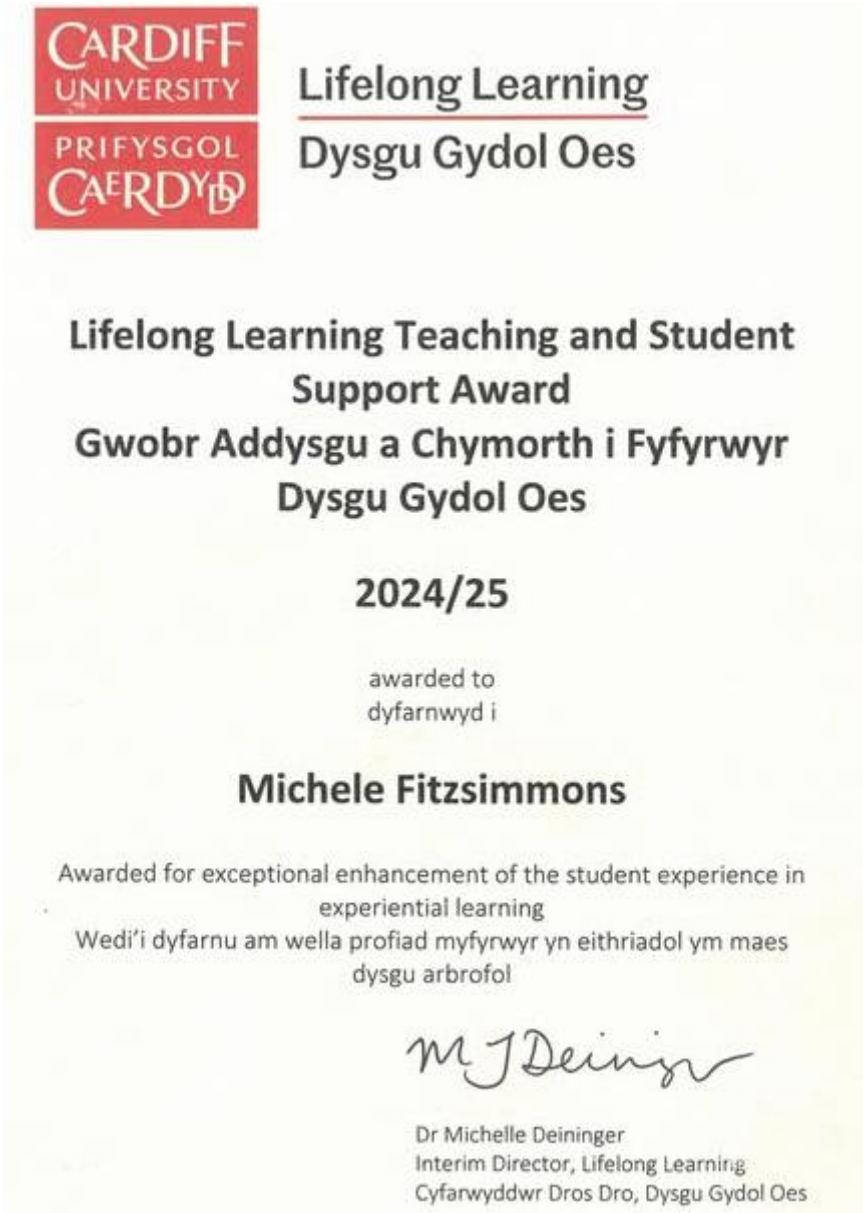
of the UK population live below the poverty line

Award for Michelle Fitzsimmons – of Edible Landscaping!

Who Is Michelle? One of the many original pioneers of healthier and better designed gardens in Cardiff since the 1990's! ***Edible Gardens*** had lead by example on so many levels – particular focus on more local food growing has been one of Michelle's main passions. In recent times Michelle has been awarded the ***Teaching and Student Award*** – congratulations Michelle; all that solid work for decades is long overdue to be recognised on a wider level.

Michelle's efforts over the last 3 decades have rubbed off on a lot of the inner (and wider parts of) Cardiff. Not just with food growing, yet also supporting biodiversity with your own garden. The Upfront Garden Project – particularly well adopted in Roath where certain terraced houses, the residents really made efforts with the limited frontage they had by creating more noticeable planting areas. Others followed the positive example…. And slowly it has spread elsewhere. In Cathays, one of the examples following Michelle's brilliant example was the Catherine Street Family Planting Boxes micro project.

You leading by example with Edible Gardens, passion in teaching and much more; has helped empower many of us. Again massive congratulations Michelle on an award well deserved!



CARDIFF UNIVERSITY
PRIFYSGOL CAERDYDD

Lifelong Learning
Dysgu Gydol Oes

Lifelong Learning Teaching and Student Support Award
Gwobr Addysgu a Chymorth i Fyfyrwyr Dysgu Gydol Oes

2024/25

awarded to
dyfarnwyd i

Michele Fitzsimmons

Awarded for exceptional enhancement of the student experience in experiential learning
Wedi'i dyfarnu am wella profiad myfyrwyr yn eithriadol ym maes dysgu arbrofol

M J Deining

Dr Michelle Deininger
Interim Director, Lifelong Learning
Cyfarwyddwr Dros Dro, Dysgu Gydol Oes

Lark Design Make – multiple events in June!

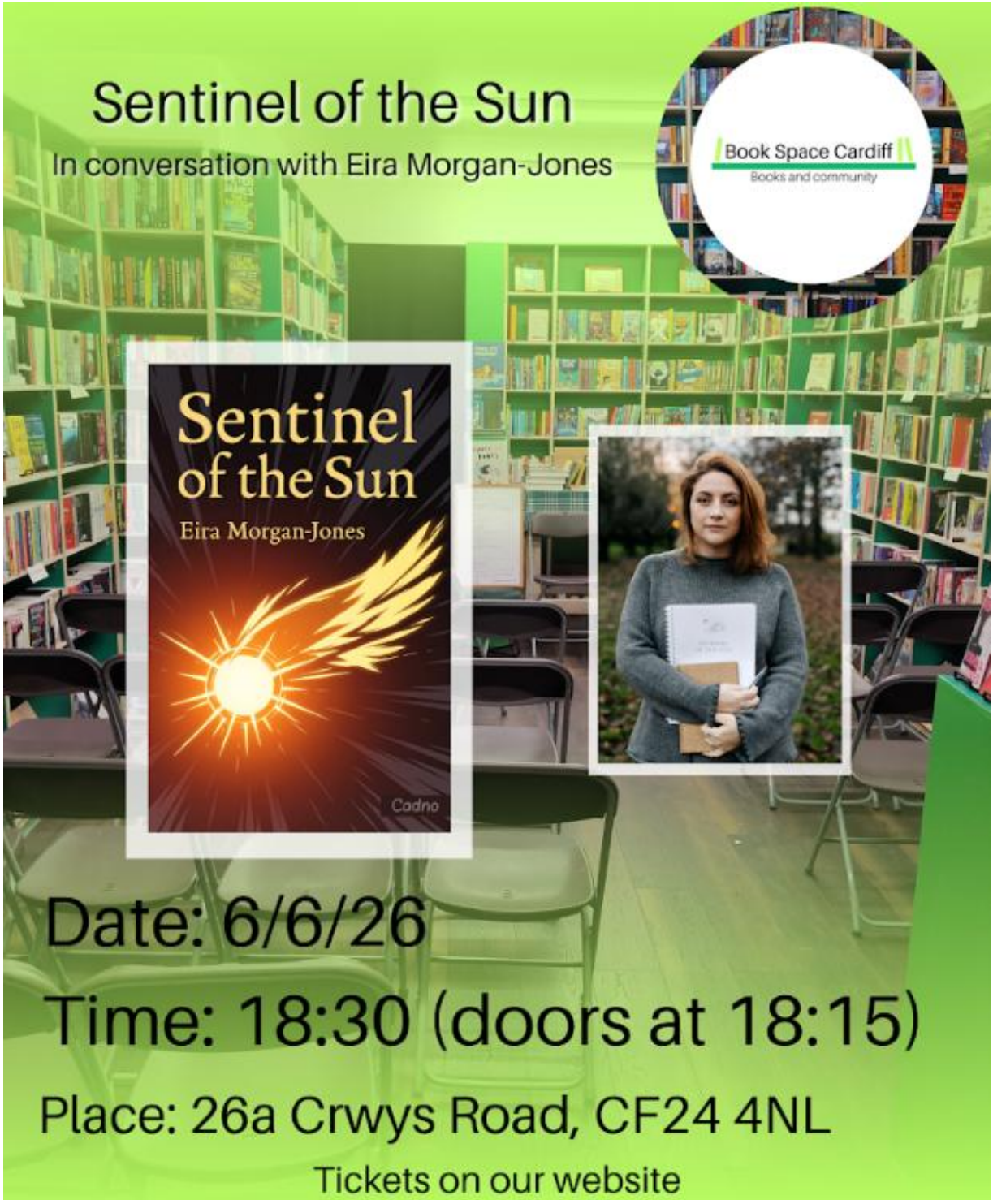
Website: ***www.larkdesignmake.co.uk***
Telephone: ***029 2297 1397***
Email: ***larkdesignmake@gmail.com***



Gemma – Staff
Lark Design Make – Dogfield Road

Sentinel of the Sun @ Book Space Cardiff – Saturday, 6th June

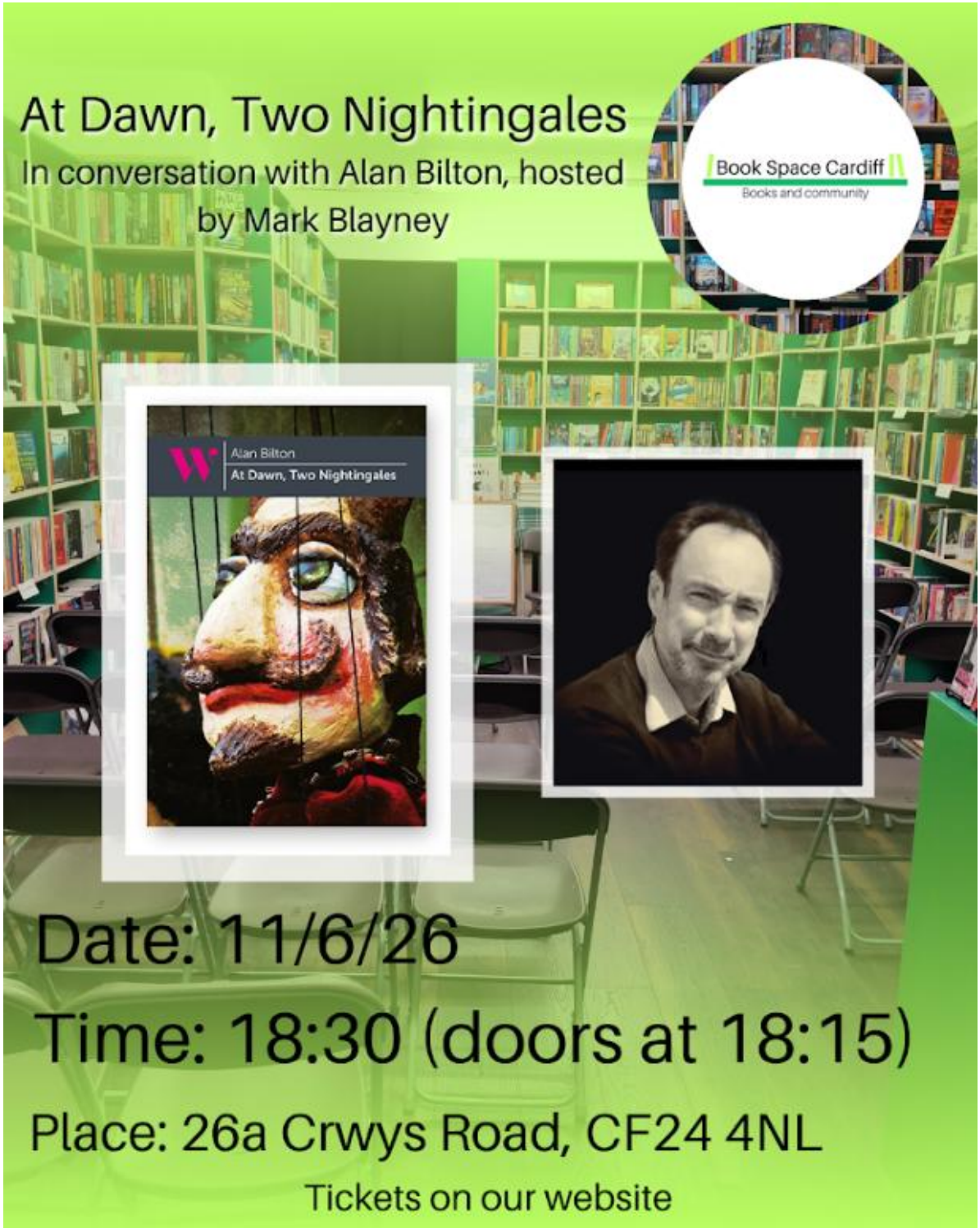
Link: ***https://www.bookspacecardiff.co.uk/pages/newsletter-sign-up***



Lily, Manager
Book Space Cardiff, Crwys Road

At Dawn, Two Nightingales @ Book Space Cardiff - Thursday, 11th June

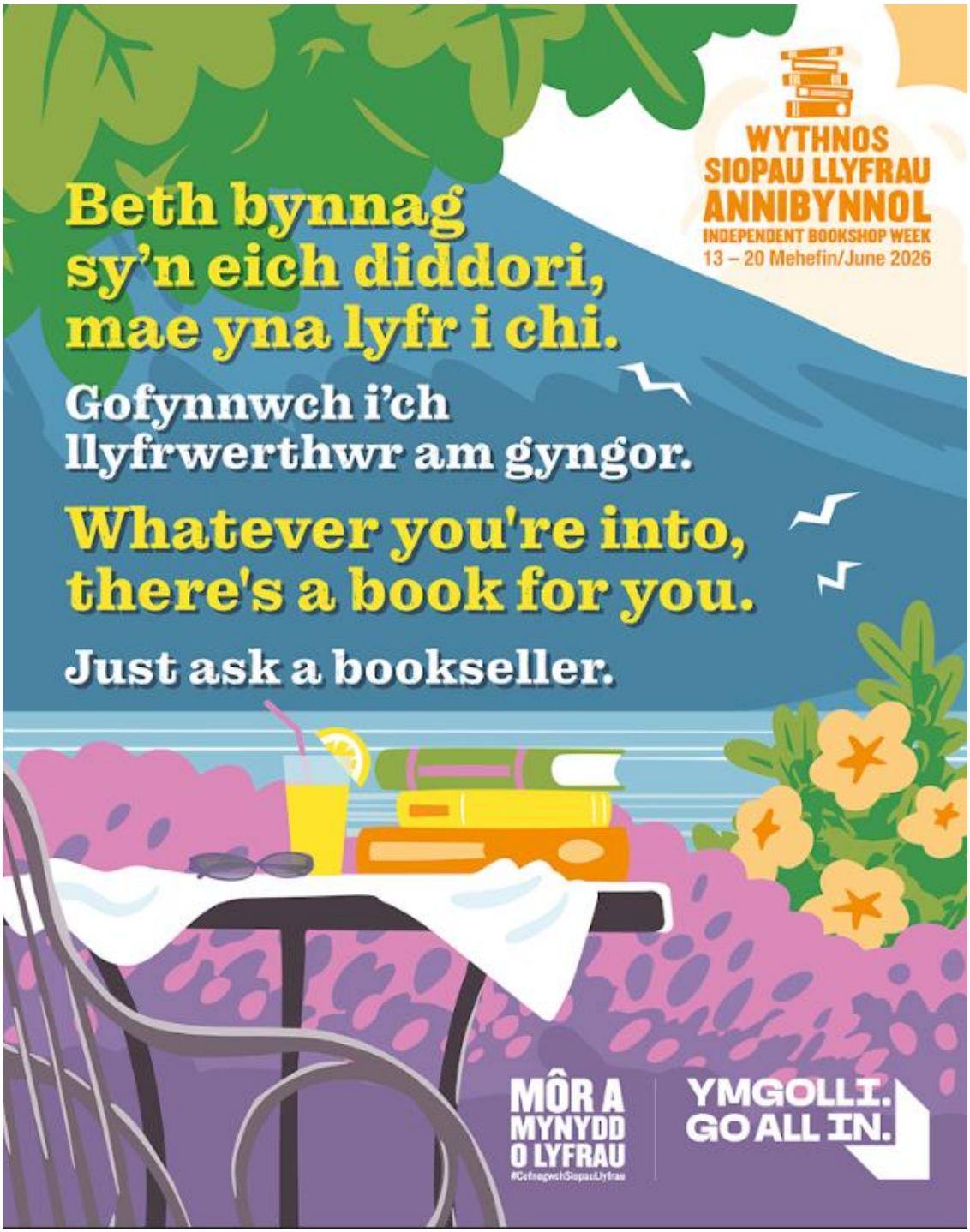
Link: ***https://www.bookspacecardiff.co.uk/pages/newsletter-sign-up***



Lily, Manager
Book Space Cardiff, Crwys Road

Independent Book Week – Saturday, 13th to Saturday, 20th June

Link: ***https://www.bookspacecardiff.co.uk/pages/newsletter-sign-up***



Lily, Manager
Book Space Cardiff, Crwys Road

Gwaith @ Ffotogallery - Thursday, 18th June

Link: ***https://www.ffotogallery.org/whats-on-listings/gwaith-june26***

ffotogallery



Gwaith is a social and critical art platform based in Cardiff for early career artists, graduates and students in South Wales.

Moving among different host venues, Gwaith is about creating an open forum for conversation around contemporary art. It is a place to discuss the work and ideas of people who attend, as well as the work on show at the host venue. Come along to meet new people in a friendly informal environment. Free and open to all.

Thursday 18th June, ***6-8pm***
This session is hosted at g39.

Curated by Rory Duckhouse.
In partnership with Ffotogallery and g39.

Kate, Grace et al - Staff
Ffotogallery – Fanny Street

Wine Tasting @ Rhostio Coffee Roasters - Wednesday 24th June

Link: ***https://www.rhostio.co.uk/wine-club/***

Rhostio Wine Tasting Club

Join us for an unforgettable evening at the Rhostio Wine Tasting Club! Indulge in a delightful selection of 6 different exquisite wines, perfect for wine enthusiasts and novices alike. Get ready to sip, savor, and socialize with fellow wine lovers.

I actively encourage you all – it does not matter if you are a new person moved into the area, or a group of friends curious about wine tasting, a couple looking for a romantic night (away from the kids – yay!!) please do get involved with the ***Rhostio Wine Tasting Club***.

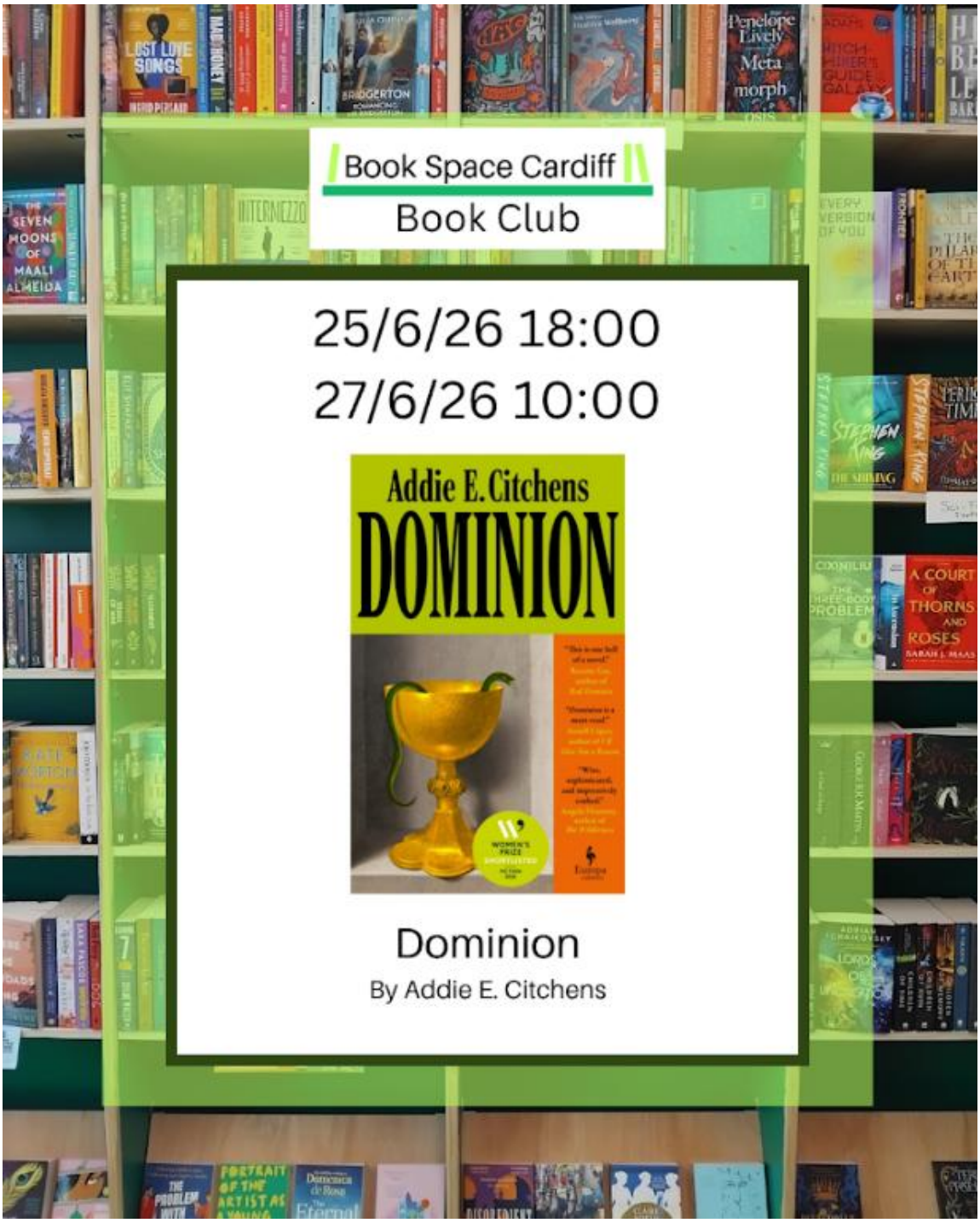


Also – when you are there – ask the staff about their ***monthly comedy night*** too!! Great way to enjoy the evening and hopefully make some new friends too – on both events!

Imogen - Marketting
Rhostio Coffee Roasters, Crwys Road

Dominon @ Book Space Cardiff - Thursday 25th June

Link: ***https://www.bookspacecardiff.co.uk/pages/newsletter-sign-up***



Lily, Manager
Book Space Cardiff, Crwys Road

Creative Clearout Sale @ Ffotogallery - Friday, 26th/Saturday 27th June

Link: ***https://www.ffotogallery.org/whats-on-listings/creative-clearout***

ffotogallery



Ffotogallery will be holding a two-day Creative Clearout sale, offering a large selection of surplus frames and publications at heavily discounted prices.

Available items include professionally made frames in a range of sizes and finishes, including black, white, and natural wood. Frames vary between glazed and unglazed, with options including glass, perspex, mounted, and unmounted frames.

A selection of publications from past Ffotogallery projects and exhibitions will also be available to purchase.

This is a great opportunity for students preparing for degree shows, photographers, artists, curators, and anyone looking for affordable framing materials or display solutions.

All proceeds from the sale will support future Ffotogallery projects and programming. Remaining unsold stock will be donated to other charities following the event.

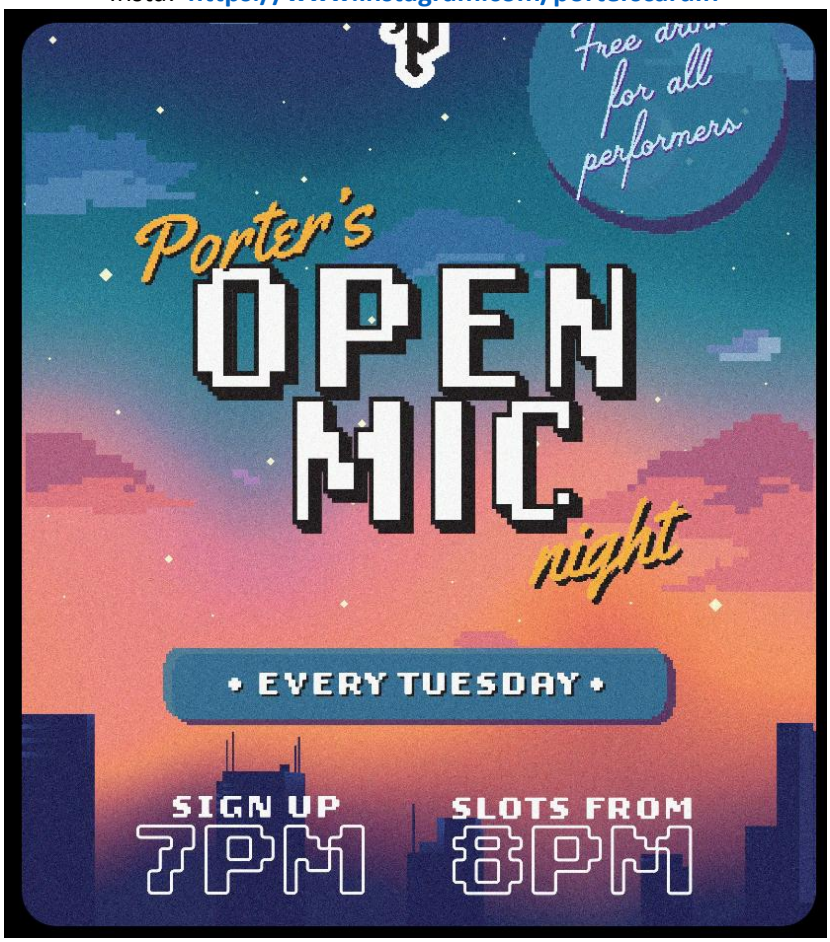
Friday 26th & Saturday 27th June

12pm - 5pm

Kate, Grace et al - Staff
Ffotogallery – Fanny Street

Porter's OPEN MIC Night @ Porter's - Every Tuesday

FB page: **https://www.facebook.com/Porterscardiff**
Insta: **https://www.instagram.com/porterscardiff**



Open Mic Night takes place every Tuesday — a night full of music, poetry, comedy, dance, and anything else you want to bring to the stage! Hosted by the wonderful Genevieve (one of the loveliest people you'll ever meet). Whether you're testing out new material or stepping on stage for the very first time, we can't wait to hear what you've been working on!

We welcome:

Singer/songwriters
Producers
Musicians
Poets
Comedians
Dancers
Anything else you've been wanting to try

What to expect:

FREE DRINK for all performers

A welcoming community ready to cheer you on!

There is an acoustic guitar and a stage piano available for all performer's if they need it (but feel free to bring your own if you'd like). If you are performing anything else then of course you'll need to bring whatever equipment you will need in order to perform. If you are performing with backing tracks then using tracks from your phone/laptop is possible. We have a full microphone locker and P.A system so we are equipped for any setup you'd like to throw at us!

Porter's Cardiff – 9 Barrack Lane (Town) CF10 2GS

Cathays Local Businesses

July 2026 – Cathays Monthly Update

Summer is here!!

What events are happening for everyone? Kids events? Family gatherings? Pub BBQ's – please do drop us a line on ***mail@yourcathays.org.uk*** – please understand we have a lot of isolated people who want to engage, yet it can be difficult for some!

Enjoy the summer – please get that Sun Proof Factor of 30 (minimum on) and try to avoid the 11am to 3pm peak sun if you can!!

Regards,

Paulus