Cathays Monthly Update – August 2026

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

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August 2026 comments:

A quiet one – rest well neighbours!

This will be a quiet monthly edition, and a few things were taken out last minute. Yet many of the businesses are taking a break – as they should.

Redesigning your home's set up!?!

I do hope some of your Cathays neighbours are taking a break too. A few have quipped how the July weather has wiped them out.

It was odd to listen to a lot of neighbours saying even after having cold showers (which they never usually have) they'd be sweating just an hour later having walked into work or working from home and the overheat in our domestic abodes has been a challenge for many.

The supermarkets ran out of fans quickly – even for people who just wanted the fans to leave on for dogs and cats in the house, whilst they were out in work.

In may be an idea to consider buying a fan in the autumn, winter – get them ahead of time. We keep ignoring the warnings – yet heat increases in Spring/Summer peaks will be very deleterious to our work, live and play conditions (or do we deserve what we have brought upon ourselves the last 50-75 years of industrialisation?)

Consider what room is best to work in? The shaded room that may get very little light in the winter – may be a more prudent space when it is sweltering in the summer? The beauty of laptops/tablets is it is not a cumbersome weight to lug about like you did with desktops 20 years ago.

Getting a few more house plants in will help clean the air – and make the house a bit cheerier ……

2012 mapping, then 2017 updates – we may pick up more in 2027:

With the Transition Network (the Cardiff iteration of it) going around multiple districts of Cardiff – and mapping out all the green spaces. The purpose at the time of what opportunities there are for food growing, herbs etc.

A few of them are quietly picking up sticks. Regarding the Cathays end of things – only by relentlessly door knocking every street over the 2013 early 2020 time point did the engagement get off the ground with a lot of people recommending ideas for pretty much street on how it can be improved.

None of this is dead-in-the-water. It may have been stalled when many neighbours …. yet it may be possible we can start quietly looking back into these micro-social-ventures/efforts! Patience people …. We'll get there at some point.

RIP Mrs. Gilliam Baker

Grateful to Harriet street couples who told me that with deep regret Gill had passed away on 24th June. Apologies for the family getting this out late.

It has been challenging what both Gill and John have experienced in recent years, yet gratitude to the family and neighbours for their support.

It's always been such a joy to see John & Gillian's shared pictures – particularly the one of them (as Bride and Groom) on the staircase when they first married – and the same location and a new picture taken decades of them together – a true testament to a proper marriage. True love never dies …… never forget that!

Our thoughts are with John, and I know that Harriet Street lot are a tight knit role model group of residents who always have each-others back.

RIP Mrs Susan Cleaver

On 17th July it was tough to hear that dear Mrs Susan Cleaver had passed away. Wife of Alun (who died earlier this year) and the duo were regulars of the Cons Club, Cathays.

Sue and Alun met when he was in the army over in Ireland, and Alun managed to convince Sue to join him in Cardiff. They brought up their children with work ethic, a drive to be educated and always be the best person you can.

If you can make it, the funeral will be on 17th of August (16:30 start) at Thornhill Crematorium – in the Wenault Chapel.

My fondest memories of Sue will be the end of each Saturday late evening in the mid-to-late 2010's in the local workers club, for a quick catch up – supplemented with the bending my ear and getting the info out on ensuring whether Kevin, Bob, Richard, Brian and of course Alun all behaved on Curry Nights.

My lady you will both be missed by many! Rest in Peace – and both of you are together again in a better place. My goodness such an end of an era. Sue the perfect embodiment of an angel! Rest well bright one!

Best wishes to 3 expectant couple

So for a 20 something couple, 30 something and 40 something couple – news of you expecting Cathays next generation!

No names – just know the immediate circle of friends/neighbours are happy for you – and the wider community wishes our new 'young families' well as more babies have been born in the area the last decade compared to the 1990's and 2000's. Proud of you all!!

Why record everyday?

Vivid memories of the 1970's and 1980's where local newspaper stories couldn't have got it more wrong if they tried – and the dire misinterpretation of a lot of things that happened – and the misrepresentation the local papers used to pedal with it all – my goodness.

I am sure a few of you have had similar experiences. No-one would ever listen to me (do they now a century turn later?) yet what I did believe back then was some sort of record – an equal (if not silenced) view should be recorded of sorts.

I don't need to weaponize this, yet if things ever have to go to court on about 50 different infractions/incidents that have happened – would truth stand up when the daily recordings are re-iterated under oath?

Newport Road going back to 30mph?

According to ***Valley Times*** – 4 roads in Cardiff are all to revert to 30mph after all that money spent on 20mph …

The border of Cathays (south east point where Queen Street has The Capitol and Sainsbury's QT at the end) is where Newport Road begins ……

Newport Road will return to 30 mph for its entire length, with the exception of the zone outside St Illtyd's Catholic School which will remain at 20 mph for student safety.

60 months in the pubs ….

I started writing this in 2022, with regard to 2 pubs I would not be seen dead in - namely 'the scuz pub' and 'the place'. My goodness talk about baptism of fire!

My goodness – talk about a social baptism of fire – yet the learning arc's of Cathays past/present dynamics – so many blanks filled in, which I never would have attained from the 2013-2020 door knocking and delivering the newsletter.

The Police only ironically told me they get called a disproportionate amount of times to "those 2 places" where the other pubs they lament they never get called to – due to the professionalism of the other dozen pubs!

It was funny seeing the look from more managerial people, authoritative lot when they would see me afterwards – so I knew they had all been informed that I had been banned (intentionally I might add!).

The irony is the trouble-makers (who have pretty much been banned from every other normal pub (a dozen lovely venues which I gratefully admire frequenting!) yet the 'barge-of-the-dead' – or should I say 'banned-of-the-dead' (or as Rhys calls it 'Gods waiting room!') are focused in the Scuz/Place venues!

I will serialise this over a couple of months. So much to share with the wider community! Pseudo names et al!

A bit of threatened blackmail eh?

It has been (possibly) humorous when deviants thought they could maliciously get something on a resident and threaten to extort them – "I got pictures on you!"- or "I caught you in a compromising position/location!"

How can you blackmail someone who has literally nothing to lose? That no-one has a clue about. That even regular people may not even care about …

How can you possibly threaten someone that has been trying to self-delete for 6 decades? How can you blackmail someone who is childless, family-less, spent the last 30-35 Christmases on their own? Who baits something much, much worse! …… what can you possibly do to damage a counter-point (who ironically won't give up on the other 8 Bn loons!) when you cannot break them? How can you humiliate (publicly) someone who doesn't react like the average person would.

It's almost as bad as some 'local toughs' who wrongly scapegoated an innocent and tried to spend the next 3 year's intimidating them. Such toughness in groups – yet when deviants see the iso on their own on City Road, or Clifton Street on the tough's own turf – why do the scum look so uneasy? The broken courts system will protect the deviants …… slap on the wrists. Get away with it…

Something worse can always keep pushing ……. Yet there is always something better pushing back in the background. No-one (better people) will ever know (do they need to know) …… so weak attempts of blackmail, demonising or scapegoating aside, you may as well get a spade and dig your own hole ….. dear me!

Are you looking after your own physiological environment?

A fascinating month of stories of residents surviving the heat wave, yet with some saying they gave up showering, stopped changing the sodden bedsheets each few days – and just get through it. You could certainly smell the body odour's – or "Bo!" in the pubs.

Do fitter bodies help keep us warmer in the winter and colder (or rather kick the body heat out quicker) in the hotter days – which is increasing annually.

Evolution works too slow, yet what can you do to adapt to all these heat differentials? Is global warming going to force the whole world to get fitter now, be more efficient with food, general consumption – keep that increasingly delicate balance of hot/cold in the house – under the pressure of increasing utility bills?

Could it be if we looked after our own physical personal (meat-bag!) environment's ….. it may have a positive causal impact on the wider scope of the tide we all need to turn together now?

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in August 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

August 2026

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!!	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 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 10:00 am: Family Craft Group - EVERY Saturday morning @ Cathays Library	
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	
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Cathays Local Businesses

Foodbank in Cathays – donating and collection for August 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!

- **CHOCOLATE**
- **DEODARANT**
- **SPONGE [UDDINGS**
- **SWEETS**
- **TINNED POTATOES**
- **TOMATO SAUCE**
- **WASHING POWDER**
- **COFFEE**
- **PASTA PACKETS (MICROWAVE)**
- **SQUASH**
- **TINNED FRUIT**
- **TOILET ROLL**
- **TOOTHBRUSH**

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:

- **THE LIST IS REMOVED**
- **SEE ABOVE FOR SHORTFALL ! !**

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!



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!

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

Thank you everyone who donates!

Felicity – Cardiff Foodbank, ***Gauri*** – Cardiff Foodbank, ***Barak*** – Al-Manar Centre, ***Mo*** – Dar Ul-Isra, ***Simon*** – Sherman Theatre

Places available at Fairoak Primary School (3 to 11 year old's) – All welcome to apply!

Link: ***www.fairoakprimary.co.uk***



Mrs Weston – Teacher
Fairoaks Primary School – Whitchurch Road

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

Link: **To be confirmed**



Patrick – Organiser

Family Craft Group – Fairoak Road

Bait (Book Launch) @ Book Space Cardiff – Saturday, 1st August

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



Lily – Manager
Book Space Cardiff - Crwys Road

tactileBOSCH: Fist inside the Velvet Glove @ Ffotogallery – Friday, 7th August:

Link: ***https://www.ffotogallery.org/whats-on-listings/tactilebosch-a8fm3***

ffotogallery

Friday 7th August, 6pm - 8pm

tactileBOSCH invites you to slip a fist inside the velvet glove of their archive, alongside new works in response from:

Holly Slingsby **Jan Bennett**
Mia Roberts **Paul Regan**

For 25 years, **tactileBOSCH** have made ephemeral, time-based practice in abandoned spaces, now long gone, capturing moments of a Cardiff that no longer exists. The work was never built to last. Performances for one night.

Rooms transformed and then abandoned. Half-remembered conversations and ideas never realised. What remains are fragments. **Photographs. Audio recordings. Video files. Projection slides. Notebooks. Posters. Hard drives and Polaroids**.

For our birthday year, they are opening Pandora's box. Join us at **Ffotogallery**, where the archive will be live across formats. Watch. Listen. Flick through. Sit with a projection. Put on headphones. The material spans the life of the collective and the hidden history of Cardiff itself — the disused factories, the abandoned nightclubs, the marginal buildings we reanimated.



Grassroots practice is fragile. It leaves few traces. It operates outside the institutions that preserve history. Right now, art schools are contracting. Funding demands measurable outcomes. Independent spaces are disappearing.

The ghosts of past practice are not simply memories. They are raw material. To summon them, to handle the fragments, to listen to the lost recordings, to sit with what was almost forgotten is to ask not only what happened, but what might still happen. What futures can we build by reanimating what came before?

Add your own memories. Leave a note. Record a story, a memory, an idea, a dream for the future. Help us imagine what artist-led grassroots practice in this city could look like over the next twenty-five years.

This is not a retrospective. This is a reactivation. A site of speculation, improvisation and encounter.

Join us at **Ffotogallery** and experience the archive firsthand. Handle the materials. Listen back. flick through, sit with what remains and add to the stories.

Kate, Grace et al - The staff
Ffotogallery, Fanny Street

Cathays Local Businesses

Police Stand / Neighbourhood Policing Team @ Bridge Street – Friday, 7th August

Web browser search: ***South Wales Listens***

South Wales Listens / RWF Stand
11am to 2pm

Your local Neighbourhood Policing Team will be at St Davids 2 Shoppping Centre on 07/08/2026 from 11.00 - 2pm Come along and meet us.

We can discuss any local issues, provide information on crime prevention, Recruitment, South Wales Listens and tell you about some of our local initiatives.

These sessions are open to anyone and everyone.

Hopefully we will see you!

When and Where?

Fri 07 Aug 2026 11:00 - 14:00

St David's Dewi Sant, Bridge Street
Cardiff
CF10 2EF
///stays.dimes.over



Will you attend?



Surinder Singh Taak – PCSO
Cardiff Central NPT
South Wales Police

FAN (Friends & Neighbours) @ Cathays Library – Thursday, 13th August



Please do join us on Thursday 13th August

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.

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.



Photo credit: Photo credit: By GJFarr - Own work, CC BY-SA 3.0, https://commons.wikimedia.org/w/index.php?curid=12443018

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***.

Janina – FAN co-ordinator
FAN Cardiff

Wine Tasting @ Rhostio Coffee Roasters - Wednesday 26th August

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

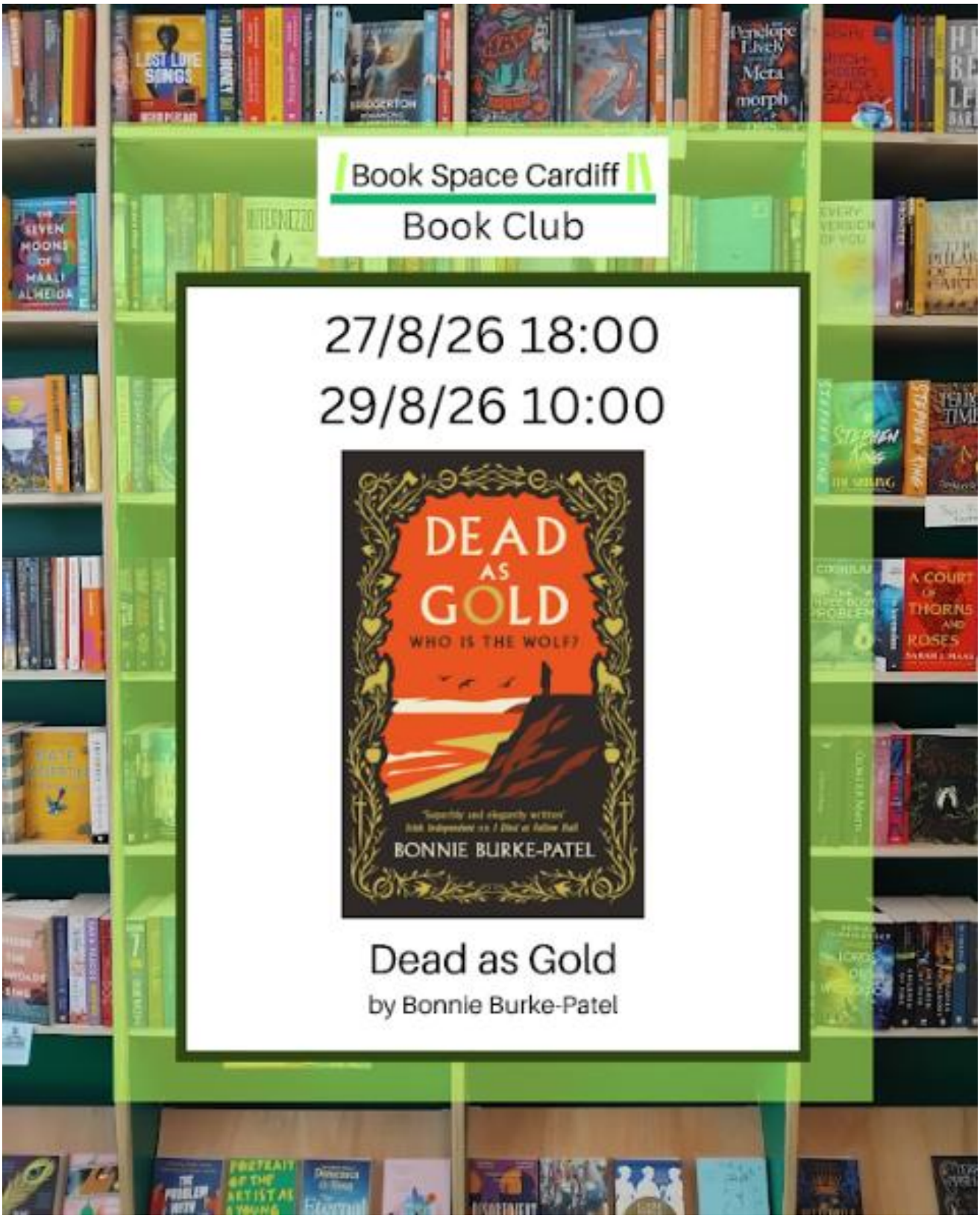




Imogen - Marketting
Rhostio Coffee Roasters, Crwys Road

Dead as Gold - Book launch @ Book Space Cardiff – Thurs 27th / Sat 29th August

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



Lily – Manager
Book Space Cardiff - Crwys Road

Cathays Local Businesses

September 2026 – Cathays Monthly Update

Get your end of Summer event posters in please!!

Yes autumn is coming – deal with it !!!

You got your compost pod sorted yet?

Regards,

Paulus