



2020/21

ANNUAL REPORT

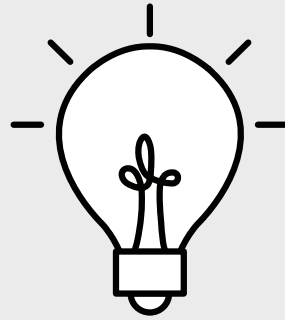
Cathays Community Centre
www.cathays.org.uk



CANOLFAN
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CATHAYS

CATHAYS
COMMUNITY
CENTRE

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DIVERSE

FUN

ORIGINAL



About the Centre:

Cathays Community Centre operates a wide range of youth provisions and other community projects.

We have a huge range of independent groups and classes that hire the space together with a plethora of public and private events.

35+
activity
groups



STATISTICS

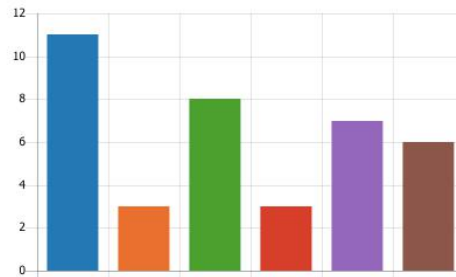
We have recently asked our members and centre users to complete a survey.

Find the results below:

Do you use any of the following to engage with the centre? Select all that apply.

[More Details](#)

| | |
|---------------------------------|----|
| ● Website (cathays.org.uk) | 11 |
| ● Instagram (@cathayscommuni... | 3 |
| ● Facebook (@ccycp) | 8 |
| ● Twitter (@CCYCP1) | 3 |
| ● Posters/Flyers | 7 |
| ● Other | 6 |

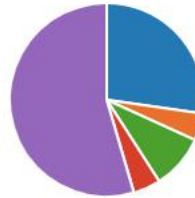


In what capacity do you use the community centre?

[More Details](#)

[Insights](#)

| | |
|-------------------------------------|----|
| ● Attending activities/groups here | 6 |
| ● Dropping people off | 1 |
| ● Socializing in our space i.e Café | 2 |
| ● Renting rooms | 1 |
| ● Other | 12 |



What would you change about the building structure of the community centre?



What do you like about the centre?

5 respondents (23%) answered **community** for this question.



■ TRUSTEES REPORT

Bud Harper, The Centre Manager

In last year's report we commented on the huge changes that the Covid 19 Pandemic brought to the Community Centre. This past year has brought much of the same, though at time of writing we have the nearest to normality since before lockdowns and restrictions began.

It's been hard to recall at which points in the year: the building was either closed; open but only to church groups and substance misuse support groups; or when we could open the café but only outdoors. It's certainly been a year of constant change! Only since September have we started allowing events back to the centre, though we have been cautious with a limited capacity and a ban on alcohol. Nevertheless, it has been rewarding to see people enjoying events again in a safe and responsible manner.

Though again it has been a challenging year, we have coped admirably and I would like to thank all the staff and volunteers for their commitment, hard work and dedication.

Financially though, we have coped with a loss of income on-site by increasing income through our work provided to social services, the furlough scheme and a selection of grants across different areas. In the previous year (which was only affected by Covid for a few weeks) we saw income of £394,000 and expenditure of £384,000. This year we have seen income of £338,000 and expenditure of £339,000 and a bank balance as of April 1st 2021 of £82,000. £50,000 of this are our agreed reserves and £38,000 are restricted to use stipulated in grants. We were though at the time owed around £75,000 from Social Services which has now been paid.

Our ability to run services online or out in the fresh air has been a real achievement. Day Provision, our youth groups and Memory Lane all provided fantastic support during lockdown whilst Community Support and our new Outreach Project have extended our work beyond the confines of the Community Centre.

It has been great to watch other areas of the charity flourish like the café, bakery and garden area. This Summer saw the café attract many customers to the garden space which has been transformed by the hard work of our trustee Simon Murray in creating a beautiful Yurt and Pergola.

-->



■ TRUSTEES REPORT

It really was lovely to see so many people enjoying eating outside in an attractive space and it's the busiest the café has ever consistently been.

In other developments at the Centre, we have seen the biggest and longest renovation project since the front and back buildings were joined. Work on building dedicated access past the main hall to the rebuilt rehearsal rooms and new Sensory room began in January 2021 and is due to finish in January 2022. We have had one rehearsal room completed and opened since the end of the Summer 2021 and we have seen a steady stream of musicians returning since lockdown restrictions eased. Unfortunately, one area where our music services have diminished has been in the closure of Reel Time Studios after almost 18 years of operating out of the Centre. We have since been able to use the space effectively though, as it has provided a second rehearsal room whilst Practice Room 2 continues to be renovated.

We are seeing quite a change outside the Centre too with the building of the Cycle Highway up Cathays Terrace. This has seen a fair disruption to business and available parking.



Yurt

Once completed we will see what lasting impact the scheme will have on people's ability to travel conveniently to the Centre.

Finally, we have seen in the last year continuing improvements to our infrastructure. Though not a glamorous subject, it is vital that we keep up as an organisation with our steady growth.



New practice room



Renovated Main Hall



Changes outside the Centre

Maintaining and developing our HR, Finance, Health and Safety, GDPR, Safeguarding and Governance structures is an ongoing challenge along with attracting and maintaining the excellent staff, volunteers and Trustees we need to make the Centre a success.



3 Cliffs Bay, Gower



Tectona scooner sailing boat

INCLUSIVE YOUTH PROVISION

Debbie Davies, Inclusive Youth Provision Manager

2021

has been a remarkably busy year for IYP, just as we thought things were getting back to normal Covid restrictions came back just before Christmas 2020, however we are nothing if not adaptable and managed to keep contact with members and households through Community Support Sessions, Zoom meetings and home visits.

Cathays IYP has funding from BBC CIN to run 6 weekend breaks and one weeklong residential, every year. In October 2020 we had a window of opportunity to run a trip for 6 young people to Lunnon Farm at the Gower, this was the first chance we had for a long while, and members had a

fantastic time walking on the Gower beaches and spending time with friends outside of their "social bubble".

Little did we know at this point that another lockdown was imminent, and we would not be able to go away again until June 2021. More trips to the Gower followed, as well as a week-long Boat Trip, and a visit to London. Members taking part had a wonderful time with their friends and had opportunities to develop independent living skills and make informed choices.



36 members took part in residentials and every one of them would like to go again.

February and Easter provision was run online. Staff and students put in place a program of games, workshops, music, and arts sessions that members could join in with using a link that was sent to them. Feedback from parents/carers was that these sessions were a lifeline, allowing some parents to work from home knowing their child was engaged in activities with virtual youth workers, rather than surfing the internet. Some young people engaged in every session Monday to Friday 10-4, others dipped in and out according to the activities being run, -->

■ INCLUSIVE YOUTH PROVISION

however everyone that engaged provided positive feedback.

During lockdown, a sponsored walk was promoted (thank you Riley) on the Centre's website and through social media, members and their households were given sponsor forms and recorded their walking activities in line with their individual target. Also, DJ Jaffa did a sponsored 24-hour DJ set. These activities, along with our annual Roath Park Sponsored Walk, raised more than £5,000 for the new multi-sensory facility. Thanks to all involved, and a special shout out to Dj Jaffa, well done Jaff! *(picture is on the next page).*

Community Support Sessions carried on throughout any lockdown restrictions and members who were unable to engage with online activities could access community support sessions if they were deemed to be in critical need of services, which many were, due to isolation and anxiety.

May Half Term and Summer Holiday Provision saw a return to face-to-face contact, with a high number of new referrals and known members returning.

There was an unprecedented demand for places, particularly for young people with profound and complex needs, who required one to one support.

May Half Term went well, but it was clear that the provision needed more staff, so a recruitment drive was needed.

18 applicants were successful in securing a paid post, and a shiny new and enthusiastic staff team was in place!



The first week of summer provision was a well-managed wing and a prayer, having 18 fresh staff and around 20 new members was challenging, but relationships were quickly built, and staff got to know each other and the young people they were supporting.

Due to distancing still being maintained (as much as possible) we ran the provision from 3 sites:

Cathays Community Centre, Ffotogalleri and Woodville Baptist Church Hall.

This worked well, with all arts and crafts being based in the "Woody Bap" led by the wonderful Community Artist and part time Wizard, Terry Chinn. *(picture is on the next page)*

Groups were escorted to and from this venue with Maciejek

INCLUSIVE YOUTH PROVISION

under the leadership of Sam Weed, supported by his team.

This group, affectionately known as "The Hollyoak Brigade" because of their propensity for drama, had a separate program in place, more suited to their age and abilities. Activities were informed by member's choices and negotiated within the group and within a specified budget. Thanks to Sam and his team for their enthusiasm, patience, and humour and to Ffotogalleri for allowing us to use their building and running activities that members really enjoyed.

We had hoped that the new multi-Sensory facility would be ready in time for the summer holidays however that was not to be, so the main hall at the centre became the base for people with profound learning disabilities, and was equipped with soft mats and blankets, sensory toys, lights, and a dark tent. Big thanks to Angie and Leyanne particularly for managing this area and making sure that this group were safe and happy.



This summer was amazing, I would like to shout out a BIG THANKYOU to all staff and volunteers who made it happen and will finish off with some quotes from members and parents/carers.



DJ Jaffa



"The Hollyoak Brigade"

Terry Chinn (arts and crafts)



Trip to Cardiff Bay

■ INCLUSIVE YOUTH PROVISION



Comments

"I can't thank you enough for this provision, it is a godsend. Massive gratitude to all concerned for making it such a success, F can't wait until the next holiday" Parent of new member.

"Attending Teenscheme has given my daughter a purpose throughout the school holidays, kept challenging behaviour to a minimum, and most importantly given her something to look forward to" Parent of member

"I love coming to Cathays, I have new friends and like the staff, I would be bored and at home if I didn't come"
Member aged 14.

■ COMMUNITY SUPPORT PROJECT

Aeron John, Youth Worker - Community Support Project coordinator

Well-well, another year has come and gone and the Community Support Project continues onwards! Since our inception at the start of the Covid-19 Pandemic the Community Support Project has gone from strength to strength. We've helped support young people, and their families, from a wide range of backgrounds from all across Cardiff in a myriad of different ways; from helping foster independence skills, to supporting services users so they can join social groups - where they can interact with their peers, as well also providing much needed respite for families who have been going through crisis.

Responses from families, young people and social services for the support we have been providing has been overwhelmingly positive and just as we did last year, we will continue to build on what we already have started. With exciting times on the horizon as our Sensory Room in the Youth Centre nears completion, we will be able to provide families and young people across Cardiff with more comprehensive support as well as providing a much-needed space which South Wales is truly lacking.

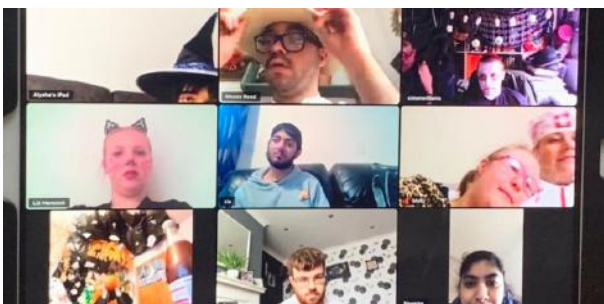


■ DAY PROVISION

Hannah Hudd, Day Provision Manager



It was an uncertain beginning to 2021 for the Day provision, as dreaded Covid stopped all our sessions at Cathays, however, we carried on regardless to provide activities for all our members online. We offered sessions twice a day, five days a week, with a Party most Friday night. The Daytime provision staff worked incredibly hard to keep morale high with a fun exciting service for all our members. We were able to provide sessions in Zumba, Funky fitness Art, music, quizzes, and much more. It wasn't ideal but it was definitely needed in order for members to connect with their friends and to keep occupied during a rather anxious time.



We eventually came back to Cathays on May 17th. It has been an amazing few months with members enjoying reestablishing friendships and getting

involved with planning new and exciting activities.

Mostly it has just been great to see people in 3D. We have also been able to continue activities started before lockdown, such as accessing the local community, shops, cooking, singing and using public transport.

Day provision welcomed lots of new members and staff and was at full capacity during the summer. Now that restrictions have eased we are able to open our doors to more potential Members and hopefully student volunteers too.

In October, we welcomed Olivia and Ibz the local community police officers who have been coming to the centre to visit us regularly. They also came in to deliver a session about Hate crime prevention. To end the Workshop Olivia and Ibz joined in with our end-of-the-day Friday freak out.

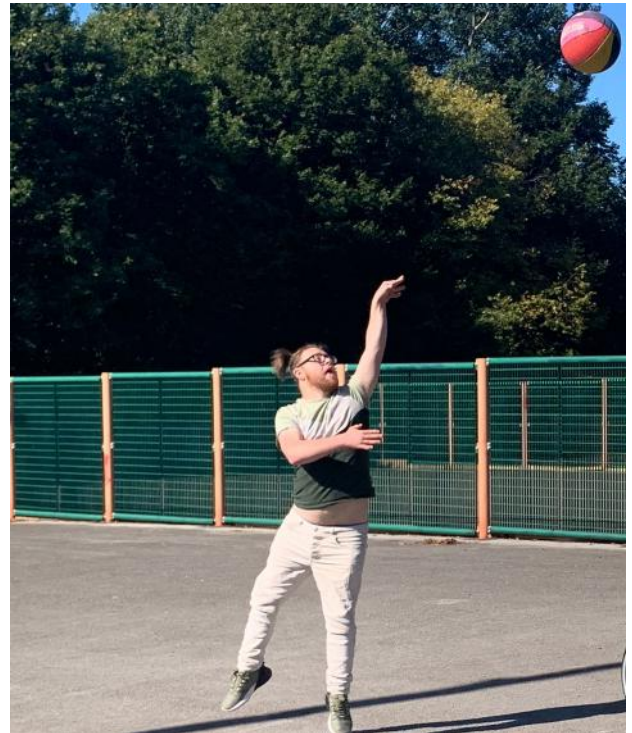


In November we were invited to the Museum to attend a workshop to discuss future plans for the museum and how it could be more accessible and inviting for all. Iwan Brioc was the guest speaker who encouraged our members to speak out and express their views. It was a great morning enjoyed by all who attended. -->

■ DAY PROVISION

The Day provision members are currently working extremely hard on the Christmas showcase. Usually this is a small concert performed by the Friday group. This year we have managed to collaborate with most members and staff across all days of the DP to include all their ideas and imaginative suggestions. The showcase has been written, filmed and directed by the members. This will include lots of singing dancing and drama. Props made by the Tuesday art group and a song written by Phil's music group. They plan to present this to their families and members of the local community on the 17th December. I'm sure it will be a masterpiece!

We look forward to enjoying another full year back at the Day provision with many more adventures to be had.



During lockdown the Day provision members walked over 1000 miles to raise money for the new sensory room. Members danced, walked and wheeled the distance.

We were blown away with all the support. We raised nearly £3000 towards the targeted amount of £5000. Thank you so much Day provision members!



"It's amazing to be back and see everyone" (member)

"Thank you, Day Provision, for your constant support through lockdown. You shared lots of joy and sparkle to all your members and I am truly grateful." (a message from a parent)

"I loved seeing my friends on line but my heart is happier now we are back and I can see them properly." (member)

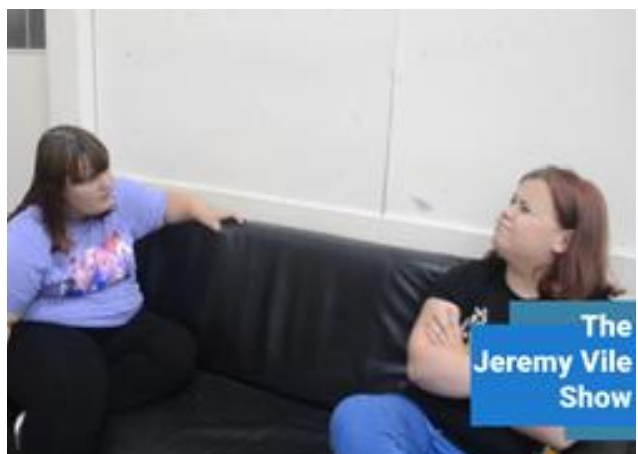
■ EMBASSY YOUTH CLUB

Mia Leanne Hughes, Youth Worker

This past year has been full of ups and downs for us all. The Monday youth club has however had some brilliant successes. The year had started being online and we slowly worked our way back to being face to face. Some of the activities that have taken place are game shows, escape rooms, media projects, social media sessions, dance workshops and the most recent activity being an adaptation of the tv game show Taskmaster. In which the young people take part in a series of tasks, team building challenges and puzzles in order to collect points. This has brought the group together and seriously improved the overall dynamic. The current aims of youth clubs are to provide social education for individuals with additional learning needs and support them in becoming independent and resilient people.

The main project I would like to note that deserves recognition is the media project that we returned to face to face youth work with. This ten week program encouraged and supported members to write and act in their own parody TV clips. These ranged from Love Island to Eastenders to their own match of the day style football show. The members took part in the filming, editing and directing the piece. Once the segments were made, staff and community members came together to react to the clips, creating a 'Gogglebox' style show.

We ended the series of workshops with a final premiere, in which we did a red carpet photoshoot and had soft drinks and popcorn while we watched the final piece together. It was an amazing project and I can only thank the staff involved who supported the young people to complete the project. A special mention needs to be made for Jacob Crofts who put a lot of his own personal time into making the project as special as it could be. We are currently in the process of deciding the provisions for the next project.



■ MEMORY LANE

Phil Racz, Memory Lane Club - Project Manager

Memory Lane Social Club has been running weekly online session via zoom every Tuesday and have regular members who join us for games a social chat and a sing along. We are also delivering weekly sessions at the community centre on a Thursday afternoon.

We have also been providing a weekly session at the community centre when the restrictions where eased.

Our activities at the centre include indoor bowling, a social chat, picture bingo, games, art and music plus refreshments.

Since being back at the community centre we have 3 new members plus their carers: 12 in total. There are 2 members of staff and a volunteer. Sessions are focused on the need for people with dementia and their carers' to feel less isolated and be part of a community, they can share their experiences build friendships and have company for a couple hours every week. We aim to increase our member numbers by continuing to promote our sessions via social media, we also have a presence on the

Independent Living [Cardiff Council] web page, Dewis resource and Marie Curie.

Over the past few years, we have built relationships with Cardiff Council's independent living services Marie Curie.

Recently we were contacted by an organisation called Home Instead who support people with dementia to stay living at home. They delivered a very successful free pumpkin decorating session for Halloween, which was enjoyed by all. They will be providing further free sessions for our group. We aim to build more partnerships and will continue to apply for additional funding where we can.

"On one hand I am sorry to write this in self-isolation (Over Eighty). But I can say this that your leadership and guidance at the memory lane was remarkable and worthy of praise.

I am too serious person and lack the ability to make jokes and rather spend time in laboratories, and other non-Interesting endeavours like Climate change etc, but memory lanes approach to all of us and particularly to vulnerable people deserves praise, they know the art of making them comfortable and confident.

I wholeheartedly support this project and I sincerely hope memory lane will continue this noble work for the good of the community.

Thanks to all members of the team for their excellent work."

Professor Habib



Pumpkin decorating session



■ IMPACT

Sarah Lynn - IMPACT Manager



This year was a good year for Impact, we have grown and things are starting to get back to our usual rhythm, despite the pandemic.

The year started with a successful funding bid from the LGBT+ Consortiums COVID emergency fund, helping us to buy a laptop and hire a new staff member to provide an online youth group for the first half of the year, as well as funds to buy activities our members could do at home. We posted out a good few craft packs, including knitting, clay moulding kits and friendship bracelet kits too. Our members are so incredibly talented!

As restrictions lifted we

started meeting in Bute Park. We brought along activities and did some sports (poorly played badminton counts as sports!) but it was really just nice to be able to see each other again.

During this time we partnered with Made in Roath for a creative project. We met with them and we did creative writing, collaging and a massive mixed medium piece. They even helped us build a pizza oven once we could safely meet in person again! We had a brilliant evening in the summer

We carried on running our online group through the year, though soon we were able to meet in person again. Thanks to the funding from the LGBT Consortium,

and a generous donation from Admiral we were able to use the activity packs we bought for in group activities too. Here are some of the paintings we did!

We had a few speakers in this year, including Trans Aid Cymru, and Brooke, the relationship charity, and our regular group activities have grown to include regular crafting sessions, and cooking.

The last few months have been spent planning our Winter Extravaganza fundraiser, where we hope to raise much needed funds for the group to carry on running activities and bring in different speakers. We have grown, with new members and new volunteers, and big plans for new activities!



■ OUTREACH PROGRAMME

Samuel Weed, Youth Worker



"Bringing a community together by making a change, an impact and a difference" Sam Weed.

Outreach Youth Work - What is it?

CWVYS (the Council for Wales of Voluntary Youth Services states that Outreach Youth Work takes place on young people's own territory and supports & complements new and existing centre/project-based Youth Work. It aims to inform young people of services that exist in their locality and to encourage them to use such services, outreach can also seek to identify, through consultation with young people, any gaps that exist in services aimed at meeting their needs.

Why Was Outreach Needed and What have we done so far?

Following consultation with people living in Cathays/Gabalfa and working closely with the local PCSOs and Councillors two main factors were identified:

1. Young people had little to do
2. Antisocial behaviour (ASB) has increased as Covid restrictions were being lifted.

These findings called for support from Cathays Community Centre and for an outreach team in the area.

The local places that were listed as ASB hotspots were around Maindy Park, the local Velodrome, Cathays Park and Maitland Park as well as, during summer months, Blackweir Bridge which is located in Bute Park.

In April 2020, we were successful in obtaining funding for 12 months from the South Wales Police Crime and Commissioners fund which enabled the Outreach Team to head out two evenings a week in order to start engaging with local residents, young people, schools, businesses and students that attend the local universities. The aim of the outreach team, agreed in partnership with the Police, was to start building up relationships with young people, with an overall aim of reducing anti-social behaviour by using conversational, sporting and creative activities giving young people the option to self-reflect on their behaviour and make positive and meaningful choices, considering how their behaviours affect not only them but other people and the overall community.

The Outreach Team has had over 700 engagements since we began (this is with those aged between 11-25), this averages as over 30 conversations per week, not including interactions businesses, social media and other members of the public we have met/connected with on our travels. -->



■ OUTREACH PROGRAMME



Arts project - June 2021

Working in partnership with Community Artist Terry Chinn and using funding from "Made in Roath" the Outreach Hub and Community Centre ran art workshops with young people in the local community. Open art sessions were held at Maitland Park where young people could come and go as they pleased whilst developing new creative skills. This was done by creating graphics for a flag which was displayed as part of Cardiff Council's "Summer of Smiles" initiative on Churchill Way over the summer of 2021. We engaged with 32 young people over the three days.

"Made in Roath wanted to partner with Cathays Community Centre as it has a real impact on young people's lives, and this project intended to celebrate the young people through creative flag making."

Helen Clifford and Clare Charles (Made in Roath)

Halloween and Bonfire night joint patrols

The Youth Outreach Team worked closely with South Wales Police and the local PCSO's on #OperationSpectra for Bonfire and Halloween.

We had a very spectacular night with little ASB reported in our local hotspot areas. Providing information and guidance around safety. Thank you to all of those who made it a scary, spooky evening.



Thursday Night Youth Club

In September 2021 we opened up an open access youth club, based at Cathays Community Centre, for young people aged 10+ to attend. There are currently 8 members, and every week numbers are growing. Centre-based youth work is available for young people who are 11-25 who are able to participate in a range of activities in a safe environment. Activities are designed to support young people's social and emotional development as well as to understand the world around them by promoting their rights and shaping the services around them that we provide. The range of activities include:

- Sports and games
- Arts and crafts
- Cooking
- Life skills workshops
- Information, advice and guidance
- Signposting -->

■ OUTREACH PROGRAMME

Project Aims for the next 12 months

Over the next 12 months our aim is as follows:

- Obtain more funding to continue the outreach and Youth Club post April 2022
- Continue building on the relationships with the young people and community members we already have
- To continue to build a positive rapport with the police and young people.
- To build a rapport with local schools and promote Cathays Community Centre
- To build a rapport and work multi agency with other service providers to best meet the needs of young people in the community.
- With relevant funding complete a mural at Maitland Park and run photography workshops in partnership with the local fotogallery.
- Continue to reduce AntiSocial Behaviour with young people in cathays and teach them how to look after themselves and the community they live in.

Cathays Outreach is on Facebook, Twitter and Instagram please give us a follow to find out what we are doing and where we will be



"The work that the Outreach Team do in Cathays is a massive benefit to both the community and South Wales Police.

Through partnership work we are able to conduct joint patrols, engage with local youths and break down barriers to build better relationships between the police and the community."

Neighbourhood Police Sergeant for Cathays
- 5548

IT DEPARTMENT

Jon O'Shea, IT Manager



New WiFi

The community centre now has a brand new WiFi system, consisting of several TP-Link Deco M5s that make up a mesh network. This means not only do we have better WiFi signal throughout the centre, but there's no longer a need to connect to different WiFi networks when moving around; it all appears to be one WiFi network which is much easier for everyone. It is also a lot more reliable, consistent, and provides a 5ghz connection so we get much faster download speeds.

Practice Rooms & Sensory Room WiFi

Instead of just Practice Room 1 having WiFi, we now have much better, more reliable, and faster WiFi in both practice rooms and the sensory room.

More SSD upgrades, Including Laptops

Four more PCs and several laptops have been upgraded with SSDs, making them much faster to load and better to use overall.

More Laptops & PCs

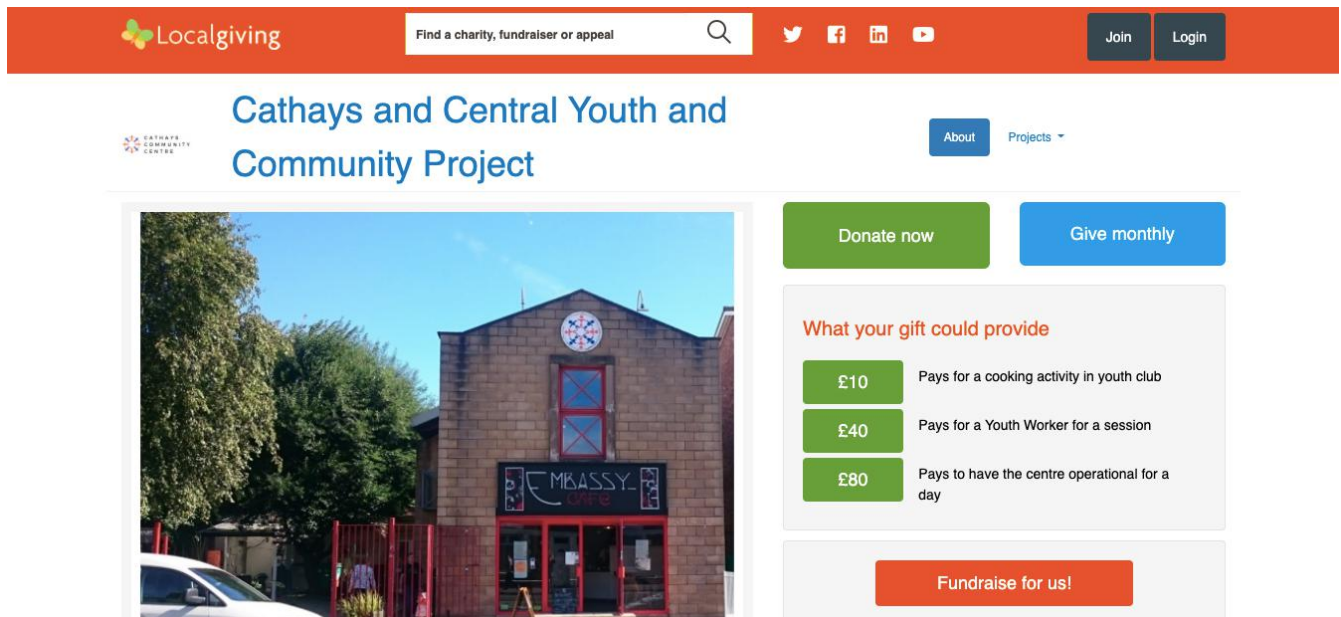
We now have 2 more laptops, making it easier for staff to work anywhere in the community centre and work from home if needs be. We also have an extra PC in the office upstairs.

Website Improvements

The website continues to be updated and improved by our excellent web and social media team.

WEBSITE DEVELOPMENT

Joan Whybrow, Website developer



The constant fluctuation of Covid restrictions over the last year has made Cathays Community Centre an ever-changing space, adapting to support the community throughout the pandemic. Being remote by nature, the process of website development has been a task that has not been badly affected. The website has been given a facelift, boasting a more efficient format which makes our events and general information easier to view. Furthermore, the website is now bilingual.

The centre has acquired a new music practice room and is in the process of building a new sensory room for people with complex needs. The website's new layout has a focus on promoting our Localgiving page which pushes for donations to raise money for equipment to use in the sensory room.

For ease, the homepage has a new 'posts' feature which displays six news stories relating to the centre.

These are up-to-date informative pieces such as current Covid restrictions and what they mean in relation to the activities at the centre or the promotion of new events starting up like Tutortoo, a local tuition service. Obsolete pages such as Reel Time Recording have been deleted, and the promotion of Studio 2 and Practice Room One has been encouraged. Also, the activities on the What's On page have been separated into Youth and Community categories so that people can browse what we offer more efficiently.

It is important to Cathays Community Centre for the website to be easily accessible to everyone, so clarity is key. These posts and the regular updates allow the community to rely on our website for the most up-to-date information

■ RIVERSIDE SOURDOUGH BAKERY

Riverside Sourdough bakers

Our Team has grown to include: Anil, Chloe, Tudor, Ewan, Megan, Colby and Hamish.

We have changed the way we pay ourselves so that we no longer have a flat wage for everyone. Instead we get paid according to Effort and Sacrifice, as well as responsibility and skill.

Our average wage has grown from £9.50 to £10.50. We remained members of the Real living wage Campaign, with no one being paid below the campaigns rate of £9.50ph. We made this a fixed part of our new pay structure.

With the recent increases to the cost of living with the fuel cost increases, the campaign has now increased its rate to £9.90ph, which we will soon adjust to.

Our product range has grown to include tasty new bread options including Regular Ciabatta rolls, Ewans Weekly Focaccia specials, new Pastry options introduced by Jack include Hazelnut twists and Cinnamon Swirls.

It is now the busy part of the year when more trade customers are contacting us for orders, so we are looking again to take on more Bakers!



■ WILD THING

Lauren Saunders

To kick off 2021 the cafe operated as takeaway only during lockdown restrictions. We were able to operate by offering customers takeaway coffee and cakes - for those popping out on the daily walk to bute park. We also offered evening takeaways for weekend nights which were very popular.

From May onwards we were able to reopen , the garden had a beautiful makeover and we spruced up the cafe to create a welcoming space for all. We've had a very busy 6 months of sales and we have found that since the makeover we have grown our customer base.

As of September, the cafe is open everyday (which is the first time since pre-lockdown one days.) serving 100% vegan breakfast and lunch between 9-4. Everything is made fresh in house by our wonderful team.

Overall, the cafe has been really busy and has been popular with a mixed demographic of customers from students, regulars at the centre and cc staff.

The cafe is now fully pay what you can which helps to make good food accessible for all. This means that people who access services like the community fridge also don't have any barriers to using the cafe.

Overall, I feel there is a good connection between the cafe and Centre with cafe customers using the centre for example enquiring about hiring spaces / halls at the centre and also vice Versa with people from the community centre using the cafe for coffee/ food.

During December the Café is providing a lot of buffets, canapés & catering for Christmas parties as-well as hosting a series of private suppers.



■ REEL TIME STUDIO

Meurig Hailstone, (trading as Reel Time Sound Services)



Reel Time Recording Studio was Established at the community centre in late 2003. Closed (@ CCYCP) and moved to new premises in October 2021.

Reel Time operated as a commercial professional recording studio, that worked alongside the Community Centre. For almost 18 years the studio (originally part of the centre's Soundscene music project) recorded bands, singers, musicians and rappers from all aspects of society both local and further afield. Plus a mastering service for those wishing to release their music online, on CD or even to be sent for pressing to Vinyl. The studio has had some ups and downs over the years but generally with the ability to adapt to the times, there was still a steady flow of customers both old and new. But then 2020 happened!.

From the depth of it's eternal slumber, awoke a wretched, festering creature, that wreaked havoc across the world, leaving misery and devastation in it's wake. It's name...: "Covid 19".

2020 was challenging with it's lengthy lockdown, which saw the studio closed to the public for over 4 months.

As first Lockdown ended, customers returned in their droves, causing a 4 week wait for bookings at one point!, this was greatly encouraging. But then came the dreaded "Firebreak" and the Christmas/Spring lockdown. This hammered a rather substantially sized nail in to the coffin of the small sized recording studio, as more and more musicians bought home recording interfaces and along with free and nearly free DAW software, the demand for my recording services came to an abrupt end.

Bud, Joel and Co. were very supportive upon my return in the summer of 2021, we agreed to close the live room (to become centre's new 3rd practice room). I retained the control room for my archiving work and Mastering. Shortly after, emerged a new challenge in the form of Cardiff Council's plans to remove the already limited parking from Cathays terrace (and some surrounding streets) to make way for a cycleway. I shall refrain from ranting my thoughts on that!!!. But after several complaints from customers who had driven from a far afield as Swansea and Newport, only to find they couldn't park within sensible walking distance (and left without making it to the studio), I lost several jobs due to inaccessibility so decided I had no option but to vacate the centre after nearly 18 years, to find new more accessible premises.

It's been a good run at CCYCP, and been a pleasure being part of the organisation. -->

■ REEL TIME STUDIO



I've met some very nice and "interesting" people. But all good things must come to an end.

But now for NEW BEGINNINGS:

Charity based radio station GTFM (in Pontypridd) had unused space and offered me a room to convert to become my new "Transfers/Dubbing" studio. I am now fully set up at GTFM offering the following:

- Digitising and archiving of old recordings on Cassette, Reel-To-Reel, Video tape, and 78rpm disks. An expanded version of the service I offered at CCYCP.
- All existing MASTERING services are still available both at GTFM and my "Reel Time" (home) mastering studio.

- GTFM are also looking to offer small scale recording sessions in 2022 for local singers etc. with a view to selecting the best for broadcast!. This is now possible with a combination of their existing soundproofed booth and my new post-production studio which still has most of the recording functionality from its previous home in Cathays.

So it's time to say Farewell!. All the best to all at CCYCP

■ CATHAYS GARDEN PROJECT: 'BEFORE AND AFTER'

Simon Murray, Garden project creator

I returned to Cathays Community Centre in the spring of 2018, when I changed jobs and needed a venue to meet people who needed support with training and finding employment. My role was a Journey to Work Employment Mentor for Cardiff Council and I was given free reign as to where I worked and Cathays presented a great location to meet people in a local setting that was informal and friendly.

much of the structure completed in one day. With the help of almost everyone in the building and passers-by, we had a sort of Amish barn raising ceremony where we lifted the whole structure onto the supporting legs and secured it.

Over the past year I have been making a new yurt, as the first one was only a prototype, steam bending the roof supports, carving the doors and the plan was to have a wooden floor.



"We are hopeful that the space remains inclusive, Covid friendly environment for all those who use the building."
S.Murray

During my first year I was blessed with eternal sunshine and good weather so I was able to sit under the trees and work with people. After fourteen years I have returned to the management committee, as there was a desire to lower the tone and I was considered the right person for the job.

The following year the gazebo appeared and this presented some shade and protection from the elements and I started making benches and a yurt for people to shelter. This year the café asked if we could create a more permanent structure to replace the gazebo and had sketched a plan on an A4 sheet of paper, which looked like a credible plan. I built the structure in my studio and planned to bring it to the centre and assemble much like a flat pack wardrobe in one day.

I coerced some of my participants with whom I was working and we managed to get

Whilst there are few finishing touches to be made, it is up and running and proving to be a credible office space for my work and an additional area for users of the building to meet. There has been one further addition to the garden, thanks to the LGBTQ+ Youth Group and Made in Roath, and that is a pizza oven. We created it over two weekends and christened it at an open garden party and once it has found a proper location in the garden, we are hopeful that we can host regular pizza evenings.

There is still more to do in the garden, outdoor heating, planters, and landscaping but it already feels like a much nicer environment to be and as we move forward we are hopeful that the space remains inclusive, Covid friendly environment for all those who use the building.



■ COFFEE MORNINGS

Stella Nderitu, International student at Cardiff University

Coffee morning at CCYCP takes place every Wednesday from 10am-noon at the Centre garden. Guests order coffee/tea from the café which has a “pay what you can” policy. The weekly meeting is open and free for everyone, and young people are encouraged to attend.

Coffee morning resumed in April 2021 after the end of lockdown, and the number of attendees has been growing gradually. We asked some of the attendees about their experience, and this is what they had to say.

“I feel it is a good chance to meet people and do many things like chatting and playing word puzzles. I find it very interesting to meet people from all over the world like Pakistan and Ghana, and all volunteers at the Centre. I like the atmosphere outside and especially the hard work that has gone into making the hut so pretty.”

Jane

“It was a wonderful experience as not only did I socialise with new people but also learned so many new things. We shared views, food and books. It was a lovely experience and I hope it always continues. I will always come back and visit the centre whenever I’m in Cardiff again.”

Zeelif (International student at Cardiff University from Pakistan)

“Cathays Community Centre is a refreshing place for me for so many reasons. When I first walked into the centre, I met very friendly staff. I later became a volunteer and I really enjoy engaging community members. I have learnt so many things about serving the community that I will do when I go back home, like use of Art to support children and youth with special learning needs, and hosting coffee morning to bring together community members. I am also conversant with managing meetings that are dementia-friendly, a new skill that I have acquired through working at the centre.”

Stella (International student at Cardiff University from Kenya)



Zeelif, Jane and Stella



Jane

■ POEM

Terence Minty, Community Member

A Consolation

*There's one thing you should bear in mind
As you listen to my verse:
One day my poems may improve,
And we know they can't get worse!*

Terence Minty



■ TESTIMONIALS



"Great community space that can be rented for a super reasonable price. Love the community fridge, often donate and pick up things from time to time. Really lovely atmosphere."

Keira Evans, Google review



On the weekend of 27th and 28th of November I attended an event at the centre and never having been there before I wanted to express my joy with the visit. There was a chap on reception by the name of James and the help and advice he gave was outstanding, I felt nothing was too much trouble and he went above and beyond in my view to help.

James Baker



"I use the centre to run a meeting it is such a great place it has everything we need and it has great staff and a friendly atmosphere."

Jamie Parry-Williams



"This is an updated review from me - always go to this venue for Attack Pro Wrestling shows. Perfect venue for a pro wrestling show! Has enough people there to make some serious noise and atmosphere for a great show. Location is great and easy to park in the area too."

Matt Roberts, Google review



ACCOUNTS

| Cash Summary | |
|---|--------------------|
| Cathays and Central Youth and Community Project | |
| For the 12 months ended 31 March 2021 | |
| | |
| | Mar 2021 |
| Income | |
| Donations | £3,583.32 |
| Grants | £146,368.00 |
| iZettle Sales | £1,684.88 |
| Sales | £186,562.75 |
| Total Income | £338,198.95 |
| Less Operating Expenses | |
| Advertising & Marketing | £145.18 |
| Audit & Accountancy fees | £2,334.00 |
| Bank Fees | £246.23 |
| Cleaning | £1,411.79 |
| Cost of Goods Sold | £413.56 |
| Direct Expenses | £239.99 |
| Direct Wages | £20,426.23 |
| Electricity | £6,559.73 |
| Employers National Insurance | £34,761.33 |
| Gas | £3,464.54 |
| General Expenses | £1,920.59 |
| Insurance | £4,305.41 |
| IT Software and Consumables | £1,722.84 |
| iZettle Fees | £86.36 |
| Motor Vehicle Expenses | £477.00 |
| Office Equipment | £4,195.11 |
| Operating Lease Payments | £489.42 |
| Pensions Costs | £6,329.96 |
| Printing & Stationery | £638.28 |
| Rent | £25.25 |
| Repairs & Maintenance | £27,786.70 |
| Salaries | £218,850.71 |
| Staff Training | £61.00 |
| Stripe Fees | £67.94 |
| Telephone & Internet | £917.78 |
| Water | £353.66 |
| Deposit | £260.00 |
| Rounding | £179.77 |
| Plant and Machinery | 1161.52 |
| Total Operating Expenses | 339,831.88 |
| | |
| Net Cash Movement | -1632.92 |
| Summary | |
| Opening Balance | £83,559.18 |
| Plus Net Cash Movement | -1632.93 |
| Closing Balance | £81,926.25 |

Cathays Community Centre

@ccycp



www.cathays.org.uk

36-38 Cathays Terrace

CF244HX

Phone: 02920373144

