



THINKING GLOBALLY - WASHING HANDS LOCALLY



Helen,
our sewing
project
co-ordinator



**"The one thing
everybody can do"**

'Washing hands regularly
(once an hour) will cut
transmission of all viruses'.



COVID-19'20'21

It's still here. It's mutating.

The variants spread more quickly. . . People are still dying.

In the last issue of the Riverside News we told you that the Covid-19 Virus was "not going away any time soon" Six months on we are back with the bad news that: that we were right, the virus is still here!

But there is some good news:

The vaccines have landed. Some 500,000 people each day are being vaccinated in the UK, and this will help to reduce the spread of the Virus and its capacity to infect and kill our close relatives, our friends, our neighbours, our work colleagues and the tens of thousands of fellow citizens. These are mostly the elderly and vulnerable individuals;

young and old with underlying health conditions;

In addition they also include many health and care front line 'professionals'; and by this we mean not just the doctors and nurses but also importantly; low paid care assistants, cleaners, bus drivers, shop workers together with teachers and their assistants. They all, 'to a woman' and 'to a man' have been putting their lives on the line to keep the Virus at bay. Doing their utmost to deliver day in day out the services that underpin our everyday existence. Many of these workers have succumbed to the virus and sadly died. We owe it to these heroes to play our part by following Public Health Guidelines.

A Public Health Warning: The virus is still spreading

As we go to press the number of Covid-related deaths across the UK has exceeded 100,000. In Wales the figure stands at 4,666 people who have died of Covid-19. There are new variant strains that have mutated and - worryingly - are spreading more rapidly .

So 'What is to be done ? '

The answer is simple.

While we wait for our turn and our Jab/s of a vaccine, the other most important actions are in your own hands - literally. **Sanitizing, or Washing your hands! With soap and water** regularly can have a huge impact on containing the Corona Virus. (It will also have a similar impact

on reducing the spread of flu and the common colds) But this simple request; together with social distancing and wearing face masks in designated areas are the cornerstones of mass community action to defeat the Covid-19 Virus.

It is also vital to follow the Public Health guidelines. See the list of Public Health Advice (page 2),

Most importantly: not socializing with people outside your household and support bubbles will help prevent the virus from spreading further.

It is also crucial that you follow through on getting the vaccine once you are contacted by your GP.

Most able bodied people from

(continued on page 2) >>



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the Riverside area will receive their jab/s at the NHS facilities at the Millennium Stadium. Whilst most of the clinically vulnerable will have already been vaccinated either at their local GP surgery; or by a specialist team visiting housebound patients.

New Vaccines are a very important and welcome addition to the armoury of Public Health tools that are now being deployed to reduce the spread and impact of the Virus and its 'variants'. However their impact can only be really effective as a part of a wider strategy.

The race against the virus is not a sprint. It's a marathon: and we have only reached somewhere approaching the half way mark.

There is no room for complacency.

What next?

'The Jab'. Vaccine deployment will reduce infection and spread of Covid and its variant mutations.

Mass vaccination will begin to contain the virus and once 70% to 80% of the population is immunised, we will begin to see herd immunity taking shape within the population. Hospitalisation and deaths will be reduced significantly and the NHS will begin to function normally again.

The ball is now in your court. Do your bit; get your jab/s and follow the Public Health rules!

The following regulations act to reduce the circulation of the virus and by sticking strictly to

the rules, people who are vulnerable will reduce their risk of exposure. Further reductions in risk can be achieved by:

- keeping contacts to a minimum. At present, most cases are being passed within families and close friends
- staying 2 metres, or 3 steps away from people you do not live with inside or outside (where permitted)
- shopping at quieter times of day and going once per week rather than every day, if you cannot do this online
- washing hands regularly for 20 seconds with soap and water and using hand sanitiser where hand washing facilities are not available
- avoiding touching your face
- wearing a face covering when required (unless you are exempt or have a reasonable excuse not to do so, such as because of a specific disability)
- avoiding touching surfaces that have been touched by others
- keeping your home well ventilated.

Go for it!



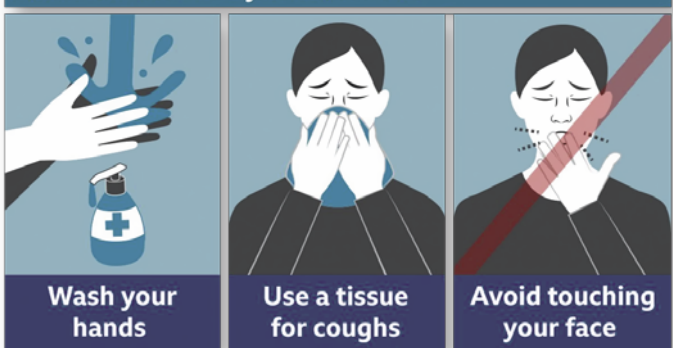
COVID -19 Public Health information in your First Language

We were interested to see that our Welsh Assembly Leader Mark Drakeford has taken to writing letters about the Covid-19 Virus in minority Languages in order to communicate the basic public health messages to minority communities across Wales.

If you would like this information in your own language it is accessible on the following link:

<https://gov.wales/coronavirus-information-leaflet-multilingual-versions>

Coronavirus: What you need to do



History warned us...

...but somehow it is still difficult to believe. A second lockdown due to a second wave, affecting more people in our communities than the first wave. **South Riverside Community Development Centre (SRCDC)**, to comply with Welsh Government regulations under

Tier 4 has had to close its buildings but that doesn't mean we aren't still providing essential services. **The Wyndham Street Centre** is still providing weekly collection and delivery of food to individuals and families. We still have many items of children's clothes (most hardy worn, all washed, some ironed) if families need them. Our Language Café, Youth Service, River Music project and support groups have moved on line to provide their support and

learning digitally. Despite the risks Covid poses, we are still operating to support those who need us.

One of our main priorities at the current time is to help reinforce public health messages about how to stay safe and well and to support the vaccination programme so we can get back to being with one another in love and friendship.

We need to give unconditional thanks to the funders and sponsors who have supported us to respond to the Covid challenge. See a list of these organisations later on. Without them we would have closed down and not been able to provide help to our communities in these most difficult of times. Thank you.

Neil Binnell, Director at SRCDC, on behalf the staff, volunteers and Trustees.

Vaccine: Frequently Asked Questions

Links to info.

<https://phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/>

Annual General Meeting

Look out for our Annual General Meeting, it had to be postponed, it is now on Saturday 27th March 2021. Time: 11:00am on Zoom.

Zoom link - March 27, 11:00 AM
<https://uso2web.zoom.us/j/7911419535>

To receive Meeting Agenda and Annual Report email:
info@srcdc.org.uk



Council News

To contact your Riverside Councillors:

iona.gordon@cardiff.gov.uk; 07811 246 939
caro.wild@cardiff.gov.uk; 07801 194 591
kanaya.singh@cardiff.gov.uk; 07976 440 516
Call Adviceline 029 2087 1071



The 'Lockdown Growers' of Riverside in the age of Pandemic

Stroll around the streets of South Riverside and you may notice some small changes that are taking place in the fronts of houses. More plants in pots Large medium and small. Baskets hanging on front railings full of brightly coloured flowers. A few large planters in unfamiliar settings.

Although the impact has gone unnoticed by occasional visitors to the area; 'locals', walking back and fore will have registered the impact that 'The Lockdown Growers' of Riverside have had, by getting their hands dirty with the 'Growing Together Project' run by Riverside Community Centre (SRCDC.)

Project Leader Louise Gray has been amazed at how the project has caught the imagination of so many people young and old. "You just have to look at the faces on the photos we've taken to see how pleased and enthusiastic the response has been" she observes. "Back last August 70 families came along to create hanging baskets as part of the Riverside Festival. Undeterred by torrential rain, local growers received prizes from the very tall and delighted Lord Mayor, Daniel De'arth for their home grown veg displays."

"With a Give-Away each month between August and October we have been able to encourage and engage local residents in a meaningful and very productive learning experience as many of the participants are 'first time growers'" Louise explains. "In short: how to grow; not just pretty flowers to lift your spirits through the Lockdowns; but also food to save money and improve diets with home grown veg through the spring and summer plus! salad throughout the winter! In October, over 100 local growers came along to collect winter veg on World Food Day."



Global Knowledge meets household needs all year around

Whilst the **Growing Together Project** has encouraged many households to get growing at home for the first time, it has also benefited from the skills of experienced local growers. Adapting growing knowledge from around the world, people are growing exotic fruit and veg to conditions in Wales.

Here Laxshmee (born in India lived in Riverside for 30 years) explains how coriander and chilli can be grown the whole year round.

Brighten up your House, brighten up your Street, and brighten up your life

Have you been dreaming of how you can brighten up your life through Lockdowns? The good news is we've got an idea to share that has been on the back burner for a while because of the Covid-19 pandemic. But now it's time to roll it out (Drum Roll) !!!!! Da-Daaa!

Our idea builds upon the **Growing Together** give-aways that have been running throughout last year..... It's a project for and led by young people to encourage parents, that life might be a bit greener than it is now; It could happen in your own 'front' garden; and it's called the '**The Bees Knees**'.

(Continued on Centre pages >>)

Interested in transforming your front garden? Contact Louise 07951 353511 louisegray@srcdc.org.uk



@Grow4Riverside



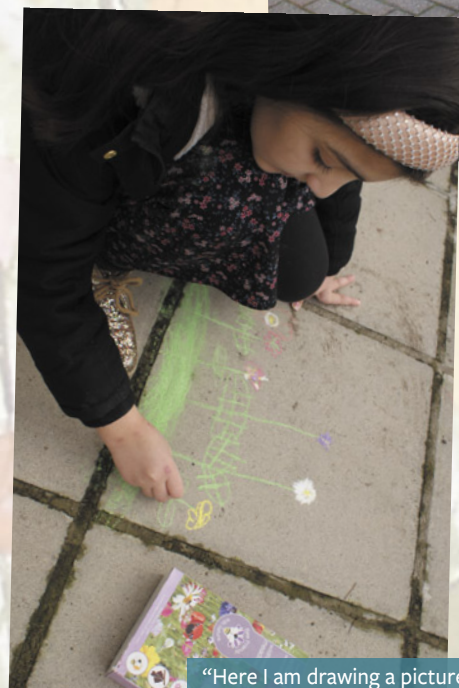
'It's the Be

Is cleverly explained in a picture story written
been planning for some time to dig up a few p
She hopes her story, her ideas and challenges

"We went to our local Community Centre
to take part in a nature project"



"This is me and my dad. He loves
gardening and has inspired me"



"Here I am drawing a picture
of what I hope it will look like"



"These are 'Wild meadow'
flower seeds"



We understand that not everybody has a frontage
may not want to dig up a paving stone; preferring
pot. Importantly, you won't be left out; as we a
window boxes across the local terraces. Tell



es Knees!’

and edited by eight year old Ajwa. She has
aving stones and plant some wild flowers.
will encourage others to join the project.



“I would like to see ‘Wildlife’ on
the plants and flowers I grow.”

e with ‘nice’ grey paving stones to dig up. You
g to grow a shrub or a climber in a planter or a
are looking to promote hanging baskets and
us the challenge and we will try and help.



Hello, my name is Ajwa Khan.
Helo, Ajwa Khan dw i.

ہیلو ، میرا نام اجوا خان ہے

I live in Riverside and I am a year 4 pupil at Severn
Road School. Over the last year I have been taking
part in a nature project.

I have loved gardening from a young age and every year
I grow flowers in my garden. To make Riverside a
beautiful place our local Community Centre has been
giving free plants, flowers, soil, seeds, pots, and planters
to people in our local community to grow in their front
gardens. This is a brilliant project because it also helps
wildlife like bees and butterflies who are pollinators.
This is very important as they help fruit and vegetables
to grow... I have enjoyed this project very much and I
have learnt lots about plants and pollinators. This year
I am going to lift some tiles in my front garden and
plant some wild flowers to support the wildlife. This
will make Riverside a prettier and more pollinator
friendly environment.



Phil's cottage garden, pretty and wonderful

We are interested in hearing from
young people and their parents
who may be interested in doing
something similar in their front
yards. If we can sign up 500
households to follow Ajwa's plan,
we can create a Wild Flower
Meadow of nearly an acre in size.
The ‘Bees Knees’ project can help
with digging up a few paving
stones and assist in supplying
good quality soil and seeds, bulbs
and shrubs.

So why not go wild ? !
Join the club: and dig up a paving
stone. . . or two!

“It’s the Bees Knees!”

Information leaflets and application forms available
Contact Louise on 07951 353511 louisegray@srcdc.org.uk



The Wyndham Street Food Pantry...



Vegan Chef Sophie working with trainee Issra to create freshly prepared vegan meals

...was set up in April 2020; and in response to the Covid-19 outbreak, we have been able to help many people. Our mission: to help local families get access to good quality food for a very low cost. Due to emergency Covid funding the service has been free for the last 9 months. We now have over 80 families collecting or receiving 'shopping' from us every week; The Pantry is a great space for us to have a socially-distanced catch up with people who need advice or information or just want a friendly chat and we're so proud of how many of the local community have stepped forward to volunteer and help us keep going through the lockdown, firebreaks and a very cold and wet winter. The Wyndham Street Pantry is a shop for the community, powered by the community!

We are still free until March 2021!

Thank you so much to everyone who has helped out, signed up, given feedback and supported the Pantry over the past 9 months. We are very happy to announce that our emergency funding to cover food costs has been extended for another 2 months. So throughout this current lockdown we will continue to provide our food free of charge. From March there will be a weekly charge of £5 but for this you will get at least £20 worth of shopping.



VEST Volunteers Matt & Hitesh

We are changing our collection hours so that customers can come after work!

Following feedback from the community we have decided to move the Pantry 'shopping time' to one day a week but for much longer hours. If you're a Pantry customer you can now shop on **Tuesdays 12-6pm**. This means people who are working office hours or attending courses on a Tuesday can hopefully still get to our shop when they need it.

We will be providing hot food!

Throughout the New Year we will be working with a local chef and volunteers, every week, to create 60 delicious ready meals. This project is part of Food Cardiff's initiative to tackle food inequality and we will be working alongside the local dietetics Team and the brilliant, Ely based; Dusty Forge Pantry; as well as other charities/services supporting people to access to food at this difficult time. We are involved in starting a whole network of community kitchens providing food that doesn't compromise on nutrition or taste!

We are now taking on new customers!

We want to expand the number of people the Food Pantry helps over the course of the next 6 months. We want the Pantry to be a central offer of the services SRCDC provides to the community; and Wyndham Street Centre to be a food hub. So if you know someone who is struggling with day to day costs please do get in touch! We know the impact of the pandemic has hit people hard. To become a member just text your name, address and any information about dietary requirements to **07399 810653**.



Local Resident Maha is a regular volunteer with the Pantry, and the Women's chat group



Local Volunteer Mark and his kids demonstrate how bicycles with trailers can cut the carbon footprint of the Pantry project





Volunteers Aysha and Kense sort grocery bags for distribution



Faith is a volunteer student



Hind, Pantry Volunteer

You will be able to choose exactly what is in your shopping bag!

Once lockdown has eased we will be going back to a shop set up so customers can choose exactly what items they would like to make up their shop from what we have in stock. This means more choice, less waste and more of an understanding on our side on what things people really love every week so we can feed that back to our suppliers!

We know this year has been difficult for many of you and we want to say a massive thank you to everyone for your on-going support, faith and motivation despite these challenges! If you'd like to volunteer or to access the Food pantry as a customer just call or text us on **07399 810653**.



Feedback statement from a pantry member

"I was self-employed; but due to Covid and to my own Health problems I have been on Universal Credit since the Spring.

I find it very difficult to pay bills and to eat healthily on the money I now have. The Wyndham Street Pantry has been a lifeline in these difficult times.

I have lived in Riverside for over 35 years but would not have known about the food available to me without a newsletter being posted through my door. They even have delivered when I have been unable to get to the Centre."

Letter to Believe-Credu project

Bore da Sharon,

I would like to take this opportunity to say a big THANK YOU/DIOLCH YN FAWR IAWN for all your support with families over the last few months. The families that have received the clothing for their children are so very grateful for the generosity, flexibility and kindness shown during this difficult time. The families feedback has been so positive that they cannot thank you enough.

It is great to see professionals, communities and individuals working together to support one another during this difficult time and to show that we can work together in a positive way.

Thank you so much once again for going above and beyond to support families within communities.

I look forward to working with you again in the future.

Take Care/Cofion Cynnes

Erin Symons

Ymgynghorydd Cymorth Teulu/ Family Help Advisor

Cyngor a Chymorth i Deuluoedd Caerdydd/Cardiff Family Advice and Support

Cymorth Cynnar/Early Help



Believe activities

Read & Write Group - a group to help those who wish to improve their reading and writing through storytelling and hobbies and Interests. A partnership between Believe/Credu and Cardiff University. Will start February 2021, more information to follow.
B1 course to start March 3rd 2021.

For information on both of the above please contact Sharon on **07958 428648**.

GO4Girls - Sports Taster sessions for BAME girls and **Pedal4It** - Confidence building cycling workshops in partnership with Pedal Power, for women. Both are currently on hold due to Covid Restrictions. We will start as soon as we can.

FLOODING - Be Prepared! Sign up to Floodline
0845 988 1188. or visit www.environmentagency.gov.uk



Emergency numbers

Police/Fire/Ambulance - Emergency 999

Please always dial 999 in an emergency
The 999 number should be used in emergency situations; when there is danger to life or when violence is threatened.

POLICE - Non-emergency - 101

To report a non-emergency crime you can call the non-emergency number

NHS Direct - Non emergency advice from an NHS professional - 111

Ambulance Service - When to call 999

When to call 999 - Medical and Life-threatening emergencies or when someone is seriously ill or injured and their life is at risk.

Samaritans Call us any time, day or night.

Whatever you're going through, you can call us any time, from any phone for FREE. If you need someone to talk to, we listen. We won't judge or tell you what to do. Call **116 123**

REMEMBER

Dial 111
to talk to the NHS

Dial 999
for emergencies only

Domestic Abuse & Sexual Violence - you are not alone.

Not every home is a place of safety.
If you think that you and/or your children are in immediate danger, call the police. The police are still responding to emergency calls. If you need silent help, ring **999** followed by **55**
The National Live Fear Free Helpline is here to support you, call **0808 80 10 800**

What's happening @ SRCDC

Youth Club (11-18) sessions currently running on-line
(contact Steve 07447 070966)

Language Café Tuesday 12.15pm-1.30pm Brunel Street Hall
(Contact Mashmooma 07494 879612)

Friends & Neighbours (FAN) In Welsh – Tuesday 10am-11am On Zoom
(contact Sharon 07958 428648)

Science Tutoring Tuesday 6pm-7pm (School year 7-9) & 7pm-8pm
(School year 10-11) via zoom (contact Sarra 07494 879614)

Pantry Membership £25 of groceries for £5 Tuesday 1pm-6pm &
Wednesday 10am-2pm (contact Shaun 07399 810653)

The pantry is looking for volunteers to help out for a few hours either on
a Tuesday or Wednesday please contact Shaun for further info.

Friends & Neighbours (FAN) In English – Thursday 1pm-2pm On Zoom
(contact Sharon 07958 428628)

Story-telling Club Saturday 2pm-3pm via zoom (contact Sarra 07494
879614)

Maths Tutoring Saturday 5pm-6pm (School year 7) & 6pm-7pm (School
Years 8-9) via zoom (contact Sarra 07494 879614)

Book Club for Girls 12 years + Sunday 2pm-3pm via zoom (contact Sarra
07494 879614)

English Tutoring Sunday 5pm-6pm (School year 7) & 6pm-7pm (School
years 8-9) via zoom contact Sarra 07494 879614

Removing Paving Stones in your front Garden. Would you like to grow
directly into the soil? We can help you remove a couple of paving stones
and return the soil to life. Contact Louise on 07951 353511

SRCDC Funders, Sponsors...



WCVA VESF

They have funded the Pantry,
sewing, and the 3 editions of the
Riverside News!



Moondance Foundation
have helped keep SRCDC going
through Covid, very generous.



BAWSO Comic relief fund
Have helped fund the Food Pantry
till June 2021.



C3SC

Comic Relief Fund helped us with PPE
and funding the Centre to re-open.



WCVA

Third Sector Resilience Fund to
help keep us going through the
pandemic.



Henry Smith Charity

For allowing us to use their funding
to provide help under Covid.



Business Wales

(via Cardiff City Council) Lockdown
and Firebreak grants.



For helping with emergency food
funding at the outbreak of the
pandemic.



Community Foundation Wales

For funding the Lets Interpret group
and Go4Girls project



VEST (Voluntary Emergency Services Transport)

Pantry deliveries to those who are
self-isolating.



Action for Caerau and Ely (ACE)

For helping us with food related
projects and funding.

And:

Community members who have
volunteered throughout this time
eg. Food Pantry, delivering
newsletters, etc.

And:

Donations from the Public
towards the Food Pantry.

SRCDC, Brunel Street, Riverside, Cardiff CF11 6ES

T: 029 2022 0309 Email: info@srcdc.org.uk



@SRCDC_Cardiff



@srcdc

