



Special No. 4

FREE

THINKING GLOBALLY - WASHING HANDS LOCALLY



With rising infections of the Delta strain of Covid-19, vaccination creates the most powerful tool against serious illness and reducing hospital admissions.

Get your first jab at Riverside Warehouse

COVID-19 Moderna Vaccine First Dose Walk-in
at the Riverside Warehouse
Tuesday 27 July
and Tuesday 3 August
2pm until 5pm

You can walk in if:
You have not had your first dose of the Covid vaccine, are aged 18 and over and live or work in Cardiff and the Vale.



Cardiff and Vale University Health Board Vaccination Update “Vaccine jab now on offer to all over 18’s”

As we go to press Cardiff and Vale University Health Board is now inviting everyone in Cardiff and the Vale of Glamorgan over the age of 18 for their first vaccination.

With infections rising; mainly due to the **Delta** variant of the Covid 19 virus the Westminster Government seems determined to ease restrictions calculation that it's younger people who are now being infected and they are much less likely to need hospital treatment. On past form Welsh Government decisions are likely to be more cautious. Watch this space!

Walk-in Clinic makes it easy to get protection

at the Bayside Mass Vaccination Centre (MVC)

Anyone aged 18 and over who lives and/or works in Cardiff and the Vale of Glamorgan can attend Bayside MVC, based in the old Toys R Us building, every Saturday and Sunday between 8.00am - 4.30pm to



receive their first dose of the COVID-19 vaccination.

No appointment needed, simply walk-in.

Please note:

- The site offers both the Pfizer and Oxford AstraZeneca vaccines.
- Depending on demand you may need to queue, so be aware of weather conditions.
- If we run out of vaccine you will be booked in for another slot.
- You will need to provide ID and proof of address/workplace when you attend.
- The walk-in clinic is at:
Bayside Mass Vaccination Centre, Olympian Drive, Cardiff, CF11 0JS

“The vaccine is still our best defence against COVID-19. Vaccination is key to containing the virus, and relieving pressure on the NHS. We would strongly encourage anyone who is eligible to receive their vaccine, and to please book an appointment.” said Health Board spokesperson Jessica Raynor.

(continued on page 2)

Keep washing your hands ...



... a lot!



Editorial



» (continued from front page)

"If you have been missed, or your contact details are not up to date you can also call our booking line on 029 2184 1234 and we can make an appointment."

"People who are waiting for second doses of their vaccine will automatically receive an appointment via letter and text message," she explained, "eleven weeks after their first."

If people have not received an invite by this date they should **call the booking line on 029 2184 1234.**

You can find more information including frequently asked questions (FAQ's) on the Healthboard Website

With infections rising, mainly due to the Delta variant of the Covid 19 virus, the Westminster Government seems determined to ease restrictions calculating that younger people who are now being infected in huge numbers are much less likely to need hospital treatment. However, the impact may still put significant strains on the NHS. It is still critical to contain the virus with as many tools as possible.

We have noticed that hand washing seems to have dropped out of the national conversation despite strong evidence that it is one of the most effective weapons against all viral and bacterial infections. and interestingly gastric infections and food poisoning.

The impact of 'Long Covid' is still being assessed. As we predicted last year, the battle against the Covid Pandemic is not a sprint it's a marathon. We are now being told that things are likely to get worse before they get better and to expect another winter of uncertainty and challenges. One expert commented; "We have already got winter levels

of infections in July", whilst the Academy of Medical Royal Colleges – the professional voice of doctors – is saying that the Covid impact will be felt for many more months and right through next winter.

So, by Christmas we may be witnessing something akin to a 'Tsunami' of infections.

The jury is still out. All we do know is that tidal waves of infection of the Delta variant are gathering.

Welsh Government decisions are likely to be more cautious.

Watch this space!

It's Your Call! Protect yourself your Families and the NHS

- GET YOUR JAB!
- KEEP washing your hands – A lot!
- Wear masks in crowded areas and on public transport.
- Be Alert! to what's going on around you and maintain social distancing when necessary.

Keep washing your hands...



...a lot!

Brian and his daughter Ruth. 'At work and play' at the Riverside Festival in their popular 'Pop-up Studio'.



Obituary: Brian Morgan

A much-loved and respected Riverside resident, Brian Morgan, died on June 23rd at the Marie Curie Hospice in Penarth after being diagnosed with cancer.

Brian and his long-term partner Mo Wilson were in their own distinctive ways true 'community stalwarts'; and together a creative force to be reckoned with, often raising issues with local councillors and

memorably stepping up to organise a rescue plan in the early 2000's, when the future of the Wyndham Street Luncheon Club was in jeopardy. Later when the Community Centre (SRCDC) took over the building, Brian joined the management committee, where he served as Company Secretary for several years and where his critical contributions were highly valued.

Brian touched the lives of so many people in Riverside and perhaps most notably through his life-long passion with photography and the yearly pop-up photo studio he ran at the Riverside Festival. Together with his partner Mo an outstanding photographer in her own right; and after her death in 2010, with his daughter Ruth, they took beautiful studio quality photographs of anyone



who wanted one, all for free!

Brian cherished the lasting connections he made over the years with families, across the community, through these photographic encounters.

It's an astonishing record of over 500 photos, portraits of families and friends that Brian was so proud of. It's a legacy that lives on, not in an art-gallery or museum, but in the homes of Riverside residents, on their mantelpieces, walls and in photo albums; much treasured memories of happy times.

The impact of the photo-booth project in many ways sums up Brian, a lovely man who never sought the limelight, and who throughout his life shone the spotlight on the lives of all kinds of people and their unique and individual stories.

He will be dearly missed.

By Chris Rushton, long term friend of Brian and former Riverside resident.



"Nice shinney building!" but are we going to be tendering for our 'future generations' 'skeleton youth provision' for the next 20 years?"



Artist impression of proosed development.

Help make new plans for a sustainable future at the Riverside Warehouse

South Riverside Community Development Centre (SRCDC) has recently put in a first stage application to seek capital grant funding from Welsh Government to improve The Riverside Warehouse. and the facilities it offers to the community of South Riverside.

SRCDC Trustees, several of whom used the building themselves as children or in their youth, regard the retention of the Warehouse as a valuable asset to the Community of South Riverside. Rebuilt and remodelled as a local Youth Facility at the back end of the 1990's Area Renewal project, the building has served as a popular and flexible venue for community activities.

It has hosted, for example, health and wellbeing activities, mother and toddler groups, Community Theatre events, Film Club, Dance sessions, Youth Club, Bazaars, Iftars, Eid celebrations, Faith meetings, Conferences, Wedding and funeral gatherings and Music events. Importantly, it is also the largest venue in the area for individuals and community groups to hire at affordable rates. Work has included a review of

all historic survey, data and needs assessment work including an SRCDC community survey.

Identified building priorities are:

- Assess and repair leaks in the roof;
- Renew and refurbish the heating system;
- Install insulation / LED lighting to reduce energy consumption;
- Improve acoustics in the man hall;
- Improve access: This includes reworking the entrance to the building incorporating an open area looking out to the park.

We are seeking your views on the following questions:

1. What activities would you like to see held at the Riverside Warehouse?
2. If you could visit a brand new community facility, what would it have. What would be important about the building and how it was designed?
3. How do you think local people could be more involved in the Riverside Warehouse?
4. Would you like to get involved



Four blokes and a dog making a plan. Our bloke Neil Binnell with architect Stephen Quinn, funding consultant John Hallet and a bloke from Splott Stephen Franks - he's an architect as well! And 'Ralph' who happens to be a dog.

in volunteering at the Riverside Warehouse?

5. Do you belong to a group that is looking for space to meet?
6. All responses will be put into our Feedback Prize Draw. First three out win a £25 cash prizes. Be lucky!

Please contact Neil Binnell, Director SRCDC, with your views.

Email info@srcdc.org.uk
Call: 029 2030 9228
Or write to Neil Binnell, SRCDC, Brunel Street, Cardiff CF11 6ES

The consultation will close on 31st August 2021.

Cash prizes in our 'Feedback Prize draw'

First three out win a win £25 cash prize.

Lots of other prizes to be announced on the SRCDC website and Social media in first week of August.

Keep carrying your mask!



just in case!



Young talent drives innovative sewing workshops

Ophelia Dos Santos is a Welsh and Cardiff based textile designer who has started delivering her brand of innovative fashion production at our Brunel Street Centre.

Advocating for climate action and sustainability within fashion and focused on collaborative effort, Ophelia aims to inspire environmental and social change by encouraging people to think about how we buy, re-use and throw away fashion items. Through her

embroidery workshops and up-cycling services; she shows people how small changes can make great impact.

Learn how to repair and renew clothing with hand embroidery. An introduction to sustainable fashion, followed by practical session of step-by-step stitches.

Current series of free workshops runs until 5th August Contact Sharon on 07958428648 or sharon@srcdc.org.uk

Project funded by Henry Smith Foundation.

Keep washing your hands...



...a lot!



Left: Ophelia demonstrates simple stitching that creates high fashion.

Come and join the Summer Holiday Activities for Children & Young People

Delivered by Cardiff Children's Play Services

It will be a chance for children and young people to engage in a variety of different fun activities. They will participate in gardening helping them to connect with nature learning to grow their own foods and flowers, upcycling their old clothing and other items into something new and usable. There will also be outside activities, in Dispenser Gardens and Bute Park where the children will play different sports and take part in competitive races.

To book you place email JacquelineJames@srcdc.org.uk or phone 029 2022 0309.



www.gwenohaf.co.uk
www.summerofsmiles.co.uk

**Every Monday Tuesday and Wednesday
for 6 weeks of the summer holidays starting 19th July. 10am-1.00pm**

'It's the Bees Knees!'

In our last issue we featured eight year old Ajwa Khan who told us in her own words how she had been inspired by her father from an early age to take an interest in growing flowers and vegetables.

She also explained why she rose to the challenge of helping to create a wildflower meadow in Riverside. Then we saw her with a packet of coloured chalks draw a picture of how she imagined her small piece of wild flower meadow might look like.

Although Ajwa's drawing was washed away by the rain it served to capture the 'spirit' of our time by embracing, pressing environmental issues: And all this, through the eyes, imagination and 'creative play' of an eight year old.



Ajwa 'chalking up' her vision of a wild flower meadow in her front yard.

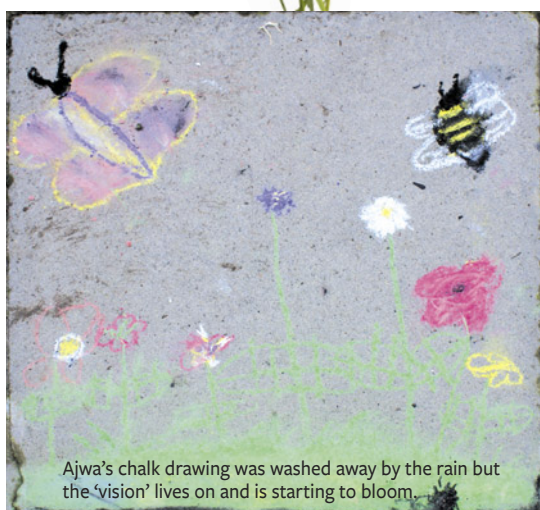


"What do you reckon? - a few seeds, a drop of water, and five weeks later - 'blooming' amazing!"

Hello, my name is Ajwa Khan. ہیلو، میرا نام اجوا خان ہے Helo, Ajwa Khan dw i.

This is an update of my garden project.

I have removed a tile from my front garden and planted some wild flower meadow seeds. These seeds have now begun to grow. Soon they will bloom into beautiful flowers and attract pollinators like butterflies and bees. I have also planted lots of other plants and flowers like lilies and roses. The plants in my garden have also attracted other wildlife including mini-beasts and small birds. I will continue to plant and grow flowers and plants in my garden to encourage pollinators and make Riverside a more beautiful and a more eco-friendly place. You can help too, even by growing a small potted plant you can make a huge difference to our community.



Join up!

Create a Wildflower meadow in Riverside

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 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.

Contact Louise on 07951 353511 louisegray@srcdc.org.uk

"It's the Bees Knees!"

Spring Growing Festival draws to a close with a floral splash

Growing Together in Riverside's series of plant giveaways between April and July has now come to an end. The series of four events resulted in 1500 plants being distributed to 300 Riverside households.

Arafa Ali, from the local Women's Chat Group, led several of these events and received much positive feedback: "A very lovely day, I enjoyed doing my first planting. All people were friendly and helped me make my own growing plan," said delighted Maria Hababa

With the easing of Covid restrictions, Project co-ordinator Louise Grey will be organising face-to-face workshops to prepare pots and gardens before winter sets in.

Look out for a flyers through your door; SRCDC social media. Or, call Louise on 07951 353511 for more details



Mungidah and Sophie sort out the flowers for the growing band of Riverside's 'Lockdown Growers'.



The Wyndham Street Food Pantry

Volunteering can change your World

Hi, I'm Becky the Volunteer Coordinator at SRCDC. My role is to recruit and support volunteers who may want to help in any of the projects that SRCDC run.



Volunteering can be a rewarding experience and a good opportunity to develop new skills, meet people and make a positive contribution to your community. We are always looking for volunteers to help with a variety of things such as, delivering leaflets, helping the community to become more biodiverse, assisting customers at the Food Pantry or supporting our events/activities.

If you are interested in volunteering with SRCDC, then please contact me on 07565 280793 or e-mail: rebecca@srcdc.org.uk

Keep washing your hands...



...a lot!

The Wyndham Street Food Pantry was set up in April 2020, 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 at a very low cost. Through the pandemic we have had over 100 families collecting or receiving 'shopping' from us every week.

We're so proud of how many of the local community have stepped forward to volunteer and help us keep going through the lockdown.

Since March there has been a weekly charge of £5, but for this you will get at least £20 worth of shopping.

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. You don't have to be on benefits to become a member. So if you know someone who is struggling with day-to-day costs please do get in touch. Just text your name, address and information about your referral to: 07399 810653.

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

Tuesdays

1.00pm – 6.00pm

Wednesdays

10.00am – 2.00pm



You can now choose exactly what is in your shopping bag.

Since the beginning of June we have changed the set-up, so customers can choose exactly what items they would like from what we have in stock. This means more choice, less waste and more of an understanding on our side of what things people really like 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 join the Pantry as a member just call or text us on 07399 810653.

Mo and Dianne volunteers at the Pantry with the weeks display of fruit and veg.

Dormant Volcano erupts in Riverside Park! True or false?



Tired astro-turf weaponised by 6 year olds and bored youths!



Multi-skilled Parks technician 'Charlie' applies his craft to prevent an expensive and lengthy Local Authority 'tendering exercise'.

The Bevan Think-tank 'does the Biz' in Riverside

South Riverside Community Development Centre are pleased to announce that we have forged a new partnership with the renowned Thinktank – The Bevan Foundation.

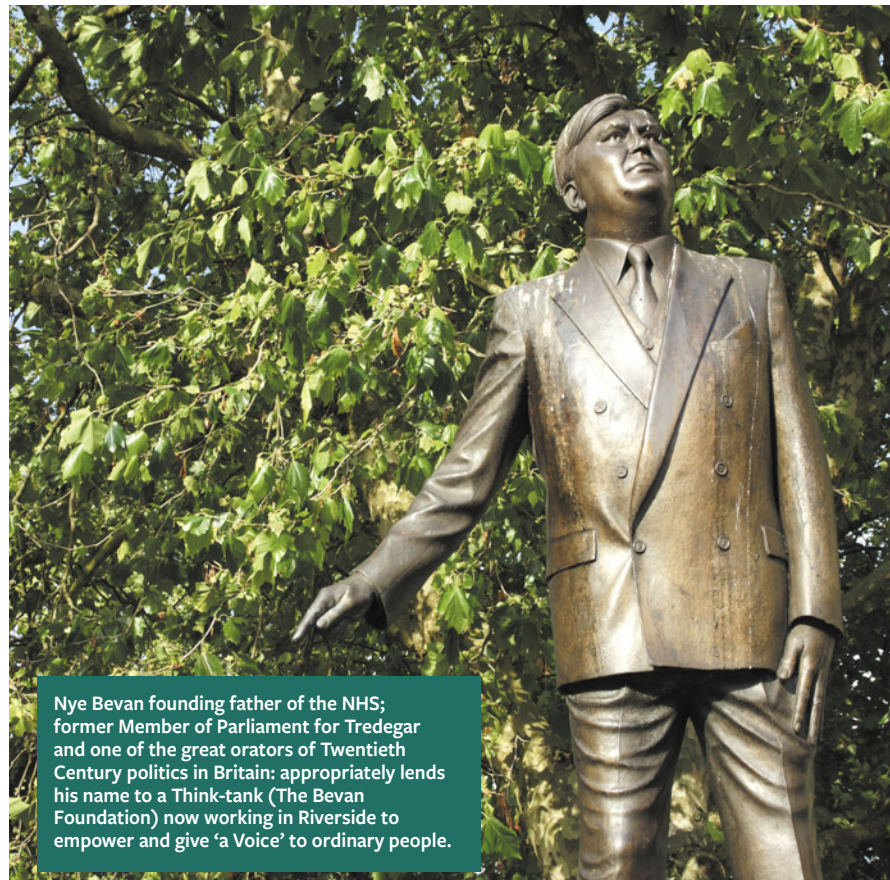
Together we have set up an exciting new project that has recruited a small team of local people as researchers. They are spending up to 10 hours a week talking to different community members about the important issues and concerns in their everyday lives. This will paint a more accurate picture of what the needs, challenges and solutions are, to the wide range of problems and issues across the local area.

"There has already been a lively response to our initial research objectives," said Clare Thomas from the Bevan Foundation.

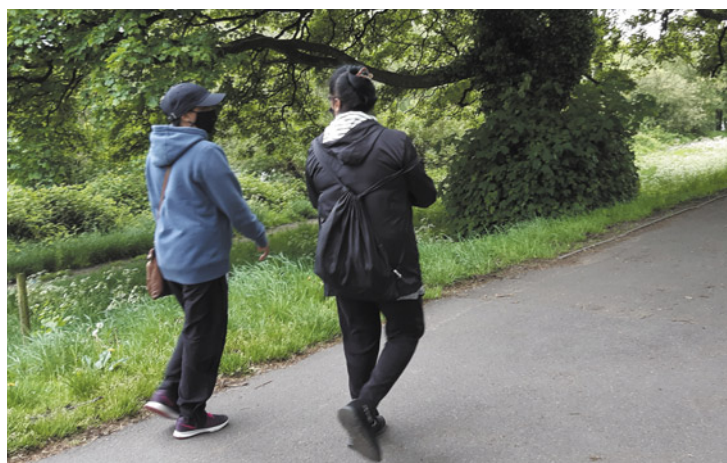
"This information will inform new activities and projects at a local level and importantly, also has the potential of informing Welsh Government policy at a national level," she explained.

"The project is all about finding ways to help people express their opinions share their stories and have confidence that their voices can be heard. This can help drive positive changes to policy development and the delivery of services at a local level."

Do you feel you understand the needs of the local community based on your personal experiences? Are you interested in contributing your story to this project. If this sounds like you then please do get in touch by emailing: Claire.thomas@bevanfoundation.org Or give a ring on 07494 758855.



Nye Bevan founding father of the NHS; former Member of Parliament for Tredegar and one of the great orators of Twentieth Century politics in Britain: appropriately lends his name to a Think-tank (The Bevan Foundation) now working in Riverside to empower and give 'a Voice' to ordinary people.



Walking Friends Wales/ Cyfeillion Cerdded Cymru

We know getting active keeps us healthy and walking is easy and free.

The Walking Friends Wales / Cyfeillion Cerdded Cymru project, funded by the Healthy & Active Fund, helps people over the age of 50, to start walking in their local communities. Walking has a positive impact on different aspects of people's lives, be it mental, physical or social, and the Walking Friends Wales project helps you to achieve this.

WANT TO GET INVOLVED?

We have joined up with the Believe/Credu project at SRCDC to run a series of walks from the Community Centre in Brunel Street.

We run weekly well-being walks on Tuesdays, meet at SRCDC, Brunel Street at 1pm.

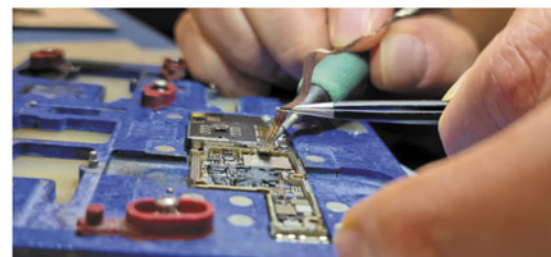


Call Walking Wales co-ordinator Ilona Carati, on 07566 777410. walkingfriendswales@livingstreets.org.uk



Repair Cafe

Every third Tuesday of the month at
Wyndham Street Centre, 3.00pm - 6.00pm
Bring your broken items for a free repair.
(No microwaves or heaters or broken hearts
– we're not qualified!)



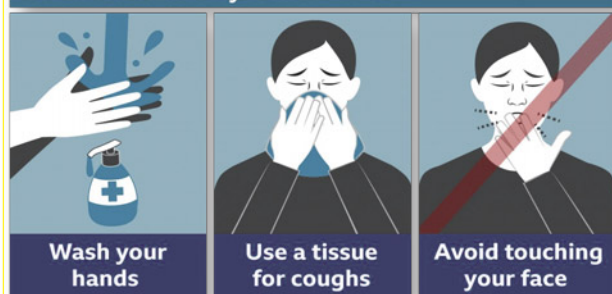
Do it yourself? (DIY). Nervous? Terrified? Not too sure?
DIY for beginners: 1.00pm - 3.00pm

Every third Wednesday of the month at Brunel Street Centre
Learn basic DIY skills, save money,
tackle your own projects.

Contact: Grant to sign up or for more information
07724 034165 or
granycockerill@srcdc.org.uk
or, just turn up on the day



Coronavirus: What you need to do





RIVERSIDE FESTIVAL 2021



As we go to press a lively discussion is taking place about what form The Riverside Festival might take this year:

Close roads around Dispenser gardens? – to create socially distanced event and location focussed event on the 22nd of August? ...

OR

No large location gathering and encourage street based family and neighbourly activity.



Two weeks of on-line and micro-workshops arts music etc., will culminate in some 'Festive Activity' on **Sunday 22nd of August.**

We hope lots of children and families will sign up to outdoor workshops with local artists and help to create music, dance and costumes for a spectacular **FESTIVAL DAY PARADE/S**

We need more people to help organise Riverside Festival 2021, and we need people to volunteer as stewards on the day. If you are interested in volunteering, please call **Andrea** on 07986 594663 or **Kensi** on 07539 225766.

Latest news from Welsh Government is projecting that "Most Covid rules will be lifted in Wales on the 7th August"

Look out for posters, flyers and up-to-date information from <https://www.facebook.com/RivFest> or SRCDC's social media platforms and website.

(see bottom of this page for links).

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



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**

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**

REMEMBER

**Dial 111
to talk to the NHS**

**Dial 999
for emergencies only**

Bawso
Building a better world for all

**The Henry Smith
Charity**
Founded in 1638

**WcVA
CGGC**

**Community
Foundation
Wales**



**Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government**



**Busnes
Cymru
Business
Wales**

C3SC
Cardiff Third Sector Council
Cymru Tystion Sector Cymdeithasol

SRCDC, Brunel Street, Riverside, Cardiff CF11 6ES
T: 029 2022 0309 Email: info@srcdc.org.uk



@SRCDC_Cardiff



@srcdc



Blooming amazing!

