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## In Cardiff Central

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# Ethnic Minority Welsh Women Achievement Association Awards

The Annual Ethnic Minority Welsh Women Achievement Association's Awards, founded by Cardiff Central constituent Professor Meena Upadhaya, took place at Cardiff City Hall this month. It was a fantastic evening.

It was a real pleasure to present the Headteacher of Kitchener Primary School, Reena Patel with her award. Congratulations to Reena & all the winners.



# Pentwyn Leisure Centre

I'm very pleased to share the news that following representations from Labour Councillor, Jess Moultrie, a solution for Pentwyn Leisure Centre has been found, which includes a swimming pool.

The plans which are subject to cabinet decision in June are as follows:

- GLL will remain as the overall operator of the Centre.
- The upstairs of the leisure centre will be let to Cardiff Rugby and a small area of the downstairs at the rear where the old squash courts used to be. Cardiff Rugby will access the building from the rear. Cardiff Rugby will pay a rent and will pay for all of their own upgrades/adaptations etc.
- A new gym will be provided in the area where there are currently meeting rooms adjacent to the main sports hall.

- A new café and swimming pool will be provided to the right of the main reception. The pool and café will be a similar specification to the pool at Ocean Park operated by Splash. Splash will also operate this pool and café. A small soft play area may also be provided (to be confirmed if sufficient space is available).
- The changing rooms will be converted into family changing and upgraded.
- There will be a reduction to the proposed external works. The building will be tidied up and the roof will get some attention.
- The space left in the hall that currently accommodates the leisure pool (once the new pool is accommodated) will be converted into 2 padel tennis courts. This area will be leased to a padel tennis operator. Two external padel tennis courts will also be provided.
- A new full size 3G pitch will be delivered adjacent to the existing Pentwyn Dynamos grass pitch. Cardiff Rugby will have dedicated use of the pitch for set periods during the day, Mon – Fri (exact times to be confirmed but it is likely to be 3-4 hours per week day, before 4pm). The pitch will be available for community use at all other times.
- The Pentwyn Dynamos pitch will be upgraded with improved drainage.
- A new mini 3G will be provided on the old bowling green site.

Cllr Moultrie will continue to lobby cabinet until the plans are 100% approved.



**Welsh Households Hit by  
the Tory Mortgage Penalty**

Wales has huge promise and potential, and is full of hard-working people, families and businesses.

But after 13 years of Tory governments, almost everyone is feeling worse off, not just in Wales but right across the UK. Since the disastrous mini-budget, 43,000 Welsh households have paid an extra £20.3m in mortgage interest payments - a Tory mortgage premium of £20.3m in just 7 months.

It's time the Prime Minister takes personal responsibility for the Tory mortgage crisis and brings in a proper windfall tax on the enormous profits of oil and gas giants, to support struggling households and lift us out of this crisis.

Read more in my [blog](#).



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# Penderyn Distillery Visit

Penderyn Distillery is the home of Welsh Whisky and produces award-winning whiskies which are exported internationally to more than 50 countries, with key markets in France, Germany, China and the USA.

I went to visit this Welsh success story, see the distilling process and meet the team there. I look forward to the opening of their new distillery in Swansea very soon.



# Welcoming ASLEF Members to Cardiff Central

It was an honour to welcome ASLEF's Annual Assembly of Delegates to Cardiff Central and thank them for their work to keep the country moving during the pandemic.

In my speech to the conference I set out how Labour's New Deal for Working People will give all workers employment rights and protection from day one of work and improve trade union rights in the first 100 days of the next Labour government.

The next UK Labour Government will build on the success of the Welsh Government's social partnership approach, working alongside employers and unions in partnership to identify issues, solve problems and negotiate agreements.



## New Kennels for Cardiff Dogs Home

Lost dogs in Cardiff will soon benefit from new & refurbished kennels while they wait to be reunited with their owners or re-homed.

This is possible thanks to the help of former Welsh rugby captain, Sam Warburton and the generosity of Cardiff residents who raised more than £500K for Cardiff Dogs Home, The Rescue Hotel.

There are currently 44 steel kennels at Cardiff Dogs Home, built in the early 1990s, which have reached the end of their lifespan. This new funding will improve the layout, construction, and sizes of the kennels to provide higher welfare standards for the dogs, as well as making them easier to clean and maintain.

Read more about the story [here](#).



**NEW KENNELS  
FOR CARDIFF  
DOGS HOME**

02921329736  
jo.stevens.mp@parliament.uk  
www.jostevens.co.uk

**JO STEVENS MP**  
Your Strong Voice for Cardiff Central

## **Sport Wales Energy Saving Grants**

Sport Wales has announced its new Energy Saving Grant, which offers a unique opportunity for sports clubs to make energy-saving improvements and save money. Not only will clubs benefit from reduced utility bills, but they'll also be doing their bit for the environment, too.

The grant is for not-for-profit sports clubs and community groups looking to make energy-saving improvements to their buildings. The fund will support:

- solar panels



- insulation/building fabrics
- lighting (excluding playing/training floodlights)
- improved heating and hot water systems
- sustainable water sourcing

Apply for a grant of up to £25,000 [here](#).



**Gwnewch cais  
am grant hyd  
at £25,000.**

**Apply for  
a grant up  
to £25,000.**

 **Grant Arbed Ynni  
Energy Saving Grant**

*sportwales  
chwaraeoncymsu*

  
Llywodraeth Cymru  
Welsh Government

## Cost of Living Advice Hub

With inflation remaining at its highest rate for 30 years and food inflation even higher, many households across Cardiff Central are finding it increasingly difficult to deal with utility bills and food prices.

I want to make it as easy as possible for residents to access any help you may

entitled to, so I've put together a cost-of-living advice hub. This includes links to support for gas, electricity and water bills, and any benefits or discounts you may be entitled to.

[Cost of living advice hub](#)



Jo Stevens MP  
**Cost-of-living Advice**

02921 329736  
jo.stevens.mp@parliament.uk  
www.jostevens.co.uk

Facebook Twitter Instagram @JoStevensLabour

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## Advice Surgeries

My advice surgery dates for June are below. These are an opportunity for anyone living in Cardiff Central to come and chat to me about any issue you might need assistance with or, to ask any question you have about my work in Parliament and here, on your behalf.

You can see my full plan of surgeries dates online using the link below – please call my office on 029 2132 9736 – or email me at [jo.stevens.mp@parliament.uk](mailto:jo.stevens.mp@parliament.uk) to make an appointment.

- Friday 8th June - City Centre
- Friday 16th June - Plasnewydd

My team and I can also help many residents over email and telephone and you're very welcome to get in touch.

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## Keep In Touch

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# In Parliament

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# Welsh Questions

At this month's Welsh Questions, I called on the government to apologise for their economic recklessness which continues to cause misery for so many households across Wales.

Watch my contribution in full [here](#).



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# UK 2070 Commission Cardiff, Nelson Mandela and Stellenbosh Universities

This month, alongside Cardiff University's Professor Michael Henson, I welcomed the South African Minister for Higher Education, Science and Innovation, Dr Blaze Nzimnade and the South African High Commissioner to Parliament.

The Minister and his delegation were in the UK to sign a memorandum of understanding between Cardiff University, Nelson Mandela University and Stellenbosch University. Collectively they will undertake work on green energy research and innovation.



**Reject and Repeal  
The Strikes Bill**

Just before voting against the Tory Government's unnecessary, unworkable and undemocratic anti-strike legislation, I joined key workers and their trade unions at the TUC's protect the right to strike rally.

My message was loud and clear. Labour will repeal this legislation.



# End the Unfair Leasehold System

The Tories' leasehold system is unfair and out of date. It denies far too many people power and control of their own homes.

Despite countless promises from successive Tory Housing Ministers, there has been no action to end the sale of leasehold on new builds and they are now rowing back

on commitments to introduce a system of commonhold as the default for future developments.

Homeowners cannot wait any longer for basic rights over their own properties. Labour has called on the Tories to tear up these restrictive rules and immediately bring forward new laws to support families across England and Wales who have been caught up in this scandal.

The Tories voted against this vital motion. It's time to end leasehold system. If the Tories won't, a Labour Government will.

**I JUST VOTED TO  
END THE  
UNFAIR  
LEASEHOLD  
SYSTEM**

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# Refugees from National Socialism in Wales

I joined my friend and colleague Alf Dubs at the opening of an exhibition in Parliament telling the real-life stories of people who have found refuge in Wales from the 1930s until the present day.

The exhibition was created by Aberystwyth University's Dr Andrea Hammel and Dr Morris Brodie as part of the Imperial War Museum's Second World War and Holocaust Partnership Programme and received funding from the National Lottery Fund.

The exhibition has already travelled the length and breadth of Wales but you can take a look at the project [here](#).





# Dementia Action Week

The biggest barrier to seeking a dementia diagnosis is the idea that memory loss is a normal sign of ageing. It's not. These misconceptions have left many facing dementia alone, without access to the vital support that a diagnosis can bring.

During Dementia Action Week, I met Alex Morden-Osborne from the Alzheimer's Society to learn how an early diagnosis can make all the difference to managing

symptoms.

If you know someone who needs dementia support or advice, you can call Alzheimer's Society on 0333 150 3456 or visit their website [here](#).



**Mental Health  
Awareness Week**

Everyone's experiences of anxiety are different and the causes can be complicated.

During Mental Health Awareness Week in May, I met Charlie from the Mental Health Foundation to discuss the need to adopt a preventative approach to anxiety because everyone's experiences are different and the causes can be complicated. Read their most recent report in full [here](#).



# League Against Cruel Sports Time for Change

Hunting with dogs continues unabated in England and Wales due to weaknesses in the Hunting Act and the use of 'trail' hunting as a smokescreen for illegal hunting.

During the last hunting season, the League Against Cruel Sports compiled 526 reports of suspected illegal hunting, including over 400 cases which involved the pursuit of foxes.

Labour is the party of animal welfare. Unlike the Conservative Party, which has championed fox hunting, Labour will strengthen the Hunting Act.



# Legal Services and Access to Justice in

# Wales

I hosted a reception for Welsh MPs and Members of the House of Lords with the Solicitors' Regulation Authority, the body that regulates legal services throughout the centuries old legal jurisdiction of England and Wales. The SRA have just opened an office in Cardiff, and it provided an opportunity for the SRA Board members and senior management to meet Parliamentarians and discuss the importance of Wales's legal sector to our universities, economy and public across Wales.



## Melanoma Focus

86% of cases of melanoma are preventable, yet cases are increasing with more than 16,000 cases being reported each year in the UK.

A big thank you to Sun Safe Ambassador, Jamie Nobbs for explaining to me at an event in Parliament, about the importance of knowing your skin and how to protect it by taking some very simple steps:

- Use SPF30+ Sunscreen and reapply regularly.
- Limit your sun exposure at the hottest times of the day (11am-3pm in the UK).
- Seek shade whenever possible.
- Wearing sun protection clothing (hats, sunglasses, t-shirts) to keep overexposed parts of your skin safe.
- Drink plenty of water to keep your skin hydrated.



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