CARTREFI CO-OP

The newsletter for everyone!

Inside this Christmas Issue

THE CHRISTMAS T-REX?

It's not a party until the Christmas T-Rex appears - page 7

CHRISTMAS TREATS TO MAKE AND EAT

Make some delicious polar bear peppermint creams and be part of our Cartrefi Cookery Book - page 13

CARTREFI DOES CHRISTMAS

See what people have been doing to get into the Christmas spirit on pages 10 and 11

FROHE WEIHNACHTEN VON CHRIS

(MERRY CHRISTMAS FROM CHRIS)

by Jason Cook

Chris from Trealaw has had a fantastic time and made some amazing memories visiting the Christmas markets in Germany with support from myself and Mike.

He visited 2 different markets and experienced the different culture. Chris has really enjoyed travelling, watching the beautiful scenery. The hotel was lovely and our drivers were fantastic with constant laughter.

Very grateful to be part of the trip with Mike and Chris.

Pictured: Chris, Jason & Mike enjoying Germany

A CHRISTMAS MESSAGE TO STAFF

by Glyn Meredith & Peter Higson

Dear all

It's the time of year for reflection and to give thanks. Peter and I would like to express our heartfelt thanks for the hard work you have carried out over the last year.

The stories and outcomes that we can witness for the people we support is truly inspirational and whether you work front line or anywhere in the organisation everyone has played their part. We are in a strong position financially and we are keen in the coming year to further invest in pay for staff and recognise the challenge that the cost of living is bringing to us.

Peter and I would like to wish all staff a very Merry Christmas and once again whatever you're doing this festive period spare a thought for our hard-working staff that are away from their families. Peter and I really do recognise the difference you make to the lives of individuals with Learning Disabilities across Wales.

We wish you all a fantastic new year and wish best wishes and thoughts we look forward to working with you all in 2023.

Kind Regards
Glyn and Peter

DID SOMEONE SAY CAKE?

by Claire Lewis

We had an amazing turn out for the first social event at the Social Bean in Swansea - a Christmas baking competition. We had so many cakes to taste and score - finding a winner was very difficult.

Congratulations to Claire, Debbie and Lowri who won. Planning is in place for the next event.....

Pictured: All the cakes entered with the winners

HELPING THE HOMELESS AT CHRISTMAS

by Gwynneth Hatton & Michael O'Donnell

We have been very busy in Blaenau Gwent over the last few weeks putting together Christmas boxes for the Spectrum Homeless Project shoe box appeal. We have donated things like essential toiletries, hats and gloves to keep people warm and some treats. We will deliver them to the Market Hall Cinema in Brynmawr who have kindly arranged collection.

We have got all of our friends involved and some of the staff – even some of the staff's children have helped out and contributed too!

Pictured: Emma, Rachael & Toni with their contribution

We have also involved a past employee who now works in Poundland. She has been kind enough to put a trolley at the front of her store for customers to contribute items to if they are able to. Every contribution, big or small is appreciated to help someone less fortunate this Christmas.

Things are very hard for a lot of people this year, so we hope that our contributions will help someone who is less fortunate than ourselves, feel a little more comfortable.

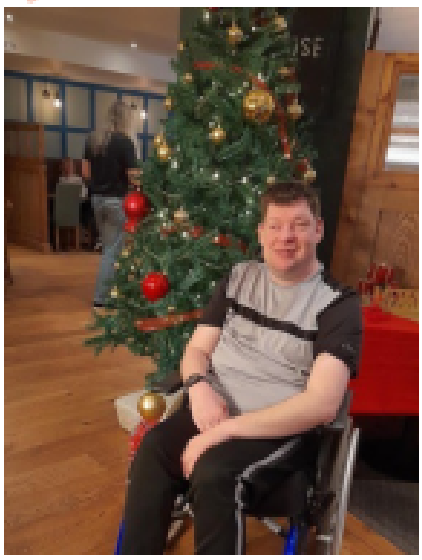
We have really enjoyed coming together for such a good cause and we really hope our boxes help someone.

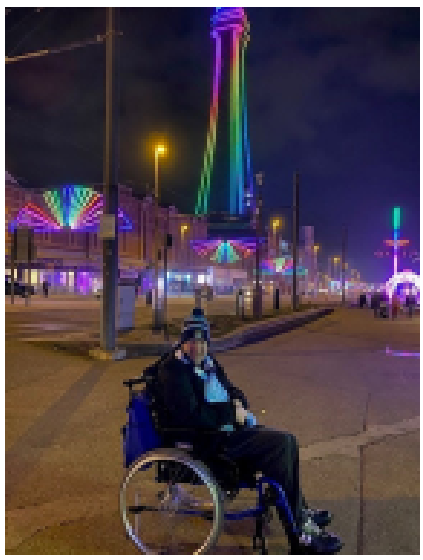
Pictured: Carol filling her box

Pictured: Gwynneth & Michael with their boxes

BLACKPOOL CHRISTMAS TRIP

by Melanie Moore





Pictured: Steven enjoying Blackpool

Steven from Holyhead enjoyed a lovely night away in Blackpool.

When he arrived, he enjoyed a delicious tea and a photo next to the hotel Christmas tree.

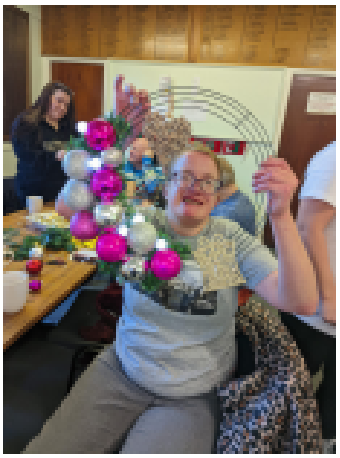
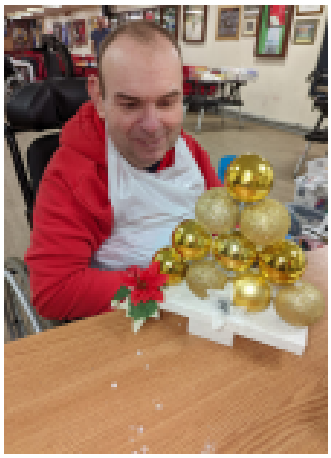
Steven then enjoyed a lovely walk along the promenade to see the Christmas lights and the tower. Steven said "wow!" with a big smile. Later he enjoyed playing basketball and bingo in the arcade before heading back to the hotel.

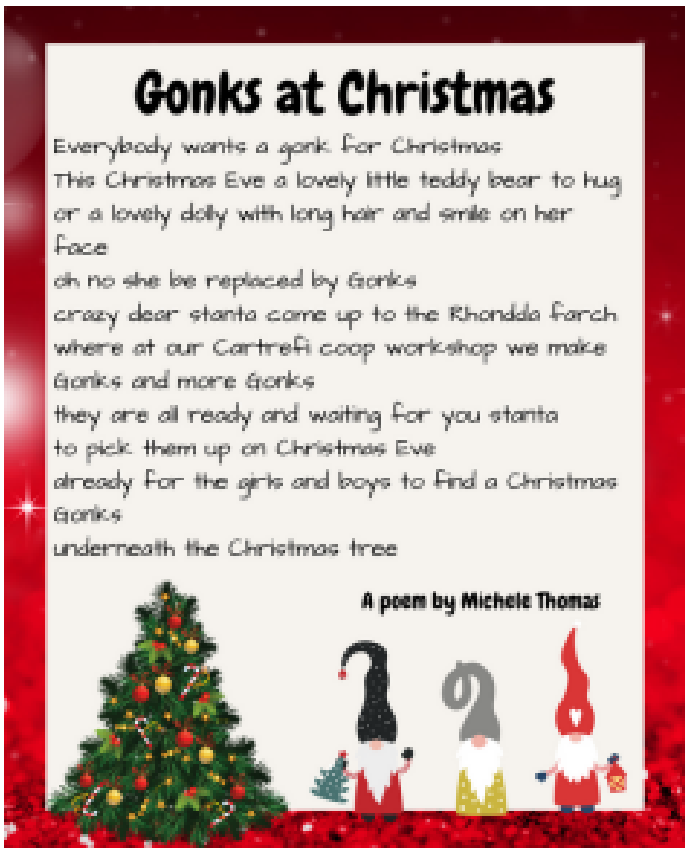
The following day Steven did a shop for some news clothes before heading home

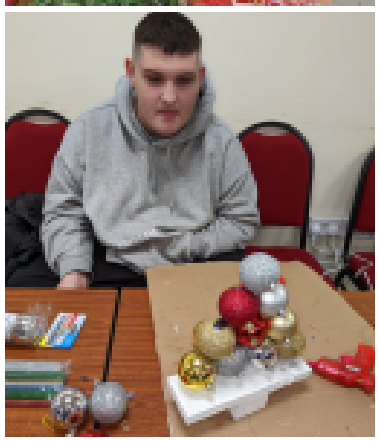
TREES, GONKS & WREATHS EVERYWHERE!

by Mia Southcombe

Monday activity club in Trealaw, attended by people supported by Cartrefi and Drive, have been very busy over the last couple of weeks. Not only have they moved venues recently but they've been making bauble trees, gonks and Christmas wreaths to sell, with the proceeds being used to buy more materials for the activity club to use - such a great idea!





A WINTERS NIGHT AT CHESTER ZOO

by Marjory Roberts and Lynne Evans

I've been to Chester zoo with my support staff, to see the Christmas lanterns I got to see all the animals, as lanterns which was amazing to see all the different animals lit up.

Marjory is not the only one that went to Chester Zoo to see the Christmas Lanterns. Amy, Ann, George and Grace from Anglesey also went and had a fantastic time.

BEST DRESSED TREE IN BETHESDA

by Wendy Richardson

Graham & Aled from Bethesda have been busy dressing the Christmas tree and making the house festive - I think you'll agree that the tree looks fantastic

Pictured: Graham & Aled busy decorating for Christmas

CLAIRE'S REVIEW OF 2022

by Claire Dyer

Claire has sessional support and respite in Swansea from an amazing team of Cartrefi staff.

Claire likes to be busy and likes lots of adventures in the community like swimming in the sea, trampolining, long walks, bikeability, aqua aerobics, ten pin bowling.

This year has been brilliant for Claire. Claire's support team has got bigger and has started to go on respite with staff to give Mammy and Daddy a break. Claire really enjoys respite and staff teaching and helping Claire learn independent living skills ready for when Claire gets own home. Claire has tried lots of new activities this year including aqua splash and a 90s pop concert in Swansea arena, zip world, ice skating and went to Rhossili to see the sunflowers and lots more. Some Claire has liked and some Claire hasn't but if you don't try you'll never know.

A big thank you to all staff that have helped Claire achieve lots of goals and to thrive in this year.

Next year Claire would like to go to Longleat safari and Alton towers.

Pictured: Claire at Luminate

CHRISTMAS COMMUNITY

by Chloe Selby

Cartrefi Staff at Cae Garnedd in Bangor planned and held a Christmas event to thank the residents and clients this year.

This involved stalls, entertainment, buffet and the real santa himself!

We worked as a team to plan a lovely event – A big thanks to all the staff involved and the families who helped. It was great working as a large community to create such a successful event.

Well done to Chloe, Mike & Einir for organising!

THE CHRISTMAS T-REX?

by Hannah Cowell

The people Cartrefi support in the North of Wales had an absolute blast at their Christmas party!

They had their celebrations at the Masonic Hall, in Parc Menai with a disco as well as live music. Everybody had a great time eating, drinking and dancing the night away.

They even had a visit from the Christmas dinosaur.....but don't worry he wasn't real – it was Karlos, our Assistant Director dressed up!

A big thank you to Tommy Barron, who entertained everyone (That's area manager Charlottes Dad)

A PARTY AND A VISIT FROM SANTA

by Eirian Foulkes

Medwen from Holyhead had the best time ever at her Christmas party at the Morswyn day centre. She had fun with her friends and enjoyed fantastic food and even had a christmas beer!

It all ended with a visit from Santa who gave her a present - Happy Christmas Medwen!

Pictured: Medwen enjoying herself, partying with Santa

CATCHING UP ON TWO YEARS OF PARTYING

by Tayah Williams

Due to the pandemic, the people Cartrefi support in Torfaen have missed out on a Christmas meal for the last 2 years. They have not had the opportunity to socialise together until now.

The Christmas meal was a great success, everybody had a fantastic time, full of festive cheer and didn't stop talking, eating or drinking all night!

SAUSAGE ROLL ANYONE?

by Sue Ristow

Who's the best person to ask to make delicious sausage rolls and mince pies in Parc Menai?

I think you'll agree that Deborah Norman is definitely the best - they look like they are going to be delicious! Well done Deborah

THE BLAENAU GWENT PARTY ANIMALS!

by Amanda Whittaker

The Blaenau Gwent bunch have been partying hard in Cardiff and Tredegar!

Rachel, Emma and Toni attended the First-Choice Christmas party in the V2 hotel in Cardiff. They had buffet food which was lovely and really enjoyed having a dance and talking to different people who work at First Choice and rent homes from them. Emma also won some chocolates for how she was dressed.

Then Michael, Kevin, Rachael, Emma and Toni attended a Vegas themed Christmas night at the Ashvale Club, Tredegar.

They had a 3 course Christmas dinner which they enjoyed.

There was a live band as the entertainment and we loved getting up for a dance, we also had some photographs taken with band.

THIS IS HOW CARTREFI DOES CHRISTMAS!

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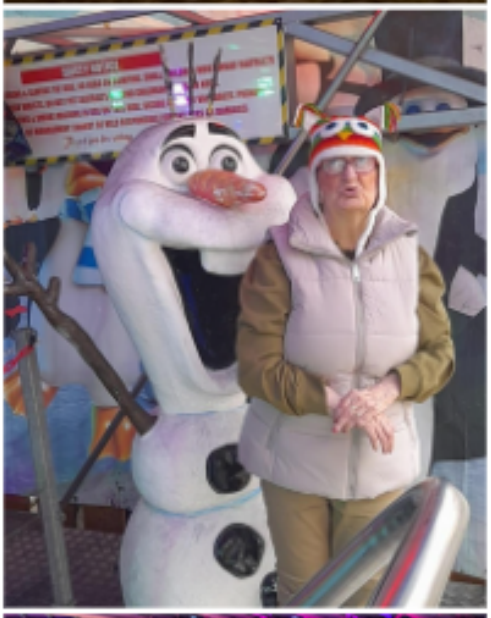

CHRISTMAS CROSSWORD PUZZLE

Use the clues to complete the festive crossword puzzle

Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is .....
7. Christmas Drink
10. The name of a popular snowman

Down

1. One of Santa's Reindeer
2. Christmas month
4. He hates Christmas!
6. You hang them by the Chimney
8. On Christmas morning we unwrap these
9. ..... to the world!

CHRISTMAS WORDSEARCH

Can you find all the festive words?

G	Q	C	E	L	V	E	S	Z	L	I	G	H	T	S
D	E	C	O	R	A	T	I	O	N	S	L	B	Z	B
C	E	L	E	B	R	A	T	E	W	M	J	E	Y	F
Q	F	D	C	L	G	N	R	E	I	N	D	E	E	R
P	F	Z	E	H	J	T	G	C	O	O	K	I	E	S
G	R	A	N	J	R	A	I	R	I	W	B	I	H	C
O	M	E	M	T	O	I	U	K	S	F	V	A	Z	A
R	I	I	S	I	N	A	S	N	D	O	H	J	D	N
N	M	M	S	T	L	E	A	T	E	C	Q	B	W	D
A	G	Z	D	T	N	Y	N	T	M	J	C	P	R	Y
M	I	I	I	T	L	T	T	W	N	A	B	T	E	C
E	V	H	N	T	W	E	A	S	Q	S	S	B	A	A
N	I	E	N	T	Q	Q	T	F	T	P	N	J	T	N
T	N	G	E	T	Q	I	C	O	P	Y	Z	S	H	E
D	G	A	R	T	P	R	E	S	E	N	T	S	B	S

CANDY CANES
CELEBRATE
CHRISTMAS
COOKIES
DECORATIONS
DINNER
ELVES
FAMILY
GIVING
LIGHTS
MISTLETOE
ORNAMENT
PRESENTS
REINDEER
SANTA
WREATH

Answers on page 14

CHRISTMAS TREATS TO MAKE AND EAT

We're in love with these cute minty Christmas treats that are fun to make.

Polar bear Peppermint Creams

Ingredients:

- 250g Icing Sugar
- 1 Egg white, beaten
- Few drops of peppermint essence
- 15 Chocolate sweets (M&Ms or smarties etc)

Equipment:

- Large Mixing bowl
- Sieve
- Wooden Spoon
- Rolling Pin
- Baking Parchment

Method:

1. Sieve the icing sugar into a large bowl. Mix in the egg white, a little at a time – stop adding it when you have a soft dough that feels like plasticine.
2. Add 3 drops of the peppermint essence, mix well and taste. Add another drop if it isn't minty enough.
3. Place on sheets of baking parchment on a large board or tray. Using half the remaining mixture, make blueberry-sized balls and flatten them out onto the heads to make snouts. Add chocolate sweets for the noses.
4. Use the rest of the mixture to make the ears. Shape them into tiny balls and press them gently into the top of the heads with your fingertips. Use a cocktail stick to shape the eyes.
5. Leave the polar bears to dry for 3-4 hrs, or overnight. Eat within 1 month.

CARTREFI CHRISTMAS CARD COMPETITION

Congratulations to Emma Gillgrass from Rassau for winning the Cartrefi Christmas Card competition.

Well done to runners up Edgar from Porth and Graham from Bethesda.

We had so many amazing entries, it was very difficult to choose a winner. Thank you to everybody who took part and all the staff who voted!

Pictured: Emma's winning card

Pictured: Graham's Card

Pictured: Edgar's Card

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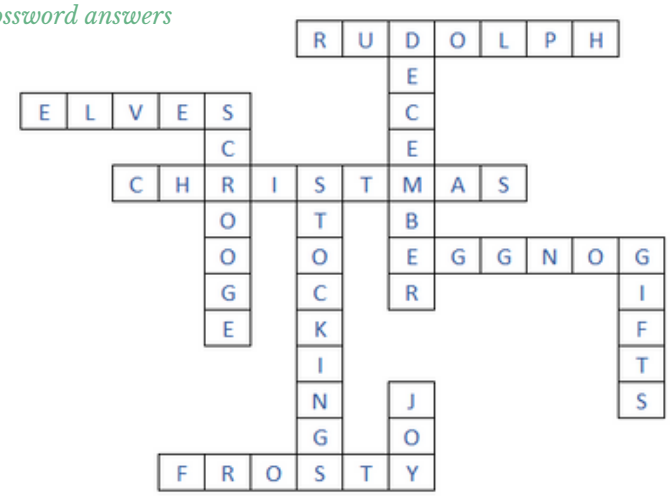
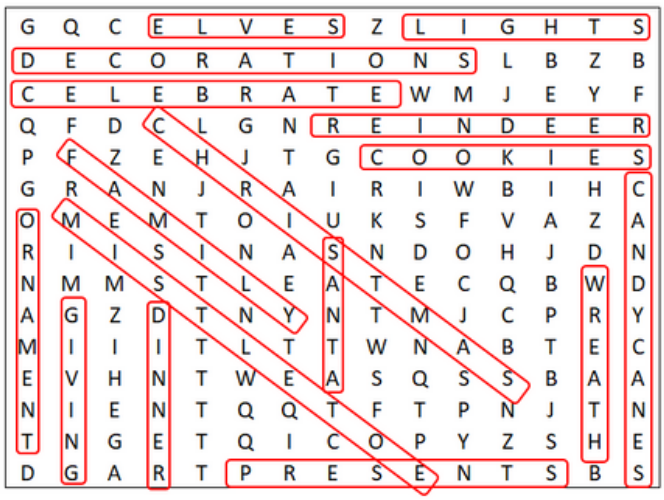
Scan the QR code to go to our contact details, website and social media! or use this link: https://linktr.ee/cartreficoop

Crossword answers



Word Search answers



Do you have a story you want to tell?
Or an event you want to share?

If so, submit them to us to be included in the next newsletter!

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