

CARTREFI CO-OP

Newsletter



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We are offering Co-op members to get involved in a high profile, Government funded initiative. p.04

CO-OP STATISTICS

The number of Coop members is growing, check out just how many like minded people have signed up! p.04

NATIONAL NEWS

Coop coverage from Mid, South and North Wales. Celebrate good news stories, and learn what co-op activity is still to come. From p. 02,

MESSAGE FROM ADRIAN

Co-ops are different from other businesses because they are *democratically controlled* by their members. In small co-ops, with just a few members, that can mean that everyone sits down together to make decisions. And if they need to, they have a vote. Cartrefi members are already making decisions that way in local Co-op Forums.

But because we are a big co-op, with hundreds of members from all over Wales, we also need something called "representative democracy". It's the same sort of system used to elect MPs and Assembly Members. As a new co-op, we need to make this happen for the first time.

So we are organising elections to create a new Council of Representatives. The elected members will come from north, mid and south Wales, and will include people we support, employees, and community supporters. Over the next two months, we will be providing information and advice so that members understand what they are voting for, and so they can decide if they want to stand for election. It's going to be an exciting new process for us, with an exciting new outcome: *democratic member control*.

If you have any queries, please ask at your local forum, and/or send them to info@cartrefi.coop.





STUDENT PRAISES CARTREFI

by Danielle Stinton

I was looking forward to starting my placement at Cartrefi to meet new people, and observe how employees at Cartrefi provided care and support.

In college I learnt about how important it is for everyone to have a say in the kind of support they receive and that is one thing I really saw in Cartrefi Cymru. It was all about what people want, not what any manager or support staff think they should have and this made me very happy to see. I was very lucky to be able to attend the Co-op chair training, I noticed how excited everyone was about creating a community, starting with Cartrefi.

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I have thoroughly enjoyed my 4 weeks working with Cartrefi and have signed up to be a Co-op member.

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BEING A GOOD NEIGHBOUR

by Samantha Taylor

Samantha Taylor identified a neighbour in need and went the extra mile to help her! Sam commented 'A lady in the local pub in Treherbet became ill and was not able to do her own shopping. I went to her house and asked her if she needed any shopping and she wrote a list. I did her shopping for her and made her happy'.

Sam had reservations about lone working which she raised with other coop members. In order to overcome this, a risk assessment was carried out to identify any potential risks and systems put in place to ensure Sam's safety as well as her neighbors. Well done Sam!

Risk assessment guidelines are available at your local Cartrefi Office

RCT ROCKS

by Alys Phillips

Michele Thomas contacted Rhondda Cynon Taff rocks to invite them to join fellow co-op members to paint rocks in their bid to build community. Co-op members came together, as valued contributors to paint rocks to place in their local communities.

The rocks are a great way of making people feel good about their community. Michele says she will use the rocks to help share our co-operative commitment to strengthening communities.



I think it's been a long time since that was how it was in every village, so it's amazing to see it brought back again. If anyone can do it, it will definitely be the people at Cartrefi who can make it happen.

I'm really excited to be a part of everything that is going on at Cartrefi and I look forward to meeting more co-op members in the future.



Pictured (From left) Mike Chambers, Nicky Davies, Sue Stockwell, Hayley Evans, Jonathan Richards, Andrea Osborn-Evans

FOOD BANK SUPPORT

by Andrea Osborn-Evans

Carmarthen forum wanted to support a group with a shared interest to work with people who are vulnerable and marginalised in every community.

Co-op members initiated a collection of food in aid of The Salvation Army. Generous donations were received from co-op members, people we support and staff.

We met with the salvation army food co-ordinator, who was delighted with our contribution. He informed us it would be used to supply hot meal to those using their service.

THE BANGOR FRIDAY CLUB

by Sian Roberts

The Friday Club is a new group that will meet at Bangor Office every Friday afternoon and aims to connect Cartrefi Cymru with people in the local area who want some company. All members will be respected and given the opportunity to have their say. There will be tea and biscuits and a range of different activities every week. The activities will mirror the interests of attendees, and will be optional. Some people might just like the opportunity to come for a hot drink and converse with other people.

Everyone is welcome; If you would like more information please contact me on sian.roberts@cartrefi.coop.

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BOTTLE TOP COLLECTION

by Alys Phillips

Caroline Nash is collecting plastic bottle tops for the wheelchairs in Towyn. In particular tops from milk bottles, pop bottles and lids from bisto or pringles. Caroline is hopeful that other people will join her in the bottle top collection. That way Caroline anticipates helping more people.

If you would like to contribute, please take your saved bottle tops to Penrhyndaudreauth or Bangor Office.



Pictured Caroline Nash

MEMBER STATISTICS

We currently have 368 Co-op members across Wales.

North Wales	70
Mid Wales	171
SouthWales	127

DID YOU KNOW?

The first co-op in the world was formed in 1844 by a group of ordinary working people in a town near Manchester called Rochdale. They were fed up with having to buy food and other basic things from a shop run by someone who just wanted to make a profit from them, especially as the food was poor quality and really expensive. So they asked their friends, families and workmates to all put in a little bit of money each and they used it to hire their own shop and supplies. It was a huge success, and ultimately led to the creation of thousands of co-ops all over the world.

Their idea of people taking control and helping each other, by sharing resources and decision-making, is still at the heart of every co-op...including Cartrefi Cymru.

You can find out more about the Rochdale Pioneers on YouTube: <https://www.youtube.com/watch?v=DNVzOsZt6ew>

You might also like this from Co-ops UK: https://www.youtube.com/watch?v=90FL_bBE4mw

PS. Although the first official co-op started in Rochdale in England, a lot of the ideas behind it came from a brilliant bloke called Robert Owen...and he was from Newtown in Wales.

CO-OP QUESTION

The purpose of local forums is to bring people together (especially our three membership groups) to make communities stronger.

Usually local forums will give most of their attention to making their own local community stronger.

Members might want to strengthen community in different ways. This is likely to mean that forums will be involved in a range of community activities which reflect people's choices and interests.

At your next forum meeting it will be helpful to discuss the following question:

What assets and interests do members have in your forum?

This is a great way of identifying activities which are not only good for the community but which include and build on people's strengths.

GET IN TOUCH

Share your Co-op story with us to feature in next month's newsletter.

 @CartrefiCymruCoop

 @CartrefiCymru

 02920 642 250

 info@cartrefi.coop

MEASURING THE MOUNTAIN

by Adrian Roper

Cartrefi has helped to create an opportunity for citizens across Wales to have a say about their experience of social care. A group called "Measuring the Mountain" has been formed, with support from the Welsh Government, and the climax of its work will be a Citizen's Jury that will meet in Swansea in October and will call witnesses to help them come to a judgement about how well social care is working. The first step is going to be to ask lots of people all over Wales to tell their story of a social care experience. These stories will help the Jury ask the right questions. Cartrefi Co-op members can get involved. Would you like to help collect stories, or would you just like to tell your story? If you are interested, please contact info@cartrefi.coop.

CARTREFI IN ACTION

by Big Llama Media



Visit Cartrefi's YouTube channel and watch some co-op members engage with their communities, and learn of what it means to them to be a part of Cartrefi Cymru Co-operative.

Visit <http://bit.ly/WeAreCartrefi>