

# CARTREFI CO-OP

*Newsletter*



## *Inside the Issue*

### TORFAEN CO-OP CLUB

An exciting opportunity in Torfaen to have some fun and meet new people.

### CO-OP STATISTICS

The number of Co-op members is growing, check out just how many likeminded people have joined.

### NATIONAL NEWS

Communities all over Wales are doing great things. We are sharing our members' stories from Mid, North and South Wales.

## MESSAGE FROM ADRIAN

Our first Co-op elections are underway at the moment with the closing date on 18th July. A big thank you on behalf of all Cartrefi Co-op members to the people who have put themselves forward as candidates. It takes courage to stand for election, as well as a desire to make a difference. Huge respect to every one of the candidates. Inspirationally, all the people standing for election are from the People We Support category of member. This means that our first elections are an opportunity for the people we support to have a real say in electing their representatives onto the Council of Members. These elected representatives will hold their seats for two years.

We have lots of Employee and Community Supporter Members, but we were just short of enough nominations from these categories to be able to hold elections for them. Those who put themselves forward will therefore be elected unopposed. In 2019, we will have elections again for Employees and Community Supporters, and I'm sure that more members will feel brave enough to stand.

We will very soon have a Council of 12 Member representatives - four from each member category. I'm looking forward to taking part in their start-up training and then listening to their views when they meet with the Board of Trustees in the autumn.

The elections are just the start.

PS. The names of all the new Council members will be published in our next Co-op newsletter.

Best wishes



# TORFAEN CO-OP CLUB

by Sian Roberts

After the success of a recent 'chat and chips' night, arranged by support worker Tracey Pike, Co-op members have decided to arrange a weekly club in the Torfaen area. Nicola Ball, one of the event organisers said, 'The people we support enjoyed it so much, they were asking when the next one was, so we decided to make it a weekly club.'

The organisers have raised funds through a sensory story telling group to buy games and arts and crafts materials. Area manager Nicola Powell praised the group. 'Both Nicola and Daisy have worked really well to set up the club involving the people we support with decisions on what happens within the club'

There is a £2.50 entry fee. This fee will be put towards a fun activity or day trip that members will help choose. There will be a new activity each week: games, competitions, discos, bingo sessions, pizza nights and much more. Everyone is welcome!



# MAYOR AND DEPUTY MAYOR

by Alys Phillips



Pictured: Eric Wyn Roberts and Mici Plwm

Congratulations and best wishes to two of our members. Eric Wyn Roberts and Councillor Mici Plwm were invested as Mayor and Deputy Mayor of Pwllheli for 2018/19 in a ceremony in the council chamber. As a cooperative we believe in democracy and community, and that's exactly what local town councils are all about. Nice one, Eric and Mici. Love the cool uniforms too.

## MEMBER STATISTICS

We currently have

**459**

Co-op members across Wales

For more information email: [nicola.ball@cartrefi.coop](mailto:nicola.ball@cartrefi.coop) or [daisy.mcmahon@cartrefi.coop](mailto:daisy.mcmahon@cartrefi.coop)



*Pictured: Stephen Williams*

## RACE FOR LIFE

*by Andrea Osborn-Evans*

Four of the Carmarthen coop members, Sue Stockwell, June Stockwell, Bethan Davies and Andrea Osborn-Evans did the Race for Life in the Millennium Coastal Park in Llanelli on Sunday, 10th June for Cancer Research UK.

We were really lucky with the weather as it was a glorious day, and there was a refreshing breeze which provided some respite from the heat. Members of the Carmarthen Forum agreed to sponsor the girls at their last meeting. Here is a photo taken of us after the race.



*Pictured: Sue, June, Bethan and Andrea*

## STEPHEN RACE THE TRAIN

*by Sian Roberts*

Stephen Williams is combining his love of trains and his local RNLI station to make a difference in his community. He is running in the 'Beat the Train' race in Caernarfon on the 18th July and is using his sponsorship to raise money for the station. He goes every Wednesday to see the local crew set up. 'They have given me lots of things. They gave me 2 flags and a badge that they want me to show every time I go.

'One of my support workers is also a personal trainer and he is helping me achieve my goals. I said I could beat a train and he told me about the 'Beat the Train' race. I just really wanted to do it as soon as I heard about it'. Stephen and his staff have been hard at work training for this every week. Stephen aims to complete the 5k race in 45 minutes. If you wish to sponsor Stephen, there is a sponsorship form in the Bangor office.

## FOOTBALL CLUB

*by Teresa Jones*



*Pictured: Football practice at Llandrindod Leisure Centre*

Llandrindod Football Club are appreciating the drier weather, and as a result have taken their training outside on to the astro turf.

Coaches Doug Taylor and Gareth Wood are enjoying coaching the team and would like to see more people get involved. Their vision is to create a Cartrefi tournament.

Training is every Tuesday 6-7pm at Llandrindod Leisure Centre. Males and females aged 18 and over are all welcome.

*If you would like to find out more please contact [Teresa.jones@cartrefi.coop](mailto:Teresa.jones@cartrefi.coop).*

## DID YOU KNOW?

Learning Disability Wales (LDW) have been working tirelessly to prepare the launch of Gig Buddies in Cardiff. The project has been running in Sussex now for almost five years and the time has come to turn Gig Buddies into a social franchise. Gig Buddies matches adults who have a learning disability to a volunteer who has similar interests, to go to events together that they both love.

This means Gig Buddies will share their ways of working to build a networked community of like-minded people committed to enabling people with learning disabilities to lead full and active social lives.

They work with a number of organisations, charities, support providers, art organisations, and local authorities. What is important is that their hearts are in the right place, both as an organisation and the staff, and the people who work there.

Learning Disability Wales have got Gig Buddies off the ground thanks to the wonderful First Choice Housing Association who have provided funding to match 20 pairs of Gig Buddies, who will attend one event per month, plus regular social meet-ups, for the next year.

They're not stopping there though. The aim is to spread the scheme throughout the whole of Wales. There's already a brilliant project called Connect Buddies in Conwy, and LDW will be working to sustain Gig Buddies in Cardiff beyond the first year and encourage similar projects in other areas. You can contact LDW directly on: [gigbuddies@ldw.org.uk](mailto:gigbuddies@ldw.org.uk).

This is a great opportunity for people and agencies to co-operate across Wales.

If you want to find out more about setting up Gig Buddies in your area email: [info@stayupdate.org](mailto:info@stayupdate.org) or visit [www.gigbuddiesinabox.org](http://www.gigbuddiesinabox.org).

## CO-OP QUESTION

Do you know the lazy way to grow potatoes?

- You can find the answer on YouTube by typing Huw Richards Potatoes into the search box
- Huw is a 19 year old from Tregaron who provides regular gardening tips on YouTube
- He's got 75,000 followers
- He was one of the speakers at the "Building a Co-operative Country" Conference in the Urdd Centre in Cardiff Bay last month
- Cartrefi was one of the sponsors of the conference
- It's amazing what you can learn by being a co-operator!



Catch up with Adrian's recent blog, 'The High Road to better Home Care'

<http://bit.ly/Highroadtohomecare>

## GET IN TOUCH

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



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