



# CARTREFI CO-OP

*Newsletter*



*Inside the Issue*

## HELPING THE HOMELESS

Supporting the vulnerable this Winter.

## ANNUAL RETREAT

Highlights from the first of many power sharing meetings.

## A MESSAGE FROM THE CHAIR

Highlights from across Wales and a big thank you on behalf of the Board of Management.

## ELF DAY

*There's snow better way to raise money to help beat Dementia!*

Cartrefi unleashed their inner elf on Friday 7th December to help beat dementia this Christmas!

Brecon and Cardiff Office sprinkled some festive cheer to help everyone get in the Christmas spirit.

Brecon invited the community (and Father Christmas) in for a hot drink and cake, with a performance from Llanfaes Primary School Choir. It was lovely to see staff, people we support, community groups and friends and family come together to sing Christmas carols and enjoy a mince pie!

In the Cardiff Office they had lots of activities people could take part in; Guessing the number of bon-bons in

the jar, a book sale, where staff brought in unwanted books for others to enjoy, and lots of elfies with an elfie stick! Not forgetting delicious hot chocolate with home-made mince pies and a screening of our first Christmas movie; Elf in our brand new chill out room!

Dementia is a cruel disease that affects around 50 million people worldwide, so for us to raise £210 for Alzheimer's society is a small way of contributing to the fight against it.

<https://www.alzheimers.org.uk/get-involved/dementia-friendly-communities> is a programme that encourages everyone to share responsibility for ensuring people with dementia feel understood and are able to contribute to their community!



*Pictured: Brecon Office*



*Pictured: Cardiff Office*

# HELPING THE HOMELESS

by Michael O'Donnell

I was interested in supporting the Christmas shoe box appeal at Brynmawr Cinema last year, but unfortunately I missed the date. However it inspired me to support The Eden Gate Homeless Project in Newport this year. Eden Gate supports people who are at their most vulnerable especially in the winter season.

My friends, support staff and managers from the Pontypool office agreed to help me raise money to buy some sleeping bags for the homeless. We decided to hold a raffle in the hope to raise enough money to donate 20 sleeping bags. The prize was a chocolate and sweet hamper.

We also collected 107 pairs of socks in 10 days to donate and raised money by a guess the name game. In total we raised £547.

When all the money was collected I was supported to order 20 sleeping bags and deliver them with the socks to the Eden Gate Project in Newport.

There was £125 left over which we chose to donate to Children in Need.

I am really pleased and proud that I am able to help those in need, and happy everyone worked together to make it happen.



Pictured: Michael O'Donnell and Colin Hamer counting their donations

# EDRYD'S CLOTHES COLLECTION

by Sioned Evans



Edryd Williams has been sorting through donations of clothes from the Gwystl day centre that he regularly attends. The clothes have been collected for the homeless in Bangor but some of them were not suitable, instead Edryd decided to give them to the local school. They have a clothes bin, which they get money for, which goes towards school projects.

Edryd really enjoys sorting the clothes out, and already has another pile to sort!

# OVER 70S LUNCH

by Nicola Phillips



On the 12th October, members of the Brecon Forum got together with members of Brecon Lions Club, and staff at the local Edinburgh Woollen Mill, to provide a social lunch for the over 70s community in Brecon. The Lions hold one every year and we were delighted to contribute.

Saint Marys Church in Brecon allowed us to use their kitchen to prepare the lunch, and kindly donated the use of the community hall to serve the lunch. Dial a ride, a convenient locally run bus service dropped off the 79 members of the public that attended. A community member, Tim Belcher also attended the day to provide 1950's entertainment. Everyone seemed to enjoy the day, and were very grateful to have an excuse to get out into the community.

We had an opportunity to share Cartrefi's purpose and vision with the attendees, and we are hopeful we can collaborate again in the future!



Pictured: Edryd Williams filling the clothes bin

# INCLUSIVE ANNUAL RETREAT

by Alys Phillips



*Pictured: Council representatives for the South*



*Pictured: Adrian and Kath*

On a wet November weekend, Bangor Management Centre hosted this year's Annual Retreat. It was very exciting to see the first of many meetings, bring together Council of Members, Board of Trustees and staff representatives to share power.

The Council of Members were at the centre of a number of discussions, including what the role of trustees should be, what Cartrefi's goals are, and what next year's evaluation process will look like!

The Council enjoyed contributing so much, that they even emptied everyone out of the room, to appoint the Chair of the Board.

Everyone came together in the evening to get to know each other better, and share a lovely dinner.

Nae Cook, mid representative for the people we support

enjoyed her weekend so much, she prepared a vote of thanks to share with everyone.



*Pictured: Nae Cook giving thanks*

Everyone left feeling positive about the joint decisions that had been made, and had a better understanding of how the Council of Members will fit within Cartrefi's organisational structure.

## MESSAGE FROM GRANT/PETER

Thanks to you all, 2018 has been a year of significant progress, so let's celebrate what you have achieved.

In the South we have established the RCT Local Vocal Choir, and supported Lloyd to have a Bridgend sale for Children in Need raising £104. We are also delighted to have won new services in Swansea and the Vale.

In Powys and Gwent we have strengthened community links by holding a successful spring ball and summer show. We co-operated and opened up the community in Meifod, bringing back the much loved bingo to the village hall, and gained experience with Tempo Time Credits partnership in Gwent, ready to roll out across Powys next year.

A North highlight and good example of co-operative working is what has been achieved by our Home Care team in Arfon. They have embraced a new style of working that depends upon their ability to co-operate in order to help the person achieve what matters to

them. We have also been busy fund raising to raise funds towards buying a sound beam for the people we support and their friends.

The head office refurbishment has been a big success and Cartrefi's office in our capital city has had a much needed face lift. The team have worked hard to create a bright and open workspace, including a new communal room which can be used for meetings and more informal social events. If you are in Cardiff please pop in and see for yourself!

This year was another key one for Cartrefi Co-op. Your Council of Members is now fully active, and taking decisions - such as election of Trustees, and helping shape long term plans.

**Thank you for being part of such a great organisation. The Board of Management and the Senior Management team wish you all the very best for Christmas and 2019.**



## DID YOU KNOW?

Seven local authorities have been working with the Welsh Government to pilot the delivery of 30 hours a week government-funded early education and childcare. It is available for working parents of three and four year olds, for up to 48 weeks of the year.

The childcare offer is currently available to eligible parents across the whole of the following authorities:

- Isle of Anglesey County Council
- Gwynedd Council
- Caerphilly County Borough Council
- Blaenau Gwent County Borough Council
- Flintshire County Council
- Rhondda Cynon Taf
- Ceredigion
- Torfaen

The Minister for children, Older People and Social Care has also announced that the offer will be available across the whole authority in, Carmarthenshire, Denbighshire, Merthyr Tydfil and Monmouthshire from January 2019 with implementation in the Vale of Glamorgan planned from early 2019.

Bridgend, Powys and Pembrokeshire will see the offer being delivered from April 2019.

For more information visit: <http://bit.ly/ChildcareOffer>

The scheme helps me to fully support the service I work at; allowing me to be flexible to meet the needs of the service users, without worrying about childcare. I even get quality time to be a mum!

*Claire, Assistant Service Manager*

## CO-OP QUESTION

Local Forums are a good way to bring co-op members together. Their overall purpose is:

- To enable the people we support to live a good life
- To bring people together to make communities stronger

We currently have 9 forums across Wales in:

- Bangor
- Penrhyn
- Meifod
- Brecon
- Pontypool
- Cardiff and the Vale
- Trealaw
- Bridgend
- Carmarthen

With the help of our members we would love to grow our forums.

What do you think would encourage more members to join their local forum?



Visit <http://bit.ly/coopquestion> to submit your answer, or email [communication@cartrefi.coop](mailto:communication@cartrefi.coop).

## MEET THE TEAM

*our new Director and Co-op member*



Rebecca Nelson has been appointed as our new Director of Finance and IT and started working for Cartrefi in November 2018.

Rebecca graduated from the University of Manchester with a first class degree in economics in 2002 and joined a Big 4 accountancy firm. Rebecca spent the next 16 years working in Cardiff and London specialising in public sector organisations and charities. In addition, Rebecca is the current Vice President of CIPFA Cymru Wales - the chartered institute of public finance and accountancy.

Rebecca is really excited at the opportunity for working for Cartrefi as she is really passionate about the charity sector and the work we do as an organisation. Rebecca's aim over the next few months is to visit all the regions and meet as many teams as possible to really understand how we operate and to collate ideas from our staff, people we support and our communities on how to make Cartrefi the best it can be. She is particularly interested in how technology can be used to transform how we work and how it can improve the quality of our service.

If anyone has any great ideas, she would love to hear them, so please contact her at [rebecca.nelson@cartrefi.coop](mailto:rebecca.nelson@cartrefi.coop).



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## GET IN TOUCH

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



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\*  
Merry  
Christmas  
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From our Chief Elf and  
everyone at Cartrefi Cymru  
Co-operative

