

# CARTREFI CO-OP

Newsletter



## Inside the Issue

### HIGH TEA IN BRECON

A jam packed room raises £400 for the Bethan Roper Trust.

### CO-OP PLEDGE

Carry out an act of co-operation inspired by Coops UK.

### JOIN THE PARTY REVO-LOO-TION

We are supporting Tearfund's Toilet Twinning Campaign.

## MESSAGE FROM ADRIAN

This time last year I explained that we had just established our first Council of Members as a co-operative. This was made up of 4 people we support who were elected after an open election process, plus 4 employee representatives and 4 community supporter representatives who were co-opted as a result of not enough people putting themselves forward for election. The four people we support will carry on as Members of the Council for another year, but we are about to hold elections again for the other two membership categories. I am hoping that we will have more people putting themselves forward to stand for election this time, including those who were not only co-opted but have shown their commitment to attend meetings and contribute to important discussions and decisions.

I also explained last year that the

Council has important powers and duties, including sitting down with members of the Board and Senior Management team to review how much we pay our staff, what our values and goals are, who has the power to do what, what our co-op rules are, and what we spend our money on. Plus the Council has sole power to appoint people to the Board, and consequently it's views and requests are taken very seriously.

So far this year, the Council has:

- Requested six monthly reports on our efforts to address low pay in social care
- Approved a new set of goals and priorities to go out for company wide consultation
- Signed off an updated "schedule of delegated authority" for the next twelve months
- Reviewed and approved a new Co-op Members Handbook

The Council will be spending two days with the Board in November to review what we spend our money on and to discuss the results of the consultation on our goals and priorities. In my experience, Members will not only take these duties seriously, but will help everyone involved to feel like we are doing something open, honest and right. And there will be a lot of two-way respect and laughter going on too. If you'd like to be there, *put yourself forward for election.*



# HIGH TEA

By Alys Phillips



Pictured: Everyone enjoying their cake

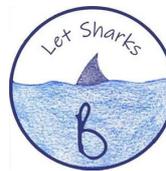


Pictured: Cake by Nicola Ball

You would think a cloudy afternoon, a jam packed room (literally) and a whole load of washing up would be a recipe for disaster! Add 70+ smiling guests, 20 metres of bunting, a cake shaped shark and some willing forum members and you'd be very surprised.

Brecon forum opened it's doors to lots of members:

- Members of the Co-op
- Members of the People supported by Cartrefi
- Members of different Cartrefi offices
- Members of Friends and Family
- Members of the Public



 @letsharksb  
 Let Sharks B

For Afternoon Tea in aid of bringing everyone together, brightening up the weekend, an excuse to overindulge and the Bethan Roper Trusts - Let Sharks b.

Thank you to all our star bakers, you fed an army of people, and are still feeding the Brecon Office!

# JOIN THE PARTY REVO-LOO-TION

By Julie Jenkins

## WE ARE TWINNING OUR TOILETS

1 in 3 people worldwide don't have somewhere safe, private or hygienic to go to the toilet.

Please help us to raise money so that we can twin our toilets and help people have access to safe sanitation, clean water and hygiene education.

[www.toilettwinning.org](http://www.toilettwinning.org)



We want to support Tearfund's 'Toilet Twinning' campaign to raise money to provide decent toilets, clean water and hygiene education worldwide.

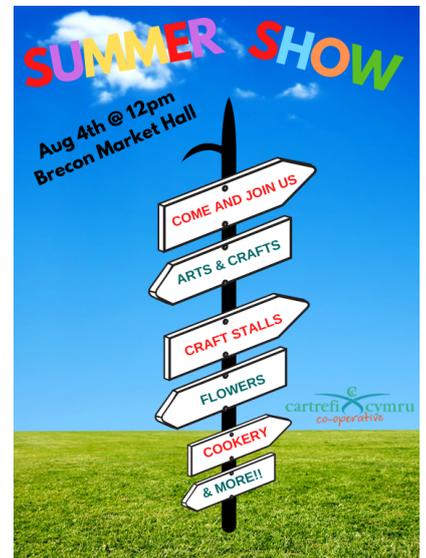
From the 18th July we would like to invite all offices to transform their toilets and take part in the 'Best Dressed Cartrefi Toilet' competition. Add some ambience with some essential oils or some relaxing music - it's up to you how you dress up your loo! For your chance to win, send your pictures to [communication@cartrefi.coop](mailto:communication@cartrefi.coop).

Offices, forums and houses could discuss ideas on how they could raise money to twin their toilet. For some inspiration visit: <https://www.toilettwinning.org/group/community-groups/>

**It cost's just £60 to fund one toilet.**

After three successful Summer Shows, we would like to invite you to this years show!

To download a Show Brochure, and entry form, visit <http://bit.ly/SummerShow19>



For more information contact [delyth.prosser@cartrefi.coop](mailto:delyth.prosser@cartrefi.coop).

# THE NEW 'CHAIN OF OFFICE'

Congratulations Neil Bastow, Member 182, Service Manager in Bangor, for becoming the newly elected Mayor of the Bay of Colwyn.



Pictured: Neil Bastow

# NOTES & NUMBERS IN TREALAW

by Maria Southcombe

Trealaw held a Quiz and Bingo night to support their local forum. There was a fantastic turnout with over 60 people taking part.

The night included bingo, a music quiz with live music performed by Mark and Beth Southcombe and a raffle to finish off the night.

Goody bags were given to all winners, as well as a medal engraved with 'Winner of Quiz 2019'.

Everyone had a great night, Thank you to all the organisers and musicians for putting on a great evening.



Pictured: Winning Team

## MEET THE TRUSTEES

Ruth Dineen



I was the co-founder of the Co-production Network for Wales <https://copronet.wales/>, an organisation campaigning for co-production principles of equality and reciprocity to be placed at the heart of Welsh public services.

I'm also a UK Higher Education Academy Teaching Fellow with a background in education - one of the best jobs in the entire world. I've worked in secondary schools, in further & higher education, and in the UK and China, focusing on creativity in the broadest sense of the word. I'm a trained coach and an Action Learning and Appreciative Inquiry Facilitator.

I joined Cartrefi as a trustee in 2015, hugely impressed by their commitment to ensuring that those they support feel safe, respected and able to realise their potential. Their decision to become a member-led co-operative has, I believe, significantly extended their ability to do just that.

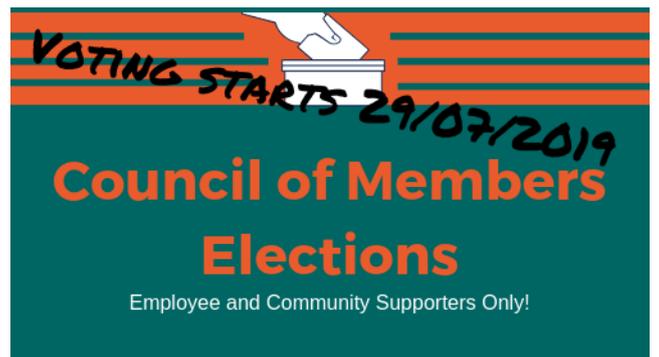
Watch Ruth's diary profile to find out more <http://bit.ly/ruthdineen>

“ Thank you Cartrefi for being a caring employer who supports staff to become more than they thought they could. Cartrefi helps develop staff from the day they start. Not only the staff get this but the people we support are supported in the same way by the staff, making Cartrefi a great company.

Member ”

“ Thank you Cartrefi for looking at the big picture – not just peoples day to day lives, extending the focus to community, country, the future health of the planet – great!

Member ”



The timeline for election is:

- ➡ 8th July Nomination Forms made available - by email and all offices
- ➡ 27th July Deadline for submitting nominations - by email, post or offices
- ➡ 29th July Start of period when votes must be cast - by email, post or ballot box at offices
- ➡ 12th August End of election voting period
- ➡ 16th August Announcement of successful candidates

For More Information Visit: <http://bit.ly/ElectionFlyer> or contact [communication@cartrefi.coop](mailto:communication@cartrefi.coop)

# HAY FESTIVAL

by Abbie Hughes



*Pictured: Hay Festival Site*



*Pictured: Abbie, Jenny and Alys on duty*

As a local in Hay, Hay Festival has always been iconic for an influx of tourists, lots of delicious street food, more books (if that's even possible!) and bad weather! For me, this year was different, instead Hay Festival brought me confidence and independence. I was given a job on the car park, which was great because it gave me something to look forward to. My main responsibility was issuing car parking tickets, taking the payment and drinking lots of tea! It was great because I got to meet lots of different people. Everyone I worked with was really kind and helpful, and the sun came out too!

I am very grateful for the opportunity and hope that Jenny will have me again next year!

# MY PUBLIC SPEAKING DEBUT

by Ffion Bennett

On the 8th of May I was asked to take part in a public speaking session.

I went to the Star College, when I was there we talked about Peoples First and I gave them an ambulance book and a key ring. I shared information about what we learn at Peoples First, it was my first time speaking to people. I felt brave and I would like to go there and do this again.



*Pictured: Robert Moore*

# I'M A NEW MAN

by Robert Moore

I am a member of the co-op and last year I was elected as a Council Member. This makes me feel really happy. I like going to meetings and meeting new people. I have had the chance to meet some important people like Adrian Roper and Chris Dodds. This makes me feel important too.

I loved the meeting in Bangor, I really enjoyed showing photos of the things that our co-op have been doing. I have been practising public speaking and feel I am getting more and more confident. I am now chairing our local Forum meeting which I really enjoy. I am proud of what I have achieved!



*Pictured: Ffion Bennett (far right) with friends*

# CATHANDREWS BUNGALOW STORY

by Alys Phillips

Judith, Jenny and Phyllis have been busy getting arty to brighten up Cartrefi's Head Office in Cardiff.



Pictured: Judith, Jenny and Phyllis

Between them they have produced a colourful canvas using wool (left overs from knitting) and bits of broken jewellery. Using different textures and colours they have managed to incorporate their individuality into their artwork. They enjoyed making it together and hope that it cheers up the Office Training Room, where it can be enjoyed by staff, people we support, and the community.

## CO-OP PLEDGE

by Alys Phillips

As an organisation we would like to pledge:

To use Fair Trade Products in our offices as much as we can, for example Tea, Coffee and Bananas.

It would be great if you got involved too, in groups or individually think what what act of co-operation you would like to do. It could be a conversation starter at your next forum meeting? It doesn't have to involve dreaming up a new project or require a huge amount of effort.

It must involve people working together and co-operating - which happens every day in co-ops.

Some examples are: tidying up a community space, reducing plastic waste, teaching a skill to someone else or collectecting donations for your local food bank.

## 'SCOOPING' THE SIMPLE PLEASURES IN LIFE

by Lou Barber

Support workers at Cae Garnedd saved the residents from melting on a hot sunny day by delivering ice creams.

Thanks to the staff for thinking on their feet and providing a smile with every scoop!



Pictured: Residents enjoying a cool down

“I am thankful to my supportive colleagues who give me advice and help when I am in need.

I am thankful for being able to have the opportunity to have a job where I feel I make a difference to people's lives.

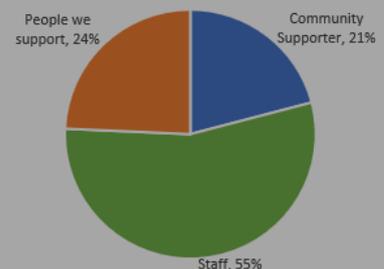
Member ”

## MEMBER STATISTICS

We currently have

531

Co-op members across Wales



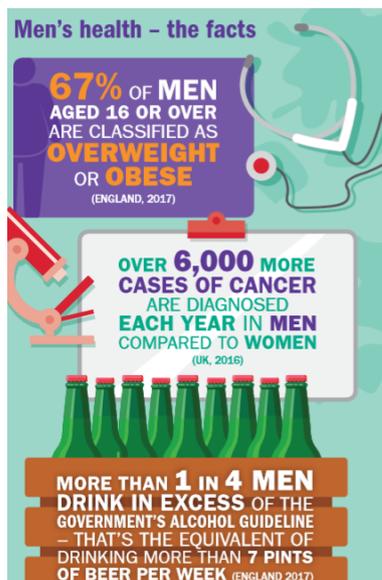
# THE POWER OF CO-OPERATION

Making life better for people who use Direct Payments. Read the 'Friends United Together' story on how they have worked together to gain greater voice and control over the type of care and support they receive

<https://socialcoopforumwales.wordpress.com/2019/06/05/co-production-is-making-life-better-for-people-who-use-direct-payments-and-we-love-co-operating/> ↗

## CANCER PREVENTION

*Health tips for men*



Cancer. It's a word we often avoid saying, let alone thinking about. Statistics show that men are less likely to do things for the good of their health than women. But by taking action now, you can make cancer less likely in your future.

So many people don't know that their lifestyle has an impact on their risk of getting cancer, instead, cancer is seen as either down to luck or something that 'won't happen to me'.

But it is worth thinking about.

We are not powerless against cancer. If we all lived healthy lifestyles, which includes eating healthy diet, being physically active and maintaining a healthy weight, around 40 per cent of cancer cases could be prevented.

If you want to take control of your health, downloading the booklet below is a great place to start. It looks at the cancers that men are most at risk of and gives tips on how we can protect ourselves against them, which can fit in with our daily lives and how we like to spend our time.

Use this booklet to start taking steps to improve your odds of a healthier, cancer-free future.



Download your **FREE men's health booklet**

<https://www.wcrf-uk.org/uk/here-help/publications-and-resources/booklets-and-factsheets>



Catch up with Adrian's latest vlog on Cartrefi being a Co-op:  
<http://bit.ly/CoopVlog>

## GET IN TOUCH

Share your Co-op story with us to feature in the next newsletter.

☎ 02920 642 250

✉ [Communication@cartrefi.coop](mailto:Communication@cartrefi.coop)

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🐦 @CartrefiCymru

📺 Cartrefi Cymru Co-operative



KEEP YOUR  
MEMBERSHIP  
DETAILS UP TO  
DATE

New Email?

New Address?

New Phone Number?

Let us know if you've changed your contact information

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