

CARTREFI CO-OP

Newsletter



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30TH ANNIVERSARY CELEBRATIONS

Pictures from around Wales of some of the celebrations

FLOATING AROUND PORTHCAWL

Joans wish to ride on a float at a carnival comes true

BRYN BACH SPONSORED WALK

Raising money for the Bethan Roper Trust

MESSAGE FROM ADRIAN

Did you know that the story of Cartrefi Cymru began in a pub just outside Ammanford in Carmarthenshire? Our first Chair, Ken Evans, lived nearby and he chose the venue for the very first Board meeting. Ken had a daughter with learning disabilities. There was another parent present, Sue Skillicorn, from Deiniolen in Gwynedd. The Rev. Randolph Thomas from Carmarthen was there. He was active in the housing sector. Also present was Rex Hewitt, Director of Mencap Cymru, and Pete Tyndall and Gerry Evans, both from a small pioneering charity called CUSS (Cardiff Universities Social Services). Pete went on to become the Human Rights Commissioner for Ireland, whilst Gerry became the Registrar of Social Care Wales. Those six people were our founders, and if it wasn't for their insight and energy, Cartrefi wouldn't exist. The year was 1989, and something called the All Wales

Strategy had been underway since 1983. The aim of the Strategy was to close down the big old institutions that were dotted around Wales, and to support people with learning disabilities to live in their own local homes. By 1988, people were being offered lovely new homes with respectful support in and around all the main cities and towns of Wales. But people from rural Wales and the Valleys were still stuck in the institutions. This was the insight of our founding trustees. They saw that Wales needed a new organisation with the right values and skills to serve rural Wales and the Valleys, and they set about creating it. As well as drawing up a constitution, and a Business Plan, they had to get funding from the Welsh Office and County Councils. Which explains why there were two other people present in that pub meeting. One was Colin Vyvyan from the Welsh Office (and later, All Wales People First) and the other was me.

I was working for CUSS at the time and my job involved encouraging Councils to work with this new thing called Cartrefi. Well done to those Councils for taking the plunge and buying us on spec. We didn't let them down. Within five years, Cartrefi was a massive success, and hundreds of people from rural Wales and the Valleys were living in decent homes of their own. And our commitment to individuality, community and respect has never wavered. Happy anniversary, everyone!



CARTREFI TURNS 30

We are celebrating 30 years long standing commitment to quality, innovation and putting the people we support at the heart of our work. Thank you all for the part you have played, and continue to play in such a great and caring organisation. Visit <http://bit.ly/Our-Story30Years> to watch our story.

It has been great to see the commitment and enthusiasm from staff and people we support arranging celebrations across the company.



Pictured: Selwyn & Robert



Pictured: Margaret



Pictured: Cake baked by Terri

Llandrindod office celebrated with cake, music, lots of dancing and a room decorated by the arts and crafts group. They were joined by people we support and employees from across Mid Wales, and the local Mayor.



Pictured: Laura, Sam & Mia

Trealaw brought the beach inside, played games, danced and indulged in burgers and hot dogs to recover from all the dancing! The room was full of laughter. All money raised on the day was donated to The Bethan Roper Trust.



Pictured: Judith & Mia



Pictured: Sohpie & Jill

Bangor opened up the office for staff, people we support and the community for an afternoon of prize bingo, a raffle and orange and green themed costume competition. The Mayor John Wyn Williams and Councillor Enid Parry attended and congratulated everyone on their efforts to support one another and their communities. They also had a birthday cake bake off and a food bank collection which was distributed to North Wales Housing, CAIS and Bangor Cathedral.



Pictured: June & Mayor Williams



Pictured: Lee McLoughlin



Pictured: Food bank collection

Co-op Deudraeth came together at a forum meeting for their celebrations. They were joined by Council member and community supporter Mici Plwm, who made some great contributions to the meeting. They shared tea, cake and a toast to the last 30 years of Cartrefi.



Pictured: Edryd, Caroline, Sioned, Elinor, Owain & Mici



Pictured: Edryd & Mici

The Carmarthen Office had a day of celebrations including a bacon butty morning, raffle, sensory workshop and lots of party food. Andrea commented that it was lovely to see people we support, staff and families coming together to celebrate the company's milestone year.



Pictured: Lifeline Service



Pictured: Lia Howells

3 WAYS CARTREFFI RACED FOR LIFE

By Julie Jenkins

A huge congratulations to those who took part in Race for Life to support Cancer Research: Natasha and Gemma in Aberystwyth, Judith, Ceri and Beth in Cardiff, and Bethan and Andrea in Llanelli.

They all worked so hard, training and raising a significant £900 between them.



Pictured: Judith, Ceri and Beth



Pictured: Andrea and Bethan

Natasha, who lives in Llandod started her training ready for the 5k race around her local lake with support staff. She gained sponsorship from family, friends and a collection from Bulth Rugby Club.

On race day in Aberystwyth, Natash wore a pink tutu and went up and down the promenade. Natasha said "being a part of everything" was the best bit, followed by my cup of coffee at the end.

Natasha is still exercising at the hydro pool to keep her fit and healthy and looks forward to doing another challenge next year.



Pictured: Natasha and Gemma

FLOATING AROUND PORTHCAWL

by Joan Llewellyn

I have always wanted to be part of the Porthcawl Carnival and ride on a float. This year Cartrefi Cymru helped me make my wish come true. Staff, other people supported by Cartrefi, friends and families all worked very hard to get the float ready for the big day.

We made flowers and signs, dressed up hoopla hoops, made bunting and even managed to get some bales of hay to go on the float. We hung some really big Cartrefi Cymru signs on the lorry so people would know who we were.



Pictured: Carnival Float



Pictured: Fully Dressed Lorry



Pictured: Sixties Costumes

On the day we dressed the lorry and it looked amazing. We were all proud of our hard work to get it looking so great. We all dressed up in bright coloured costumes our theme was the swinging sixties.

We had music playing and we were dancing and waving to the crowds that came to watch the carnival. Some of us followed the float as part of the procession. It was great that everyone was included.

What a brilliant day we all had! We can't wait to do it all over again next year!

A 'SUMMERS' DRIVE

by Mark Summers

My name is Mark Summers and I live in Carmarthen and have support from Cartrefi Cymru.

I have recently purchased a new automatic, hybrid car.

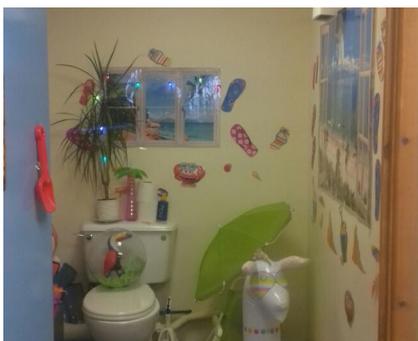
This has helped me increase my independence, I recently went out in my car with Kayleigh, my support worker. I hadn't been down to the beach for 20 years and it was really nice when we went onto the sand. I could smell the sea water and I even brought back some shells to remember the day.



Pictured: Mark and his new car

BEST DRESSED LOO WINNER

by Julie Jenkins



Pictured: Trealaw's prize winning loo



Pictured: John having his selfie taken

Congratulations to Trealaw who officially have the best dressed Loo in Cartrefi.

Decorated in a holiday theme, with a deckchair, parasol, palm tree and a Llama. Everyone dressed up in beachwear and raised £45 for the Bethan Roper Trust by asking for donations for taking a 'toilet selfie'.

Well Done Trealaw, sounds like you had fun, your prize is on its way.

LAPPING THE LAKE

by Gwynneth Hatton



Pictured: Colleagues, family and friends

On the 23rd June 2019, I took part in a sponsored walk to help raise money for the Bethan Roper Trust with 54 other people.

It was a lovely morning and I enjoyed seeing and spending time with my friends, Cartrefi staff, family members and some dogs to walk around Bryn Bach Park in Tredegar. Everyone was able to walk around at their own pace and it was nice to talk to everyone I passed. I even stopped to stroke a few dogs on my way around.



Pictured: Colleagues, family and friends



Pictured: the youngest walkers

I had been sponsored by my friends and family and I raised £16. Some of the younger group members raised over £60 and overall we raised £619.45. When I had finished, I enjoyed a well-deserved sit down and a nice drink while we waited for everyone else.

After the walk, a few members of the group met in Brewers Fayre for a nice Sunday dinner. Everyone really enjoyed the walk and I am looking forward to the next.

DESIGNERS IN THE MAKING

by Maria Southcombe



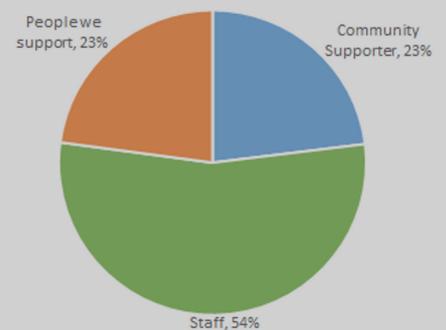
Pictured: Judith, Jenny and Phyllis

Judith and Phyllis from Cathandrew Bungalow have been working very hard to knit an outfit for a mannequin they bought.

Jenny, who does not knit made the handle of the handbag and the belt out of broken jewellery. All 3 ladies have been watching the design come together.

This has been an ongoing project. Cathandrew hope you enjoy it!

MEMBER STATISTICS



We currently have

591

Co-op members across Wales

HOW CAN I HELP YOU?

A poem by Roger Lewis

*For a security man
Working A&E
life could be violent,
no cup of tea
A friend of mine said
Come and work with me
It's really great here
In Cartrefi*

*The tenant had problems
Which were not his fault,
I should follow my training
And all I've been taught
As time went on
We formed a bond.
Of the man I cared for
I became quite fond*

*There's parties and outing
And medicines and more,
Supporting our clients
Is never a bore
Teaching them skills
They can use every day
Is simply quite brilliant
I really must say*

*After 14 years
of front line work
I'm in Cardiff office
with no time to shirk
Working in here
Is simply great
Each member of staff
Is a bit like a mate.*

*So I took myself off
For an interview
When told "the jobs yours"
Well, that was my cue
I wrote to Cartrefi
an acceptance letter,
Thinking this will do
Till I get something better*

*We'd go into Cardiff
And sit on the grass,
By the castle for lunch
And let the afternoon pass.
He loved to spend time
Watching people all trotting
But his favourite game?
Was quite simply Blonde-spotting*

*Each service user has
Right to a good life
We're ensuring they have one
Removing their strife
Decisions and choices
We make every day
But service users
should have their own say*

*"Till I get something better"
I'd said, "This will do"
Well, 15 years at Cartrefi,
I recommend it to you.*

*My first day of work
In the bungalow
Despite my experience
Showed really, how callow
Lots of training
From Cartrefi I had
And almost immediately
Things weren't so bad*

*The good Lord, he took him
We had given our best
A life of tough trials
But now he's at rest
After a break
We gathered our senses
more need our support,
More pulling down fences.*

*Our fantastic staff
Work nationwide
Always supporting
The service user's side
Whether at home
or supporting them out
being a carer
can be a privilege, no doubt.*

MAKING MEMORIES IN A MASK

By Maria Southcombe



Pictured: Heidi & David



Pictured: Phyllis in her mask



Pictured: The Conga

Trealaw Office organised and executed another successful masquerade ball. Everyone dressed up and looked amazing, those that had made masks wore them on the night. Centre pieces for the tables were made from recycled wine bottles, we added different colour lights to set the atmosphere. We had music, bingo, lots of food and the chance to win prizes.

We welcomed some people from the Vale too, it was lovely to make new connections and see everyone smiling together.

THE POWER OF CO-OPERATION

Care to Co-operate



Care to Co-operate support people and organisations to work cooperatively, to design and run their own care and support services.

Sign up below to get the latest news on their projects, events and workshops.

<http://bit.ly/Socialcoopforumwales>

NEW STAFF BENEFITS

by *Human Resources*

We are constantly looking for additional savings and discounts for all our staff, which is why we can't wait to share these with you.



Staff are now eligible to apply for a Blue Light Card which entitles them to discounts in Shops, Restaurants, on Holidays, Insurance, Phone Contracts, Theme Parks and more.

To register, either download the app or visit the website www.bluelightcard.co.uk



There are grants available to carers working in Residential Social Care, Home Care, Supported Living and Day Care, and staff of any role working in a care setting may be eligible for support e.g. Care Staff, Domestic, Back Office and Catering staff.

There are 2 types of grant available, typically limited to £500.

Visit the website for more information <https://www.thecareworkerscharity.org.uk/>

**KEEP YOUR
MEMBERSHIP
DETAILS UP TO
DATE**

New Email?
New Address?
New Phone Number?

Let us know if you've changed your contact information

☎ 02920 642 250 ✉ Communication@cartrefi.coop

WINTER IS COMING

www.beatflu.org

Flu spreads easily and vaccination is the best protection against catching or spreading it. Flu can be serious and people at increased risk should have annual flu vaccination.

The people caring for them are also recommended to have a flu vaccination each year. This is to help protect against spreading flu to those in their care. Ask your GP, surgery or local pharmacy for advice.

Is it flu?

 High temperature (fever) of 38C or above	 Tiredness and weakness	 Headache	 General aches and pains	 Dry, chesty cough
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Stop flu spreading...

 CATCH IT Always cough or sneeze into a tissue	 BIN IT Dispose of the tissue as soon as possible	 KILL IT Clean your hands as soon as you can	 AVOID contact with others until you feel better	 CLEAN hard surfaces
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GET IN TOUCH

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

☎ 02920 642 250

✉ Communication@cartrefi.coop

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