

CARTREFI CO-OP

Newsletter



Inside the Issue

#FOLLOWTHERAIN BOW

Stay home and stay safe

LOCAL FOOD DELIVERY

Random acts of kindness

KEEPING FIT AT HOME

Bringing Yoga to the living room

In such uncertain times it has been overwhelming to see staff all over Wales pulling together to put the people we support best interests at the forefront of the worldwide pandemic Covid-19.

Staff's energy, and enthusiasm for making the best out of a difficult situation has been infectious, and the community spirit hasn't gone unrecognised.

Here are just a few examples we have received:

"Admin staff are holding the fort in the offices, to ensure that critical admin tasks such as payroll continue to be completed."

"IT have been working proactively to enable people to continue 'business as usual' from their homes."

"Staff within the Builth Cluster are offering their services within their community. They are helping to collect neighbours prescriptions, and do their shopping."

"Community Supporter (and family member) Alan Phillips has been roped in to transport Active support diaries from Bridgend to our Brecon office."

MESSAGE FROM ADRIAN

Hi everyone. It's only two months since I wrote in our last newsletter and I didn't mention anything then about a virus that was going to turn our lives upside down. I remember it was being mentioned in the news, but there had been news in the past about dangerous diseases in faraway places. They had never spread to every country in the world before. Well, this one has caught it. But people are dying from it, and the government has told everyone to stay at home as much as possible. It's especially dangerous for older and vulnerable adults which includes many of the people we support. So we have to keep on supporting them, helping them to stay at home and keep virus free. That means we must keep on working and do everything we can to keep ourselves safe and well.

Continued on page 2



#FOLLOWTHERAINBOW

By Sioned Evans and Sian Roberts

Two services in North Wales, Carraglee and Gorwel Las got creative to brighten up their streets for passers by. They designed colourful rainbows as part of the #Followtherainbow campaign.

The campaign recognises that key workers (like support workers, NHS staff and supermarket staff) need the support of the public to help end the current coronavirus crisis.

By following the rainbow, they are helping to get the message out to stay home and stay safe to help protect others as well as themselves.



Pictured: Margaret, Owenna, Sian, Michelle and Caryl's artwork at Gorwel Las



Pictured: Carraglee's artwork on show

LOCAL FOOD DELIVERY

by Anne Daniels



Pictured: Food parcel donation

In these uncertain times it's amazing how people you don't even know show acts of kindness and still think of others. A local shop keeper in Porthcawl who has had to close his shop made food parcels of essential goods for two of our supported living services in the town. They were kindly distributed to us by Trinity Care Club. Receiving these lifted our spirits and made everybody feel loved.

MESSAGE FROM ADRIAN CONTINUED

We've provided ICT equipment for office staff to work from home, and we are working constantly to ensure that our frontline support teams have the protective equipment they need. That is not an easy task because supplies across the whole country have been limited, and the government guidance keeps changing. But we are working flat out on it every day. Everyone is working hard and showing incredible commitment. A massive thank you, to all our care and support staff, to everyone who is providing guidance, supplies and leadership, and to everyone who is ensuring the company keep afloat during these incredibly challenging times.

This newsletter is full of stories of the great work that Cartrefi does, and never more so than during the crisis. I only wish that social care was more widely recognised as one of the essential services of a civilised society, and that public funding levels enabled us to pay better wages. It has been good to see care workers included in the category of keyworkers alongside NHS staff. But it hasn't led to an increase in our funding, and I'm sorry to say that our financial position is taking a hit from the pandemic and undermining the cost reduction activities which we went through during the winter. Not only are there new costs to be met, such as sickness costs and PPE supply costs, but our plans for generating new income have had to be put on the back-burner. This means we are going to have to make further cost reductions, on top of managing the virus situation. Sharing this news with you, at a time like this, is not what I or anyone would want to have to do. But there is no point in hiding from a challenge. Whether it is the virus or the financial situation, we have to take it on and fix it and, with your help, we will. Meanwhilst heartfelt thanks again, and stay safe.

VISIT FROM GOLD MEDALLIST

By Alys Phillips

Brecon Forum hosted Paralympian table tennis gold medallist Rob Davies, at a recent forum meeting. He shared his story of how he got to the standard he is at today, and how his commitment to training took him to Rio in 2016.



Pictured: Cath Thomas



Pictured: Heulwen Rees

He passed around his gold medal - Did you know each medal has a distinct sound? Gold medals have 28 balls inside, and make the loudest noise. Each medal weighs 500 grams and features engraved images of seeds, meant to represent courage, persistence, and the development of athletes.



Pictured: Rob Davies and Donna Yule

We turned the desks into a makeshift table tennis table, and everyone had the chance to play against Rob and compete to win a prize!

PEN PALS

By Mary Williams

During lockdown Alison Price Jones, Margaret Williams and Carol Bromley from North Wales have been busy making cards to send to their friends, giving them something kind and meaningful to do. It has brought joy to them and those who receive them. They have now sent cards to people who they have never met before; someone in Harlech, and even further afield, with Mandy Paton in Mid Wales. We think this could be the start of a pen pal friendship.



Pictured: Mandy with her post



Pictured: Carol and Margaret



Pictured: Alison

If you know of anyone who would benefit from receiving a card please email mary.williams@cartrefi.coop

COUNCIL OF MEMBERS UPDATE

by Julie Jenkins

The Council of Members held their 2nd meeting of the year in March. They discussed Cartrefi's plans for the future, including ways we can save money, generate money through fundraising and how using technology can help us become more efficient. They also agreed the best way to fill an employee representative vacancy would be through an election. We hope to hold this election in the summer.

The Council usually meet three times a year, but they have expressed an interest of meeting more regularly. So, at the meeting they agreed to hold regional meetings, with their local forum chair and regional directors. The main purpose for this is to create more two way communication between co-op members and the council.

Due to the current global pandemic these meetings have been postponed, and will be rescheduled as soon as the restrictions on movement and contact are lifted.

In the meantime the council look forward to catching up from home, using technology.

HATS OFF FOR EASTER

By Maria Southcombe

The Trealaw office set up an Easter bonnet workshop for the people we support. It was well attended and everyone who came really enjoyed getting creative.

Everyone was given a small Easter egg for taking part.



Pictured: Easter Bonnet Workshop

DIFIBUARY CAMPAIGN

By Andrea Osborn-Evans

The Welsh Ambulance Service ran a campaign throughout February to educate the public about the importance of bystander CPR and defibrillation. It will help ensure all defibrillators across Wales are registered on the 999 system.

Sue Stockwell and Hayley Evans got involved with their support worker Bethan Davies, to highlight where the defibrillators are located in their local area.



Pictured: Sue & Hayley



Pictured: Bethan

KEEPING FIT AT HOME

by Jodi Robinson



Pictured: Toby, Daniel and Michael

Toby, Daniel and Michael from Rhoose Road understand the importance of looking after their bodies, which is why they attend weekly yoga classes. Sadly, they have been postponed but this hasn't stopped them. They've brought the class to their living room, and will continue to exercise with Teacher Tracey at home.

by Nicola Ball

The staff and people we support at Ty'r Hen Ysgol in Pontypool, Torfaen are also enjoying keeping fit from their garden, in the sunshine.



Pictured: Daisy McMahon leading by example

FURZY PARK INITIATIVE

by Alys Phillips



Pictured: Geraint Jenkins, Gareth Davies, Steve Oakden

Steve Oakden, Ian Carmen and Chris Narrbet the driving forces behind the initiative in Haverfordwest, teamed with the Wales Co-op Centre invited members of the public to SPOT community centre to launch the crisp packet initiative. Attendees included local Councillors, Pembrokeshire Care, Share and Give, Community Connectors and residents of Furzy park estate. The initiative aims to bring people together, help the environment and raise money for local causes in Pembrokeshire. Ian and Chris who receive support from Cartrefi will be responsible for collecting crisps packets from Furzy Park in exchange for money (as part of a Terracycle scheme) which will be used to fund community projects in the locality. They are asking for volunteers in the area who might like to join them.

SUPPORT WORKERS MOONLIGHT AS DECORATORS

By Claire Williams

Staff at Brynteg recognised with a lockdown looming, that they would need to be proactive in keeping the people they support active whilst confined in their own homes. Which is when they, together with Del, decided they would decorate Del's bedroom.

Rebecca Davies supported Del to choose the wallpaper and paint she would like for her room, and Lisa Waters and Chris Mavin volunteered to decorate.

Lisa explained 'Del helped with the whole process, she was happy to pack up her room in preparation, and she took charge of measuring each piece of wallpaper. It was a real team effort, and as you can see from the photos Del is very happy to be spending time in her new room.'



Pictured: Del applying the paste



Pictured: Del and Lisa measuring the wallpaper



Pictured: The finished product

ACT OF KINDNESS

By Jane Baker

I live in North Wales and my mother in law lives in Newport. She is 89 and we have been struggling to get her to understand how she needs to keep herself safe - in order to stop her going out every morning to the local shop I needed to get her some food delivered.

I tried charities social services and the usual meal deliveries etc and I wasn't able to get any help for her so I rang Matt Lewis (Assistant service manager at the Conifers) to see if he could help me tap into any local knowledge - he immediately offered to shop for her the next day, on his day off. He checked what things she would like, and considered what she had the capacity to store.

It has given us breathing space to get something more sustainable set up and we are so grateful.

Other ways you can help people locally

Download and print a viral kindness postcard from: bit.ly/Kindnesscard

Fill it in and post it through the door of someone you think may need help. Remember to follow the government guidance on hand washing and hygiene before you do this. Visit homes where people will recognise you and trust your offer is genuine.

HELLO! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping Posting mail

A friendly phone call Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

You can also:

- Direct people to mutual aid groups set up to help people in local communities who are considered high risk
- Donate what you can to food banks - visit the Trussel Trust website and find a food bank in your area

HOMEMADE MASKS

All local authorities are providing Personal Protective Equipment (PPE) but they only have enough supplies for us to use the PPE for supporting people who are displaying symptoms.

We are trying to GET as much PPE as we can but many companies have limited stock and it takes time for deliveries to arrive. Sue Roberts from North Wales has been busy making masks for the team at Carragee, modelled by Sioned Evans and Martin Childes.



Pictured: Sioned and Martin

If you are interested in making your own, you can watch a tutorial here:

bit.ly/facemasksPPE

This is a good way to recycle old button up t-shirts or cotton bags.

TAKE A BREAK

Easter Wordsearch

Can you find all the words associated with Easter? There's 16 to find.

- BASKET
- BONNET
- BUNNY
- CHICKS
- CHOCOLATE
- DAFFODIL
- DECORATE
- DUCKS
- EASTER
- EGGS
- HUNT
- PARADE
- RABBIT
- SPRING
- SUNDAY
- TRADITION



Find answers on the next page

COVID-19

Share accurate advice

For advice on what to do if you, or someone you know, has symptoms of Coronavirus (COVID-19), visit the NHS website or GOV.UK

You can also signpost people to:

- the mental health charity, MIND
- the latest travel advice at GOV.UK

For Cartrefi staff, keep up to date with latest Questions and Answers on Linc, or via whatsapp:

<https://chat.whatsapp.com/HrAFWJyKWxv53pyFrd9MLn>

Glyn also has some advice to keep you and others safe.



CARE TO CO-OPERATE THE PODCAST



Tune in to episode 3 to listen to Donna Coyle and Adrian Roper discuss how to build social value into commissioning care services

<https://wales.coop/care-to-co-operate-the-podcast/>

GET IN TOUCH

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

02920 642 250



Communication@cartrefi.coop

Cartrefi Cymru Co-operative

@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

02920 642 250 Communication@cartrefi.coop

Word Search answers

C	H	I	C	K	S	B	P	A	R	A	D	E
Y	T	P	B	Z	O	T	P	M	G	E	E	S
B	O	N	N	E	T	R	B	S	P	A	C	S
N	E	Z	N	R	U	A	U	B	T	S	O	A
A	K	E	O	A	E	D	N	T	D	T	R	R
C	T	C	E	B	T	I	N	E	A	E	A	G
X	E	G	T	B	A	T	Y	K	F	R	T	P
D	G	E	N	I	L	I	U	S	F	T	E	S
S	C	I	E	T	O	O	V	A	O	W	L	U
D	U	C	K	S	C	N	I	B	D	O	V	N
U	I	Y	K	R	O	F	S	P	I	L	T	D
O	E	G	G	S	H	T	V	A	L	X	F	A
K	X	R	A	W	C	F	A	H	U	N	T	Y