

CARTREFI CO-OP

The newsletter for everyone!



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Taking a trip down memory lane before lock-down in North Wales

DONATIONS OF PPE

Thanking those that have donated PPE and treats for staff

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A good old fashioned, mouth watering High Tea in Tudweiliog

HAPPY BIRTHDAY CAPTAIN TOM MOORE

by Ysgol Pan Teg

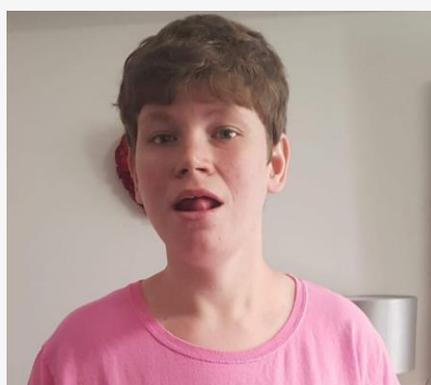
Captain Tom Moore inspired many when he completed 100 laps of his back garden, on his 100th birthday, in support of various NHS charities.

His efforts raised millions of pounds, and he continues to make a difference to NHS staff, volunteers and patients.

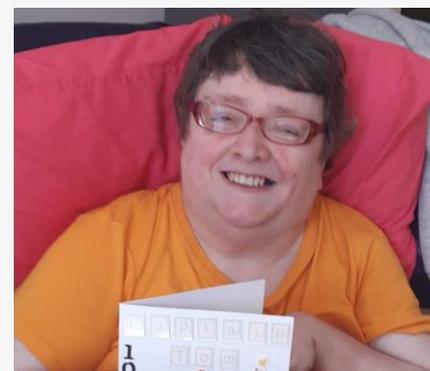
Jayno, Babs and Bethan showed their appreciation to Tom by making and sending him birthday cards.



Pictured: Babs



Pictured: Bethan



Pictured: Jayno

A MESSAGE FROM THE CEO

Hi Everyone, I hope you are all OK

It's been three months since the government announced that schools, and parks, and buses, and shops and all sorts of other things had to close. And we have all had to stay home as much as possible, wash our hands regularly and keep six feet away from each other unless it is absolutely necessary.

It's been a very strange time, and it's also been a big challenge for everyone providing care and support. A big thank you from me to all our staff who have been so brilliant during these last three months. Your commitment to keeping yourselves and others safe has meant that very few people we support have caught the virus, and very few staff too. And it has been great to see the creativity and positivity of our support teams, and the people we support too, doing all sorts of things to make the lockdown as bearable as possible. This newsletter shows just a few of the great things that people have been doing, both for each other and to support the NHS.

Although some restrictions are easing, with parks and shops opening, the virus is still around and people are still dying from it every day here in Wales. So it's really important that we all keep following the basic guidelines for staying safe. That means staying home most of the time, washing your hands regularly, keeping six feet from each other unless it's absolutely necessary. And for support workers, it means carrying on wearing Personal Protection Equipment.

Just because we can go out a bit more, and meet family and friends outdoors, doesn't mean the danger has gone. It means we must be extra careful.

So carry on trying to have as much fun as possible. And keep being positive. But above all, keep on following those basic guidelines.

Stay safe everyone.

Best wishes,
Adrian



SPECIAL DELIVERY

by Marie Powell

The ladies in Aberedw have been making great use of the garden, growing food, baking, exercising to music, and crafting.

During this lock-down Angela, Hilary, Janet & Heulwen have been cheered up by their local postman Steven, who has been wearing a different fancy dress costume every day.

Thank you & well done to Steven!



Pictured: Steven Pugh delivering the post at Brynheulog

HAT'S THE WAY TO DO IT!

by Matthew Bodenham & Dennis Moran

During this difficult time, we were thinking of safe but interesting things to do.

We decided to do an Easter bonnet competition between the 3 houses at Endeavour.

This excited everyone as there was a prize for the best bonnet.



Pictured: Sybil



Pictured: Lloyd, Karl & Anne



Pictured: Dennis & Paul

The judging was on Easter Monday, so everyone had the Easter weekend to see what they had lying around their homes and to make the best bonnet they could. It really lifted everyone's spirits.

On Easter Monday the weather was great, we all woke early and gathered outside our homes, sticking to a safe social distance. Matthew took photos of us and judged the bonnets that we made.

Dennis said "We all won an Easter chocolate bar for taking part but I won the competition. I showed my brother my prize and bonnet on Whatsapp."

MY MEMORY BOX

by Michelle Jones (on behalf of Ffion)



Pictured: Ffion



Pictured: Ffion's memory box

Ffion from Pontypool is documenting her life in lockdown with a memory box. Ffion has customised her memory box to reflect the current worldwide pandemic, Covid-19.

Inside she has included examples of things she and her support staff have been wearing to keep themselves safe, face masks, gloves, a letter from the prime minister and newspaper cuttings.

Ffion will be able to use this to reflect on this strange time in years to come.

FRIENDS REUNITED

by Alice Lomax

Last year Graham used online maps to find the address of his old college friend Jason.

Graham sent a letter to Jason and got a letter in reply. Graham, Jason and another college friend, Chris arranged to meet in February this year.

They spent their day reminiscing, starting at the train station in Rhyl, then stopped at St Asaph for lunch before visiting their old college; Pengwern in Rhuddlan.



Pictured: Graham, Jason & Chris

Whilst in St Asaph they visited the house they used to live in together by the railway yard.

Afterwards they met with Margaret Wainwright who ran the Turners tea room where Graham used to work.

They finished their catch up with a pint in their old local pub - the Bryn Dinas!

HELP GOES AROUND

by Toni James



Pictured: Emma, Allison, Sian & Toni

Have you heard of the 2.6 challenge?

It involves doing some kind of exercise using the numbers 2 and 6, to help UK charities who have had to cancel fundraising events during the pandemic.

Toni, Emma and Rachael, supported by Sian and Allison, wanted to help. Toni takes up the story; "We said we would go around the green outside our home in Blaenau Gwent 26 times to help raise money for charity. Emma, Rachael and I managed to do 10 laps before the rain came, so we finished it the next day, supported by Allison and Sian, completing 26 laps of our neighbourhood. We raised £78."

Well done all for becoming heroes at home!

GETTING CREATIVE FOR THE NHS

by Stephen Williams

Stephen from North Wales is using donated broken tiles and an old coffee table to create a Mosaic table.

When it's completed he hopes to auction it off, and donate the money to the NHS.

He is grateful for his support staff and all those at the NHS for continuing to provide such a valuable service.



Pictured: Stephen hard at work

THANK YOU!

With limited supplies of Personal Protective Equipment available, Cartrefi has been lucky to receive donations from a number of local businesses, colleges, social enterprises and volunteers.

Bridgend Tesco donated facemasks to our supported living services in Porthcawl.

Coleg Gwent Engineering Department, Tarian Cymru, Ysgol Gyfun, Bro Morgannwg and Amman Valley Makerspace provided much needed face visors for our frontline staff.

Services in the Vale received some lovely colourful masks from the Cynon Valley Women's Institute.



Pictured: Donations from Tesco



Pictured: Richard Bodman



Pictured: Ineke

Services in Pontypool also received lovely colourful masks from a group of ladies who are working hard to make them less intimidating.

Special thanks to Sheila Lewis, Sara Lewis and Amanda Thomas for your creativity and generosity.

Ineke, a support worker in Mid Wales put her skills to good use, to provide her colleagues with fashionable facemasks.

In these unprecedented times, staff teams across Cartrefi have received generous gifts from their communities.



At Bryn Myfyr, Nefyn, North Wales they were delighted to receive some delicious cakes from a local well wisher.

Staff explained that kind gestures like these mean so much to us, and the people we support for at such difficult times.

Lucy Bee, a family run business, donated bars of soap which were distributed to hundreds of our support workers.



Support workers at Sunny Court were gifted bath bombs, chocolate and a key worker support box.

During the sunny weather, a service in North Wales was delighted to receive a selection of ice cream from Red Boat Ice Cream Parlour.

A big thank you to everyone who has shown their appreciation of our wonderful support teams during the pandemic.

They are all #socialcareheroes!

CLASSY HIGH TEA

by Edryd, Jane & Owain



Pictured: Edryd, Owain & Jane enjoying High Tea

This April in Tudweiliog, Gwynedd Edryd, Owain and Jane arranged a High Tea.

First we decided what we would like to eat and made a menu, as you can see. Due to lockdown a member of staff went out to get the things we needed.

We all helped prepare the food. We tried to find some old tea sets so we could make our high tea a little bit more old fashioned. We came across some plates that we had made during Christmas to sell, which were perfect. We all enjoyed it and can't wait for the next one.

PET THERAPY

By Nicola Ball

Autumn Morris, a support worker in Pontypool took her dog Belle, who loves meeting new people and has started the process of becoming an animal therapy dog to meet Babs, Bethan, Jayno and Poppy.

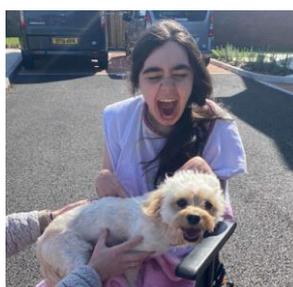
Belle's visit was a success, her friendly nature and puppy dog eyes brightened everyone's day.



Pictured: Jayno & Belle



Pictured: Babs & Belle



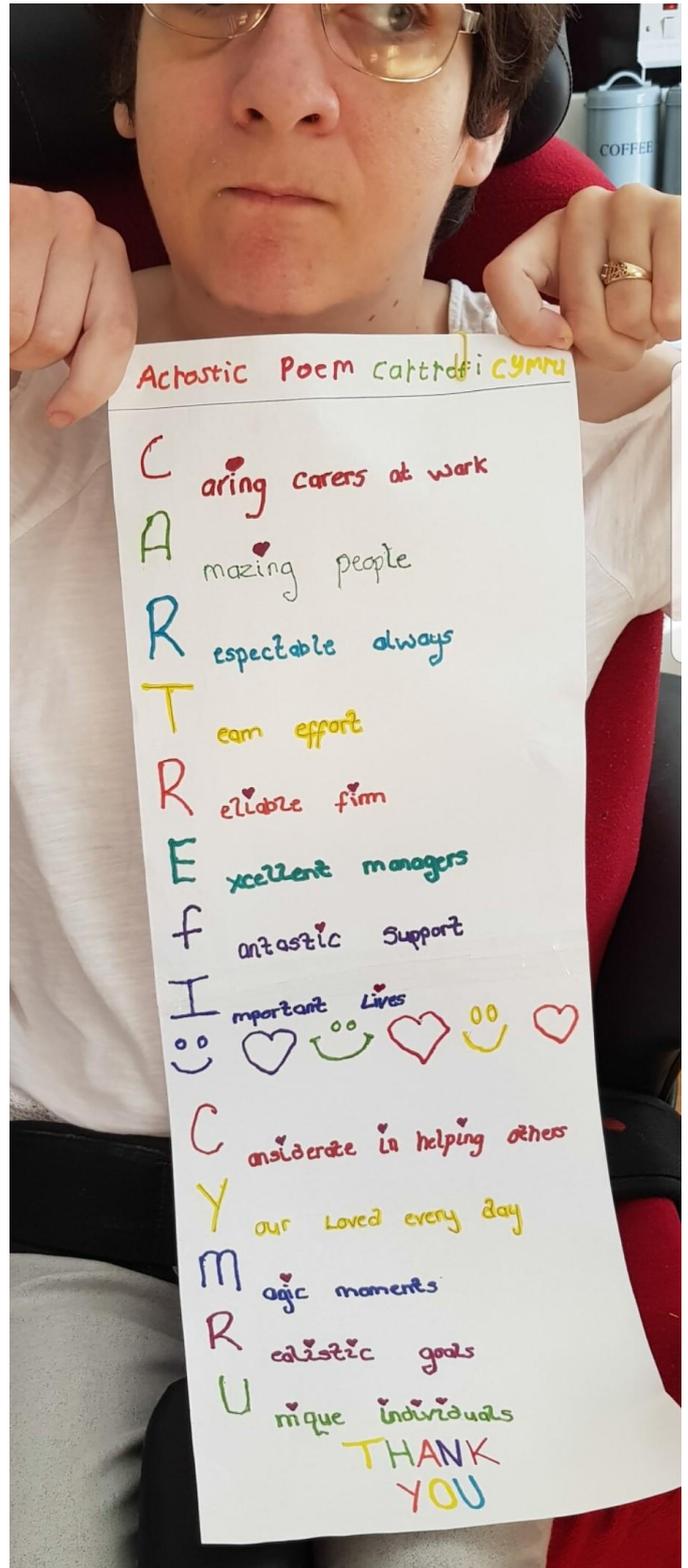
Pictured: Poppy & Belle



Pictured: Bethan & Belle

MY ACROSTIC POEM

by Toni James



Actostic Poem Categori Cymru

Caring carers at work

Amazing people

Respectable always

Team effort

Reliable firm

Excellent managers

Fantastic support

Important lives

Considerate in helping others

Our loved every day

Magic moments

Realistic goals

Unique individuals

THANK YOU

VE COMMEMORATION DAY

There were events held all over Wales to commemorate VE Day on Friday 8th May 2020.

So many of you were busy planning and preparing - baking cakes, making bunting and banners and making picnics, to enjoy socially distanced street parties with your neighbours.



Thanks to the following for their photos:
Toni, Emma & Rachel
Rob, Robert & Joyce
Janet, Huelwen, Hilary & Angela
Linda, Joan & Alison
Barbara, Bethan, Jayno & Poppy
and thanks to all the Cartrefi staff who helped them have a great day



LIVELY LOCKDOWN IN LLANFYLLIN

By Ineke Swankhuisen

Living in lockdown can be difficult, but with the help of sporty, creative and practical staff, Joyce, Robert and Rob have been very busy doing lots of things and having fun.

Joyce will celebrate a special birthday later this year. She would like a very special party so she has started to make some pinatas. Can you guess how old she will be?

Robert has discovered that he is a bad hand with those 'beads you iron'. He has made bunting for the window. Robert is pleased with what he has done and quite right too!!

Rob likes to go for a walk by the river and enjoys stone skipping. He also thought it was a nice idea to collect and paint some stone. Rob also wanted to have an Olympic torch, so with staff help he made one as you can see



Pictured: Robert



Pictured: Rob



Pictured: Joyce

TAKE A BREAK

Summer Wordsearch

Can you find all these ice-cream flavours? There's 15 to find:

- BANANA
- BUBBLEGUM
- CHOCOLATE
- COCONUT
- COFFEE
- HONEYCOMB
- LEMON
- MANGO
- MINT CHOC CHIP
- NEAPOLITAN
- PEANUT BUTTER
- PISTACHIO
- RASPBERRY RIPPLE
- STRAWBERRY
- VANILLA

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

Answers on page 10

EASY SUMMER MOCKTAILS

by Julie Jenkins

These cool bubbly mocktails will make any summer day feel chilled



MIMOSA MOCKTAIL RECIPE

INGREDIENTS:

- 1 cup fresh-squeezed Orange Juice
- 1 cup Soda Water
- 2 teaspoons Lemon Juice
- 6 Basil Leaves (more for garnish if required)
- 2 Orange Slices (for garnish)

DIRECTIONS: In a cocktail shaker, add the lemon juice and basil, shake until the basil is wilted. Add orange juice and shake again to mix. Strain the mixture into a glass up to half way, top with soda water. Garnish with orange slices and basil if desired.



BLACKBERRY MINT MOCKTAIL RECIPE

INGREDIENTS:

- 8 fresh Blackberries (more for garnish if required)
- 10 fresh Mint Leaves (more for garnish if required)
- 2 teaspoons Lemon Juice
- 1 cup Soda Water
- 1/2 cup Water
- 1/2 cup Cranberry Juice

DIRECTIONS: In a cocktail shaker, add the blackberries and mint, shake until well blended. Add lemon juice, cranberry juice and water to the shaker and mix well. Strain the mixture into a glass with ice, top with soda water. Garnish with blackberries and mint if desired.

MEET THE EDITORIAL TEAM



Chris Dodds



Alys Phillips



Julie Jenkins

TAKING CARE OF YOURSELF

Feeling worried and anxious during the uncertain times that we're in is very natural. We're all being asked to take extra care of our physical health just now - so here is a simple exercise to take care of yourself. This approach asks us to **STOP AND PAUSE** so we can find out what we're feeling and how we respond.

R **Recognising what you're feeling and naming it**
e.g. saying to yourself: "In this moment, I'm feeling worried/ afraid/ anxious/ panicky....."

A **Allowing what you're feeling**
e.g. saying to yourself: "It's natural to feel like this, lots of other people are feeling this way at the moment too...."

I **Intending to be kind to yourself**
e.g. saying to yourself: "It's ok to feel this..... Feeling this way isn't wrong....."

N **Nurturing yourself during this challenging experience**
e.g. asking yourself: "What would help me in this moment? How could I best take care of myself?"

Here are some suggestions for ways of responding to your feelings and taking care of yourself:

Supporting: Staying connected

Being in touch virtually with people that matter to you can help when you're feeling distressed, especially if you're feeling lonely.

Energising & Relaxing: Eating a healthy diet, taking some exercise and getting some rest

Remembering to look after your body by eating well, moving regularly and giving yourself time to rest will be essential. You may want to explore different responses that are soothing in times of distress, energising when you mood is low and relaxing when you feel stressed.

Learning & Growing: Focusing attention

Changing our usual routines might mean that we have more time than usual at home. Learning something new can be a helpful way of occupying the attention.

Word Search answers

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

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

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

New Email?

New Address?

New Phone Number?

KEEP YOUR MEMBERSHIP DETAILS UP TO DATE

Let us know if you've changed your contact information

☎ 02920 642 250

✉ Communication@cartrefi.coop