

CARTREFI CO-OP

The newsletter for everyone!



Inside this Issue

HELPING THE COMMUNITY

Neighbours & friends collecting for others, page 2

COUNCIL OF MEMBERS

News from your representative group, page 6

EASTER FUN

See what's been going on, across Wales, page 7

SPRING IS HERE

by Katie Phillips



Pictured: Tim



Pictured: Mandy

Tim and Mandy and from Brecon were virtual farming apprentices for the day as they welcomed lots of spring lambs into the world.

SHINING IN MEMORY

by Susan Aubrey



Pictured: From left to right Leighton, Glen, Laura, Josh & Andrew

On the anniversary of lockdown, staff and people we support in Ystradgynlais shone a light to remember all those we have lost during the pandemic.

A MESSAGE FROM ADRIAN (CEO)



Hi everyone,

You may not have noticed yet because we haven't made a big noise about it, but there is a real effort going on inside Cartrefi to give more and more people a say about things that matter to them.

One of the reasons we became a Co-op was because we wanted the people we support and employees to have a real say, and thanks to people standing for our Council of Members, we now have people having a real say about who runs Cartrefi. All new trustees have to be approved by an interview panel of Council Members.

Our local Co-op Forums and meetings of the Chairs of Forums were also set up to give people a say, although it's true to say that they'd only really started when Covid arrived and they had to stop. As the lockdown ends, I'd love to see the Forums becoming places where people can share their views as well as their talents.

Online get-togethers are also opportunities for people to share whatever it is that is bugging them or making them happy. We are going to have a big Zoom meeting in May which will be open to as many people as possible. It will be a chance to Have Your Say about the Covid experience and help us learn from it and be stronger.

We've started asking everyone to send in their ideas every few months, and then we try to make the ideas come true. So far so good! Keep the ideas coming. We are also sending out more surveys. I know! Surveys can be boring! But we are learning how to do good surveys. Stick with us. The next few surveys are going to be really short! 😊

We have also set up lots of project groups and planning forums, made up of people from different departments and areas, to work on fixing problems and making improvements. It's another example of us trying to NOT be a company where only a few top managers Have a Say. It's a coop thing, but it also just makes sense.

Let's have lots of speaking up, and lots of listening too.

FRIENDS AND COMMUNITY HELPING OTHERS

by Julie Thomas

In response to a recent NHS appeal for toiletries for patients, Rachael, Emma, Toni, Gwynneth, Carol, Betty, Carol, Michael and Kevin posted leaflets in neighbour's homes in Blaenau Gwent, to ask if they wanted to help. They also asked friends and family.

As you can see the response was fantastic. We were able to deliver 7 boxes to Neville Hall hospital in Abergavenny, who were really grateful. We also included some sweets for the staff.

We were happy to help one of our local hospitals and people who are unwell.



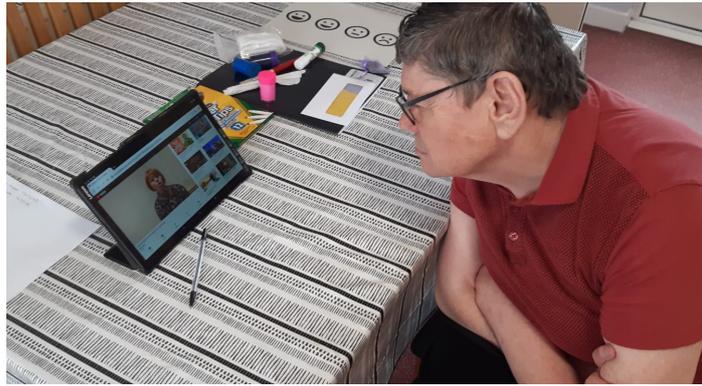
Pictured: Collected & boxed

ROBIN'S HELPED TO STAY IN TOUCH AND MUCH MORE!

by Rhys Gatis



Pictured: Robin enjoying a chat



Pictured: Robin in a Zoom call

Robin from Brecon was loaned a tablet from First Choice Housing through a scheme run by Digital Communities Wales. He has been using it to video call friends and family, including his sister in Switzerland! He enjoys using it to watch YouTube, attend quizzes and art classes. Robin is a big Tom Jones fan and will now look for his tablet to enjoy his songs. The good news is Robin will soon be given the chance to have one permanently.

PAMPERED AT HOME

by Rebecca Biginton



Pictured: Rachel, Natalie & Louise

Support worker Patt really spoilt 3 ladies in Llanelli with a well-earned pamper day. Mother Rachel, and her daughters Natalie and Louise were able to kick back, relax and enjoy some at-home spa treatments. As you can see they nourished their skin with rejuvenating facials. They also styled their hair and painted their nails. At the end they all felt like new women. Great job Patt!

MY DESIGNER DAFFODILS

by Andrew May

To help celebrate St. David's Day. My support worker Llywela and I made some daffodils to display in my kitchen. To make them, we used wooden skewers and green tissue paper for the stems, then yellow foam and orange tissue paper for the flower. I really enjoyed making them, as I think you can tell, and it makes me proud to live in Wales.



*Pictured:
Andrew creating*



*Pictured:
Andrew's flowers*

VALENTINE COFFEE MORNING

by Rebecca Biginton

In Carmarthenshire they held a Valentine's Zoom coffee morning and cake competition.

The people we support, their family members and staff enjoyed a virtual catch up over a cuppa and a slice of cake. Everyone was given a chance to show off their special bakes and manager Daniel Williams judged.

Hayley Evans won a teddy bear for her heart shaped cake and Paul Whittaker won a box of chocolates for his chocolate orange cake.

Daniel was incredibly impressed at the level of skill and effort shown, and found it a very hard competition to judge. However, in his view “everyone was a winner, as we all got to enjoy such great cakes”.



Pictured: Susy & her mum



Pictured: David, Gaynor, Natalie and Rachel



Pictured: Hayley's winning cake

GETTING CREATIVE IN SHORT STAY

by Ann Price

Brecon's short stay enjoyed the company of two new tenants recently. Tracy and Abbie both had a fun, busy time whilst staying at Beacons Park.

Abbie tells us “I did lots of cooking, I am particularly proud of the lasagne I made. Staff helped me to portion it and I froze it for convenience.

I also made a length of bunting. This was the first time I had used an iron. It is going to be used to decorate the kitchen at Beacon's Park”

Tracy added “I used scrap material to make my very first rag wreath, I was very proud of myself. I enjoyed it so much, I made one especially for Easter. I enjoyed doing jigsaws – one was 500 pieces! I did lots of other crafts too, I made some cards from scratch and others I bought and decorated myself.”



Pictured: Abbie cooking, ironing & with completed bunting



Pictured: Tracy with her completed jigsaw, her wreath & one of her cards on display

MY QUIZZING SUCCESS

by *Tim Younger*



Pictured: Tim & friends



Pictured: Tim celebrating

I had great fun on Brecon's Zoom quiz. I saw some faces I haven't seen in ages, and met some new people too. There was a prize for the winner, so we were all trying very hard to get the answers right. There was 30 questions all together. Beverley, Claire and I all scored 24. So we had to have a tiebreaker and I won! I was very excited to win, and celebrated with a pint of Guinness and a round of pool at home.

PANCAKES FOR ALL, THANKS TO ANDREW

by *Llywela Jones*



Pictured: Andrew frying



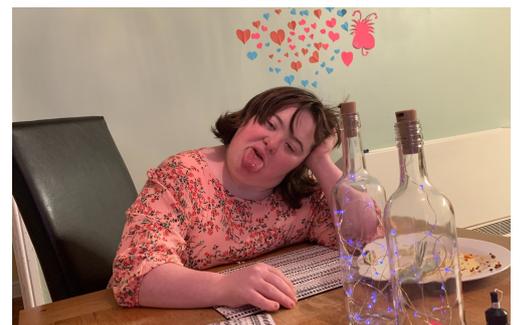
Pictured: Andrew enjoying his pancakes

Pancake day was a lot of fun for Andrew from Harlech. He celebrated Shrove Tuesday by making pancakes for himself, his friend Nigel and staff. Andrew had butter, lemon and sugar on his!

ST. VALENTINE'S DAY DINNER & DANCING

by *Katie Phillips*

Frances from Llandrindod Wells celebrated St. Valentine's day at home with her co-tenants and support workers. Frances, supported by Lisa decorated the dining room with heart decorations, balloons, flowers and fairy lights. Everyone sat together to enjoy a two-course meal. Frances explained 'after the meal staff put some music on and we all had a dance. It was lots of fun, I had a really lovely time. I am looking forward to my Easter egg hunt now'. When asked how it made her feel Frances said, 'really happy and loved'.



Pictured: Frances

LOCKDOWN AS A SUPPORT WORKER

by Sioned Evans

I have been a support worker in the Llyn Peninsula for years, but I have never experienced my role during a worldwide pandemic before. Lockdown has presented challenges for everyone in one way or another – have you considered how these difficulties present themselves to someone living with autism or a learning disability?

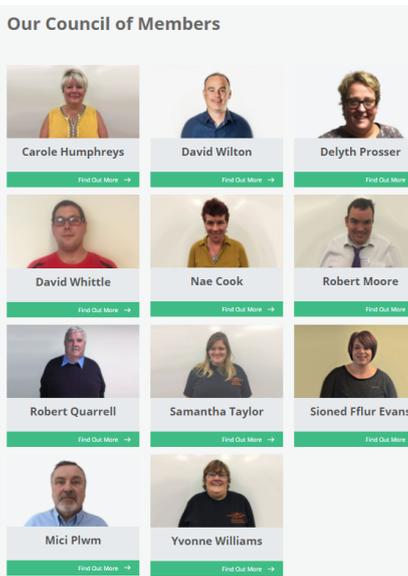
To read more of Sioned's story, please go to:
<http://bit.ly/Sionedsstory>



Pictured: Sioned and Edryd

CARTREFI CO-OP COUNCIL OF MEMBERS

by Chris Dodds



Pictured: Council of Members

There have been 2 meetings so far this year. These are the some of the main things discussed:

- The Council has been discussing future plans for Cartrefi.
- It was agreed that Having a Say should be a goal for Cartrefi Cymru Co-operative.
- A meeting was observed by Tracey from All Wales People First, resulting in some very useful feedback.
- The council decided to offer a series of Cartrefi-wide Zoom meetings. More details to come soon.
- It was also agreed to hold elections in all 3 membership groups. The first will be for Community Supporter Representatives in May

As well as attending meetings, the reps have been busy with other tasks. This has included:

- Nae Cook, David Wilton & Davis Whittle all joined Head of the Board Peter Higson in interviewing for new trustees.
- Yvonne Williams helped make a film on photo consent.
- Sioned has written an article about being a support worker (see above).

SHARE REPAIR EXTEND

by Gareth Davies

Pembrokeshire Circle have set up a Repair Café at Pembrokeshire College which stems from their commitment to recycling. They recognized that over 3/4 of people in the UK throw away appliances when they could be easily repaired. The college aims to use this initiative to serve the community of Pembrokeshire and provide an opportunity for people to learn valuable skills

while repairing unwanted items. Items include gardening equipment, bicycles, scooters, skateboards and basic electrical items. They would also like to offer a PAT testing service. Cartrefi have been involved in the planning and implementation stages and look forward to seeing the people we support and the local community benefit from this service.



EASTER EGG-STRAVAGANZA

by Rebecca Biginton, Katie Phillips & Cherise Jones

Whilst we spent another Easter in lockdown, the people we support and their staff kept their spirits high by being creative in lots of different ways



Pictured: Matthew



Pictured: Hayley



Pictured: Andrew



Pictured: Josh

Matthew Little prepared for Easter by making detailed and colourful cards to send to his friends and family .

Hayley Evans enjoyed learning how to make origami Easter bunnies with the help of support worker CY . Hayley enjoyed making them so much that she didn't stop at one! She made 5 wonderful origami bunnies, which she and CY hid around the Carmarthen office so everyone got to enjoy a fun Easter hunt. One even found its way into the tea bags! – What a naughty bunny!

Staff in Carmarthenshire also ran a Zoom Easter craft session. Craft packs were sent out and everyone was able to create cotton wool lambs, glittery eggs and chicks with googly eyes, all whilst enjoying a virtual catch up. Everyone had fun and some beautiful artwork was produced as you can see.

Josh and Andrew from Ystragynlais followed a recipe for Easter egg cheesecakes. They enjoyed making them as much as they enjoyed eating them – the recipe is on our Facebook page. They also decorated Easter masks and had an Easter themed tea party to celebrate.



Pictured : Cheesecakes for the party



Pictured: Easter Art by Hayley Evans



Pictured: Egg by Susie Stockwell

And finally, David and Erica from Nefyn in Gwynedd enjoyed their Easter eggs and got into the Easter spirit by wearing lovely Easter bonnets.



Pictured: Erica



Pictured: David

QUICK WRAP PIZZA

by Natalie Bailey

Why not try this combination of a wrap & pizza, as recommended by Gary and Gillian in Swansea.

Buon appetito!



GARY "I really enjoyed making the wrap pizza I enjoyed eating the spare toppings"



GILLIAN "I like cooking, I'm independent"

WRAP PIZZA

Prep: 15 mins
Cook: 8 mins
Total: 23 mins
Servings: 1
Yield: 1 pizza



This is an extremely easy/fast way to prepare a delicious pizza that is light enough to be a snack, serves well as an appetizer, or is so good that it can be devoured alone! I make this often when entertaining guests and it always goes fast. You can make any sort of topping variations. The one below is the classic way I usually prepare it. I cook this also with my family. Each person gets their own tortilla to, as my kids say, decorate.

Ingredients

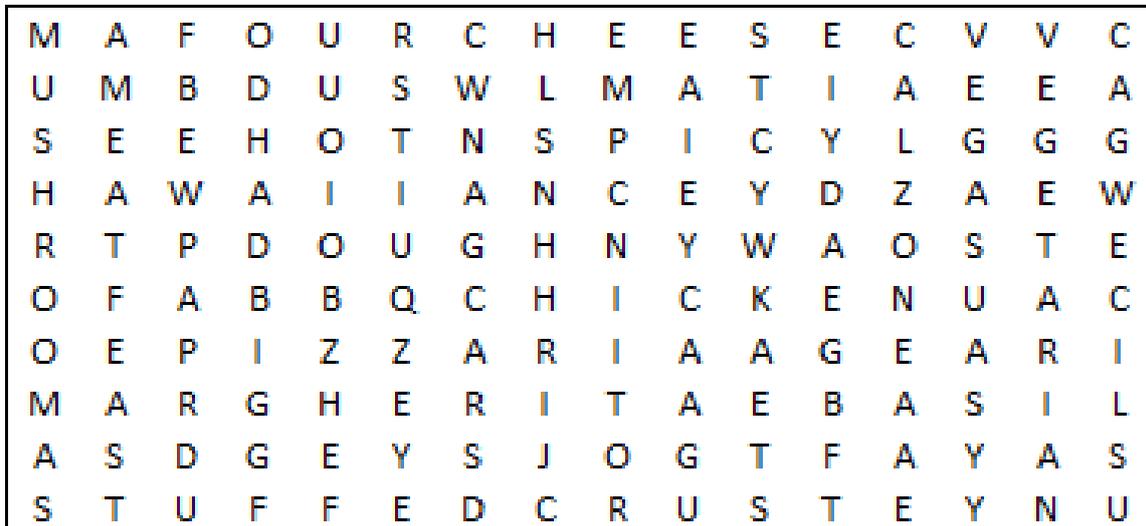
- 1 (8 inch) soft flour tortilla
- 1 teaspoon olive oil
- 1 pinch garlic powder
- salt and ground black pepper to taste
- 3 tablespoons tomato sauce
- 1 cooked chicken breast, sliced
- ½ green bell pepper, chopped
- 2 green onions, finely chopped
- ½ cup shredded mozzarella cheese
- 1 pinch dried oregano

Directions

- Step 1**
Preheat oven to 400 degrees F (200 degrees C).
- Step 2**
Place tortilla on a baking sheet. Brush with olive oil; sprinkle garlic powder, salt, and pepper on top.
- Step 3**
Bake in the preheated oven until golden, 3 to 5 minutes. Remove tortilla from the oven and spread tomato sauce on top. Arrange chicken breast, green bell pepper, and green onions over tomato sauce; cover with mozzarella cheese.
- Step 4**
Bake in the preheated oven until cheese is melted, about 5 minutes. Sprinkle oregano over cheese. Slice pizza into wedges using a pizza cutter.



WORDSEARCH: ALL THINGS PIZZA



MUSHROOM
FOUR CHEESE
MEAT FEAST
STUFFED CRUST
MARGHERITA
CALZONE
SLICE
PIZZARIA

DOUGH
HOT N SPICY
HAWAIIAN
BBQ CHICKEN
BASIL
SAUSAGE
VEGETARIAN
STEAK

Answers on page 9

EMPLOYEE ASSISTANCE PROVIDER

Care first

We have launched our new employee assistance programme provided by Care First. Care First can be contacted on 0800 174319 where you can speak to a professional counsellor or information specialist in confidence. The service is available 24 hours a day, 7 days a week, 365 days per year and can also be access online via www.carefirst-lifestyle.co.uk. If you wish to access the site online you will need to enter the username cartrefi001 and the password employee.

You can use the service to help you with a range of work, family and personal issues – everything from childcare information to debt, consumer rights and physical health.

EMPLOYEE BENEFIT SCHEME



Don't forget there are lots of savings on offer over on our benefit portal which you can access here <https://www.edenred.uk.com/SignIn/CCSMylifestyle/login.aspx>.

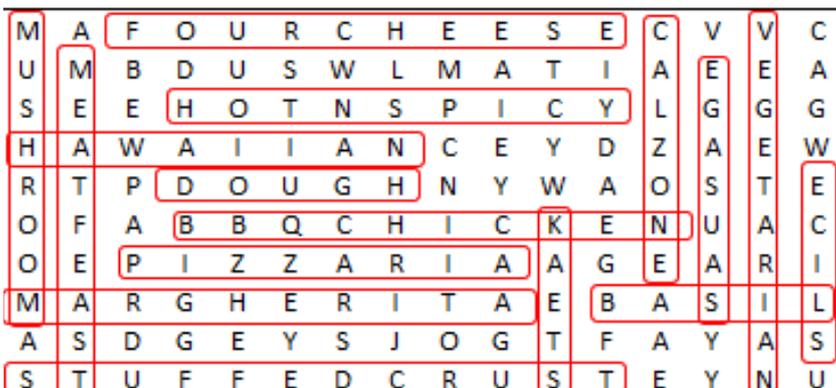
Our benefit portal is provided to you at no cost to us and provides you with a range of shopping discounts from various high street stores and online. It also offers a Cycle to Work Scheme. Why not check it out!

CURRENT GUIDANCE ON PPE USE IN THE WORKPLACE

We have received a number of enquiries regarding the current correct use of PPE, so would like to highlight the following from our current Coronavirus Q & A section:

We expect staff to make sure that they wear gloves, aprons, masks and visors/goggles when they are working in the services at all times, unless they can guarantee that they can stay 2 metres distant from people they support and colleagues. This does not include when they are alone in the sleeping in room. Visors/goggles do not need to be worn when supporting out in the community.

When driving someone in a car we would not expect support staff to wear a visor as this may impact on the driver's ability to see clearly. The intention is to keep the people we support and staff as safe as possible. There are supplies of visors in all the offices. Please make sure that you have a supply in the service with enough for everyone to have at least 2 visors. The visors must be disinfected after each use.



Word Search answers

