

CARTREFI CO-OP

The newsletter for everyone!



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THE CARTREFI FEST BAKER

by Chris Dodds

Gillian from Swansea was kind enough to run 2 cookery classes during our first ever Cartrefi Fest. With the help of support worker Natalie, she showed everyone how to make a tasty soda bread and then a delicious pineapple upside down cake.

As a thank you, Gillian was presented with a festival apron!

During the week of festival activities it was great to see staff and the people we support come together to bake, dance, sing, draw, bingo, write poetry, sign and stretch - that includes staff as well as the people we support.

To buy an apron like Gillians visit:

<https://shop.spreadshirt.co.uk/cartrefi-fest/>



Pictured: Gillian in her new apron

BEING A CO-OP

By *Adrian Roper*



Hi All, someone asked me the other day to explain why Cartrefi had become a Co-op in 2017. I said “It’s all about putting our values into practice:

- We believe in supporting people (and their families) to enjoy the life they want as valued contributors to their communities.
- We believe in working in partnership with the people we support to agree what matters and achieve their goals.
- We believe in valuing our employees and doing our best to meet their needs both as workers and as people with lives outside work.
- We believe in valuing everyone’s different strengths and making the most of those strengths by working together.
- We believe in working in ways which are good for the world around us, including communities, Wales and the environment.

Being a Co-op means that the people we support, and our employees and community supporters, have the opportunity to become members of Cartrefi: to take part in elections and potentially sit on our Council of Members and appoint the Board of Management. That’s the democratic side of being a Co-op. It ensures that the voices of those who receive support and those who provide support are regularly heard at the highest level of decision making.

But being a Co-op is more than just a cycle of elections and Council meetings. Being a Co-op means putting our values into practice every day and at every level. It means we have a global, ethical brand identity to live up to. Being a Co-op means being committed to meeting the needs of your members and helping the communities in which they live. We have that commitment. It’s not easy, especially in these challenging times, but it’s what we believe in.

My deepest thanks to all of you who are sharing your strengths and showing your commitment every day.

Best wishes
Adrian

AUGUST AIR AMBULANCE AMBLE

by *Sioned Evans*

This summer, friends Andrew, Ellie and Caroline from Gwynedd, helped raise money for the Air Ambulance, by walking 3 miles from Dyffryn Ardudwy to Tal y Bont.

Altogether the walking group they were part of raised £570. Well done to you all!



Pictured: Andrew & Ellie



Pictured: Caroline



Pictured: The walking group

MY JOURNEY TO INDEPENDENCE

by Hannah Charnley



Pictured: Hannah & one of her amazing paintings

During March of this year, I moved into my own accommodation in Brecon, with support from Cartrefi.

I made a slow transition from Mirus to Cartrefi which helped me keep calm.

I have been settling in nicely and getting used to living within a new environment, adjusting to my surroundings.

I feel confident with living in my new Melin home, based within a quiet location close to town. Although sometimes I miss my old provider and living with others, I am getting used to living independently and feel comfortable and secure.

I have put up lots of my unique paintings on the wall, this helps to brighten up the atmosphere and makes it look even more welcoming. Since moving forward I have developed further, increasing my level of independence, and learning to drive.

I am enjoying the company of living by my school friends and enjoy being a part of a small group of young people who are of a similar ability to myself.

Altogether, this move to independence has been a positive step to take which has helped me overcome my fears of becoming lonely and isolated. This is because I realise that there is always someone nearby.

Although I have only been here for a couple of months, it feels a lot longer. I am thoroughly enjoying the freedom of living independently and having the choice to explore new things! I feel settled and know that I am not alone.

PONY TREKKING FUN

by Chris Dodds

Nae and Debbie from Builth Wells went horse riding to Marros Riding Centre during a holiday in Carmarthenshire.

Nae said 'We travelled to the stables & our ponies were already tacked up for us to ride through the woods & it was also raining quite heavy whilst we were both riding in the woods together.'

We both really enjoyed riding our ponies quite a lot indeed'.



NICKY RUNS SOLO FOR DEMENTIA UK

by Gail Williams

Nicola Palmer, a support worker for Cartrefi took part in a solo marathon run in aid of Dementia UK. Having originally planned to participate in the Chester Marathon, Nicky decided to eliminate the risks of participating in a large event and ran locally instead. Nicky set off from Fairbourne, along the Mawdach trail to Dolgellau and back.

As well as supporting people with learning disabilities, who are also affected by Dementia, Nicky has a personal experience of caring for a loved one. Nicky's experience, dedication and caring manner is helping to make a positive impact on the lives of those she supports.

Such support can at times go un-noticed,

but the last 18 months especially has highlighted the selflessness of those working in social care. Leading up to the run, to help support Dementia UK, Nicky organised successful Bingo and cake sales with the help of her colleagues, people she supports, friends, family and the community of Fairbourne.

On the day of the run, Nicky set off at 7.30am in rainy conditions, passing supporters, homemade banners and words of encouragement. She returned back in just over 5 hours finishing outside of Sunny Court, where she works. Those supported by Nicky were very proud and cheered for her as she crossed the finishing line.

Nicky raised an impressive sum of £2232 for Dementia UK.



Pictured: Nicola reaching the finish line

BUSY IN BRIDGEND

by Natalie Bailey

Baking, cooking and relaxing in style. Anne and Lloyd baking 'mummy' sausage rolls in preparation for Halloween, Lloyd making soda bread, Evan making meatballs & Spaghetti and Karl enjoying a pint in Cardiff Bay.



Pictured : Evan



Pictured : Karl



LOCKDOWN CREATIVITY

by Stephen Treharne

My name is Stephen Treharne and I work as a support worker for Cartrefi based in Carmarthen. I have been working with Cartrefi for the last 4 years and I have seen big changes during the pandemic. It has been challenging to say the least. There have been so many restrictions put in place and support workers like me had to adapt to the changes.

At first it was extremely difficult, but we had to somehow support our lovely people in different ways through the pandemic. When the first lockdown happened back in March 2020 it was so confusing for the people we support because suddenly you couldn't take them to their usual places to socialise plus their own routine was disrupted.

As time went on, support workers at Cartrefi found a way to bring some routine back into their lives. We all tried our best and I feel we succeeded by introducing more creative projects to the people we support. Arron, one of the people I support wanted to write about the photos he had taken and describe what it was like living in lockdown. This project was slowly coming to life and is still an on-going creative piece of work.

Here is an example of one of Arron's pieces:



Pictured: Stephen & Arron

THE MASK HAS GONE

by Arron Waters

The mask has gone. I can breathe easier.
People look at me like a criminal.
They don't get it; I have asthma and other hidden disabilities,
but they still judge me.
Some shops still won't let me in. It's not fair.
My exempt badge is real. Some people don't realize how I feel.

More of Arron's stories can be found on our website:

<https://www.cartrefi.coop/who-we-are/news/case-studies>



Pictured: Arron's hidden disability lanyard

Arron and other people I have supported gained some confidence and that became a two-way process. It gave me joy knowing that I could still give meaningful support to each person. As the pandemic enters some normality, I feel, I have learned some new skills which has helped the people we support come through a difficult time.

So much has happened during lockdown but there's one thing that remains strong and that is the dedication of each staff member who gives fantastic support to our lovely people, and I am very proud to be part of such a wonderful team.

HIGHEST DOG WALK EVER!

by Julie Jenkins



Pictured: Julie, Gareth & Fletcher at the summit

We took Fletcher with us and he loved climbing up the mountain. We stopped every now and again for a rest and a drink of water.

It was really tiring climbing and I didn't think I was going to do it, but we took it slow and Fletcher helped to pull me up!

After an hour and a half, we reached the summit. I was so excited that I had made it and I was so proud of myself for not giving up. The views were absolutely beautiful and really worth the climb!

Once we got home, I treated Fletcher and Rory to an ice-cream - it's their favourite!

When I'm not working at Cartrefi Cymru, I am usually doing something with my husband Gareth and my 2 golden retrievers Fletcher & Rory. Rory doesn't walk very far because he has bad hips. Fletcher will walk for miles and miles.

We decided that we would like to climb Pen Y Fan in the Brecon Beacons. I have never done it before and I'm not very fit, so I knew that it was going to be hard work.



Pictured: Fletcher & Rory enjoying their ice-cream

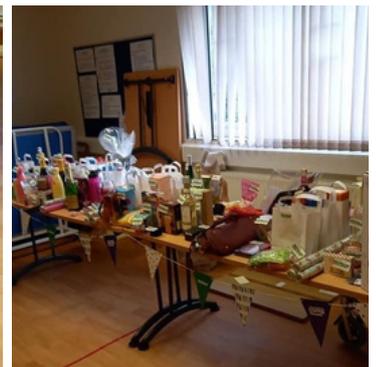
MAKING A DIFFERENCE FOR MACMILLAN

by Mia Southcombe

Trealaw Office held a live stream tombola event in aid of Macmillan. They had some great prizes: David Gwilliam and Michelle Thomas made some beautiful cakes with the staff from Awyl Y Bryn, Teresa Rees's husband made some bird boxes, 36 cup cakes donated from the chef in the local school, As well as wine, chocolates, toiletries and loads more.

You needed a 0 or a 5 to win a prize, and everyone that bought a ticket won something. The event was live on their event page on Teams and Facebook and they raised an amazing £175.

Well done everyone for raising so much money for a very worthy cause.



Pictured : Some of the fantastic prizes that were won in the tombola

ABERGLASNEY GARDENS IN BLOOM

by Rebecca Biginton

Anne Marie enjoyed a lovely trip to Aberglasney Gardens during the summer holidays.

She wandered around the grounds, spent time watching the fish in the pond and enjoyed a hearty meal in the Tea rooms.

Anne Marie was lucky to visit the gardens when they were at their best, with the flower beds in full bloom.

Anne Marie and support worker Dorothy would definitely recommend Aberglasney to anyone looking for a relaxing, accessible and peaceful day out.



Pictured : Anne Marie enjoying lunch out

PUZZLES AND SMILES ALL ROUND

by Rebecca Biginton

Michael has been putting puzzles together here in the Carmarthen office and as you can see, he found it a thoroughly enjoyable activity.

Michael attends the Lifeline service, in Carmarthen, every Wednesday. We have had to reduce the number of people attending due to the pandemic, but everyone still gets to enjoy their favourite activities; the people we support enjoy cooking, arts and crafts, dancing, music and much more on their Lifeline days.



Pictured : Michael

OAK CLOSE WILDLIFE CHALLENGE

by Kerri Lloyd-Jones



Pictured : Beryl



Pictured : Ed



Pictured : Michelle

Oak Close have continued with their wildlife challenge. They have been busy using scratch art to make colourful butterfly masks. They have also been making insect suncatchers!

Hopefully the sun will make an appearance to see the suncatchers in action.

THE GHOST ON THE PLANE

by Malcolm Lewis

It was 1953, the year Ella and Alicia went up on a plane with Harry. They arrived early in the morning to get Harry ready to go.

“Good morning, Harry.” they shouted.

Harry replied, “Good morning, girls.”

“What would you like for breakfast?”

“A yoghurt and cappuccino, please.” he said.

“You’ll have what you’re bloody given, you sod” they yelled at him.

“That’s enough of your cheek” Harry said.

Harry went to the bathroom and the girls gave him a cold shower to wake him up. They took Harry to the bedroom and helped him dress. He then went and sat back down in the living room. As soon as he came down, Alicia told him to stand back up and stop being lazy because they were about to leave. Harry got into the car, and they took off up the lane.

They arrived at the airport and the gentleman asked how many passengers and took off. As they were in the Harry lit up a cigar and the pilot said “Can’t you read? It says ‘no smoking’ in here”

Harry apologized and put his cigar out on the dashboard, leaving a melting hole. As the plane came lower to the ground, the pilot said to Harry, “do you mind if I ask you a question?”

Harry said, “no”

“How come you’re so skinny and white?”

Harry replied “what do you expect for being dead for 100 years?”

It was Harry the ghost. The End



Pictured : Plane trip which inspired Malcolm



Pictured: Neil making sure the office sparkles

SQUEAKY CLEAN

by Rebecca Biginton

Neil who is one of the people we support, has also recently joined the staff team in Carmarthen; Neil has started working for 2 hours a week as a cleaning operative. He has general cleaning duties and is responsible for ensuring the office sparkles. The new role is a big responsibility for Neil and we hope to provide him with some valuable and positive work experience.

Once Neil has learnt the ropes with us, he eventually hopes to pick up a couple of additional cleaning contracts with other local businesses.

Neil has said that he is really enjoying being part of the staff team and especially enjoys a cuppa and a natter at the end of his shifts.

TAKE A BREAK

Autumn Wordsearch

Welcome to Autumn - that beautiful time of year when leaves take on the orange glow of the setting sun, acorns crunch under booted feet and crisp air cools our fingers, ears and nose.

Can you find all 15 words associated with Autumn below?



LEAF
COSY
PUMPKIN
COLD
ACORN

MAPLE
BONFIRE
HEDGEHOG
SPICE
HALLOWEEN

HAY
RAKE
SUNFLOWER
WINDY
ORANGE

Word Search answers on page 11

FROZEN BANANA GHOSTS

by Lizzy Edwards

Ingredients

- 200g bar white chocolate, broken into chunks
- 4 Bananas
- 85g desiccated coconut
- Dark Chocolate drops

How to make

Step 1 - In a small bowl, gently melt the chocolate either in the microwave – in short bursts on high or over a pan of simmering water (make sure the bowl isn't touching the water). Set aside for a moment while you get the bananas ready.

Step 2 - Peel the bananas, cut in half, and push a lolly stick into the middle of each piece. Spread the coconut out in a shallow bowl. Line a large baking tray with baking parchment paper, and make sure there is room for the tray in the freezer.

Step 3 - Coat a banana half in the melted chocolate, letting excess drip away. Sprinkle with plenty of the coconut until coated, then set it on the prepared sheet. Now add two chocolate eyes and a mouth, and if you like, cut a few little eyebrows from the chocolate drops too. Freeze the lollies for at least 4 hrs, and they can keep for up to a week.



'A SOCIAL CARE CO-OPERATIVE: DOING CARE DIFFERENTLY'

Would you like to take part in a research project?

This project is for...

- People supported by Cartrefi
- Their family and friends
- All Cartrefi staff

The purpose of the project is to think about life at Cartrefi



If you take part, you can...

- Attend meetings to talk about life at Cartrefi. You can have a member of care staff with you in meetings
- Show us what life at Cartrefi is like by being creative
- Most meetings will be by telephone or video call



Contact Jonathan Oliver to take part or if you have any questions  07519 213488  j.graham7@herts.ac.uk

HR TEAM UPDATE

Hello everyone,

We are keen to be able to better communicate with our workforce and as a result will now be providing a HR update for every newsletter. Through this we are looking to improve information available to our colleagues throughout the year and promote information and resources which you may find helpful. We would like to start by introducing the team.

MEET THE HUMAN RESOURCES (HR) AND STAFF DEVELOPMENT TEAM

Cathryn Ferris: Assistant Director (People), oversees both HR and Staff Development, delivering and managing strategic and operational goals for both areas.

HR TEAM

Claire Dixon: Senior HR Partner, Lead on specific projects, supports and deputises for the Assistant Director when required. Main contact for providing HR support and advice for North Wales.

Julie El-Kayekh: Regional HR Partner, main contact for providing HR support and advice for Mid and West Wales.

Caroline Stock: Regional HR Partner, main contact for providing HR support and advice for South Wales.

Samantha Adams: HR Officer, providing generalist HR support, primarily focusing on absence management. Supporting line managers to deal with absence and performance issues in their area.

Rebecca Kidd: HR Assistant, Providing general administrative support to the HR team, including maintaining and updating employee records and assisting with queries sent via inbox or phone.

STAFF DEVELOPMENT TEAM

Ross Coward: Supporting Learning Across Wales - Based in North Wales. Specialising in Management and Leadership, Coaching, Behaviours that Challenge and ICT.

Owen Lawrence: Staff training to include: Manual Handling, Positive Behaviour Management, Medication and Safeguarding. Behavioural Lead for Cartrefi, based in Mid Wales.

Christine Jones: Staff training, endorsing and giving advice on staff registration and PRTL. arranging for staff to complete a qualification relevant to their job role. Based in South Wales.

Thomas Bennett: Supporting the Senior Development Partners in the delivery of core and ad-hoc training, specialising in manual handling and PBM.

David Millea: Specialising in delivering manual handling training for the North, as well as assisting with the delivery of other training activities across the company.

Cath Sellens: Coordinating learning and development events as well as providing direct support to the Staff Development Team.

David Lydiard: Coordinating learning and development events as well as providing direct support to the Staff Development Team.

PEANUT BUTTER & NUTELLA HOT CHOCOLATE

by Lizzy Edwards



Ingredients

- 4 cups of full fat milk
- 2 tablespoons Nutella
- 1-2 tablespoons smooth peanut butter
- 2 tablespoons cocoa powder
- Marshmallows

Optional Toppings

- Crushed Hazelnuts
- Chocolate chips
- Extra Nutella
- Strawberries
- Whipped Cream

How to make

Step 1 - Heat milk in a medium sized saucepan on medium - high heat until beginning to warm and steam.

Step 2 - Add the Nutella, peanut butter and cocoa powder, whisk until dissolved.

Step 3 - Bring to a gentle simmer while stirring and take off heat. Add your favourite toppings and serve.

Christmas Card Competition!

Are you supported by Cartrefi? Enter our Christmas card competition to be in with a chance of winning a voucher and having your design be used as this years company Christmas card!

Create your design on an A5 piece of paper or a folded A4 piece of paper.

Include your name and address with your entry.
If you have any questions, give us a ring on: 07741 310256

Send us your entry by **15 November**
by post or email us a scanned copy of your design.

Communication@cartrefi.coop

Unit 5 Coopers Yard
Curran Road
Cardiff
CF10 5NB

Submit your story, to be included in the next Cartrefi Co-op Newsletter

07741 310256

communication@cartrefi.coop

Word Search answers

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

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