

CARTREFI CO-OP

The newsletter for everyone!



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SEAMSTRESS IN THE MAKING

by Joyce Evans

Hi all, my name is Joyce Evans and I live in Llanfyllin. During lockdown I started to do some sewing on a machine that staff had brought in. I enjoyed sewing so much, I decided to buy my very own sewing machine. I also looked for sewing classes and found one in Newtown at Textile Junkies.

Today I had my first lesson. I was lucky as I was the only student there, so I had one to one tuition. That was fabulous! Cheryl, the teacher, was lovely and we got on well. I learned how to thread the machine and how to wind a bobbin. After that I went on to sew a bag to put vegetables in when I am doing my food shopping. I learnt a lot and I am proud of what I have achieved today. I have booked myself another session and hope to learn and make lots more.



Pictured: Joyce with her handmade bag

CEO ANNOUNCEMENT AND UPDATE

by Adrian Roper

Hi everyone

As some of you may know, I will soon be retiring as Chief Exec of Cartrefi Cymru. The process of recruiting a new Chief Exec has started, and if you know anyone who you think would make a great replacement, do share the advert with them. Here's the link: <https://www.cartrefi.coop/working-for-us/our-vacancies-2> (Click on "Category" and scroll down to "Chief Executive Officer").

Having done the job for 25 years I know it can be tough. The work Cartrefi does is seriously important, and there's plenty to worry about. But the good feelings far outnumber the worries.

All of us can access this huge strength that comes from doing something really worthwhile. Cartrefi is a community with a shared purpose. We all want people to enjoy decent lives – and that includes the people we support wanting the rest of us to enjoy decent lives too. We are all in it together. That's why we are a multi-stakeholder co-operative.

And I'm pleased to announce that, from 1st April, all Cartrefi employees and people we support will be offered co-op membership without any need to pay a £1 fee. The Council of Members and the Board have agreed that employees and people we support already make an Economic Contribution to their co-op, so there is no need to ask for more. Anyone who doesn't want to be a co-op member can opt out, but I do hope that this change leads to most people becoming co-op members and enjoying the benefits of co-op membership – like standing for the Council and influencing decisions at the highest level.

Community supporter members will still pay £1, and I will very soon have my membership category transferred from Employee to Community Supporter. Yes, I'm not going away altogether. I look forward to meeting up with some of you at co-op events for many years to come.

Ymlaen, Cartrefi!



A TRIBUTE TO BRYONY HUGHES

by Diane Bell

It breaks my heart writing this but what can I say about Bryony..... She was a beautiful, kind, loving person. Always there for her colleagues giving them the support and guidance throughout their working roles and to some of us on a personal level.

Bryony started with Cartrefi Cymru way back in 1992 as a support worker working in Respite Services Casita & The Rectory on Anglesey. She then went on to manage Sessional & Peri Teams before returning to what she loved best — managing the respite service — The Rectory. Bryony spent many years here building excellent relationships with individuals using the service and their families as well as Rectory Team.

Bryony then went on to become Area Manager on Anglesey gaining even more respect and building more relationships with outside agencies and especially Anglesey Local Authority until she had to give up the job she loved so much.

My own personal memories of Bryony started way back in 1998 — she interviewed me and changed my working career. I worked alongside Bryony as a support worker which then led to me becoming her ASM for many years and forming a brilliant team together. I then 'stepped into her shoes' as Service Manager at Rectory. Bryony taught me so much and I carry this with me today — she helped me so much as a colleague and friend. Even 2 weeks before her passing she was still giving me advice — that was Bryony.

Bryony will be missed so much by us all who knew her— but she is at peace now.
God Bless to a true inspirational lady.
Love Always — Miss you xx



10/3/61 - 4/2/22

NEWS FLASH

by Alys Phillips



Pictured: Kylie's debut on ITV Wales

Kylie moved to Brecon from her home town Knighton last April during tight Covid restrictions. Luckily, she was able to use her iPad to keep in touch with her family and friends to avoid feeling isolated.

Kylie was asked by First Choice Housing to be interviewed to discuss the impact of Covid, and how helpful using technology during the pandemic was, to reduce any feelings of isolation. First Choice were very impressed with Kylies interview and recommended she appeared on ITV News.

The filming took place on Thursday 27th January, which was also Kylies birthday. Kylie explained 'I had an extraordinary birthday appearing on ITV Wales News and Breakfast TV. It feels so surreal and I still feel chuffed and proud of myself for being given the opportunity to be on TV'

Since the restrictions have eased, Kylie has made new friends in Brecon which she can meet off screen.

CROWN AVENUE RESIDENTS

by Heidi Lawry

Crown Avenue residents share what they have been doing recently.

HAPPY BIRTHDAY JASON!

Jason Lewis celebrated his birthday for the first time living at Crown on 6th January.

Here he is on his 51st birthday showing off his badge and the banners made by his flatmates.

Jason celebrated by having a party with the friends, dancing and playing games.



Pictured: Jason celebrating his birthday

FUN FILLED DAY TRIP

Darren Thomas recently visited Cardiff Winter Wonderland for a day trip.

Darren's favourite part of the trip was going on the Ferris wheel - he had no fear and didn't stop laughing throughout.

Darren also had a go at ice skating for the first time, he said this was scary but enjoyed himself.



Pictured: Darren and his support worker on the ice

SWIMMING CHAMPION



Pictured: Thomas proudly displaying his certificates

Thomas Watling would like to share with everyone photos of him proudly holding his certificates for the Polar Bears swimming gala.

Thomas had silver award for coming 2nd in the Relay and silver award for the men's 25 metre sprint.

Thomas loves swimming and attending Polar Bears, he gets to socialise with friends that he doesn't see very often.

KING OF THE CASTLE

Here is Richard Owen doing a spot of shopping and exploring Cardiff Castle.

His favourite part of the trip was seeing the Christmas lights.



Pictured: Richard visiting Cardiff Castle

COUNCIL OF MEMBERS UPDATE

by David Whittle

The Council of Members met on the 25th November. Here is a brief overview of what we did:

We checked up on what people are doing and how they are feeling.

I talked about the covid pass not being very accessible. Sioned said it is still hard getting enough staff.

We also had a report about Merthyr Valleys Homes who are a co-op too to say what they are doing.

We talked about co-op Membership (and reminding people that it is not about the Co-op shop!)

We had a big talk on membership. It costs £1 and the Council recommended that it should be free to join for staff and people supported by Cartrefi. (The Board agreed. See Adrian's message on page 2).



STAFF IN THE SPOTLIGHT



What is your name? Phil Berry

What is your job title? ICT Officer

Where is your office base? Cardiff

How long have you worked for Cartrefi? about 8 years

What is your favourite snack? Chocolate

What is your most watched movie? The Matrix

If you could live anywhere in the world, where would it be? South of France

If you were an animal, what would it be? Cheetah or Otter

What was the first record/CD you bought? Living in a Box album by Living in a Box. I was about 9, in Woolworths with my mum!



What is your name? Annemarie Owen

What is your job title? Service Manager

Where is your office base? Bangor

How long have you worked for Cartrefi? 21 years

What is your favourite snack? Red grapes, cheese cubes and sometimes cheese biscuits with it!

What is your most watched movie? Les Misérables

If you could live anywhere in the world, where would it be? Aegina - one of the Greek islands

If you were an animal, what would it be? A Mandarin Duck

What was the first record/CD you bought? Soley Soley by Middle of the Road



Would you like to feature in our next Staff in the Spotlight?

Complete this form: <https://forms.office.com/r/9lvLPWAYdq>.

MAKING A DIFFERENCE

by Carys Tanner

Claire lives with her mum and dad, and since 1st March 2021, we have been providing Sessional Support to Claire, the pictures below are of us taking Claire on her first holiday in four years, for two nights. When asked Claire said she had a good time in Ty Tanglwyst!!

Claire has overcome a lot in the past year, she has walked, cycled and bounced miles with staff.

We're already looking forward to what Claire will achieve in 2022 – we know there will be lots of activities and (fingers crossed) another fun-filled trip away.



Pictured : Claire with support staff

SPRINGING INTO ACTION

by Llywela Wyn Jones



Pictured: Nigel in the garden centre

Pictured: Nigel choosing his plants

Pictured: Nigel planting his bulbs

Nigel went with his support staff to a local garden centre to get some flower and bulbs ready to plant for the spring. When Nigel got home, he planted the bulbs ready for spring.

He started off by putting compost in the trays, then adding the bulb and covering with more compost, staff then watered the tray. Nigel is looking forward to seeing the bulbs grow and once they have established enough, he can then plant them out in his garden.

Nigel and his support staff are busy doing a new garden project/scene - watch this space for updates and progress in the future.

BURNS DAY

by *Kerri Lloyd-Jones*

Oak Close have been busy getting ready to celebrate Burns Day.

Robert who moved to Oak Close last year is Scottish and very patriotic. Robert decided he would like to hold a Burns Night Supper to celebrate the occasion with his co tenants.

Robert decided to have a supper of Haggis, Neeps and Tatties and for afters a selection of Scottish treats such as shortbread biscuits, Tunnocks Teacakes and a glass of Iron Brew.

Michelle and Robert have been creating bunting for the day and enjoyed getting to know about the poet Robert Burns.

Robert has also enjoyed talking with his dad about what to do for the day and has asked him to email some Robert Burns poems he can share on the day.

Robert has really enjoyed planning his Burns supper and is very excited about hosting it!

Burns Night is always on 25th January. Congratulations, Robert, on organising a great event



Pictured : Robert



Pictured : Michelle and Robert



Pictured: Lee at Porthcawl Beach

ONE LITTER PICK AT A TIME

by *Kaine Richards*

Lee Wood is very passionate about keeping the environment clean and to play his part in this he has been litter picking in his local area since leaving school!

Lee decided he wanted to travel a little more afar this time, so he and his support worker, Kaine, decided to take a trip to Porthcawl to litter pick on the beach.

Lee also looked for some hidden treasure. Unfortunately, he did not find any this time, but that doesn't mean that he won't in the future! Keep up the amazing work, Lee!

UPCOMING EVENTS

CONNECTIONS AND COMPANIONS

Are you an adult with learning difficulties?
Join us for an opportunity to meet new friends

This event is aimed at those living in rural areas in Powys - however, everyone is welcome
Open to those aged over 18



ON ZOOM



MARCH 25 2022
7PM - 8:30PM

✉ communication@cartrefi.coop



MOVING BEYOND COMPLIANCE

A pilot project in Powys to explore the potential of movement to support staff wellbeing

Cartrefi Cymru and National Dance Company Wales (NDCWales) have developed an exciting new partnership and been successful in securing a grant from Arts Council Wales to support the delivery of a special pilot project.

The project will:

- Involve three dance artists who will work with up to 24 members of staff
- Consist of two workshops delivered over two days in Brecon in May
- Act as a stepping stone to a larger aspiration
- Combine listening and movement leading to insight and learning
- Result in a case study which will be overseen by National Activity Providers Association (NAPA).
- Be documented by a film maker

All participants will be paid £75 for the time they give to this project, this includes attending two workshops, and travel expenses will be covered at 45p per mile.

This is a special opportunity for you to be part of something that is pioneering, not only in collaborating with an arts organisation, but to seek out new ways to support the wellbeing of Cartrefi Cymru staff.

Staff working in and around Powys are invited to register their interest to take part by 18th March.

Do not worry, you are not expected to possess any dance ability, just an open mind and willingness to participate.

For more information contact:



communication@cartrefi.coop



07741 310256

**national dance
company wales**

**cwmni dawns
cenedlaethol cymru**

Ticket offer for Cartrefi Cymru staff

NDCWales – One Another - Theatr Brycheiniog, 11 March 8pm. Use code NDCWOA for £6 off each ticket booked directly with the venue. *Subject to availability. Tickets are subject to the venue's refund and exchange policy.*

<https://www.brycheiniog.co.uk/en/your-visit/booking-info>

TAKE A BREAK

MAKE A SMOOTHIE, INSPIRED BY LEWYS

by Lewys Rapardo Evans

Making smoothies is a way for me to experiment and explore things in a low-risk situation. I try my best to reduce food waste when making my smoothies by saving the mixture. It's fun and relaxing and a way for me to explore my taste buds. I want to keep learning about myself and become better than I was before. Making smoothies is one way to do it.

See below recipe on how to make your own smoothie!



Pictured : Lewys and their smoothies

STRAWBERRY AND BANANA SMOOTHIE RECIPE



Ingredients

- 5 large strawberries, stalks removed
- 1 banana, peeled, sliced and frozen
- 180ml milk or dairy-free alternative, such as oat milk
- 2 tsp lemon juice (optional)
- 2 tsp peanut butter (optional)

How to make

1. Place all of the ingredients in a blender. Start blending on a low speed to bring all the ingredients together, and gradually increase the speed until the smoothie is smooth and creamy.
2. Pour into a chilled glass and serve immediately.

Recipe Tip

Frozen bananas chill the smoothie and help to make it extra thick and creamy. If you have a few ripe bananas, or you make a lot of smoothies, keep a sealed bag of peeled and sliced bananas in the freezer ready to use.

SPRING WORDSEARCH

Welcome to Spring - that wonderful time when the days become longer and the weather becomes warmer. Can you find all 15 words associated with Spring below?



- EASTER BUNNY
- RAINBOWS
- GROWING
- PUDDLES
- BLOSSOM
- UMBRELLA
- APRIL SHOWERS
- SPRING
- DAFFODILS
- LAMBS
- TADPOLES
- CHICKS
- BLOOMING
- SUNSHINE
- NEST

Answers on page 11

EASTER EGG BLONDIES



Ingredients:

- 250g/9oz cold unsalted butter, cut into 6–8 pieces
- 150g/5½oz light soft brown sugar
- 125g/4½oz caster sugar
- 2 large free-range eggs
- 1½ tsp vanilla extract
- pinch sea salt
- 300g/10½oz plain flour
- 225g/8oz sugar-coated mini chocolate eggs

Method:

Step 1: Preheat the oven to 190C/170C Fan/Gas 5. Grease and line a 20cm/8in square loose-based cake tin with baking paper.

Step 2: Melt the butter in a saucepan over a medium–low heat. Stir in both sugars and cook for 1–2 minutes, or until the butter is absorbed and the mixture turns a creamy toffee colour and looks smooth and glossy. Take off the heat and set aside.

Step 3: Whisk the eggs, vanilla and salt together in a large bowl. Whisk in the melted butter and sugar mixture until thoroughly combined, then whisk in the flour until smooth. Pour the batter into the prepared tin and bake for 20 minutes.

Step 4: While the blondie is cooking, cut 125g/4½oz of the chocolate eggs in half. It's best to use the heel rather than the tip of the knife and work with just a couple of the eggs at a time.

Step 5: When the 20 minutes is up, take the blondie out of the oven and scatter the halved and whole chocolate eggs on top. Carefully press the eggs into the blondie mixture and don't worry if the surface cracks a little. (Take care as the sides of the tin will be hot.) Return to the oven for a further 10 minutes or until the blondie is pale golden-brown.

Step 6: Cool the blondie in the tin for at least 10 minutes before cutting into squares. Serve warm or cold.

GROW YOUR OWN EGGY CRESS HEADS

Materials:

- A packet of cress seeds
- Eggs
- Cotton wool
- Markers and googly eyes



How to make:

Step 1: First comes the yummy bit – cook and eat the eggs!

Step 2: Once you have eaten your egg and the shell has cooled down, fill half of the bottom of the shell with cotton wool.

Step 3: Now dampen the cotton wool with a little tap water, taking care not to swamp it.

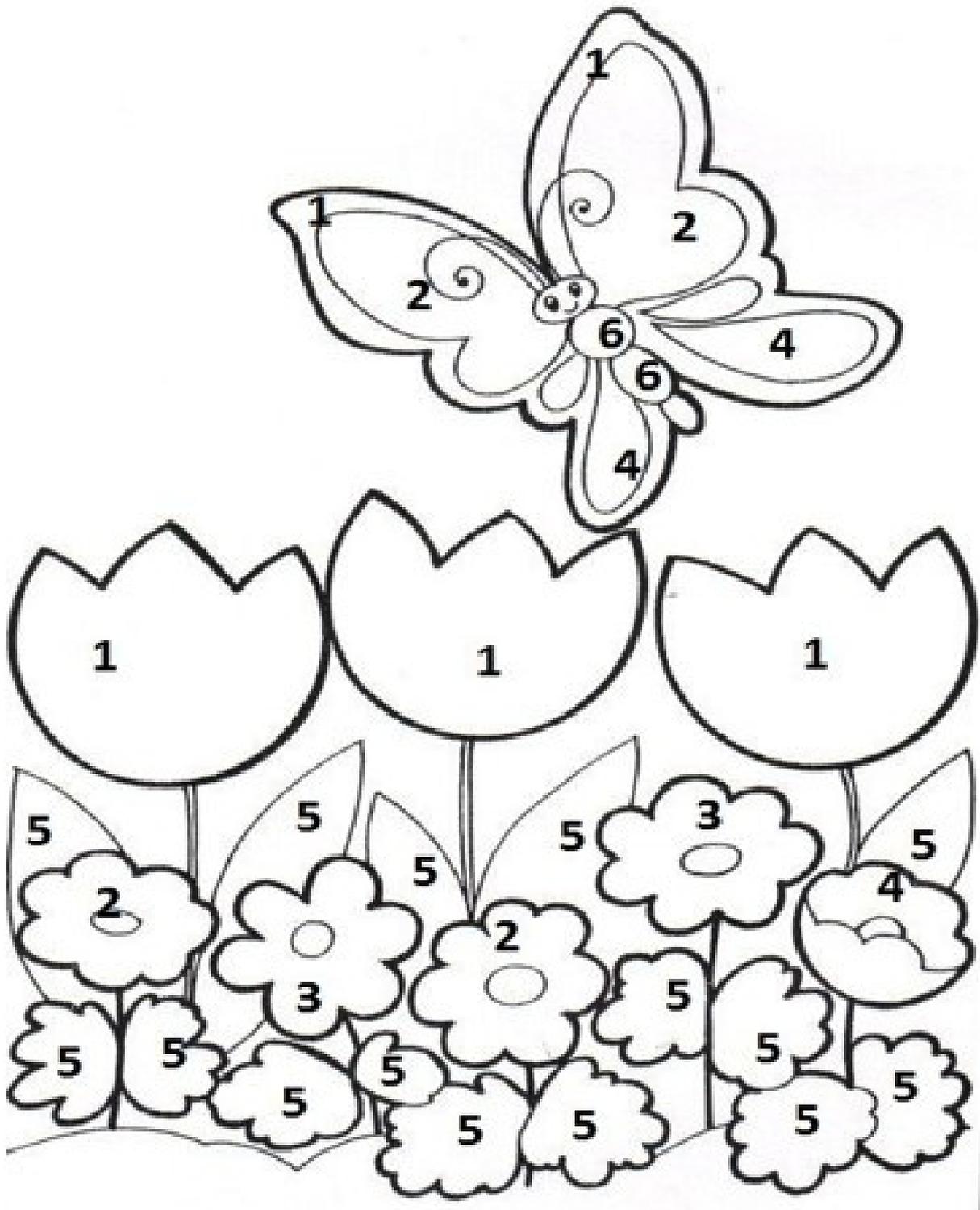
Step 4: Sprinkle a few cress seeds on top of the cotton wool (about 10–20). You can either stand the egg heads in an egg carton or in an egg cup while they grow.

Step 5: Paint faces and stick googly eyes onto the egg shells to give them funny faces to match their green cress hair!

Check your cress heads daily to see if they need water – don't overdo it though as you can drown the little seeds if too much is added. You will start to notice the little seeds appear within a few days. Once they reach about 5cm in height you can harvest them. The easiest way is to snip through the stems with scissors. They taste lovely in egg sandwiches!

COLOUR BY NUMBER

Colour in the image below using the colour guide at the bottom of the image



1-red

2-yellow

3-pink

4-orange

5-green

6-blue

HR TEAM UPDATE

The HR Team would like to introduce Lea Eibner to the Team she is the new HR Officer who will be leading on Absence Management. Lea comes to us from College Gwent where she had started in her HR career but has a vast experience as a people manager in her previous roles in retail.



The HR team will be continuing with the Wellbeing support provided. This month we have taken part in Time to Talk giving our Colleagues the opportunity to talk to each other and open conversations around Mental Health.

We also have some events coming up such as:

- Sleep Awareness
- Quit smoking
- Stress Awareness
- Learning at work week
- On your feet Britain
- Back care awareness week.

We hope these events will provide information and support to our colleagues to aid their wellbeing.

As always if you have any questions about the above or need information, please contact HR.enquiries@cartrefi.coop

Word Search answers

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

Do you have a story you want to tell?
Or an event you want to share?
If so, submit them to us to be included in the next newsletter!

Stay Connected



✉ communication@cartrefi.coop
☎ 07741 310256