

CARTREFI CO-OP

The newsletter for everyone!



VISITS FROM THE GRINCH AND SANTA

Services in Swansea were shocked to open their doors to two special visitors! Big thanks to Katie Artis and Tracy Power for spreading the Christmas cheer. Stacey King was very happy to welcome them into her home.



Inside this Issue

CHRISTMAS AT BUTE PARK

The biggest festive light trail Wales has ever seen

CRAFTS THIS CHRISTMAS

Including bauble painting, wreath making, and an opportunity to get crafty yourself

A MESSAGE FROM THE CEO

A big thank you, and introduction to the taste of ice cream



Christmas at Bute Park

The biggest festive light trail Wales has ever seen. The park has been taken over by dazzling light displays, magical installations, a flickering fire area, laser shows and mirror balls, as well as locally sourced street food, mulled wine and plenty more christmas festivities.

Lottie and Jemma (above) made a special trip from Builth to Cardiff with their support workers - Sarah and Michelle. They all thoroughly enjoyed a lit evening in the park!

Paul and Sybil (below) accompanied by staff Courtney, Matthew and Jaqueline also visited the light trail to kick start their Christmas spirit. Paul enjoyed the disco ball and Sybil's favourite was the flowers!



Penrhyn Office has added some festive sparkle for passers by to admire!



A message from the CEO

I'm writing this on 14th December and the latest news is all about an increase in the numbers of people catching the latest version of Covid. We all have our fingers crossed that it doesn't turn into another lockdown situation. Oh, to be able to enjoy the Christmas period with family and friends and do some festive things out in the freedom of the country air or the town.

We all deserve a break! Especially our support workers and managers who have been working so hard for so long, to keep the people we support safe and happy in their homes. I know it must feel like a never-ending challenge, and I can't thank you

enough for what you are doing. As the pages of this newsletter show, you are not just standing by people as their guardians against illness or neglect, you are the enablers and co-producers of wonderful cakes and cards and poems and so much more, bringing joy to people in both the creation and the consumption of it all.

By way of a celebration of the resilience and compassion and creativity of everyone in Cartrefi over these past 18 months, I'm pleased to announce that a book of pictures and poems by a couple of brilliant Cartrefi-ites has just been published. Arron Waters lives in Carmarthenshire

and is supported by Stephen Treharne. Between them they have produced a book that captures the lows of lockdown and the joys of coming out of it. Everyone will get a copy which I am sure you will enjoy. It's dedicated to you all. .



Have the merriest Christmas possible, and the happiest of New Years, Adrian.

Crafts this Christmas

Lots of you have been enjoying getting arty this year, Beryl and Edward in Oak Close have been hand painting baubles for their tree!



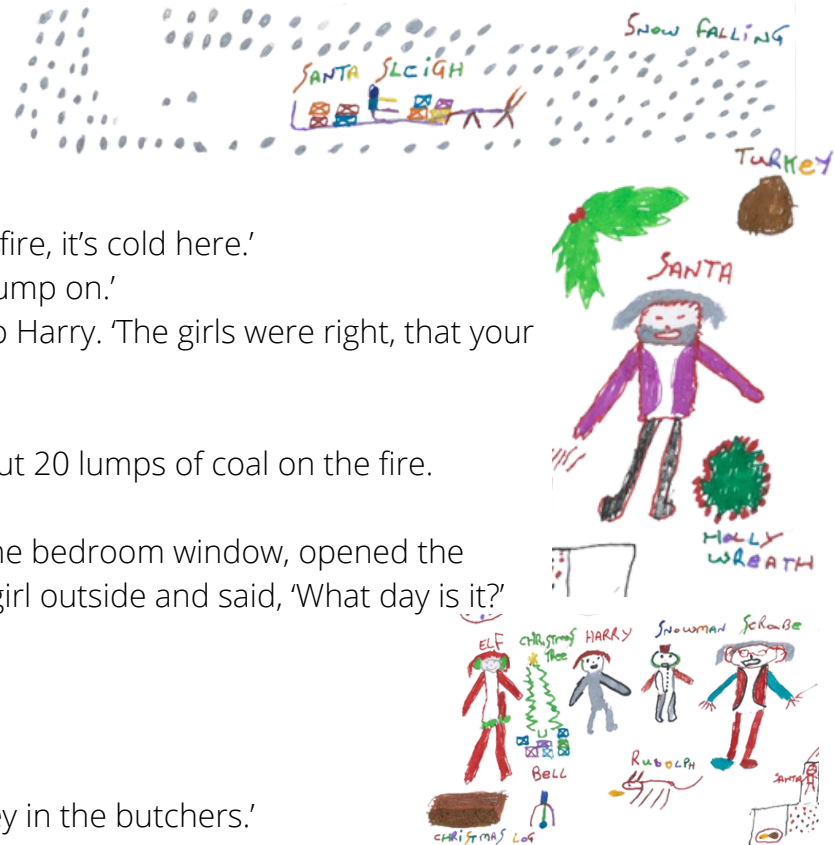


Crown Avenue had the same idea as Beryl and Edward, since they opened their doors, the tenants and support staff have been enjoying lots of creative activities, they are particularly proud of these festive baubles.



An extract from GHOST OF CHRISTMAS
by Malcolm Lewis

Liz said, 'Good morning, Harry.'
 Harry replied, 'You're bloody late.'
 Liz said, 'Get lost you sod, it's Christmas day.'
 Liz said to Harry 'Would you like a cup of tea?'
 Harry said, 'Yes please.'
 Liz replied, 'Can I put some lumps of coal on the fire, it's cold here.'
 Harry replied, 'Seeing as it's Christmas, put one lump on.'
 Liz put the lump of coal on the fire and replied to Harry. 'The girls were right, that your name at Christmas is scrouge.'
 Harry fell asleep. 2 hours later Harry woke up.
 Harry said to Liz 'Liz I am in a good mood now, put 20 lumps of coal on the fire. I will raise your salary to £20.'
 Harry jumped out of the chair, looked through the bedroom window, opened the window and it was snowing and shouted to the girl outside and said, 'What day is it?'
 She said, 'It's Christmas day.'
 Harry replied, 'What is your name?'
 She said, 'My name is Maggs.'
 Harry shouted to Maggs
 'Go to the butchers and get me the biggest turkey in the butchers.'





Wreath Making

Lisa arranged for Sybil, Linda, Mathew, Pamela and Phill to attend a wreath making class at Bridgend allotments. They all had a great time, and did a fantastic job!



The Finance Team enjoyed their Christmas meal at The Classroom - Cardiff



After some head scratching and thinking about Covid, we decided to go ahead with our Christmas meal (after doing our lateral flow tests), and went to the Vale College Classroom; a lovely experience where students learn their trade as chefs and waiters etc. Adrian Roper, CEO and Grant Duncan, Trustee, as well as Sarah Parry who is currently on maternity leave, also attended and it was lovely to spend time together away from our desks and computer screens.

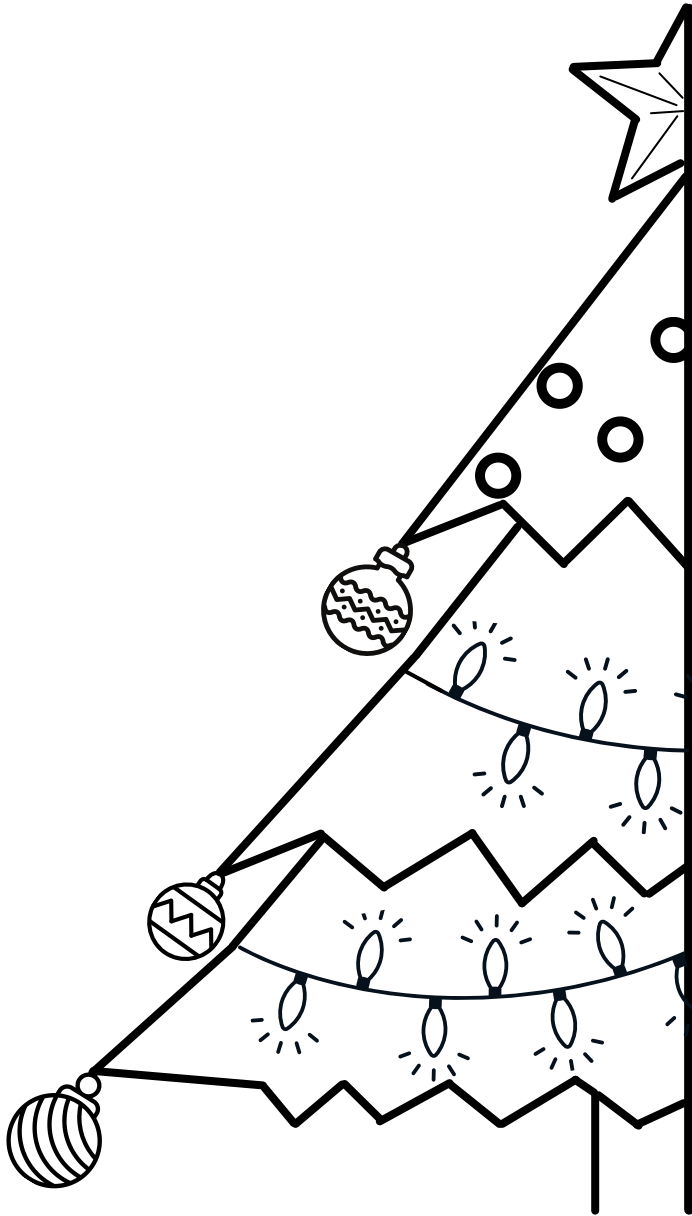
Davina Patel, Finance Officer, organised our Christmas Charity donation; we did a collection,

shopping and delivery to the local food bank, which was fun! We're all so appreciative, especially at this time of year, for everything we have and the ability to put food on our tables is something we never take for granted.

In terms of work, we're all still working partly in the office and partly from home. The next big project for us is next year's budgets as well as the usual things supporting operations with the finances for the people we support.

Best wishes for a fantastic Christmas and happy new year from all of us.

Christmas wouldn't be Christmas without a tree!
Draw the other half of the tree and colour both sides in.



Don't forget to show us your artwork by sending a photo to communication@cartrefi.coop

Endeavours Christmas Meal Out

Three Endeavours houses celebrated together for the first time since Covid. Paul, Syble, Ann, Alyn, Karl and Lloyd enjoyed a Christmas meal, with support workers Natalie, Matthew, Rachel, Courtney and Jackie. There was lots of food, laughs, pints and Baileys hot chocolates.



Mince Pie Brownies

Combine two favourites to create these sweet treats this festive season

Ingredients

- ★ 185 g unsalted butter
- ★ 85g high-quality dark chocolate, chopped
- ★ 85g plain flour
- ★ 40g cocoa powder
- ★ 3 large eggs
- ★ 275g golden caster sugar
- ★ 6 mince pies or 9-12 mini mince pies
- ★ icing sugar, for dusting



Step 1

Melt the butter and chocolate in a medium bowl, either in a microwave – cooking for 1 min on High, then stirring and continuing to heat in 20-second blasts – or by setting the bowl over a pan of simmering water and stirring occasionally. Once melted, leave the mixture to cool.

Step 2

Heat the oven to 180C/160C fan/gas 4. Line the base of a shallow 20cm square tin with non-stick baking parchment. Sieve the flour and cocoa into a medium bowl. Whisk the eggs and sugar with an electric mixer on maximum speed until thick and creamy, about 3-8 mins, or when the mixture runs off the beaters and leaves a trail for a second or two.

Step 3

Pour in the cooled chocolate mixture, then fold together with a rubber spatula in a figure of eight, moving the bowl round until the mixture is a mottled dark brown. Be gentle so you don't knock out the air.

Step 4

Sift in the cocoa and flour mixture and continue gently folding. The mixture will look dry and dusty, then fudgy. Stop just before you feel you should, as you don't want to overmix it.

Step 5

Spoon a little mixture into the prepared tin, then add the mince pies, leaving them whole. Scrape over the rest of the mixture, gently easing it between and over the pies. Level the top. Put in the oven for 25 mins. If the brownie mixture is very wobbly in the middle, it's not quite done, so bake for another 5-10 mins, or until the top has a shiny, papery crust and the sides are just beginning to come away from the tin. Take out of the oven and leave to cool in the tin. Dust with icing sugar. Cut into quarters, then cut each quarter into four squares. *Will keep in an airtight container for a week and in the freezer for up to a month.*

Say it in Cymraeg this Christmas....



Merry Christmas	Nadolig Llawen	Na-doh-lig Ila-when
Happy New Year	Blwyddyn Newydd Dda	Bl-oi-ddin New-ydd Dd-ah
Present	Anrheg	Ann-rhh-eg
Star	Seren	Se-ren
Christmas Tree	Coeden Nadolig	Coy-den Na-doh-lig
Father Christmas	Siôn Corn	Shaun Corr-n
Snow Man	Dyn Eira	Dean Eye-rah
Reindeer	Carw	Ca-roo
Snow	Eira	Eye-rah
Christmas Dinner	Cinio Nadolig	Kin-yoh Na-doh-lig
Christmas Pudding	Pwddin Nadolig	Pww-din Na-doh-lig
Christmas Carols	Carolau Nadolig	Car-ol-ai Na-doh-lig
Stocking	Hosan	Hos-ann
Mince Pie	Mins Pei	Mince Pay
Decorations	Addurniadau	Add-irn-iad-ai
Angel	Angel	Ann-ghel
Holly	Celyn	Ceh-lynn
Lights	Goleuadau	Go-ley-add-ai



Rhif Cwmni: 06693822

Bonus Christmas Activity

Crafty Snowman

Items you will need 

★ Glue

★ Ribbon

★ Orange and black marker pens

★ Pom poms

★ Pipe cleaners

★ Googly eyes



1

Using the glue, stick the googly eyes onto the paper roll tube or use a black marker to draw the eyes.



2

Cut the ribbon to the length you want and tie it around the tube to create a scarf.



3

Using an orange marker pen, draw a carrot nose. Using a black marker pen, draw on buttons and a smile.



4

Use the glue to stick a pom pom to both ends of the pipe cleaner to make ear muffs.



5

Bend the pipe cleaner and place the ear muffs around the top of the tube. Glue both the pom poms onto the tube.



6

Your snowman is complete. You can hang it on the tree or stand it up.

Wishing you a Merry Christmas, and a happy, healthy New Year.

See you in 2022!

CartrefiCymruCo-op

