

Merry Christmas Nadolig Llawn



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CARTREFI CO-OP

December 2023



NORTHS NATIVITY

The people we support in Anglesey pulled it out of the bag by organising the first Cartrefi Nativity which was held at Uchuldre Centre in Holyhead, with the support of staff it was a great success!

The preparation began in September this year, starting with digital rehearsals, each individual learnt their lines and stage actions which followed with some dress rehearsals before the big show.

The Local MP attended the Nativity and said "it was the most emotional one she has been to and thoroughly enjoyed it." The performance was finished off with each service performing a song using Makaton.

As well as the Nativity, there were stalls of mince pies, knitted figures and wax melts for sale and a raffle, the prizes included train tickets to London, pantomime tickets and more.

A total of £571 was raised which has been donated to various charities including the cancer ward in Penrhos, and the food bank in Holyhead. Annemarie says 'everyone had a great time, it was lots of fun and just lovely to see everyone pull together for several good causes'. A big well done to everyone who took part- Da iawn!



CHRISTMAS AT CAE GARNEDD

Christmas in Cae Garnedd kicked was off with some festive activities which included a friendly competition of the best dressed staff member, some staff even made their own costumes which the people we support loved!

To further the festivities an annual Christmas party organised by the North co-hort and North Wales Housing took place, Chloe said 'it was nice to see the people we support mix with each other celebrating an amazing year and looking forward to 2024'



GWYNNETH HATTONS SUGAR CREATIONS



Gwynneth has been busy with some sugar craft creations during a class which she attends every Tuesday, a place where she can socialise and make new friends with the same interests. Gwynneths love for cakes and baking is what motivates her to develop her skills and learn new techniques.

After weeks of hard work she was especially proud of a recent masterpiece, a festive themed cake just in time for Christmas!

CHRISTMAS CARD COMPETITION 2023

A big well done to everyone who participated in this years Christmas card competition- we received a total of 70 entries!

The Council of Members voted for their preferred designs, and we're thrilled to announce the results:

First Place: Matthew Thomas from Bridgend

Runners up: Richard Woodland from Trealaw and Anne Louise Williams from Pwllheli

Please see the below winning designs.

The Council would like to thank everyone for their entries and for making the competition a shining example of collective creativity and festive spirit.



RUNNER UP

Richard Woodland



WINNER

Matthew Thomas



RUNNER UP

Anne Williams

KEVIN DANIELS HORSE RIDING



Kevin Daniels who lives in Rassau Ebbw Vale, has recently started taking horse riding lessons at The Golden Riding Stables in Crickhowell, Staff support Kevin to the stables until he meets with his instructor. Kevin has one lesson a week and has always had a love for horses. Before Kevin could start his lessons he would need to prepare by putting a saddle and harness on the horse, he bought himself a helmet and riding boots to make sure he stays safe and has all the correct equipment when riding. Kevin's goal is to go riding up Llangynidr Mountain and looks forward to progressing with horse riding every week!

CLAIRE DYERS PADDLE BOARDING

Recently Claire was supported by staff to try paddle boarding, she had her first session at Caswell Beach. Claire really enjoyed and described it as a "brilliant experience", Claire had so much fun with staff in the sea. Claire has since purchased her own paddle board, when asked if she wanted to continue going, she said 'Hell yes, bloody love it!' Claire now goes paddle boarding once a week down Oxwich. Claire said 'I have the best staff ever who help me thrive! Sky is the limit!'



ACHIEVEMENTS ALL-ROUNDER

Thomas Watling from Rhondda Cynon Taff is celebrating lots of accomplishments.

He was delighted to win the people's choice award with Cwm Taff People's first! Thomas attended the awards ceremony - 'I had a nice dinner and enjoyed lots of dancing' says Thomas.

He also spent a couple of nights in North Wales as the Rhondda Cynon Taff representative with People's First - This was a massive achievement for Thomas.

To add to the excitement, Tom also won the gold medal at his latest swimming gala! His support staff and co-tenants at Crown Avenue are very proud.



JULIE'S TRIP TO LLANBERIS RAILWAY

Julie recently enjoyed a train ride in Llanberis with her staff Wendy & Naomi. The weather wasn't the best but nevertheless Julie still had a great time.

They had a train carriage all to themselves where they enjoyed a packed lunch. Julie said she would definitely like to go again and would recommend Llanberis Railway to those in a wheelchair as its very accessible. It also has helpful and friendly staff that make you feel welcome.



CHOOSING THE RIGHT STAFF



We recently travelled around Wales to meet with those we support to understand what qualities our staff should have from those who matter most.

By understanding the preferences and needs of the individuals we support, we can recruit staff with the right qualities, skills, and attitudes to provide better care and support.

It also helps to build trust and fosters open communication between individuals, the organisation, and our staff.

TIMS CHRISTMAS SHOPPING



Tim has been very busy doing his Christmas Shopping, he visited Trago Mills to purchase some goodies, he even spotted Santa! what a wonderful way to get into the festive spirit.

MOUNTAIN TRIKE APPEAL FOR POWYS

Cyfoeth Naturiol Cymru / Natural Resources Wales had kindly gifted Cartrefi a mountain trike so Josh and other people we support across Wales can have more access to our beautiful countryside.

Josh, tested the mountain trike in Craig Y Nos and loved the freedom of getting to explore parts of the park that he had previously been limited too. He's since explored Trecastle Roman Road and Penwyllt and hopes to have a trike of his own soon.

Rhys, an assistant service manager in Ystragynlais who works with Josh is currently doing his Lowland leader qualification so that he can offer safe expeditions to those we support - by having a trike we are able to extend this opportunity to people with mobility issues.

Staff, the people we support and Josh' family have held lots of coffee mornings and a fashion show to help raise funds to buy a motor for the trike.

So far 80% of the funds have been raised - The target is £2600.

If you would like to donate you can use this [link](#).

Thank you for supporting Josh, Rhys and our community across Powys!



COOKING AT THE SOCIAL BEAN: FESTIVE SAUSAGE ROLLS

There's no better time than Christmas to make your favourite treats, indulge in these festive sausage rolls, perfect for sweet and savoury lovers!

Ingredients:

- 1 sheet of puff pastry
- 4 tbsp cranberry sauce
- 400g of sausage meat/veggie sausage meat
- 4 handfuls of breadcrumbs
- 1 Beaton egg
- 2 tsp sesame seeds
- Sage & Onion Stuffing
- *Salt & Pepper/sage, thyme to add to your meat if you wish.



Method:

1. start by making your stuffing according the packet instructions and leave to cool.
2. Cut your puff pastry in two half's.
3. add your cranberry, stuffing and sausage meat and breadcrumbs to the middle of your pastry.
4. Folder your pastry over, crimp with a fork and egg wash, top with some sesame seeds.
5. Cook for 12-14 mins at 200.
6. Serve and enjoy!

CHRISTMAS WORDSEARCH

How many words can you find?



SLEIGH
SANTA
STOCKING
SNOWMAN
SLED
ELVES
TOYS
HOLLY
REINDEER
STAR
TREE
ANGEL