

Co-op Newsletter



Hello fellow co-operators!

Welcome to the first monthly newsletter for Cartrefi Cymru Co-op members. Every month there will be news about how Cartrefi is doing. This will include news about our work as a support provider; news about how we are building our co-op; and news about how we are connecting to our communities and helping them to be great places for everyone.

Co-op members must have a real say in the running of Cartrefi as well as in local community decisions. Next April, members will be electing reps to sit on a National Council that has real power. So it's important that all members get news and information about what is going on, and have regular opportunities to talk and comment. Every newsletter will include a Co-op Question for members to discuss at their local Forum meeting. See the back page for our first Co-op Question.

You will see that most of this newsletter is about local community building activity by Cartrefi co-op members. It's just great to see how much

Inside

- News from North Wales
- News from Mid Wales
- News from South Wales
- Building our Co-op
- Co-op Facts and Questions

happiness has been created and shared all over Wales during our first year as a community building co-op. Everyone who helped will be enjoying some of that happiness still.

What's that "Tip for Enjoying Well-being?" Oh yes, *care for others!* A big thank you to all our caring members, and a warm welcome to anyone who cares to come on in and join us.

Adrian Roper

CEO and Co-op Member No. 5



North News

Christmas Fete

A huge festive thank you to everyone who made the Christmas Fair in Bangor such a success.

The day was filled with competitions, quizzes, stalls, mince pies and a guest appearance from Father Christmas.

"It was great to see everyone working as part of a team". Sian Roberts



Cake and Coffee

Yvonne Williams and Mandy Tilston-Viney held a Coffee and Cake afternoon in the Bangor Office, it was a chance for people to get together to discuss what individuals would like to get out of the co-operative

The cake was just a bonus!

Craft Group

It was great to see so many people taking part in the craft group in Bangor this month. Members have been busy creating Festive Candle Holders, and all sorts of Christmas decorations.



Elvis comes to Penrhyn!

Cartrefi has opened a new office in Penrhyndeudraeth and, with special thanks to Eric Wyn Roberts for his organising work, we were able to say a big hello to the local community in the town's Memorial Hall. The Reverend Wynne Roberts (no relation!) had the hair, side-burns, clothes, glasses, light-show and voice befitting of the *Welsh Elvis*, and gave a wonderful show. Adrian gave a bilingual speech to explain about our commitment to co-operative values and community-building, and local members put on a great display of crafts and cakes for sale.



Mid Wales

Sue's Befriending Story

Susan Cantelo visits Ty Gwyn Residential Home once a week to help the residents there to make new friends. Sue particularly likes to visit residents that don't have any visitors. Sue has made valuable friendships and they look

forward to seeing her. The Befriending service welcomes more people like Sue to get involved!

Sue says "I feel like I am on cloud nine, I am so proud of myself"



Full Story here: https://www.youtube.com/watch?v=R_LXwIAsdn8

Judy and Ann support

Refugees

Judy Griffiths (Pictured right) initiated a collection of unwanted goods to support Hay, Brecon and Talgarth Sanctuary for Refugees ahead of Christmas.

What a success. They collected umbrellas, mugs, sleeping bags, unwanted gifts, unopened and opened toiletries and warm clothing.

We have no doubt this generosity has put a smile on someone's face this Christmas.



South Wales

Doing Great Things - Together

Carmarthen Forum held a raffle, and used the money collected to fund an In-Difference Workshop for Lifeline.

This included sensory activities, to stimulate the senses to promote happiness, improve communication skills, and self esteem for four people who use Lifeline Services.



Co-op Members busy with Community Building activities



Jonathan Parker has made planters to brighten up his Community



Trealaw filled shoeboxes with goodies for Women's Aid



Chris Lewis and Lloyd Price have been busy printing Jute bags to go on sale

Co-op Merchandise

FLARES Enterprise, run by Cartrefi has printed some Co-op T-shirts and Jute Bags for sale.

Grab a Cartrefi Cymru Co-op T-shirt at your nearest office for just £7.50. **Modelled by the lovely Lydia**



**Only
£7.50**

Building our Co-op

It all starts and ends with members...

The first step in building our co-op was to recruit members. As you can see from the numbers below, we have had a great start, recruiting members from all over Wales and from each of our three membership sections. This work was led by Cartrefi's regional senior managers with great support from many others, including our wonderful admin staff.

The next step was to identify members who were willing to chair Local Co-op Forum meetings, and start making co-operative things happen regularly in each local area. It's a huge pleasure to announce that the following members will be chairing or co-chairing their Local Forum meetings in 2018. Sam, Michelle and Cath (Rhondda), Mark, Joan and Sian (Bridgend), Jonathan and Kim (The Vale), Sue and Carol (Gwent), Donna and Audrey (Brecon), Sioned (Penrhyn), Yvonne and Sian (Bangor), Peter and Jonathon (Carmarthen). They all had a day of intensive but enjoyable training in November, and will be coming together every few months to learn more about chairing and co-operating.

They are now in the process of organising Forum meetings and sending out invitations. That's the next big step!

Help make it a success by coming along. Non-members are welcome too—but bring £1 in case you want to sign up when you get there!

We currently have **343 Members**

	Staff	People We Support	Community	Total
North Wales	40	12	12	64
Mid Wales	89	37	43	169
South Wales	66	31	13	110
Total	195	80	67	343

We look forward to welcoming more members in the New Year.

Co-op Facts and Questions

Did you know?

Cartrefi Cymru has 1,200 employees and is one of the 150 largest co-ops in the UK. The largest is the supermarket chain known as “The Co-op”. It has 70,000 employees. As we are both co-ops, and both want to help our local communities, we are looking at ways of working together. The Co-op have a number of Member Pioneers who work with the community to support local causes: For more information on the member pioneer role please contact alys.phillips@cartrefi.coop.

This Month's Co-op Question

People who are not supported by Cartrefi or employed by Cartrefi can become co-op members as Community Supporters. At the moment, anyone wanting to become a Community Supporter member has their application sent to the nearest Regional Director for approval. The idea is to have some way of checking that people we don't know very well are basically good people that everyone can trust.

The question is:

“Do we want the Regional Directors to carry on with this responsibility? If not, what other ideas have we got for this? Could Forums have a say in approving Community Supporter applications? Or would that sometimes be very embarrassing?”

Please could Forum Chairs put this question on the agenda for discussion at their Forum meeting, and then send the Forum's views to our Co-op Administrator?

You can pass them to the local admin staff or send an email direct to info@cartrefi.coop

Contact Us

If you would like to share a Co-op story with us, please get in touch



@CartrefiCymruCoop



@CartrefiCymru



Cartrefi Cymru Co-operative



info@cartrefi.coop



02920 642 250