

CARTREFI CO-OP

Newsletter



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MESSAGE FROM ADRIAN

Did you know there are Seven Principles of Co-operation? You can find them all listed in the Cartrefi Co-op Handbook and they are all great. Let's have a look at Principle Number Six. This principle encourages co-operation between co-operatives and, as with all the principles, the idea is to make good things happen. Every individual co-op is stronger if it is part of a family of co-ops that all help each other. And when every co-op plays its part in supporting every other co-op, then we are helping to make the whole world a better place.

So I was really pleased a couple of weeks ago to meet people from Family First Co-op.

They have ten members supporting just one person with learning disabilities in Mold. We chatted, and we liked what our very different sized co-ops were doing and we decided to help each other. All ten members of FCC have joined Cartrefi as Community Supporters. We are arranging a social get-together and Cartrefi has offered to help with things like designing spreadsheets and sharing training places.

We've been around for years whilst FCC is really new. But they are doing something exciting, and it will be great to learn from them. It's Principle Six in action, and it feels great!





PAYROLL ACCREDITATION

by *Dean Powell*

Cartrefi Cymru Co-operative has received a Payroll Partner Accreditation for supporting the financial well being of employees.

Cartrefi signposts their staff to their local credit union to access a wide range of financial products to benefit their wellbeing. Payroll Officer, Denise Hall says 'We take the financial health of our staff very seriously. Whilst our purpose is to protect vulnerable people in the community, equally we want to ensure our own staff feel protected and supported, which is why we encourage them to become financially secure.'

Cartrefi are proud to continue their partnership with community-focused, financial co-operatives that are controlled by their members.'

For more information please contact denise.hall@cartrefi.coop

STEFFAN GOES FOR GOLD

by *Sian Roberts*

Congratulations to support worker and dedicated co-op member Steffan Jones who ran the 25th annual Liverpool Half Marathon on 25th March. He ran an impressive time of 1 hour 45 minutes. The funds he raised through local sponsorship went to his co-op forum in Penrhyndeudraeth. Well done Steffan!



PRIDE CYMRU

by *Alys Phillips*

In order to showcase true diversity and equality across Wales, you are invited to join Pride Cymru's parade in Cardiff on Saturday August 25th. .

The initiative was started by Donna, who is a co-op member who accesses Cartrefi services, she says 'I deserve a voice too'. Co-op members and Donna would like to take the opportunity to recognise Cartrefi's values and promote equality, and independence, particularly in those living with a learning disability. They recognise that there is currently no existing support for individuals with a learning disability, under the LGBT umbrella.

Donna is encouraging others to join in, to support equality and

Come and Join us
@PRIDE CYMRU'S 
Parade

- Raise Awareness**
- Promote Equality**
- Celebrate Diversity**
- Have Fun**



Contact
info@cartrefi.coop
for more info

“ I'm very excited to be involved in such a great initiative that will bring people with learning disabilities together to discuss individuality freely ”

Saturday August 25th
Churchill Way
10am




MEMBER STATISTICS

We currently have

392

Co-op members across Wales



Pictured: Walkers at Bryn Bach Park

SPONSORED WALK

by Michael O'Donnell

In a bid to raise funds for a Summer Ball, employees, people supported by Cartrefi, and their friends and family organised a successful sponsored walk around Bryn Bach Park lake. There was about 60 people, some children and some dogs.

I got to meet with all my friends, and was chatting to lots of new people. People also brought their dogs. It was really nice to see everyone's family and friends join us.

We all completed 4k which was two laps of the park - I completed a third because I was enjoying it. Afterwards we went to the cafe for a well earned drink and sit down. Everyone agreed it was a fabulous day. Collectively an impressive £950 was raised!

ELECTIONS ARE COMING

by Alys Phillips

Voting will open on 27th June to elect a National Council of Members. To be eligible to stand for election you must be a member of the co-op by May 30th. If you wish to vote in the elections you must be a co-op member by 13th June.

Support Officers are available for each membership category should you need assistance. They are responsible for supporting all the members in their category, including those who are elected on to the Council of members.

The current support officers are for the People We Support:
 Lynne Morris -
 lynne.morris@cartrefi.coop
 Chris Dodds -
 chris.dodd@Cartrefi.coop
 Eric Wyn Roberts -
 ericwyn.roberts@cartrefi.coop

For Employees of Cartrefi:
 Hilary Jones -
 hilary.jones@cartrefi.coop
 Mike Paramore -
 mike.paramore@cartrefi.coop
 Cathryn Ferris -
 cathryn.ferris@cartrefi.coop

FOOD FOR THOUGHT

by Andrea Osborn-Evans

Carmarthen forum held a 'bacon butty' morning in the Carmarthen office, on a day when the Lifeline service uses the office. The People who use the local on demand service were also invited. Stephen Treharne, a support worker, co-op member and qualified chef agreed to do the cooking. It was suggested that everyone who attended contributed £1 towards the co-op. The benefits of being a co-op member were discussed and the fact there is strength in numbers, As a result members of staff who were present on the day and were not co-op members agreed to join, in addition to three people we support.

As the morning was such a success, it is intended that future 'bacon butty' mornings are held to include families and the wider community.



Pictured: Hayley Evans and Sue Stockwell enjoying their bacon rolls

For Community Supporters:
 Alys Phillips -
 alys.phillips@cartrefi.coop
 Sian Roberts -
 sian.roberts@Cartrefi.coop

For more information on the Elections, please visit:
<http://bit.ly/ElectionFAQ>

If you require an Easy Read format please visit:
<http://bit.ly/ElectionFAQER>

If you wish to discuss these further please contact Alys on 07741 310256.

DID YOU KNOW?

There are 465 Credit Unions in the UK. Credit Unions are financial co-operatives that are community-focused and controlled by their members, offering savings and loans.

The range of products they offer depends on local demands. Their directors are volunteers elected from and by the members, and the income they generate is used to meet operating expenses, build reserves and pay savers dividends wherever possible.

Each credit union has a 'common bond' which determines who can become a member. Usually people living or working locally will join an area's credit union.

Credit Unions financial products are transparent and put the customer-not the profits-first. Money invested into a credit union stays locally, benefiting the wider community.

Cartrefi currently works with the following six Credit Unions:

- Brecon and District
- Cambrian/formally Hafren
- Cardiff and the Vale
- Dragon Savers
- Gateway
- Newport Credit



Follow Adrian's blog,
and his thoughts on a
decent life for
everyone

<https://adrianroper.blog/>

CO-OP QUESTION

Each member has their unique talents, experiences and hobbies. In order to use these in a way that benefits you and your Community it is useful to familiarise yourself with what your surroundings have to offer.

What assets does your community have?

GET IN TOUCH

Share your Co-op story with us to feature in next month's newsletter.

 @CartrefiCymruCoop

 @CartrefiCymru

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 info@cartrefi.coop

