

# CARTREFI CO-OP

*Newsletter*



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Celebrating with Mark from 'Frame'

### BRECON ADVENTURES

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## MESSAGE FROM ADRIAN

Hi everyone. As you may know, 2018 ended for me in the worse possible way. My lovely 28 year old daughter Bethan was killed in a train accident on 1st December. Christmas was cancelled for our family this year, and we are all still slowly finding out how to be happy and positive in a world with a huge sad hole in the middle of it. One of the things that has helped me has been the sympathy and support I have had from Cartrefi colleagues and members all over Wales. A big thank you for your lovely words and thoughtfulness. Another thing that is helping me is through remembering Beth's passion for justice and a better world, and I'm doing my best with others to keep up the good fight and keep her memory alive.

Beth had started to work for Cartrefi just a week before she died, and her picture is outside my office door decorated with her Co-op member's badge and her union card. She's watching me every time I go into work and I hope I never disappoint her. Some of her friends and I have set up two Trusts in her name. One is to support justice for refugees, and the other is to protect the life in our oceans. We are currently raising funds, and I was deeply moved to hear that the Brecon Co-op Forum had voted to help with this. If anyone would like to support the Brecon fund-raisers, please go to this link:

<https://www.justgiving.com/crowdfunding/bethanropertrust>

Once again, thank you for so much kindness. And here's to a happy new year for us all.



*Pictured: Adrian and Beth in Scotland*

## 20 YEARS SERVICE AT 'FRAME'

*By Mark Barnes*

I started volunteering in Frame in 1999 at the age of 27. At that time, Frame was based in Johnston, I used to catch the bus to and from work. Frame is a registered charity set up to help people with any disability or considered disadvantaged in the workplace.

When they moved their furniture shop to Merlins Bridge, Haverfordwest which is closer to home so I began cycling to work. I started on a part-time basis but progressed to working full-time 5 and a half days a week.

I started work in the workshop, breaking up furniture and making planters and bird boxes. Over the years I have been promoted and now I work on the shop floor, dealing with customers and taking payments.

Over the years I have made many friends and gained lots of skills. I have completed lots of courses and have certificates in things like computer skills, Health and Safety, First Aid and Catering.

I enjoy working at Frame and it gives me structure to my week and enables me to meet new people and gain new skills. I am looking forward to the next 20 years!!



*Pictured: Mark holding his 20 years service certificate*

## COUNCIL OF MEMBERS

*by Alys Phillips*

February 11th was a significant day for the Council of Members; they came together in Llandrindod for their third meeting. Our ICT and Finance Director Rebecca also attended; she explained how Cartrefi pays their employees and how we plan to spend our budget this year.

This prompted the Council of Members to pass a motion calling on the Board of Trustees and Senior Managers to work on achieving fair and attractive wages for everyone and to report back to the Council on progress twice a year.

Co-operatives give people control over things that matter to them

## women's aid ask me

*by Tess Luffman*

Women's Aid are looking for Community Ambassadors to bring change that lasts to your local area through their Ask Me scheme.

These Community Ambassadors will be trained to help raise awareness about domestic abuse, learn how to start conversations around violence against women and domestic abuse, and raise awareness by sharing their learning and knowledge within their communities. Ambassadors will also be taught how to respond appropriately to disclosures including what services are available for people in their communities.

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As equality for all, and empowering women are both things I feel very passionate about, I have volunteered to become an ambassador. I am also looking to set up the Brecon Office, where I am based, as a 'Change That Lasts' site, which are 'survivor friendly' locations that have an Ask Me Ambassador on site.

I'm really looking forward to getting started and completing the training.

If you would be interested in volunteering too. you can email [sonumasia@welshwomensaid.org.uk](mailto:sonumasia@welshwomensaid.org.uk) for more information.

# HELPING THE HOMELESS

by Lydia Evans



*Pictured: Cardiff staff, and contributors to the collection*



*Pictured: Lydia Evans*

Whilst commuting to work every day it was clear to see that there were many people on the streets in the bitter winter weather. I thought to myself, there must be a way in which I can help these people.

Walking through Cardiff town on my way to Winter Wonderland I stopped to talk to a man sitting on the floor, looking frozen in his duvet; he was blowing into his hands to keep them warm. I sat with him and gave him my gloves. He already had a hat but took it off because he had bruises and cuts on his head as he was beaten up by a few drunken men whilst he was resting in a doorway. Talking for a while he explained that he has a tent very near our Cardiff Head Office. This pushed me to want to do something as soon as possible.

What started as a small box on the table in our Cardiff Office and an email asking for any donations for gloves, socks, hats and scarves, very quickly turned into the overflowing table you can see in the picture above.

I put all the donations into a suitcase and distributed them to anyone I could find in need. I met so many people that were so grateful. I soon noticed that people had been donating duvets, tents and jackets; I felt so proud that there were so many kind people out there.

# MOVE OVER MARY BERRY, PONTYPOOL HAVE BEEN BAKING!

by Julie Jenkins

February saw our staff in the Pontypool office and people we support busy cooking up some sweet treats for a cake sale and a raffle all in aid of Hope GB, which is a local charity that exists to raise awareness, give support, encouragement and guidance to people from all walks of life affected by autism.

There was an amazing turn out on the day with tables 'jam' packed full of delicious cakes, from cupcakes to swiss rolls and fairy cakes to chocolate sponge.

The raffle was a great success with Charl Davies, tattoo artist from MTV's 'Just tattoo of us' show, designing some fantastic prizes and merchandise including bags, mugs and a framed print.

Everybody had a great time and an amazing £449.50 was raised for Hope GB. A very big thank you to The Greenway Club for providing the venue and a huge shout out to everyone involved



*Pictured: Charl Davies with Nicola, Rhian and Sam*



*Pictured: Cake Contributions*

# HIDE AND SEEK IN THE BRECON BEACONS

by *Becky Eardley*

On Tuesday 20th February, Brecon Beacons National Park invited Cartrefi for a fun packed taster day at Craig Y Nos Country Park. On the day, unfortunately a few people were feeling under the weather which meant numbers were lower than we'd anticipated, but this didn't stop us from having lots of fun. Our day started with Geocaching, we used GPS to navigate where the hidden treasures were situated around the park – this was a great way to experience the beauty of the park, and the guides even taught us about the history of the buildings.

Mid afternoon everyone enjoyed their lunch together, and had a cup of coffee to warm up! After lunch we did some map reading, and identified the different types of trees around the park which was very difficult, especially for Alys and me, as our information was in Welsh!

At the end of the day everyone agreed it had been a great day, despite the grey clouds and cold weather. I can't wait to arrange a second day, and get as many people as possible to join me.

If you want to know more, contact me on [Rebecca.eardley@cartrefi.coop](mailto:Rebecca.eardley@cartrefi.coop).



*Pictured: Sadie and Andrew geocaching*



*Pictured: The group identifying trees*

## DID YOU KNOW?

Social businesses in Wales form a dynamic, growing sector. The term social business includes social enterprises, co-operatives and employee-owned businesses.

Research from the Wales Co-op centre suggests that the sector is worth £2.37 billion to the Welsh economy which supports 40,800 jobs, and offers opportunities to volunteer to approximately 48,000 - 58,000 people.

Social businesses are often found in areas of social deprivation, supporting communities, offering jobs and training and often providing services that the public and private sectors would struggle to maintain. They make an important contribution to the drive to fight poverty in Wales.

## ATTENTION, ALL MEMBERS



Our Head Office in Cardiff has recently had a make over, and to finish the job we would like to use your artwork to decorate the walls. We are asking you to use the following question, to produce an A4 creative piece.

**What does Community mean to you?**

Submit your artwork to: **Marketing and Communications Department**  
6 Coopers Yard,  
Curran Road,  
Cardiff,  
CF10 5NB

Or email [communication@cartrefi.coop](mailto:communication@cartrefi.coop)

## LETS TALK MENOPAUSE

Roughly half of UK workers are women who will, at some stage, experience the Menopause.

Within Cartrefi, **77%** of our workforce are women and **36%** of those are aged between the ages of **45 - 58**, who are more likely to experience the Menopause.

We recognise that women of a menopausal age might need some particular considerations, especially when they work in an environment that does not offer them the usual comfort and convenience which can make problems less problematic. Actions might include:

- 👉 Open discussion about the issues, how they impact on an individual and what would help.
- 👉 Offer an option to discuss issues with a female member of HR if this might be more comfortable.
- 👉 Temperature - consider the temperature and ventilation, especially in sleep and rest areas. Could a portable fan make it more comfortable?
- 👉 Consider working arrangements - could these be more flexible?
- 👉 Rest breaks and facilities - ensure these are adequate, accommodate more frequent breaks if required
- 👉 Be aware that some absences may be related to menopausal issues - consider further support via Occupational Health or HR.

Over the coming months HR will be raising awareness of Menopause in the workplace and will be providing support and advice to those who may need it.

If you want to talk to a member of the team now, please feel free to contact HR on **02920 642 268**.

## GET IN TOUCH

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

📞 02920 642 287

✉ info@cartrefi.coop



## MEMBER STATISTICS

We currently have

**517**

Co-op members across Wales

## SKETCHBOOK PROJECT

If you submitted artwork to the world's largest collection of sketchbooks, it resides in Brooklyn Art Library, New York. The sketchbook has now been digitalized so you can view it online. [here](https://www.sketchbookproject.com/library/20527):

<https://www.sketchbookproject.com/library/20527>

Care to Co-operate  
[/wales.coop/care](https://wales.coop/care)

The Social Co-operative Forum is a membership network promoting co-operative models of social care and well-being.

Follow their blog here:  
<https://socialcoopforumwales.wordpress.com/blog/>

## GET CONNECTED



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