

CARTREFI CO-OP

Newsletter



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MESSAGE FROM ADRIAN

As you may have heard, our Board of Management has reviewed our performance over the past five years and decided that we need to go through a process of change and refocus. This is partly in order to address financial pressures, with wages needing to rise and the cost not always being fully covered. But it is also about making ourselves as fit and affordable as possible for winning tenders and retaining our close relationships with local areas across Wales. And it is about finding ways of increasing our ability to do great things above and beyond what we can do with the money from local authorities. Local authority funding is our main source of income, but it all gets spent on what the contract requires, and doesn't leave any spare for developing new ideas or managing the threats and risks that face us and every other provider of care and support. So we are looking at ways of being more efficient and affordable, and ways of generating funds outside of local authority contracts.

We will not be doing anything that has a negative impact on the support we give to people, and there are no plans for reductions in frontline staff and management, not least because they have been subject to external cuts and reductions in the past. Instead, we are looking at our corporate services, from administrators up to senior managers, and redesigning the way we deliver corporate tasks. We will of course be looking for reductions in costs, but we will also be looking for improvements to the way things are done, so that we end up with not only more affordable services but better services too. I'm acutely aware that corporate staff at all levels are already having to work through a period of anxiety and uncertainty, and over the next couple of months there will be challenges for many and disappointments for some. I wish it could be otherwise, but our Board is right. We have to change and refocus, and adapt ourselves to the environment in which we work.

We owe it to the 750 people we support and their families. We owe it to our 1100 staff. And we owe it to Wales and its communities. Cartrefi is respected, trusted and loved because of the fantastic work we do, and the values that we hold. We must carry the torch forward, and make it shine even brighter.

My thanks to everyone who has carried the torch throughout 2019, and my sincere hope that we all have a lovely Christmas and, perhaps against all the odds, a wonderful New Year too.



SPORTS POWYS TASTER SESSION

By Becky Eardley

Sports Powys invited Cartrefi to take part in a sports taster session, at the Flash leisure centre in Welshpool, in the hope of creating a permanent partnership. The session, run by two young ambassadors included lots of different games and exercises which were inclusive for everyone - they filled the room with enthusiasm! Everyone's favourite was the relay races, hurdles, agility games and a very competitive game of football.

It was great to see so many people we support from Cartrefi in attendance, and people from other support providers too! Everyone cheered to support one another, and got the opportunity to make new friends.

A big thank you to Ryan, the Active Community Development Officer for Sports Powys who introduced the idea to Cartrefi, and to Ambassadors Tayla and Carwyn who ran the session with such passion - We can't wait for the next one.



Pictured: Robert and Ineke



Pictured: Nick

DEAN FACES HIS FEARS

By Ed Pearce

Dean expressed an interest in working with snakes and reptiles, even though he had never even held one before. With this in mind, I did some research and agreed with Dean and the nearest reptile shop that he would attend fortnightly. Dean was nervous at first - especially of the snakes and spiders. 'I was not only nervous of animals, I was nervous talking with staff. I would mix up my words and shake, but week by week my nerves calmed' said Dean.

He soon found his confidence and built a rapport with staff at the shop. He was constantly learning, and would openly ask questions to learn more!

Dean became so confident, he wanted to hold the biggest species in the shop - a 9ft, 20 stone python! Only catch was I had to hold it too! Dean said he was unsure at first, but felt reassured by staff. Dean said 'the snake was calm and felt smooth and warm which was better than I expected' Dean felt really proud and happy with himself for overcoming

his fears!



Pictured: Dean and 20 stone python

A COLLOBORATION WITH EWM

By Alys Phillips

Brecon Forum would like to thank Edinburgh Woollen Mill (EWM) for allowing their vision to become a reality.

When co-op members David and George asked the forum if they could help them and their team at Brecon Integrated Sports Association get to the National Special Olympics in 2021, there was no second thoughts. The group decided to put on a fashion show with the support of the community in Brecon.

People supported by Cartrefi, and staff members took to the catwalk and raised £333. It was an inspirational evening, with special thanks to Menna at EWM for dressing the models, and Rob Barnsby and Toni James who travelled over an hour to take part.

David Whittle, chairperson said 'It was fabulous to see so many people turn up and support us'.



Pictured: Robert Barnsby



Pictured: Toni James



Pictured: Daniel Hiley



Pictured: Claire Whittle

For more pictures visit <http://bit.ly/EWMfashionshow>

GARDENING QUALIFICATION

By Khyle Minness

My name is Khyle Minness and I live in Ystragynlais. Every Friday, I volunteer for a couple of hours at Dove workshop in Neath doing gardening - I put my boots on and take my tools with me. I have been doing it consistently over the summer and it is something I look forward to every week. I did a gardening course there and learnt how to identify plants, how to care for plants and how to keep the garden free of weeds. We cleared out some old garden patch, planted new seeds and even made a hotel for bugs to live in. I am so proud of my new skills, I have used them to grow a variety of my own tulips.

I received a certificate from Adult Learning Wales for all my hard work, which was the icing on the cake.



Pictured: Khyle weeding

AN EMPOWERING AFTERNOON

by Julie Jenkins

A big thank you to those who attended this years North Wales Story Gathering session at the Bangor Masonic Lodge.

Everyone came together, for a second year of sharing their experiences of Cartrefi, it was lovely to see how proud the people we support, and staff were of themselves, and others too. Sioned Evans, Area Administrator reported *'It was a lovely afternoon and so nice to hear so many wonderful stories'*.



Pictured: Edryd, Eric, June & Geraint



Pictured: Joan & Stacey



Pictured: Peter, Cerys, June & Adrian

Everyone had a vote on their favourite story, and we were lucky enough to get 13 stories to go forward to the Council of Members where they will choose the most significant 4 - this is part of the process for making Cartrefi as good as it can be. Cerys Hayes, Support worker said *'listening to the stories was so empowering - I would love to be a part of it next year!'*

LLANFAIR LIGHT RAILWAY

by Juliet Johns



Pictured: Robert & Joyce

North Mont Co-op forum arranged a steam train journey from Welshpool to Llanfair. They were lucky enough to reserve the carriage directly behind the engine so all 18 people got to sit together.

We arrived at Llanfair station at 12 after lots of stops and a level crossing. When we got there we enjoyed a packed lunch on the picnic benches together. It was nice that we had time to wander around the shop too!

On the way home, everyone was talking about how much they enjoyed themselves, it was a wonderful day.

HEIGHT OF SUCCESS

by Maria Southcombe



Pictured: Taking in the views



Pictured: Pit stop



Pictured: Happy walkers

Staff and people we support from Rhondda took part in a walk up Pen-y-fan, and raised an impressive £400 which will help towards organising a mini festival next year. It was a big achievement for Chris Griffiths, Chris Harries, Sam Taylor, Anotonio Millet, and Kai Fox. Thank you to Adrianne Sutton for making it happen.

LEARNING WHILST HAVING FUN

by Andrea Osborn-Evans

Members of Cartrefi in Carmarthen partnered with Welsh Ambulance Services NHS Trust to create a 'Learning and Fun Day'. The Trust was celebrating their learning disability community champion role and all the positive contributions they have made to improve the experiences of people with a learning disability.



Pictured: Brenda, Chris & Jack the mascot



Pictured: Mark & Dot

The event, held in the Halliwell Centre, Carmarthen facilitated workshops, CPR demonstrations and emergency vehicle tours. Thank you to local organisations, Carmarthen People First, the SAC Centre in Johnstown and the Coleshill Centre in Llanelli for supporting the event. A great day was had by all.

ALL FOR A GOOD CAUSE

by Maria Southcombe

The Trealaw office held an event to raise money for McMillan Cancer Support - and what a brilliant day they had.

People we support made some delicious cakes which all sold out, and we had a book and Jewellery stall too! We played lots of games - bingo was the most fun.

Michele Thomas organised the raffle, and enjoyed selling the tickets. Thanks to everyone's efforts we raised a total of £174.

Special thanks to Laura, Cheryl and Joy!



Pictured: Cake supplies!

HOW IS REFLECTIVE PRACTICE USEFUL WHEN PROVIDING SOCIAL CARE?

by Mary Martini

When working in care, we have to adapt the care to meet the needs of individuals of today. The type of care we provide today is unique and different from the care we provided in the past.

In order to keep up with the changing facets of today's care, we can enlist a concept of 'reflective practise'. There are many kinds of reflective practises, but I want to explore the model of Donald Schon (1930-1977). Donald said practitioners should think about what they are doing as they work and not cruise on autopilot and therefore proposed 'reflect in service' and 'reflect on service'.



Pictured: Donald Schon

'Life is filled with the constant of change. Care practices have to adapt to the flux of change and in order to stay on top of things, it is good to evaluate matter in order to discover better working methods which will empower and enable us to carry them out.

'Read Mary's full article on reflective practice at <http://bit.ly/CNReflectivePractice>

THE GLOBAL HEALTH CHALLENGE - INSPIRED BY CARTREFI

by Charlotte Davies



My name is Charlotte, and I am currently studying law in Dundee University. Whilst I'm not studying I am a support worker for Cartrefi. It is a very rewarding job and I have learnt that each individual is unique and brilliant in their own way - people should not be defined by a learning disability, instead they should be given a chance of living fulfilled lives.

My position at Cartrefi inspired me to take part in the Global Health Challenge; a teamwork challenge that helps to improve the lives of those in Dundee by working in collaboration with Signpost International to solve a 'problem'. Signpost work with disadvantaged communities around the world, with the aim to end hunger and teach farmers about sustainable agricultural methods. They also provide access to clean water and education on sanitation and hygiene. They aim to teach school pupils and the public about those who are impoverished locally and globally.

Our agreed challenge was, as a team, to envision and theoretically create a learning space that is engaging for school pupils whilst they are being taught about global poverty, whilst also ensuring it is accessible for everyone. I thoroughly enjoyed my role as a researcher, and learnt about different methods of making spaces, and materials more accessible. I look forward to using this experience to benefit my work as a support worker at Cartrefi.

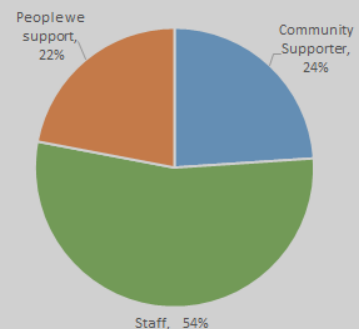
CONGRATULATIONS DAN



Pictured: Dan Thomas-Williams

A very well done to Dan Thomas - Williams, Assistant Service Manager in Carmarthen for recently achieving his QCF Level 5 in Health and Social Care.

MEMBER STATISTICS



We currently have

618

Co-op members across Wales

Indoor Football

Llandrindod Leisure Centre
6 - 7pm
All abilities welcome

Jan 7,14,21,28
Feb 4,11,25

Session are open to anyone with a learning disability, not just those supported by Cartrefi. Male and female over 18 years welcome.

Staff can join the fun too - the more the merrier!

CHRISTMAS ACTIVITIES



Q: What do sheep say to each other at Christmas?

A: Merry Christmas to ewe

CHRISTMAS WORD SEARCH

Can you find the following words?

- CARTREFI
- COMMUNITY
- MEMBER
- COOPERATIVE
- VALUES
- CHRISTMAS
- TURKEY
- SNOW
- PRESENT
- TREE
- SANTA
- CAROLS
- MINCE PIES
- RUDOLPH
- JINGLE BELLS

C	O	M	M	U	N	I	T	Y	R	J	S
H	T	P	S	E	I	S	U	G	U	I	P
R	O	R	X	C	M	O	R	R	D	N	A
I	E	E	C	A	Y	B	K	J	O	G	V
S	P	S	N	R	Z	B	E	P	L	L	A
T	R	E	E	T	M	F	Y	R	P	E	L
M	W	N	U	R	L	O	Y	W	H	B	U
A	P	T	L	E	S	A	N	T	A	E	E
S	N	O	W	F	I	C	A	R	O	L	S
E	Q	Y	M	I	R	O	C	A	S	L	Z
L	T	M	I	N	C	E	P	I	E	S	H
C	O	O	P	E	R	A	T	I	V	E	P

CHRISTMAS QUIZ

1. Santa has nine reindeer; can you name them all?
2. What gifts did the three kings take to baby Jesus?
3. On Christmas Day, what would you find a joke inside of?
4. Which meat do we traditionally eat with Christmas dinner?
5. What type of pie is typically left out for Santa on Christmas Eve?
6. How many lords are leaping in 'The Twelve Days of Christmas' song?
7. What is the name of Kristoff's reindeer in the Disney movie 'Frozen'?
8. In the famous Christmas song, what type of plant was Mummy kissing Santa Claus under?
9. What are the names of the two burglars in the movie 'Home Alone'?
10. According to the song, when Santa got stuck up the chimney what did he begin to shout?



Q: Who hides in the bakery during Christmas?
A: A mince spy



Q: What famous singer is a favorite of elves?

A: Elfish Presley

Find answers on page 8

SOCIAL CARE REGISTRATION

by Staff Development

All support staff are required to register with Social Care Wales as a matter of urgency.

To avoid any possible delays in your registration you should submit your application to register to Social Care Wales no later than the 31st December 2019.

To register follow this hyperlink:
<https://www.scwonline.wales/en/>

The annual fees are £60 for managers and £20 for workers (fees increased on the 1st April 2019)

New Email?

New Address?

New Phone Number?

KEEP YOUR MEMBERSHIP DETAILS UP TO DATE

Let us know if you've changed your contact information

02920 642 250
 Communication@cartrefi.coop

GET IN TOUCH

Share your Co-op story with us to feature in the next newsletter.

02920 642 250

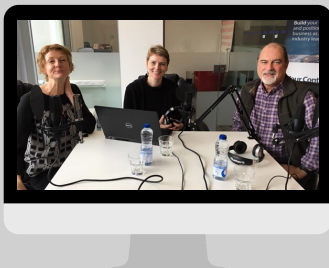
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Cartrefi Cymru Co-operative

@CartrefiCymru

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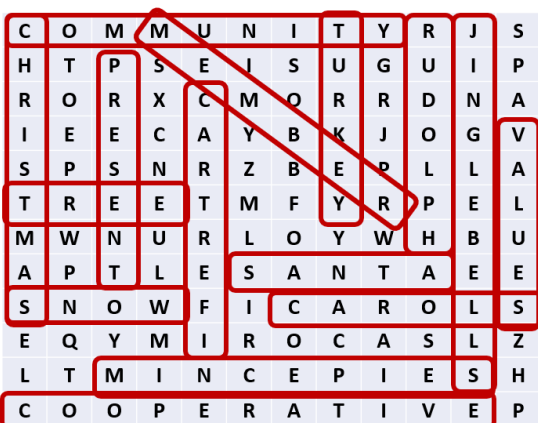
CARE TO CO-OPERATE THE PODCAST



Tune in to Episode 1 to listen to Donna Coyle and Adrian Roper discuss what they are planning to do to help unlock the potential of the Social Services and Wellbeing Act

<https://wales.coop/care-to-co-operate-the-podcast/>

Christmas Word Search answers



Christmas Quiz Answers

1. Rudolph, Prancer, Dancer, Donner, Blitzen, Dasher, Vixen, Comet, Cupid
2. Frankincense, Gold and Myrrh
3. A Christmas Cracker
4. Turkey
5. Mince Pie
6. Ten (10)
7. Sven
8. Mistletoe
9. Harry and Marv
10. You boys and girls won't get any toys if you don't pull me out