

CARTREFI CO-OP

Newsletter



Inside the Issue

IAN'S PASSION FOR SINGING

Read about Ian's one passion in life

MESSAGE FROM ADRIAN

Well, it's all go at the moment where I am, and it probably is where you are too. My top two activities at the moment are:

- Overseeing the restructuring of our central services and the development of new ways of working
- Meeting lots of care commissioners as part of a Welsh Government project to encourage local authorities to develop and maintain services with a strong focus on working with people, not just doing things for them.

Regarding the re-structuring, I'm pleased to say that we are nearly at the end of the process of selecting people for the jobs in the new structure. It's a tough time for everyone involved, and there will be bumps on the road as we start to implement new ways of working. But we have a lot of talented people in Cartrefi and I'm sure that we are all going to be benefiting from that talent more than ever before. One of the new ways of working is something I call "Co-operative teamwork". It's all about getting everyone talking, and not just relying on a few people to have all the

RAMP SUCCESS FOR PONTYPOOL

Local builders merchant come to the rescue

answers. It's also about having conversations between teams, not just inside a single team. In a great organisation, (like say the Welsh Rugby Union in recent years), everybody knows that they belong to a team of teams, and each team has to help the other teams in order to succeed.

There's a similar story when it comes to care commissioners and service providers and the citizens and communities in which they operate. Everybody needs each other, and can achieve far more when they work together as equals than if all the power sits on one side, and only one voice dominates the conversations. Our support practice is best when we recognise the crucial importance of the person we support in making decisions about their life, and they recognise the value of our knowledge and skills in helping them to make those decisions. It's a two-way street, a respectful conversation that leads to positive action. It's an approach sometimes called Co-production, because the worker and the citizen co-produce

COUNCIL OF MEMBERS UPDATE

Meet your regional Council Representatives

wellbeing outcomes together. We see it too in our Co-op Forums, where people we support, employees and community supporters meet as equals and make decisions together. Brilliant things have happened all over Wales, with all sorts of causes benefiting, as a result of people coming together as equals and putting great ideas into action. This is the sort of thing that the Welsh Government wants to see more of from social care providers and commissioners. Cartrefi is a role model organisation already, but we haven't reached our best yet. Onwards and upwards!



A VISIT TO THE BOTANICAL GARDENS

By *Andrea Osborn-Evans*



Pictured: Hayley & Sue



Pictured: Lunch in the restaurant

The Carmarthen office organised a day trip to the National Botanical Garden of Wales in Llanarthney for some of the people we support. Emyr, Hayley, Sue and Lia had a buggy ride into the dome, where they had a lovely time walking around and looking at different species of plants. They enjoyed lunch in the restaurant there, Hayley and Sue thought the food was the best part of the day.

They hope to return in the summer, when the weather is a bit warmer and the butterfly house is open. They would definitely recommend you pay a visit!! Thanks to Bethan, Kathryn and Tea for taking them on such a fun trip.

IAN'S PASSION FOR SINGING

By *Ian Hudson*



Pictured: Ian & Rhian



Pictured: Ian at the care home

I have one passion in my life, and that is singing. I first started in Sunday school - my aunty Rhian was in charge and taught me lots of hymns.

In my teens I used to go to Maenan Abbey on a Saturday evening, with my mum, grandfather and aunt Rhian. We would sing to the organ with the welsh community, and sometimes I would sing solos. Aunt Rhian taught me many old Welsh and English songs. I have a gift even though I'm blind. I find it easy to remember the words, so if someone starts a song I know all the words.

Later in life, I joined Colwyn Bay Male Voice Choir, which I still really enjoy.

Now I continue my passion for singing at Llys Elian care home where I have come for the last four years to sing to the residents. I always get a lovely welcome from the staff and residents.

RAMP SUCCESS FOR PONTYPOOL

By Alys Phillips



Pictured: Testing out the new ramp

Thank you to Robert Price BM for their generous donation of materials to allow members of Cartrefi in Pontypool to improve the access to their much loved local social club.

The Cartrefi Co-op Club recognised there was a problem when multiple people were unable to access the building which was home to Pontypool's all singing, all dancing Co-op Club.

Nicola Ball, service manager "said we couldn't be more grateful to Robert Price for their contribution, without it, it would have been impossible to get the ramp finished so quickly. Everyone is thrilled and as a result, so many new friendships have been made".

A spokesperson for Robert Price said "They were so pleased to be able to provide the materials, which they can see has easily provided a real change"



Pictured: Cards



Pictured: Cone decorations

OFFICE GIFTSALE

By Teresa Jones

Peter Evans, supported by Anna Poulton made gifts to sell in the Llandrindod Office in aid of their art club! They raised £83. £41.50 was donated to Llandrindod art club, and £41.50 was donated to Karen's cat rescue in Nantmeal.

CARE TO CO-OPERATE

By Andrea Osborn-Evans

Jonathan Richards who is supported by Cartrefi and Co-Chair of the Carmarthen Forum, and Nicky Davies, Service Manager were invited to attend a Care to Cooperate Workshop held in Hafan Cymru, Carmarthen. The purpose of the workshop was to promote care and support co-operatives: from Personal Assistant led co-ops and domiciliary care, to those providing deaf translation services, and children play schemes.

It was an enjoyable morning where Jonathan was able to talk about the difference Cartrefi being a co-op has made to his life, the lives of others and the good things that the Carmarthen Forum have been involved with.

It was a great opportunity to share our co-op story with other professionals – some of which wanted to start their own co-ops!



Pictured: Jonathon & Nicky

COUNCIL OF MEMBERS UPDATE

by Julie Jenkins

The Council of Members kickstarted their 2020 agenda with their first meeting. They looked back at Cartrefi's progress from 2018/19, and discussed short term changes that were being made to achieve long term goals. They also voted for the four winning stories from our Evaluation process in 2019, and re-appointed our board members.

Grant Duncan, a Trustee of Cartrefi suggested the board should meet more regularly, and so it was agreed going forward the council will meet every 2 months. The next meeting will be held on Friday 6th March 2020. If you have anything you would like to discuss, please raise this with your regional council representative:

People We Support Representatives

Nae Cook  "I wanted to be a council member to learn more about Cartrefi and community projects, as I like to help others"	Yvonne Williams  "I really enjoy meeting people and the staff. The best thing that has happened was being supported by Cartrefi"	Sam Taylor  "It gives me a sense of pride to be able to speak up for individuals who cannot speak and express their needs"	Robert Moore  "I think I make a good council member, I like meeting new people and helping other members speak up"
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Community Supporter Representatives

David Wilton  "I passionately believe in the aims of Cartrefi Cymru. I want our Co-operative to grow and prosper"	Robert Quarrell  "I love giving something back to the community, being a representative of the council of members has helped me achieve this"	David Whittle  "I believe I can make a positive change. I am an approachable person, and I like to think outside the box"	Mici Plwm  "I want to use my experience from a wide range of projects to be able to promote good practice in Cartrefi"
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Staff Representatives

Sioned Evans  "I believe being part of the Co-op gives members an opportunity to contribute on how the company operates"	Delyth Prosser  "I love giving something back to the community, being a representative of the council of members has helped me achieve this"	Carole Humphreys  "I joined Cartrefi in 2015, and I haven't looked back. I want to make a difference to the lives of the people we support"
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MANY TEARS ANIMAL RESCUE

By Alys Phillips

To take in and re-home unwanted dogs, to provide a special living environment and to help dogs adapt and find permanent homes of their own are all objectives of the not for profit company, Many Tears Animal Rescue.

In order to help deliver specialist care and rehome in excess of 3,000 dogs a year Many Tears Animal Rescue require lots of donations, which is why Amy and I (on behalf of Brecon Forum) collected items from their wish list to deliver to their rescue centre in Llanelli.

A special thank you to Peter Evans, Andrew Morris, Marta and Anna for their very kind donations of bedding, toys and dog food.

The centre specialises in ex-breeding dogs who have never seen the outside world before. Some of the most frequent problems they encounter are dogs who arrive with eye or heart problems, liver shunts and joint problems. Any treatment the dogs require is financed by donations.

Visit <https://www.manytearsrescue.org/index.php> to find out how you can help too!



Pictured: He's looking for a home



Pictured: Puppies!!



Pictured: Ex-breeding dogs

SOUNDBEAM FUNDRAISER

Did you know Tesco are supporting our fundraising for a sound beam in Bangor?

We believe a soundbeam can provide a sense of control and independence which will stimulate learning and interaction for people with learning disabilities.

We are asking you to vote for us, to increase our chance of enriching the lives of people we support. It's easy - if you shop at Tesco in Bangor use your token to support Cartrefi, and this brilliant initiative. You have until **31st March**.

Do you have a community project like Bangor's in mind that could benefit from extra funding?

Is your forum looking to host community events, improve community buildings/spaces or buy new equipment?

If so, you could also be eligible for Tesco's community funding.

Visit <https://tescobagsofhelp.org.uk/> for more information



INNOVATIVE CARE PRACTICE



By Becky Eardley

We have trialled a video diary project, called 'See Me' in the South, which is now being introduced in the Mid. The project is designed to help people who receive support to have more of a say, and enables us as a support provider to develop better services, using video technology. The recorded information offers insight into a person's life, their routines, their likes, dislikes and aspirations. Most importantly, it gives control to that person on what is shared, and allows them to share it in their own way.

So far, within the project we have had videos evidencing things that are meaningful, for example, people working towards goals and talking about how they like to be supported. It is a very powerful tool using a person-centred, strength-based approach to give people more of a say and control over their lives. It also helps staff and people we support develop their technical skills by working on the project together.

It is something that hopefully in time will be available for all to participate in, and make a huge difference to the lives of the people we support.

HELPING THE ENVIRONMENT

By Tim Younger and Sharon Wieland

We have been collecting empty crisps packets to stop them from going to landfill. Our local vets are part of 'The Crisp Packet Recycling Scheme' so we have collected them at home, and in the office to take to Honddu vets in Brecon. The scheme is run by TerraCycle, currently TerraCycle have had 202,831,611 people recycle 7,762,174,415 units and donated £34,126,066.

We like to do our bit for the environment, we recycle as much as we can at home, and donate items to our local charity shops too.

We have seen the horrible news stories of climate change and we want to encourage other people to do their bit too.



Pictured: Tim and Sharon at Honddu vets

WELL DONE CLASS OF 2020



Pictured: Ross, Eirlys, Hilary & Morwenna

Congratulations Hilary, Ross, Morwenna and Eirlys for passing the Client Handling workshop. Keep on Handling!



Recycling Scheme

In partnership with Llandysul Recycling

Cartrefi Cymru Co-operative in Carmarthen have agreed to be a drop off point for Llandysul Recycling in aid of Kicks Count, the Born Sleeping Appeal and Ty Hafan



Items that can be recycled include food items, household cleaning and beauty
Check the full list for more information

Please bring your items to the allocated bin in the office
18 Water Street, Carmarthen, SA31 1RG

Full list:

<http://bit.ly/Recyclingitems2>

TAKE A BREAK

Cartrefi Bird Watch

Many people think all the birds fly south for the winter. You may be very surprised to learn just how many birds live in our area all year round. Like all other living creatures, their survival is dependent on the availability of food, water and shelter. Even if you don't have a garden, there is still quite a bit you can do to help the birds make it through the winter and encourage them to stick around your area:

Feeding the birds – birdfeeders are a great way to provide a tasty meal for the local birds. If you don't have a garden then you could put one in the local park or community. Remember to keep the feeders fully stocked.

Providing drinking water – one of the most important things is providing water. Birds need drinkable water which is often difficult to find in icy weather. You could use a bird bath, or just put some containers of water out for the birds every day.

For more information about helping the local birds, go to www.rspb.org.uk

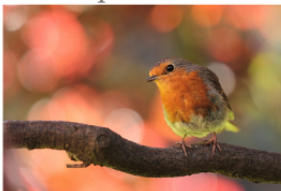
Have a look for these 10 common garden birds in your area, you may be able to find them all in the grid below.



Sparrow



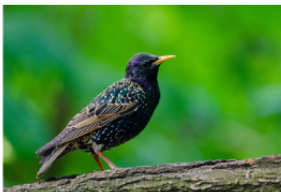
Crow



Robin



Seagull



Starling



Blue Tit



Magpie



Pigeon



Chaffinch



Blackbird

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

Find answers on the next page

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 now if you have not already done so.

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

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

CARE TO CO-OPERATE THE PODCAST



Tune in to episode 2 to listen to Donna Coyle and Adrian Roper discuss the role that private companies should play in the social care sector.

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

KEEP YOUR MEMBERSHIP DETAILS UP TO DATE

New Email?

New Address?

New Phone Number?

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.



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Word Search answers

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