

CARTREFI CO-OP

The newsletter for everyone!



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STAYING SAFE

by Sioned Evans



Pictured: Edryd

Like many, Edryd has been at home since lockdown. At times it has been hard to deal with not being able to see family and friends. Edryd normally visits his family for the night once a week.

At last in August he was able to go! A member of staff, Sue, made him a great Welsh dragon mask which you can see. Edryd was very happy to go back to his normal routine, whilst remembering to remain safe.

PEDDLE POWER

by Andrea Osborn-Evans

Arron from Carmarthen got upset when he noticed that his bike had broken.

Thankfully his support worker, Ben Nicholl, was able to fix it for him and Arron is now able to be out and about on his bike in Johnstown again, keeping fit and enjoying the good weather.



Pictured: Arron

A MESSAGE FROM ADRIAN (CEO)



Hi Everyone, I can never say thank you enough, so thank you to all Cartrefi employees for the great work you are doing during this on-going pandemic. It's not a lot of fun being in lockdown, and I know so many of you rely on having a great holiday break every now and then, to recharge your batteries and come back to work feeling rested and energized. Getting away for a good break has been impossible for months now, and probably isn't going to be possible for many months to come. The same goes for the people we support too. A great holiday has often been the highlight of the year, creating loads of great photos to share and look back on with happy memories. This year we've been lucky if we managed a day trip to Barry Island or Llandudno. But a read of this newsletter shows how so many of you have been finding ways to have fun and to capture great memories on your phones and iPads. Keep them coming, and check the Cartrefi Facebook page too, for a regular blast of uplifting activity and positivity.

If you look at our Facebook page you'll also see a big red banner saying "Support Our Social Care Heroes!". It's there to show that Cartrefi is actively campaigning for greater recognition for the social care workforce and, in particular, for better funding and better wages. With elections to the Senedd next May, it's a good time to be telling all political parties that hand claps for care workers are not enough. Working with like-minded organisations, like Cymorth Cymru and WCVA, we have drawn up a manifesto called "Pay Them Fairly". It calls for frontline workers to be paid the Real Living Wage as a minimum. It calls for supervisors and managers to be paid enough to make it worth their while taking on extra responsibilities. And it calls for extra funding for the whole social care system so that local authorities and providers like Cartrefi can afford to pay these completely deserved higher wage levels. The manifesto will be launched towards the end of November so look out for further news: and do support the campaign. [#paythemfairly](#)

WORKING HARD IN LOCKDOWN

by Sioned Evans

Eli, Caroline and Robin from Pen Dyffryn, Bangor have been very busy during the lock-down doing all sorts of activities.

Eli, Caroline and Robin worked together to make a lovely rainbow to put on the notice board in the house with things they would like to do once the coronavirus has gone.

At the bottom of the rainbow there are faces for Eli, Caroline and Robin to express how they are feeling.

Eli and Caroline used Zoom for the first time to contact family and their Advocacy.

They worked together to get their chores completed, Eli and Robin helped with the car maintenance and Caroline put the washing out to dry. After a hard days work, it made relaxing by the 'pool' all the more special.



Pictured: Pen Dyffryn Rainbow



Pictured: Eli & Caroline on zoom



Pictured: Eli, Caroline & Robin

SHARON WEILAND

by *Delyth Prosser*



Sharon sadly passed away after an 8 week battle in ITU. Sharon was a strong independent women, who will be missed by many; her family, friends, co tenants and support staff. Sharon was well known in the Brecon community, and you could always rely on her to remind you of an upcoming birthday or special occasion.

Sharon enjoyed puzzles, and could complete a word search in lightening time. Sharon loved to attend all events, and supported most local fundraisers, but best of all she enjoyed bingo, and always came home with a prize! Sharon was a committed member of Powys People First and the Theatr group Wildcats. Thank you to the members and friends of wildcats who held online murder mystery, and made and sold wreaths which raised over £1000 to buy a bench in Sharon's memory. The bench will be placed outside Theatr Brycheiniog overlooking Brecon Canal. Sharon's family are also very grateful to have raised a total of £1310 to give back to the ITU unit.

HANDYMAN MIKE

by *Dave Holdsworth*

Mike, took full advantage of his unexpected stay in Anglesey by putting a workbench in the new shed so that he can do various DIY jobs.

As you can see he is rightly very pleased with the progress of his workshop.



Pictured: Mike and his new workbench

BIRTHDAY MEMORIES

by *Andrea Osborn-Evans*

Here is Michael and his mum Mavis celebrating Michael Williams' recent birthday.

Catherine Williams from the Quins Club said she will get one of the photos framed for the family.



Pictured: Michael & Mavis



Pictured: Toni



Pictured: Toni's Artwork

DRESSED TO IMPRESS

by *Toni James*

This is me dressed for a house party we had when lockdown started. I wore my prom dress.

I painted this fairy to go into my garden.

EVERYTHING GROWS WITH LOVE

by Julie Jenkins

With the good weather we have had, so many of you have been busy making your gardens lovely during lockdown.

Geraint worked hard to help clear the Brookfield garden in Bangor, he was so keen to help and was very proud of the work he did.



Pictured: Geraint

Mark and Neil from Ammanford spend lots of time in their garden, watering and tending to their plants.



Pictured: Mark



Pictured: Neil

Gary, Sam, Selwyn and William from Spring Garden, Llandrindod Wells, have been busy in their garden growing and harvesting fruit and vegetables.

Sam likes weeding and picking (and eating) Strawberries, William enjoys picking Gooseberries, weeding and watering, Gary cuts the grass and enjoys picking Broad Beans and harvesting the Potatoes and Selwyn like watering the garden and peeling Broad Beans, he has a remembrance garden for his mum and dad.



Pictured: Gary, Sam, Selwyn & William

Eli, Caroline and Robin from Pen Dyffryn, Bangor have been doing a lot of gardening. They have really enjoyed being outside and the garden is looking very nice.



Pictured: Eli, Caroline & Robin



Pictured: Nae's Garden

Nae from Builth Wells has worked very hard and explains what she has done in her garden: "First of all, I got all the weeds out of the garden then I put all the garden waste in a rubbish bag. I also bought garden flowers and planted them into pots also bought garden ornaments to put them into the flowerpots and now they look nice and tidy in the pots. I am quite pleased with my garden and I hope you agree that now it looks a very smart garden."

HAPPY BIRTHDAY TY'R HEN YSGOL!

by Nicola Ball



Pictured: Bethan with Autumn, Rachell & Mel



Pictured: Babs & Jayno

Here is everyone celebrating their first year at Ty'r Hen Ysgol in Torfaen. They invited their friends from Wednesday social club, whom they haven't seen for a long time.

Everyone had their own safe areas where they sat in their bubbles with the people they live with but that didn't stop them having a great time!

Thanks to Melin Homes who very kindly organised the party including the outside disco.

LOCKDOWN LAPS

by Steven Williams

Jennifer, inspired by Sir Captain Tom Moore lapped her garden multiple times a day during lockdown, in aid of Prader-Willi Syndrome Association UK.

Jen, aided by her walker and supported by her housemates and cat, completed between 10 – 20 laps around her garden.

This challenge helped keep Jen fit and healthy during lockdown and has inspired her to be more active. She is now able to start horse riding again which has been her goal.

Jen raised £322 for the charity, which is very close to her heart. Her family, friends and support team are proud of the strength, determination and dedication Jen has shown.



Pictured: Jen & her cat

SCHOOL SHOWS THEIR APPRECIATION

By Selwyn Peate



Pictured: Selwyn and Berwyn Bear

Hi, My name is Selwyn and for the last few years I have been helping in the kitchen at Llanerfyl Primary School on a Friday every week.

Due to the Coronavirus and being in lockdown I have not been able to help at the school since Friday 20th March.

Unfortunately Llanerfyl School closed on the last day of summer term and due to lockdown I was not able to be at school.

The headteacher visited me with a lovely Berwyn Bear which had Llanerfyl School on it, and 2 coasters and a lovely thank you card. I was so pleased, and wrote to the school to thank them!



Sue Roberts, Support worker, said "The headteacher was full of praise for Selwyn and what a good worker and friend he was to all that knew him. In September Selwyn hopes to return to Llanerfyl School on a Monday, and Dyffryn Banw on a Friday. Both schools really enjoy Selwyn's company and his hard work."

CLIMBING SNOWDON FROM HOME

by Andrea Osborn-Evans



Pictured: Oli

Oli Ardolino used his staircase to climb the height of Mount Snowdon every day for 7 days. He completed a total of 37,947 steps in honour of his uncle, Rev Ceri Davies who suddenly passed away at the summit of Mount Snowdon.

Ceri Davies, was approaching his 5th anniversary with Cartrefi, and was a dedicated and committed person, especially when it came to supporting Cartrefi and our work.

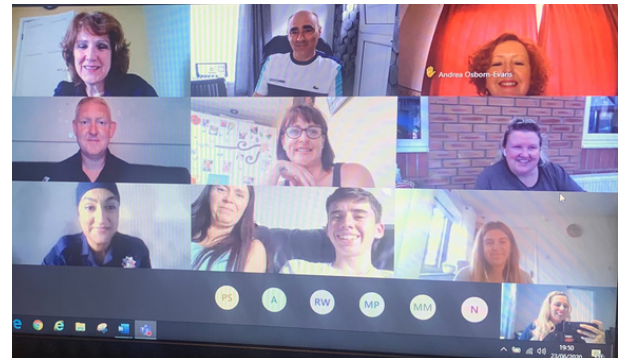
Oli raised an impressive £800 which will be split between Cartrefi and The Jac Lewis Foundation. Cartrefi's share will help fund a defibrillator in the Carmarthen town area.

ONLINE TRAINING

by Andrea Osborn-Evans

I have recently signed up to share safety messages in my community with the Mid and West Wales Fire & Rescue Service.

The training session was online as you can see, (that's me putting my hand up). I am looking forward to doing more.



Pictured: Andrea in her training session

TAKE A BREAK

Autumn Wordsearch

Can you find all these autumnal words? There's 15 to find:



AUTUMN
BLANKET
BOOTS
CHILLY
COAT

FALLING LEAVES
FIREPLACE
FROSTY
GLOVES
HAT

HOT CHOCOLATE
JUMPER
MITTENS
RAIN
SCARF

Answers on page 8

WARMING HOT CHOCOLATE RECIPES

by Julie Jenkins

These delicious Hot Chocolate recipes will melt away the colder evenings



HOT CHOCOLATE WITH MARSHMALLOWS

INGREDIENTS:

600ml Milk
142ml pot of Double Cream
100g chopped Chocolate

DIRECTIONS: Pour the milk, double cream and chopped chocolate into a pan. Bring gently to the boil, whisking until smooth. Serve in individual mugs topped with mini marshmallows and a little grated chocolate.

UNICORN HOT CHOCOLATE

INGREDIENTS:

| | |
|-----------------------------|--------------------------------|
| 300ml Milk | 100ml double Cream |
| 50g chopped White Chocolate | Food Colouring |
| Pink food colouring | Sweets or hundreds & thousands |

DIRECTIONS: Whip up the double cream until it just holds its shape. Then stain the inside of a disposable piping bag with different food colourings using a skewer to drag a tiny streak of colour from the bottom of the bag to the top.

To make the hot chocolate, pour the milk into a small pan and heat until simmering, stirring to stop it scorching. Take the pan off the heat and add the white chocolate then stir until the chocolate has fully melted. Add food colouring to turn the mixture pastel pink then pour into 2 mugs.

To decorate, fill the prepared piping bag with the whipped cream, then snip off the end to create a wide tip. Pipe mounds of the cream on top of the hot chocolate and scatter over sprinkles and coloured sweets if you like.



We would love to see photos of your home-made Hot Chocolate, please send them to: communication@cartrefi.coop

MEET THE EDITORIAL TEAM



Chris Dodds



Alys Phillips



Julie Jenkins



WHAT3WORDS

Police have urged everyone to download a smartphone app they say has already saved lives.

With the what3words app, it's easy to find, share and save precise locations. App developers divided the world into 57 trillion squares, each measuring 3m by 3m and each having a unique, randomly assigned three-word address.

As well as safety measures, the app is being used by runners, farmers, mountain leaders and more!

For more information on how to use the app visit: <https://what3words.com/how-to-use-the-what3words-app/>

GET IN TOUCH

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

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Cartrefi Cymru Co-operative

UPDATE FROM HUMAN RESOURCES

Welcome our new HR Partner, Claire Dixon

She will be starting with us on 3rd November. Claire will be primarily providing direct HR support to the North Wales region but will be working with her colleagues in the team to provide effective HR support to all staff and Managers. Claire has many years' experience from working in the care sector as well as most recently working with The Wallich - A warm welcome to Claire!

COMING SOON

We have recently opted in to a new Flexible Benefit Scheme which will offer you shopping discounts on major retailers and on-line shopping, travel and other retail outlets as well as offering new benefits on gym membership, technology and mobile phones.

There are also other options available such as dental insurance and financial/ wellbeing information provided direct through the site. Look out for the launch details very soon!

REFER A FRIEND INCENTIVE

OUR RESEARCH SHOWS
STAFF SURVEYS SHOW THAT
54% OF STAFF STARTED
WORKING WITH US BECAUSE
THEY:
• WERE REFERRED BY SOMEBODY
THAT THEY KNOW
• WANTED TO GAIN EXPERIENCE!

WE WANT TO OFFER STAFF
£20 LOVE2SHOP
VOUCHER
FOR EVERY REFERRAL
THAT IS SUCCESSFUL AT INTERVIEW!

STAFF NAME:
STAFF NUMBER:
I NOMINATE:

cartrefi cymru
co-operative
HR.ENQUIRIES@CARTREFI.COOP

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

Word Search answers

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