

# CARTREFI CO-OP

*The newsletter for everyone!*



## *Inside the Issue*

### HELPING YOU TO HAVE A SAY

Alun helps with admin duties, *page 3*

### IT'S BEHIND YOU!

Tim in Red Riding Hood, *page 2*

### COUNCIL OF MEMBERS

Update from your representative body, *page 4*

## LLANDOD OFFICE BRUSHES UP WELL

*by Alan Brisdon*

## HAPPY NEW YEAR

*by Sioned Evans*



*Pictured: Matthew*

Matthew Lister, from Llandrindod Wells, showed good community spirit by making the path to his local Cartrefi Office safer for staff and visitors.

He showed good community spirit by spending some time sweeping up the leaves!



Owain and Edryd from Tudweiliog have been doing some arts and crafts to welcome in the new year. Resulting in the lovely window display above!

Happy New Year!

# A MESSAGE FROM ADRIAN (CEO)



Hi everyone

We are living and working through a very difficult time. I hope you are all keeping yourself safe and finding ways to put a smile on your face.

The stories in this newsletter are once again a source of inspiration and smiles, and my thanks to everyone featured and to those in the background who helped to make these stories happen.

It looks like we are going to face the challenge of the virus for many months to come. But life must go on, and our purpose as a support-providing co-operative remains as important and inspiring as ever. That purpose is to enable the people we support to live decent lives as valued contributors to their communities.

The first and most basic step is to ensure people stay alive. Even in normal times, that can take a lot of skilled and committed work to support people with complex needs and health conditions. During a pandemic, it requires skilled and committed work for everyone. Older people and people with learning disabilities are all at risk of serious illness and death if they catch the virus. So thank you to all of you who are doing your best to reduce that risk and to keep everyone alive and well.

Under these current circumstances, it's much harder to enable people to connect with and contribute to their community. But many of the stories featured show ways in which this can still happen. The friendly message put up in a window. The sponsored walk for a local hospital. Helping out in the office. Taking part in meetings and events online. And let's not forget that the people we support are contributing to their local communities by creating hundreds of great local jobs and helping to pay our wages from their benefits too. Where would we be without the people we support? And how much poorer would our communities be without local care and support services?

Not that the wages are great. Everybody knows they are not. And the pandemic has helped more people to recognise that low wages for care is just not fair. Cartrefi has been leading the way in raising this issue, and we helped to create a campaign group to make the case for extra funding from the Welsh Government. Over the next few months, in the run up to the elections for the Senedd, we will be asking all the political parties in Wales to make a commitment to Fair Pay for social care workers. You can find out more from the campaign website: <https://paythemfairly.cymru> #PayThemFairly Manifesto

Very best wishes

## IT'S BEHIND YOU!

*By Chris Dodds*



*Pictured: Tim on set*

Here is Tim starring as one of the three little pigs in a film of Little Red Riding Hood by Theatr Wildcats, who are based in Brecon. The green screen is so the background can be added later. Great work Tim!

To see Tim and all the other Wildcats perform, go to Youtube and search 'Theatr Wildcats 2020 Panto Red Riding Hood'.

# A SHOW OF REMEMBRANCE

by Sian Pritchard and Sioned Evans

Betty, Gwynneth and Carol from Blaenau Gwent enjoyed making a lovely poppy wreath and window display for Remembrance Sunday.

All three ladies also wore something red during the 2 minutes silence to remember the people who helped us in both world wars, and who continue to risk their lives today.

Owain and Edryd in Tudweiliog also showed their respect and made poppies to display in their window.



Pictured: Betty



Pictured: Gwynneth



Pictured: Edryd & Owain

# HELPING YOU TO HAVE A SAY

by Julie Jenkins

Alun Griffiths enjoys helping out in the office every now and again, so he jumped at the chance to help send out surveys about the Cartrefi Offices in the Bridgend area.

Gaenor, Bridgend Admin Officer said "Alun was a great help, he was able to write all the addresses on the envelopes with no support. We then went through the letters and envelopes making sure they were correct. Alun told me loads of jokes throughout the afternoon.

It was a pleasure to work with Alun"



Pictured: Alun Griffiths

# WALK RAISES MONEY FOR NHS

by Nicola Gwalchmai

Garry from Meifod did a sponsored walk and raised £200 for Welshpool Hospital.

He said, 'I really enjoyed the walk along the canal and to be out in the fresh air. I wanted to raise some money for the local hospital. It was lovely to see my picture in the County Times.'



Pictured: Garry at various staes of his sponsored walk



Pictured: Garry in the County Times

# COMMUNITY DEFIBRILLATOR IN HONOUR OF KIND-HEARTED MAN

by Rebecca Biginton



*Pictured: Andrea & Dan*



*Pictured: Ceri's family & friends*

A defibrillator has been installed in the foyer of the Ivy Bush hotel in Carmarthen, in memory of a wonderful man, Rev Ceri Davies. Ceri was approaching his 5th anniversary at Cartrefi when he sadly passed away.

Cartrefi, Ceri's friends, family and a group of Royal Navy mums fundraised in order to purchase this community defibrillator.

Ceri's family and friends, former colleagues, and some of the people Ceri used to support, gathered at staggered intervals at the Ivy Bush to remember and honour a remarkable man.

'We miss him so much' says Jonathon Richards, who received support from Ceri.

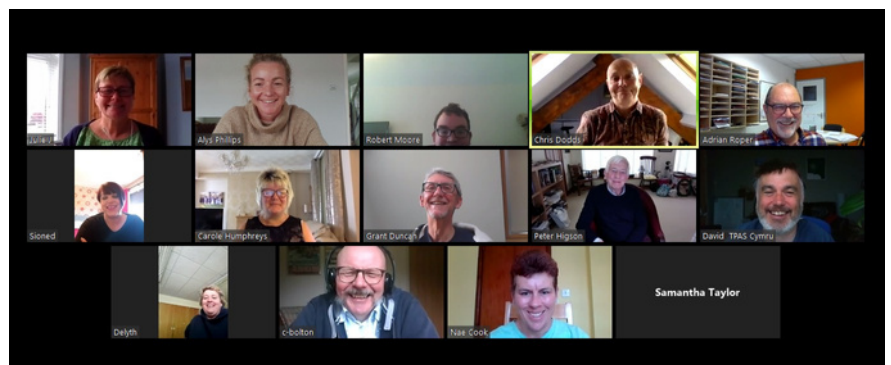
A plaque in honour of Ceri has since been added.



## CARTREFI CO-OP COUNCIL OF MEMBERS NEWS UPDATE

by Chris Dodds

The Council meets every two months via Zoom. Once the council have agreed the last minutes and discussed the things people said they would do, Peter, who is a trustee and Chair of the Council, asks everyone for their news and how they are doing.



In the last meeting there was a discussion about the following:

- Why Cartrefi Cymru is a co-operative
- A report from two members who observed a People First meeting
- Setting up a panel of members to appoint new trustees

*Pictured: Council of members on zoom*

The next meeting is at the end of January and a report on what is said will be in the next newsletter.

# LOCKDOWN THROUGH THE EYES OF THE HARLECH GROUP

by Alys Phillips

Andrew May, from Harlech participated in the online recording 'Yn y Lockdown' with music group Canfod Y Gân/Discover the Song.

It is an original song composed by the Harlech group alongside Sera Zyborksa, describing their experiences of lockdown.

Andrew enjoyed singing along and playing the guitar with friends on zoom.

Mared, project manager for Canfod Y Gan said it was a pleasure to see Andrew enjoying himself, and that the zoom sessions offered Andrew some familiarity and sense of belonging.

Mared thanked all the staff who supported Andrew to take part, and for supporting what the project is doing in continuing to provide a provision during these uncertain times.

Visit <https://youtu.be/i5rE3lrQNpI> to listen!

## INDEPENDENT LIVING

by Alys Phillips

The regeneration of an empty building in Treorchy is now providing 12 one bed flats.

The self-contained apartments have been finished to a high standard and have been designed to promote independence and choice, while being modern and inviting.

Thomas Watling worked really hard in preparation for his move to his own flat, putting furniture together, cleaning, adding soft furnishings and filing the fridge.

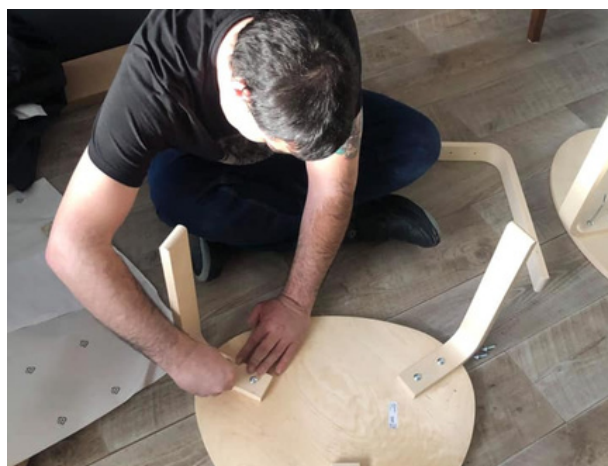
He has since settled in very well, he is really proud of what he has achieved over the years and is ready for his next chapter.

He is particularly happy with the 65 inch TV for the communal area which Samantha Taylor, who also recently made the move to the flats, joined him to enjoy.

Good luck Tom and Sam, may you have many happy years in your new homes.



Pictured: Tom and Sam



Pictured: Tom assembling furniture

# A CARTREFI CHRISTMAS

by Julie Jenkins

Despite being in lockdown over Christmas, there were lots of celebrations all over Wales.

The ladies from Brynheulog lit up the street with their outdoor decorations, and won the prize for best outdoor tree in their community.



*Pictured: Janet and Heulwen*



*Pictured: Brynheulog winning tree*

The Carmarthen office ran a Christmas art competition for the people we support, family and staff to boost spirits and re-establish a feeling of community.

They received some fantastic entries and many wonderful prizes were awarded. Support worker Susie Finucane won some luxury tea, for her creative Olaf tree decoration; Susie's prize was generously donated by local business Tea Traders.



*Pictured: Christine, Graham & Robert*

Christine, Graham and Robert from Pentre had a Christmas jumper day and everybody joined in including the Teddy Bear.



*Pictured: Susie Finucane*

Dennis, Claire and Beverley from Llangyndir were delighted to receive a food parcel from Crickhowell Rotary Club. It was a lovely surprise, and was enjoyed over the Christmas period.



*Pictured: Food Parcel*



*Pictured: Matthew Little*

Matthew Little prepared for Christmas by making delicious Christmas biscuits, in festive Red and Green, with support worker Dorothy Howell.



*Pictured: Michael*

Michael Hay from Llansamlet got in the festive spirit ahead of his shopping trip to Swansea.

He purchased gifts for his family and had Christmas lunch in the market.



# A CARTREFI CHRISTMAS CONTINUED

by Julie Jenkins



*Pictured: Gary*



*Pictured: Gillian*



*Pictured: Santas Grotto*

Gary and Gillian from Swansea got into the Christmas spirit by making Chocolate logs, Gingerbread men and Mince Pies.

They also helped to turn the house into a winter wonderland.



*Pictured: Toni*



*Pictured: Toni and staff member*

Toni looked online for some ideas for Christmas treats, and found a recipe on YouTube for Christmas pudding truffles.

With the help of staff Toni wrote a shopping list and bought all the ingredients ready to make them for Christmas eve.

Toni said 'I had lots of fun making them even though they were really sticky to roll into balls. Me and my friends Rachael and Emma also had fun making some homemade decorations. We put our tree up, our lights outside and made a bow for our front door.

Hayley Evans did a marvellous job of decorating the Carmarthen office, and helped spread some festive cheer!



*Pictured: Hayley*

# THE BUTTERFLY EFFECT

by Nae Cook & Julie Jenkins

Jemma and Nae have been busy making these delicious looking Butterfly Cakes.

Cooking is a therapeutic way to relieve stress and boost your mood, so why not give it a go during lockdown?

Follow the below recipe for butterfly cakes, similar to Nae and Jemma's.



*Pictured: Jemma & Nae*

## INGREDIENTS

For the cakes:

160g unsalted butter, softened  
160g golden caster sugar  
3 medium free-range eggs, beaten  
160g self-raising flour  
2 tsp vanilla bean extract

For the buttercream:

160g unsalted butter, softened  
270g icing sugar  
1 tsp vanilla extract



## DIRECTIONS:

Heat the oven to 170°C/150°C fan/gas 3½.

Put all the cupcake ingredients in a mixing bowl and beat together to a thick smooth batter using either an electric hand mixer or a wooden spoon.

Line a muffin tin with paper cases and evenly spoon in the batter.

Bake for 20-25 minutes until risen and golden.

Leave to cool in the tin on a wire rack.

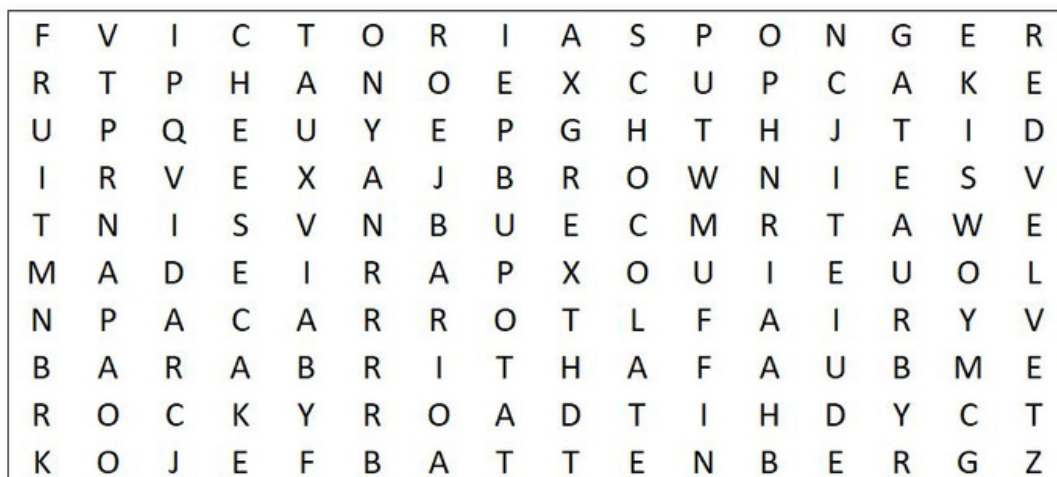
Meanwhile to make the buttercream, put the softened butter in a large mixing bowl and beat. Add half the icing sugar and beat until combined, then add the remaining sugar with the vanilla. Whisk or beat until smooth and paler in colour.

Once the cakes have cooled down, use a small sharp knife to cut a circle of cake out of the top of each cupcake. Cut the cake circle in half to make butterfly wings. Spoon some of the icing on top of the small holes in the cakes then place the cake wings on top.

Sieve over icing sugar and enjoy with a lovely cup of tea whilst doing the word search below.

## TAKE A BREAK

*Bake me a cake Wordsearch*



BARA BRITH  
BATTENBERG  
BROWNIES  
CARROT  
CHEESECAKE  
CHOCOLATE  
CUPCAKE  
FAIRY  
FRUIT  
GATEAU  
MADEIRA  
MUFFIN  
RED VELVET  
ROCKY ROAD  
VICTORIA SPONGE

*Answers on page 9*



# FLEXIBLE BENEFITS

We have recently opted in to a new Flexible Benefit Scheme which offers 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. Don't forget to register!

## GET IN TOUCH

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

07741 310256

communication@cartrefi.coop

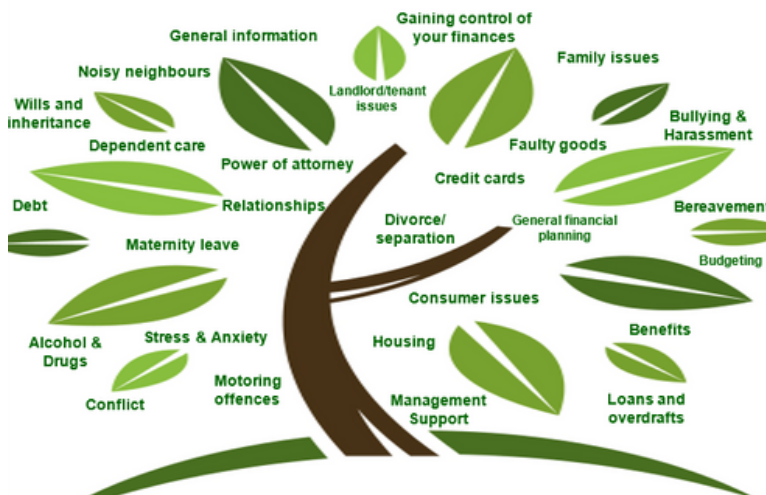


## Care first

Confidential support for all staff

03332 129212

Available 24/7



## KEEP YOUR CO-OP MEMBERSHIP DETAILS UP TO DATE

New Email?

New Address?

New number?

Let us know if you've changed your contact information

Are you having a difficult time and feel you need some advice on any of these issues and more?

Our counselling and information service is free and confidential.

Word Search answers

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