

CARTREFI CO-OP

The newsletter for everyone!



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AN END OF AN ERA

By Adrian Roper

Hi everyone. Yes, I am retiring on the 1st July after 26 years as Chief Exec for Cartrefi. Having reached the grand old age of 67, I think it's time for me to hand over the reins to someone who is a bit younger and can bring new energy and ideas to the company. I'm pleased to confirm that the Board has appointed Glyn Meredith to the role and, given that he likes to run marathons, I'm sure he has plenty of energy! Please give him a very warm welcome when he travels around Wales getting to know you all over the coming months. He strikes me as a great guy with all the right values.

As for me, well, I am so proud to be able to look back at a career that has been focused on supporting people with learning disabilities to enjoy life in their own homes and communities.



Pictured: Adrian Roper

AN END OF AN ERA

continued

I started as a voluntary co-resident with five people who had been supported to escape from a dump called Ely Hospital in Cardiff. I then became a support worker, a service manager, and a development officer, before landing the best job in Wales as director of Cartrefi. Throughout all my career I count myself as lucky to have been involved in something much bigger and more important than just earning a wage and doing a job. When I started my career, it was normal for people with learning disabilities to be hidden away, neglected and completely unappreciated as human beings and unique individuals. We can all be proud of the fact that Wales has led the way in creating services and attitudes that now mean people with learning disabilities are visible, included, safeguarded, respected, and able to enrich the lives of others in all sorts of unique and ordinary ways.

As Wales' largest support provider, and one that has got person-centred values engrained in its DNA, we have played a massive part in making this change happen. Long may it continue! There are always threats and challenges, and the task of enabling people with learning disabilities to enjoy decent lives is never done.

My time as Chief Exec is over, but my commitment to the Cartrefi cause remains. It's been wonderful working with so many great people: colleagues, trustees, and people we support. Thank you for all you have done and continue to do. Onwards and upwards!

Come and join us for a farewell buffet to wish Adrian well

26/06/2022 @ Bangor

30/06/2022 @ Brecon

01/07/2022 @ Cardiff

4 - 6pm

Scan here to
register
your attendance



MOVING BEYOND COMPLIANCE

By Alys Phillips

Since our partnership with National Dance Company started, we have been working together to plan a way in which both organisations can come together to benefit Cartrefi staff. The decision was made to create a pilot project that would focus on the wellbeing of support staff, who continue to work tirelessly to support people to live independently, even throughout the pressures of the pandemic.



Pictured: Participants at the first workshop

As part of the project staff were invited to attend two workshops, led by three dance artists. These sessions incorporated dance, stretching, breathing and meditation. It was great to see staff from all over Wales come together with such enthusiasm. Andrea Jones commented 'I really enjoyed the session and felt completely switched off from the pressures of work'.

The project planning group will now collect feedback from participants with the aim to inspire a model that could in future benefit staff working in a range of care settings.

For more information on the pilot project 'Moving Beyond Compliance' please visit: <https://bit.ly/MovingBeyondCompliance>

SUPPORT FOR UKRAINE

by Alan Brisdon

Matthew baked and donated a cake to a local coffee morning, held at Play Radnor hub which raised £120 for 'Voices of Children', a charity which offers therapy for the children of Ukraine.

Matthew often volunteers at Play Radnor with their activity days but was particularly pleased he could help those in Ukraine at this time.

Voices of Children are always pleased to see Matthew, and he says he feels very valued by them!



Pictured: Matthew's masterpiece

C'MON WALES

by Sadie Thomas

Crown Avenue residents Darren, Tom and Paul, with support workers Sadie, Jason and Gareth, had a cracking day at the Principality Stadium, watching Wales V Italy in the Six Nations Rugby.

Darren made his claim to fame, caught on TV. Although it was a pity about Wales losing the game, the atmosphere was fabulous, with lots of singing and chanting.



Pictured: Darren at the stadium



Pictured: Sadie, Gareth, Jason, Darren, Thomas and Thomas

LIFELINE SERVICE

by Chevaughan Flint

Arron, Hayley, Sue, Lia and Matthew have been putting together a castle to celebrate the Queens Jubilee in the Carmarthen office and as you can see, they found it a thoroughly enjoyable activity. They all come together every monday and wednesday to attend the lifeline service.



Pictured: Arron, Hayley, Sue, Lia and Matthew

DAN'S BUCKETLIST ACHIEVEMENT

by Neil Bastow

Earlier this year, I asked Dan for his bucket list of things he wanted to achieve. Dan really wanted to go paintballing but he is very aware of his disability, which is Cerebral Palsy, and knew that a competitive combat sport is something that would be denied him.

I saw no reason why he should be forever let down, so I reached out to Paintballing companies in the area and, after a couple of rejections, I found Kevin at Battlefields incredibly helpful. Kevin agreed to stay open after hours on a Saturday and set up a shooting range so that Dan could have the experience he dreamed about. Dan soon got his eye in and had a fantastic time.

The second item on Dans bucket list is swimming with Dolphins! We're working on that, and it is achievable, so, just got to do some fine tweaking with the purse strings and hopefully Dan will be getting a wetsuit on.



Pictured: Dan taking a shot

GOLD STAR FOR EMMA

by Adrian Roper



Pictured: Emma and Medwen

Anglesey-based support worker, Emma Wakefield, recently supported Medwen Williams to Whiston Hospital in Liverpool. It was a worrying time for Medwen as she needed to have a general anaesthetic. The LD specialist nurse at the hospital was so impressed by the quality of Emma's support that he emailed us to pass on his praise. He said that Emma gave Medwen "gold-star reassurance and excellent person-centred care".

Thank you so much, Emma, for providing brilliant support for Medwen and for showing the whole company in such a good light.

PS. It was also great that the LD nurse took the time to pass on his lovely compliment. His name is Kenny Jones, and our Assistant Director for North Wales, Karlos Wilshaw, sent him a nice "thank you" message too.

“ Gold-star reassurance and excellent person-centered care ”



Pictured: Jemma cutting the cake

JEMMAS 40TH YEAR

By Andrea Jones

Jemma joined with her friends and family at her local pub in Builth to celebrate her 40th birthday.

There was lots of laughing, dancing and cake!

BOWLING CHAMPIONS

By Jeannette Drew

Peter, Jake and Philip went to a bowling competition in Cardiff and they all won their games. They each received a medal for their victory!



Pictured: Peter, Jake and Philip

MICHELE TURNS 50

By Kerri Lloyd-Jones



Pictured: Michele with housemates

Michele celebrated her 50th birthday on the 25th March, with her flat mates. They enjoyed celebrating with a delicious birthday buffet and made some lovely posters to celebrate her special day.

GETTING OUT AND ABOUT

By Robin Turner

Now that the restrictions have lifted my support workers and I have enjoyed getting our freedom back. I love farming, so my support worker showed me leaflets for Folly Farm where I jumped at the chance to go! I had a great day out; the highlight was seeing all the different animals there.

I also love exploring, so we visited the Brecon Mountain Railway and enjoyed a ride on the train and had lunch too.

It has made me very excited for more day trips in the summer.



Pictured: Robin exploring

LEARNING NEW SKILLS

By Karen Jones

Anne and Esther from Cesail Y Bryn in Pwllheli have been busy making bunting for their rooms.

Inspired to learn a new craft, and wanting to add a personal touch to their rooms they collected some bits of left over wool and cardboard and got creative!

They were so pleased with their efforts but they aren't stopping there – their next project will be making a rug.



Pictured: Esther and her finished bunting



Pictured: Anne crafting

TEE-RIFIC CRAZY GOLF

by Sadie Thomas

A huge round of applause goes to Alud Williams who, with the help of support worker Sadie Thomas, made his own mini crazy golf course out in the garden of Crown Avenue.

Alud and Sadie used Shoe boxes, bits of carpet and pipe to make the mini course, and all the residents got involved. Richard Owen, Jason Lewis, David Gwilliam, Tom Watlin and Paul Watkins really enjoyed having a game of golf and being out in the garden in the sunshine.

Watch out Tiger Woods here comes the Crown Avenue boys!



Pictured : The garden golf course

TEAM EFFORT IN THE GARDEN

by Llywela Wyn Jones

Following the 'Spring into Action' article featured in the last newsletter, here is a sneak peek on the progress Nigel and his staff have made so far with their garden project.

The old bench has had a new coat of paint and a sea theme feature wall has been added - the life rings were kindly donated by Criccieth Coastguard Team.

The bulbs that the team planted are coming along nicely and we have made our own nautical bunting too. We also made a lobster pot which was found whilst on the beach.



Pictured : Nigel and his nautical theme wall



Pictured : Newly painted bench

FLAMINGO CLUB FUN

Kerri-Lloyd Jones

Michelle, Rob, Edward and Beryl from Oak Close attended flamingo club, an Inclusive Social club for People with Learning Disabilities - everyone really enjoyed.

There were lots of things for everyone to do, including karaoke, disco and a raffle. Michelle and Rob enjoyed dancing the most, especially to the Conga. Michelle's favourite was singing on the Karaoke to Staying alive – The Bee Gee's. Edward and Beryl enjoyed listening to the music and trying on the Flamingo pink Glasses as well as winning on the raffle!

It was a great opportunity to meet new friends. Everyone is really looking forward to the next one!



Pictured : Michelle and Beryl



Pictured : Edward and Rob



Pictured : Edward

STAFF IN THE SPOTLIGHT



What is your name? Mary Dutton

What is your job title? Support Worker

Where is your office base? Llanfairfechan

How long have you worked for Cartrefi? about 4 years

What is your favourite snack? Cereal

What is your most watched movie? The hunt for red october

If you could live anywhere in the world, where would it be?
Where I am - it's beautiful

If you were an animal, what would it be? Dog

What was the first record/CD you bought? 80s Disco



What is your name? Neil Bastow

What is your job title? Area Manager

Where is your office base? Brecon

How long have you worked for Cartrefi? Since 2012

What is your favourite snack? Toast

What is your most watched movie? Avatar

If you could live anywhere in the world, where would it be? New Zealand

If you were an animal, what would it be?
Chameleon (Highly adaptable to my surroundings and do bugger all day apart from eat and sunbathe)

What was the first record/CD you bought? It was last century to start with and it was an AC/DC album



Would you like to feature in our next Staff in the Spotlight?

Complete this form: <https://forms.office.com/r/91vLPWAYdq>

TAKE A BREAK

As we head towards the Platinum Jubilee weekend, here is some themed activities in preparation for the celebrations!

Celebration Cake

You will need:



- 2 x 18cm (7in) sandwich cake tins, base lined with parchment
- 200g plain flour
- 405g can light condensed milk
- 2 eggs
- 2 tsp vanilla extract for cake mix
- 150g margarine or butter
- 3tsp baking powder
- 6tbsp strawberry conserve or jam
- 200g icing sugar
- 100g margarine or butter, softened
- 2tsp vanilla extract for buttercream
- 200g mixed summer berries, to decorate

Step 1: Preheat the oven to 180°C/350°F/Gas Mark 4.

Step 2: Place the flour, condensed milk, egg, vanilla extract, margarine and baking powder in a bowl and beat with an electric hand mixer for 2-3 minutes until pale and fluffy.

Step 3: Spoon into the tins and bake for approximately 25-30 minutes until springy to the touch and golden brown. Cool slightly then transfer to a cooling rack to cool completely.

Step 4: Place one half of the cake onto a serving plate and spread with the jam. Sandwich together with the other half.

Step 5: Beat the icing sugar, butter and vanilla with a few drops of water to bring the mixture to a soft consistency. Spread onto the cake. Arrange the berries on top in a Union Jack shape, like in the picture shown above.

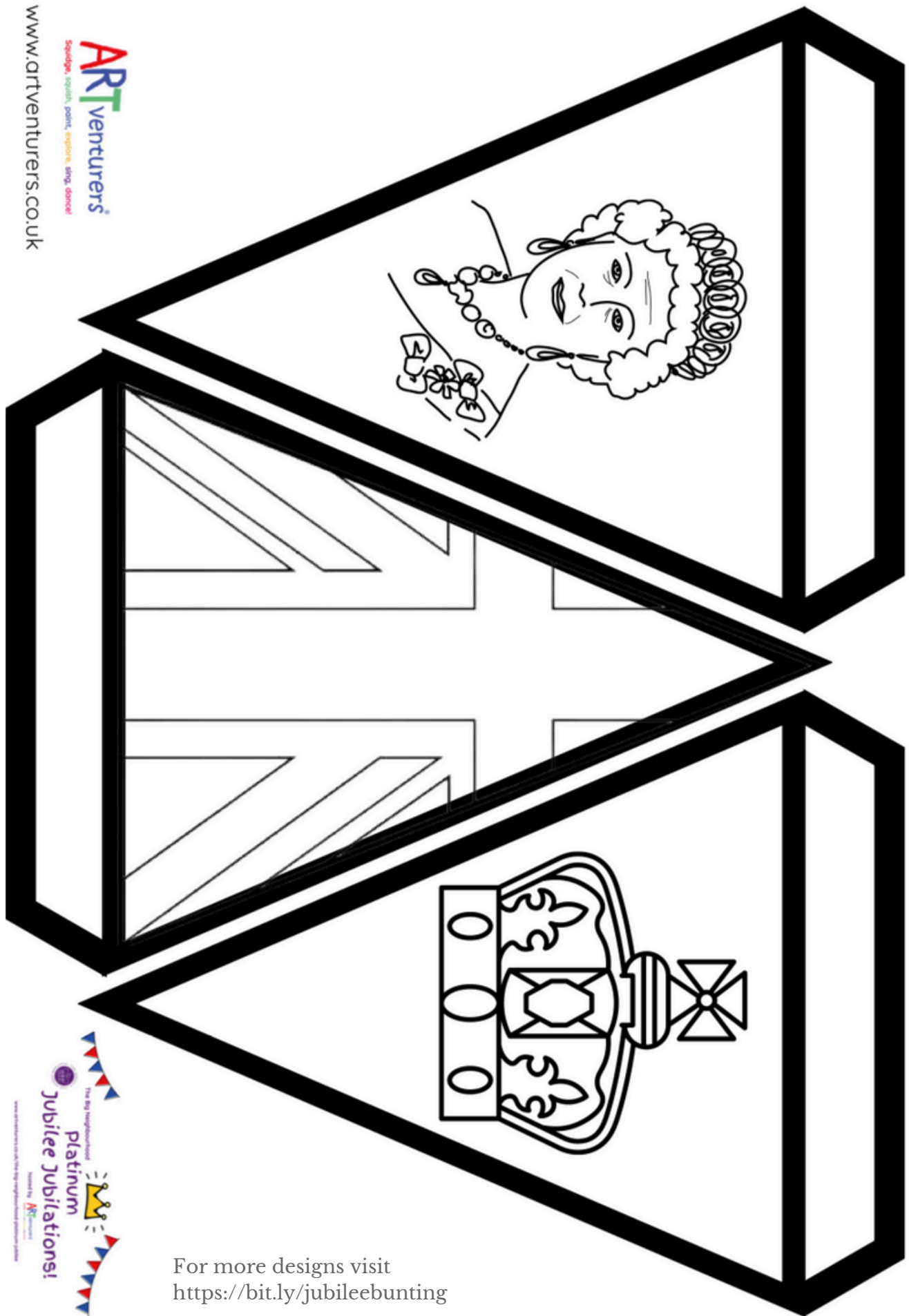
Wordsearch

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BANK HOLIDAY
 BUNTING
 CORGI
 CORONATION
 CROWN
 QUEEN
 ROYALTY
 SEVENTY
 STREET PARTY
 UNION JACK
 ELIZABETH
 JEWELS
 JUBILEE
 MONARCHY
 PLATINUM

Answers on page 11

Colour in and cut out the bunting to use as part of your decorations!



www.artventurers.co.uk
ARTventurers
Squidge, squish, paint, explore, sing, dance!

The Big Jubilee Celebration
Platinum Jubilee Celebrations
Jubilee Jubilations!
Presented by ARTventurers
www.artventurers.co.uk

For more designs visit
<https://bit.ly/jubileebunting>

CARTREFI FEST

GŴYL CARTREFI

2022

Monday June 20th - Thursday June 23rd 2022

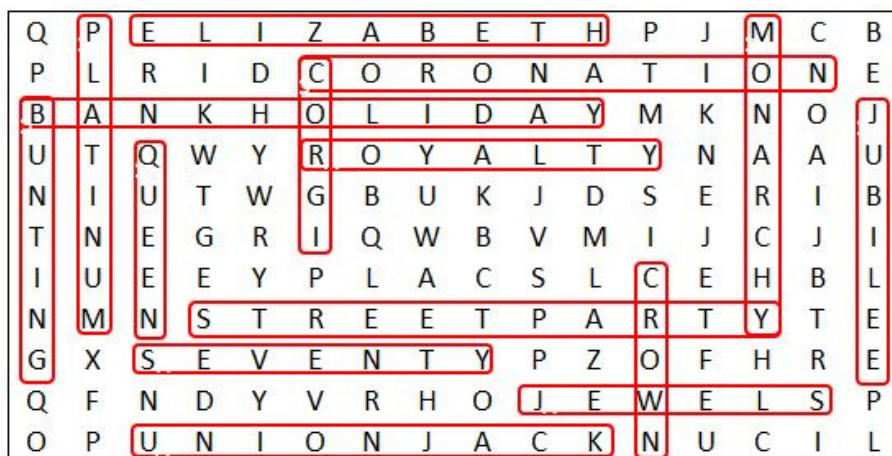
An interactive online festival to bring laughter and joy, delivered in collaboration with brilliant professionals and Cartrefi superstars.

Acts include Dance, Yoga, Cookery, Makaton, Music and Magic!

You will receive a brochure, with a full timetable and details on how to book shortly.

The stage is set, the lights are bright and the show is on.

Word Search answers



Do you have a story you want to tell?
Or an event you want to share?

If so, submit them to us to be included in the next newsletter!

Stay Connected



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