

# CARTREFI CO-OP

*The newsletter for everyone!*



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## **BRASS RUBBING IN CHURCH**

*by Nicola Gwalchmai*

"Selwyn Peate, from Meifod, attends his local village church every week and rings the big brass bell before every service.

Selwyn wanted to do more to give back, so he set himself the challenge of cleaning all the brass ornaments in the church once a month until they were shiny and clean! He thoroughly enjoyed doing this!

Selwyn continues to help the church with cleaning their brasses every month and finds great joy in finding more reasons to visit the village church, bringing a flask of tea and a smile on his face each time.



*Pictured: Selwyn showing off his cleaning skills*

# HELLO FROM OUR NEW CEO

by Glyn Meredith

Dear all

Firstly I would like to say how much I have enjoyed meeting the individuals that work at Cartrefi and I have been inspired by the work that we do day in day out for the people we support. The teams that I have met have been positive and open to my many questions and there is a sense of willingness for developing further the great work of the organisation.



Just to introduce myself to those I have not met yet. I live in Swansea and have 2 boys 16 and 12 who keep me busy outside of work. I still play rugby occasionally and a keen follower of Swansea city football team. I am into running and hope to complete an ironman triathlon next year and am running the Istanbul marathon in November.

I feel there is a great opportunity at Cartrefi to develop fundraising and public awareness as one of the largest charities in Wales. In order to diversify the work and to grow we all need to get involved in developing a strategy for the organisation which is something you will all be involved in. This work will start in September and it will be great for us all to shape the future for Cartrefi and imagine a Cartrefi for 2030 and beyond. I would love for us to strive to be the best charity and social care provider in Wales and beyond for the people we support and the staff that work at Cartrefi. There is much to do and we have great people here who are keen to be involved in shaping this future and achieving this goal.



Pictured: Glyn with his boys

I am very open to staff across the organisation contacting me to talk about anything they feel they need to. Teams is a great way of communicating or just drop me an email and I look forward to working for this organisation as we move forward.

Best wishes  
Glyn

## STAFF IN THE SPOTLIGHT



What is your name? Lyndsey Meredith

What is your job title? Support Worker

Where is your office base? Trealaw

How long have you worked for Cartrefi? 9 years

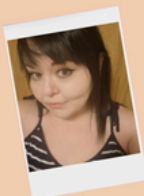
What is your favourite snack? Crisps

What is your most watched movie? Ace Ventura 2: When Nature Calls

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

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

What was the first record/CD you bought? Spice Girls - Spice



What is your name? Glyn Meredith

What is your job title? CEO

Where is your office base? Bridgend - but I like to visit all services and offices

How long have you worked for Cartrefi? 3 weeks

What is your favourite snack? Peanut butter on toast

What is your most watched movie? Gladiator

If you could live anywhere in the world, where would it be? Swansea - beaches, mountains and a great football team

If you were an animal, what would it be? Elephant - majestic animal

What was the first record/CD you bought? Genesis - The Way We Walk



Would you like to feature in our next Staff in the Spotlight? Complete this form: <https://forms.office.com/r/a4q3Qs0QZb>

# ALL HAPPENING DOWN ON THE FARM

*by Geraint Davies*

Rob, Joyce and Alex from Llanfyllin went to a Dolwyddelan community farm and nature reserve for one of their volunteering open days.

As well as having a look round and a drink and a cake, Rob helped out a little with the newly planted trees.

There is another open day next month and then in October, they are going to be tree planting which will be good and they are going to be having a BBQ and sing song as well.



*Pictured: Rob, Joyce and Alex*

# COFFEE KING

*by Nicola Gwalchmai and Garry Tatlow*

Garry ran a coffee morning at his local church, during the busy Jubilee weekend.

He baked some delicious cakes in preparation for his coffee morning, where he made cups of tea and coffee for everyone!

He thoroughly enjoyed doing this and would like to run another coffee morning in the future.



*Pictured: King Garry*

# CROWN QUADDING

*by Sadie Thomas*



*Pictured: David, Katie and Thomas*

Crown Avenue residents David, Katie and Thomas, along with staff Craig and Emily, had a brilliant day quad biking at Taff Valley Activity Centre, Pontypridd.



*Pictured: Crown Avenue on the quads*

# NEW OPPORTUNITIES INSPIRED BY MY UNCLE

by Phil Parslow

Unfortunately, May bank holiday 2021 my uncle sadly passed away; however, it was my honour to be asked to lead the funeral service.

Later that week I explained to Nicola Phillips in the Brecon Office what I had done, and that it had been suggested to me that I train as a Celebrant. Nicola encouraged me to look for a course and pursue this new opportunity.

I found an online academy which specialised in Celebrant training, and I immediately signed up.

After hours spent studying and essay writing, I passed my exam with a distinction in March.

This means I am now a fully qualified Civil Celebrant and Funeral Celebrant, that can officiate at Weddings, Civil Partnerships, Naming Ceremonies, Wedding Vowel renewals, Funerals and Memorial Services.

I am very proud of my achievement which allows me to officiate at special events, which people will remember for the rest of their lives.

If you would like any more information, please contact me at [Philip.parslow@cartrefi.coop](mailto:Philip.parslow@cartrefi.coop).



*Pictured: Phil proudly officiating a wedding*

# CROCHETING FOR UKRAINE

by Tayah Jenkins

Barbara was inspired to crochet from a young girl, she is self-taught. She has made many blankets and donated them to The Salvation Army to help the homeless and more recently she has crocheted 15 blankets, which she donated to the Ukraine Appeal through Sharon Church in Pontypool.

She was inspired to do this after watching the Ukraine war on her television, she felt so sorry for the people sheltering underground, they looked so cold and hungry.

Barbara bought brightly coloured wool, which she hoped would give them a bit of cheer as well as keeping them warm. Her blankets went off on a lorry to Ukraine in June.

Barbara is still busy crocheting and generously donating her blankets.



*Pictured: Barbara and her blankets*



*Pictured: Nae & her award*

# NAE'S PROUD MOMENT

by Julie Jenkins

Congratulations to Nae for receiving her 5 years service award with the British Red Cross.

Its lovely to see her being recognised for her commitment and loyalty helping others.

Well done Nae!!

# FROM JUNGLE TO ALLOTMENT

by Alan Bridson

Clive Jones from Tyne in has recently taken over an Allotment in Llandrindod Wells.

Clive has worked very hard to turn this overgrown plot of land into a gardeners paradise. The progress he has made in a few weeks is amazing - Well done Clive!



*Pictured : Clive working hard in his allotment*

# GOING ELECTRIC

by George Heard

I am George from the Newport area.

I have recently become an owner of an electric car. I am clapping hands at the front of my car with excitement on my very first outing in this.

I have enjoyed going out to lakes for strolls, drives and my first small festival!



*Pictured : George in his new car going to a festival*

# BEING THERE FOR EACH OTHER

by Sabina Stillman

People we support and staff from the Vale all got together to celebrate International Friendship Day with a 'Friends' theme party!

The party was hosted by Rectory Drive, whose staff went above and beyond to cater to every single person. Everyone loved getting together, meeting new people and having a photo taken using our Central Perk 'Friends' photo booth!

Well done to Jane from the Old Post for winning the raffle prize too.

A big thank you to Sian and Nicole for putting on a wonderful spread! They made sure everyone was fed and catered to their individual needs. A huge thank you to Amy, Jo, Nicky and Sheree for all their help, along with the wonderful residents of Rectory Drive for opening their home to everyone.



*Pictured : Having a great party*



*Pictured : Jane and her prize*

# WENT FOR A WALK UP A HILL

*by Josh Ranford*

On the 7th of June on a drizzly and grey day, we went for a walk up to Penwyllt quarry. Chris helped organise it with Bethan from Outdoor Partnership and Aled from Expeditions Wales, and with thanks to First Choice Housing for giving us a grant to pay for it.

I'm not able to walk very far and my wheelchair can act as a barrier to exploring more wild areas of Wales with my co-tenants. Luckily, I was able to loan an all-terrain wheelchair ( with thanks to MonLife) and some strong and determined men and women to help push me.

As you can see in the photos, I smiled for the whole time I was out and got to do something I had never had the chance to do before. Hopefully I will enjoy our next adventure in September as much as I did this one.

The next walk is on 27th September, please contact Chris [chris.dodds@cartrefi.coop](mailto:chris.dodds@cartrefi.coop) 07502348375 if you would like to join us (be quick as limited places)



*Pictured : Josh and his team climbing Penwyllt Quarry*

# BE SAFE, BE SEEN

*by Lawrence Westerborg*

I am Lawrence from the Newport area.

I have recently become an owner of a Hi Visual Jacket. This makes me feel important and I enjoy doing jobs at my home when I wear this! I enjoy taking out the recycling and make sure the bin men are doing their job properly when they arrive to collect.

I also like to wear this when I help to maintain our garden and paint.



*Pictured : Lawrence in his Hi Vis Jacket*

# ALWAYS BUSY

*by Rhian Williams*

I am Rhian from the Caerphilly.

I have enjoyed socialising and eating at BBQs.

I have enjoyed arts and crafts in a local church and have made friends. I have filled my living room with all my crafts.

I also made chocolate rice cakes!



*Pictured : Rhian ready for a BBQ*

# WOODSMAN BEN

*by Ben Parry*

I have been to the Community Woodland Trust at Llangattock on several occasions.

I enjoy being out in the fresh air learning new skills, as you can see from the photos. I have also been doing wood deliveries with the Trust.

I thoroughly enjoy being at the Trust and would recommend anyone to find a similar working experience. Being outdoors helps me to experience and enjoy all that nature and wildlife has to offer.



*Pictured : Ben working hard at Llangattock*

# CAN A ROBOT BE A COMPANION FOR AN ADULT WITH A LEARNING DISABILITY?

*by Alys Phillips*

Whether they increase safety, improve accuracy, or enable communication, the robotics industry is advancing rapidly. Cartrefi are working with Service Robotics to establish whether a Robot can improve independent living.

Geraint Jenkins, Director of Operations explained that Cartrefi are always looking for new and accessible ways to keep the people we support, us a support provider, and friends and family connected so we are excited to be trialing Genie Robot.

A number of people in Powys have been putting the Robot to test.

Throughout this exploratory project we aim to give the people we support more opportunities to use smart assistants in their homes, to stay connected, gain more independence and ultimately decrease dependency on paid support.



*Pictured: Dan and Tim testing their robots*

# MY HOLIDAY TO BODDELWYDDAN CASTLE

by Margaret Williams

This is me and Suzie my support worker. Suzie supported me to choose and book the holiday I wanted. I am so excited about going and having a great time, dancing and singing and days out.

I visited Pensarn beach. What a beautiful sunny day. I obviously had to have a panad after the walk and a cake.



*Pictured : Margaret visiting Bodnant Gardens*



*Pictured : Margaret & Suzie*

I had a day in Llandudno, it was nice to all the Queens Jubilee decorations. I bought some new outfits.

I always wanted to visit Bodnant gardens. I walked around all day and saw such beautiful flowers. I did not realise how large the gardens were. I think the roses were my favourite flowers .

# CLAIRES ADVENTURE PACKED WEEK

by Claire Dyer

I went to Burry Port and had chip shop for dinner and then went in the sea in my wetsuit. I went all the way in the water for the first time ever in MY life. Smashing MY goals. I'm looking forward to next time already. Winner winner chicken dinner!

I also travelled by train with support staff to Cardiff. I went for a walk around the shops, the castle and Bute Park. I found the train very noisy but I'm glad I tried it. You never know unless you try. Never say never.

I travelled to West Midlands Safari Park in the car. It took 3 hours to get there, which is usually a challenge for me. I managed this very well. I enjoyed feeding the giraffe and riding the rollercoasters – and got soaked on the water rides!!



*Pictured: Claire on her travels*



# BE PART OF OUR CARTREFI COOK BOOK

## CARTREFI CYMRU COOKERY BOOK

RECIPES WANTED!



Do you like cooking? Would you like your recipe to be part of our new **Cartrefi Cymru Cookery Book**?

**\*\*Closing date: 24th October 2022\*\***

Send your recipes and photos, along with your name to:

✉ [communication@cartrefi.coop](mailto:communication@cartrefi.coop)

Or drop them into your local Cartrefi office!

Try Josh's Cartrefi Fest recipe to give you inspiration to create your own tasty dish.

## PARMESAN & HAM OMELETTE WRAP

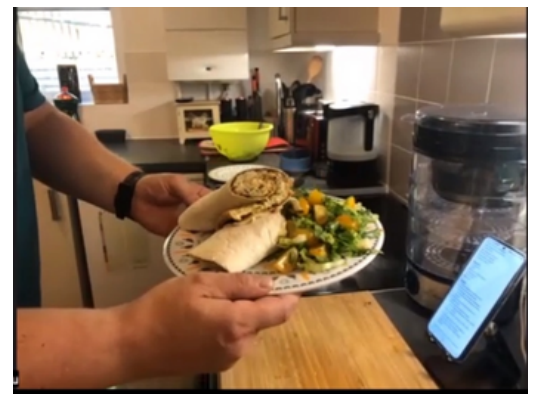
*by Josh Longbottom*

### Ingredients

- 2-3 Large Eggs
- 1 Tbl Coconut Milk
- 4 Bacon Medallions (or back bacon [rind off])
- Parmesan Cheese
- 6 cherry Tomatoes (Chopped)
- Chopped Iceberg Lettuce
- 2 Tortilla Wraps
- Salt and Pepper
- Chives (Finely chopped)
- Parsley (Finely chopped)
- 1 Teaspoon Olive oil

### Equipment

- 1 Large Bowl
- 1 Whisk
- Medium non-stick Frying pan
- Chopping board
- Kitchen knife
- Microwave



### Method

- Finely chop half the lettuce and quarter the tomatoes.
- Whisk eggs, coconut oil, salt & pepper, chives & parsley into a bowl.
- Heat the olive oil in the frying pan on a medium heat.
- Heat up the grill medium/high and place bacon under the grill for 3-4 minutes.
- Cut cooked bacon into small pieces.
- Add the egg mixture into the frying pan.
- Add cooked bacon pieces and parmesan cheese to taste to finish off the omelette.
- Heat the tortilla wraps in the microwave for 10 seconds or until warm, then lay out on plate.
- Carefully place the omelette on the wrap adding the chopped salad.
- Carefully roll the tortilla up and enjoy.

# BE PART OF OUR COOK BOOK



Elisha from Newport has been experimenting with new recipes and developing her cooking skills. She's been busy experimenting with Rice and Pasta dishes as well as her new favourite dish - Omelette. - looks delicious!

We hope to see some of Elisha's recipes in our new book

## FAVOURITE RECIPES WORDSEARCH

What's your favourite recipe? Maybe your favourite can be found in the wordsearch below. If it isn't then send it to us to be included in the Cartrefi Cookbook.

Can you find all 15 favourite recipes below?

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

BEEFBURGER  
 CHICKEN CURRY  
 FISH PIE  
 GREEK SALAD  
 ICE CREAM  
 LASAGNE  
 MEATBALLS  
 OMELETTE  
 PIZZA  
 ROAST DINNER  
 SMOOTHIE  
 SOUP  
 SPRING ROLL  
 SUSHI  
 VICTORIA  
 SANDWICH

*Answers on page 12*

# UPCOMING EVENTS

**Party, Dance, Cook and Sing with Inclusive Online Activities**

Come along to a free, online taster session

**Music with Sheridan**  
19th September  
2pm-3pm

**I'm in the band with Jessica**  
20th September  
2pm-3pm

**Drumming with Fred**  
19th September  
3.15pm-3.45pm

**Party time with Mark**  
21st September  
2pm-3pm

To book a free session contact [communication@cartrefi.coop](mailto:communication@cartrefi.coop)  
For more information visit: [www.inclusiveonlineactivities.com](http://www.inclusiveonlineactivities.com)



## INCLUSIVE ONLINE ACTIVITIES

### Online Opportunities for People with a Learning Disability

by Alys Phillips

Cartrefi Cymru Co-operative have found common ground with Inclusive Online Activities.

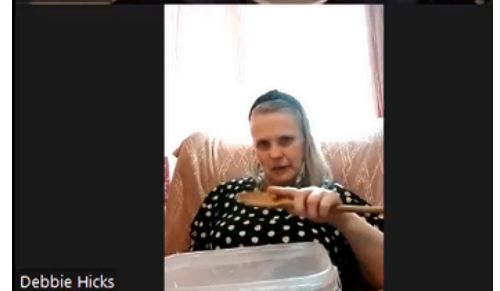
With a shared vision to promote independence amongst adults with learning disabilities, we are looking at ways we can work together to create fun opportunities for people and build an online community.

Inclusive online Activities was set up to reach people with learning disabilities who might otherwise be isolated, encourage self-confidence and build friendships. They offer a variety of reasonably priced interactive sessions: see below timetable.

This compliments the work that staff at Cartrefi are doing to open up new opportunities for the people we support. Joining together with Inclusive Online Activities will add a digital dimension to this good work.

Carol from Inclusive Online Activities explained 'We are really excited to be working with Cartrefi to offer our online activities to a wider audience, and ultimately bring more people together online, in a safe environment to have fun. We look forward to welcoming participants from across Wales to join us'.

For more information on what's available and to attend a free taster session please contact [communication@cartrefi.coop](mailto:communication@cartrefi.coop).



# UPDATES

## Finance Team Update



Hello from the Finance Team.

We're still working partly at home and partly in the office and this is working well for Cartrefi and for us. We do like getting together to see some of our colleagues in the office and we've had some events where we've all been in the office together. Also, recently we had a meeting with our new Chief Executive, Glyn Meredith; we all introduced ourselves and Glyn asked lots of questions about our Cartrefi experiences.

We're trying to improve the way we work all the time and make life easier for everyone too. Recently, we've written and delivered finance training for Support Staff Mangers. As ever, at this time of year, we are finalizing the financial year end, making sure all our income and expenditure is accounted for correctly, and we are preparing for the audit which will take place at the start of September.

### Who are the Finance Team?

- Susan Coffey - Finance Director, focus on strategic financial management and overseeing the finance team
- Stuart Jones - Senior Payroll Officer, managing payroll
- Derren Watkins - Projects, Systems and Training Officer, focus on finance systems
- Sarah Morris - Leading the Income and Payroll Support team, focusing on sales invoicing team
- Alex Stean - Sales invoicing
- Chloe Rosoman - Sales invoicing
- Charlotte Carver - Leading the Corporate Finance team, focusing on purchase ledger, credit cards and expenses
- Saad Kamal - focusing on purchase ledger
- Sarah Parry - focusing on credit cards
- Lynsey Thomas - Leading the Finance Operations team, focusing on all things financial for the people we support and running services
- Julie Godfrey - focusing on finances for the people we support
- Ann Walton - focusing on finances for the people we support



Communicate | Innovate | Sustainability

## Staff Mobile Phone Update

We have nearly finished the mobile phone roll out for all staff.

We are committed to promoting digital inclusion and equality by giving people access to digital and online tools.

A massive thank you to everyone for being so patient and supportive, in particular to our network of digital champions who are in place to support people with the new devices and area administrators for helping to send out hundreds of devices which were delivered to the offices.

**Did you know...**  
Around 7% of adults in Wales are not online with major barriers being access to devices, connections and support around developing essential digital skills.

If you have any questions please contact:

✉ [catherine.sellens@cartrefi.coop](mailto:catherine.sellens@cartrefi.coop)

☎ 07917634314

### Word Search answers

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

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



Want to stay in contact with us but don't know how? Scan this QR code to go to our contact details, website and social media! or click this link: <https://linktr.ee/cartreficoop>



[communication@cartrefi.coop](mailto:communication@cartrefi.coop)



02920 647097