

# CARTREFI CO-OP

*The newsletter for everyone!*



## *Inside this Issue*

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### **YORKSHIRE PUDDING ANYONE?**

Follow Julie's delicious recipe and be part of our Cartrefi Cookery Book - page 10

### **EXCITING ADVENTURES**

Check out stories about people's jam-packed weekends away and holidays on pages 3 and 7

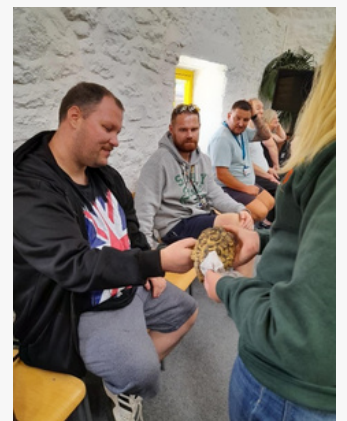
## **BEASTLY ENCOUNTERS**

*by Sabina Stillman*

On 21st September, people we support from various areas all met at Noah's Ark for a fun-packed day.

In total we had 48 people from across Wales all come together at the Zoo to spend time meeting the animals and each other.

As part of everyone's day, we all got up close with some peculiar animals, this included snails, cockroaches, snakes and a lovely little tortoise.



*Pictured: People we support holding peculiar animals at Noah's Ark Zoo Farm*

# UPDATE FROM THE CEO

by Glyn Meredith

Hi all,

I can't believe I have been here 4 months now and I have to say that I have loved getting out and about to meet our wonderful staff, people we support and community supporters in all 4 corners of Wales. The organisation really is a joy to lead and be a part of. I have loved the Cartrefi Chat events that we held in September and listening to the amazing stories of people we support, along with staff, and really get to know people here better. I would like to say thank you to everyone for making me feel so welcome and am looking forward to meeting more people.

I have been amazed by the Halloween events and the effort people put into costumes and parties and can't wait for more festivities as we head quickly towards the Christmas period – which at the time of writing is only 40 days away!

In my first 4 months, I have spent the time listening and learning about the organisation and am excited that we have started work on a plan about what we do all the way up to 2030. This is something we will be talking to you all about soon. We are also setting up monthly live webinars where anyone in the Co-operative can get involved and ask questions to me and the Directors. We hope this will be well attended.

I am off to Qatar soon with my 16-year-old with the hope that Wales can do us proud in the football world cup and I hope all you football fans enjoy the tournament too.

Best regards - Glyn



Pictured: Glyn

## STAFF IN THE SPOTLIGHT



*What is your name?* Megan Williams

*What is your job title?* Support Worker

*Where is your office base?* Pontypool

*How long have you worked for Cartrefi?* 5 months

*What is your favourite snack?* Ham and cheese sandwich, with cheese and onion crisps - inside!!

*What is your most watched movie?* Fox and the Hound

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

*If you were an animal, what would it be?* Dolphin

*What was the first record/CD you bought?* The Darkness - Christmas Time!



*What is your name?* Tracey Leake-Jones

*What is your job title?* Area Administrator

*Where is your office base?* Pontypool

*How long have you worked for Cartrefi?* Since June 2019

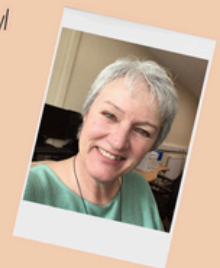
*What is your favourite snack?* Cake - any cake!

*What is your most watched movie?* Top Gun

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

*If you were an animal, what would it be?* Owl

*What was the first record/CD you bought?* Shang-a-Lang by Bay City Rollers



# DAY OUT AT LLANGORSE LAKE

by Michael O'Donnell

I visited Llangorse Lake with my support worker, Colin. I was surprised how beautiful the lake and surrounding area was.

I enjoyed seeing the different wildlife, fish, swans, and birds of prey.

I walked part way around the lake.

There were several big oak trees, and one was so big that I was able to climb inside the hollow trunk.



*Pictured: Michael enjoying his time at Llangorse Lake*

# GAMES GALORE

by Nicola Gwalchmai and William Huish

This is William who lives at Spring Gardens, Meifod.

William loves to play pool.

During the spring William and some of his support workers converted a shed into a games room. There is a pool table, dart board and desk for dominoes. Over the summer it has been very popular with William and his house mates.



*Pictured: William ready to play some games*

# ALL ABOARD TO PWLLHELLI

by Helen Sinclair



*Pictured: Rob, Michelle and Joyce outside the mock 10 Downing Street door*

Michelle, Rob, and Joyce recently went on holiday to Pwllhelli. They had a wonderful time visiting the Lloyd George Museum and did lots of fun things like riding and driving the mock engine at the Porthmadog steam train and standing outside a mock No 10 Downing Street door.

It looks like they had a great holiday!



*Pictured: Michelle driving the mock engine of the Porthmadog steam train*

# CARTREFI CHAT - GATHERING STORIES

by Louise Nott

From Tuesday 27th September to Thursday 29th September, Cartrefi hosted their first set of new storygathering events of 2022 – ‘Cartrefi Chat’! Starting in Swansea and ending in Bangor, staff and people we support reunited – some not having met up since before lockdown, some even longer than that – and the rooms buzzed with chatter and laughter as people told their stories about what was going well for them with Cartrefi’s support.

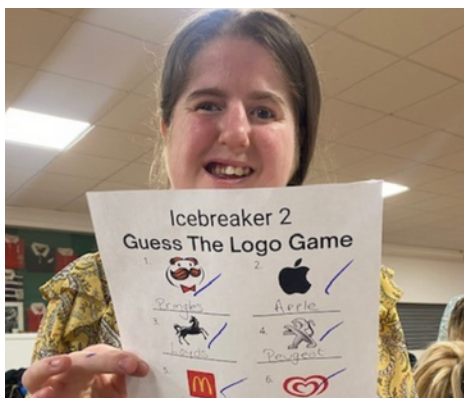


*Pictured: Richard, Dawn and support workers enjoying Cartrefi Chat in Llandrindod Wells*



*Pictured: Marie, Maria and support workers having a nice chat in Swansea*

We learnt about new opportunities, exciting holidays and adventures, and all the fun things people got up to.



*Pictured: Lowri in Swansea*



*Pictured: Becky and Margaret in Bangor*



*Pictured: Margaret in Llandrindod*



*Pictured: People telling their stories in Bangor*



*Pictured: Dawn, Marjorie and Louise enjoying a reunion*

## CARTREFI CHAT - CONTINUED

We would like to thank everyone who came to our events in Swansea, Llandrindod Wells, and Bangor, the staff who helped organise it, and all the amazing venue owners and catering companies who provided us with the space to host everyone and all the delicious food!



*Pictured: Gary, Fay and her support worker in Swansea; Francis in Llandrindod; and Allison in Bangor*

## FROM SEED TO SUNFLOWER

*by Sharon O'Hare*

The ladies at Cae Cilmelyn decided to have a competition to grow the biggest sunflower. Support worker, Sharon, and Margaret went to the nursery to buy pots and seeds. Ali, Ann, and Margaret decorated their pots and planted the seeds.

They waited and waited...

The winner was Margaret! She enjoyed her prize of chocolate – and all the ladies received a sunflower necklace.



*Pictured: Margaret and the winning sunflower*



*Pictured: Alison and Ann with their sunflowers*

## DARREN KEEPING BUSY

*by Sadie Thomas*

Darren has enjoyed doing lots of different activities lately, things like: Halloween arts and crafts, and enjoyed going to Majestic Bingo with his co-tenant, Alud. At the bingo, he also called 'house' – he was so chuffed!

Darren entered the Treorchy Bake Off and made a lovely Victoria sponge. He didn't win but enjoyed taking part.

Darren had 2 tickets for his birthday to go to the Principality Stadium to watch WWE 'Clash of the Castle'. Darren and I had the best day down at the stadium singing and chanting to all the wrestlers. He left the stadium a happy man when both his favourite's, Baily & Roman Reins won! What an experience and a fantastic day!



*Pictured: Darren having a blast at the wrestling & showing off his pumpkin carving*

# OWENNA ROBERTS – GONE BUT NEVER FORGOTTEN

*by Annmarie Owen*

Owenna moved into Gorwel Las in 2007 following a short stay at the Rectory due to her mum's illness.

Owenna got on very well with all her housemates “a match made in heaven” she would say. They were so happy being together, they would squash onto the sofa just so they could all sit, laugh and giggle all night long. Even though they all attended the same day service, they never got tired of being together.

Owenna lived a full and happy life including attending the Gateway club, Co-op and Mencap activities. Owenna loved a party especially Halloween where she got to wear fancy dress, decorate her home and have a party with her house mates.

Owenna enjoyed her holidays and had lovely times with her housemates, Margaret & Michelle, as well as going to Blackpool with her best friend Yvonne.



*Pictured: Owenna*



*Pictured: Owenna and Ken*

Owenna met Ken at Gateway Club. They got on well and after a couple of years they got engaged and celebrated with a big party.

Sadly after a long illness, Owenna passed away in the early hours of the morning on 16th May 2022.

Owenna was a true ray of sunshine, always so thankful for every little thing we did for her, and a true pleasure to have known. She was supported by a team of exceptional staff who respected her wishes on how she wanted to live her life as well as how she wanted to say goodbye.

# CARTREFI GOING THE DISTANCE

*by Susan Coffey*

On Sunday 3 October, Glyn Meredith, CEO and Susan Coffey and Chloe Rosoman, who both work in Cartrefi's Finance Team, ran the Cardiff Half Marathon. After a rainy start to the day, the sun did Cardiff proud and it was a beautiful warm day, ideal for the run. Chloe said of her first marathon “I have never run a half marathon before but I really enjoyed it. It was a fabulous feeling when I crossed the finish line!”

Glyn ran to raise money for Joey, son of Rebecca - one of our amazing support workers in Brecon. Joey has had to deal with many health struggles in his 5 years and will be off to Great Ormond Street hospital for what will hopefully be a life changing operation.

The Cardiff Half Marathon is still the biggest fundraising event in Wales and we know there are people across Cartrefi who would love to get involved so next year we'll be asking for people from across Wales to run for Cartrefi – we hope to run with you in October 2023!



*Pictured: Glyn, Susan and Chloe at the Cardiff Half Marathon*

# IN THE FOOTSTEPS OF ROMANS

by Chris Dodds

First Choice Housing, with help from Outdoor Partnership, Expeditions Wales and Mon Life, generously funded two amazing walks for some of the people supported by Cartrefi.

This is what Andrew, one of the people on the walk, had to say about his trip.

“I went to Trecastle for a walk on the Roman Road. I went with my friends, Josh & Leighton & the walking guides. We had a packed lunch with pasta and crisps.

It rained and we got wet. We had a good day.”



*Pictured : Andrew and the team roaming the Roman Road*

# STEPS TO MANCHESTER CITY

by Steven Monks

On the morning of Friday, 26th of August I set off early in my car with two of my support workers – Carol & Sheryl.

I had no idea where we were going as it was a surprise trip for me. As we got nearer to where we were going, I recognized the road and I got very excited, as I had been here – The Manchester City Football Ground – with my Dad and his friends many times before. We visited the Trophy Room, and I had my photo taken, went to the Away changing room, the Home Changing Room, the pitch and the Manager’s leather chair. I had my photo taken with a cardboard cut-out of the Manager: Pep Guardiola, and in front of the shirts of my favourite players: Ederson, De Bruyne, Grealish & Haaland.

The next day we arrived at a very big field. As I got closer, I could hear loud music and then I saw a big sign saying that it was a Steps Concert – my favourite band. When Steps came on the stage everyone cheered and I think I cheered the loudest! I enjoyed singing and dancing along to my favourite songs: Tragedy, 5,6,7,8, and Something in Your Eyes.

It was a fantastic weekend away – and I can’t wait to plan another trip away soon.



*Pictured: Steven on his exciting weekend*

# SAVING THE ELEPHANTS

*by Chevaughan Flint*

Cartrefi Lifeline Group in Carmarthen organised a sponsored walk to raise money for the Skanda vale Temple rescue elephants. They raised a massive £435.06.

The group was then invited to attend the Skanda Vale Centre to feed the elephants by hand with fruit. We found out they could eat whole pumpkins! Everyone loved the adventure!



*Pictured: Cartrefi Lifeline group with their elephant friend in the background!*

# ALUD'S ADVENTURES

*by Sadie Thomas*

It's been a good month for Alud at Crown. He has gotten involved in creating all Halloween decorations with his co-tenant and has done some fantastic work on his Cricut.

Alud entered Treorchy Bake Off on the day of Treorchy Festival. With his delicious caramel shortbread biscuit, he managed to win the Bake Off! Alud was over the moon with his prize too - vouchers to spend in Treorchy Highstreet shops.

Also, Alud is a regular at Majestic Bingo and Castle Bingo in Tonypanydy. He has called house many times, and even won when he has invited his co-tenant, Darren Thomas to join him and the rest of the staff. Majestic Bingo have started doing a documentary about the bingo hall on BBC iPlayer, called 'Full House'. Alud and a member of staff have managed to appear in two episodes and called house in 1 of them. His claim to fame!

Well done Alud on all you have achieved this month, you should be proud of yourself.



*Pictured: Alud & Darren with their bakes*



*Pictured: Alud's feature on 'Full House'*



*Pictured: Alud & Darren enjoying bingo*



# SPOOKY STUFF HAPPENING AT CARTREFI

People supported by Cartrefi really got into the spooky spirit! Support staff have been fantastic in sending in pictures of all their Halloween parties and preparations. You can see some of them in the pictures below.



*Pictured: People we support preparing for and enjoying the Halloween festivities!*

# YORKSHIRE PUDDING ANYONE?

Have a go at making these delicious Yorkshire Puddings with this amazing recipe by Julie Hughes from Holyhead.

## Julie's Yorkshire Pudding Recipe

Ingredients:

- 100g plain flour
- 2 eggs
- 100ml milk
- Salt and pepper
- Oil for greasing

Equipment:

- Jug
- Yorkshire pudding/muffin tray

Method:

1. Pre-heat oven to 200°C
2. In the jug, mix flour & eggs together until smooth batter is formed
3. Whisk in milk until you get a pancake batter-like consistency
4. Add a pinch of salt and pepper to the mix
5. Put Yorkshire Pudding mix into fridge to set
6. Add a small splash of oil into each Yorkshire Pudding mould
7. Whilst mixture is setting, place the tray into the pre-heated oven until oil is piping hot.
8. Carefully add the mixture into the hot oil and place in the oven for 12-15 minutes or until golden brown
9. Serve with your favourite Sunday lunch and enjoy!



**Julie's top tip** – Don't open the oven door whilst the Yorkshire Puddings are cooking - they will rise better!

**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?**

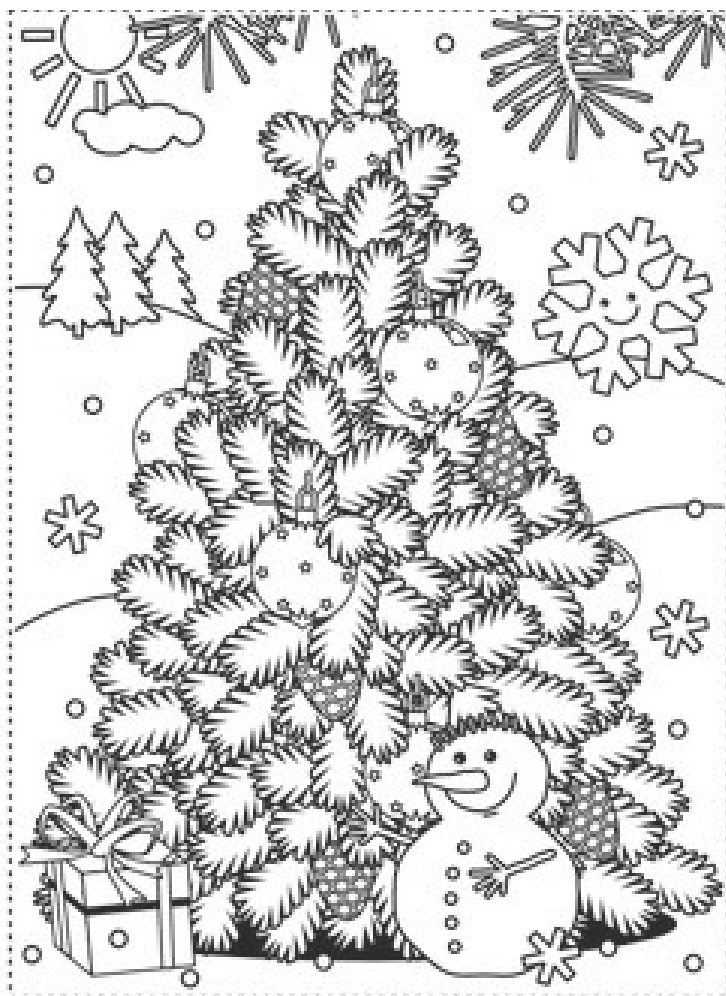
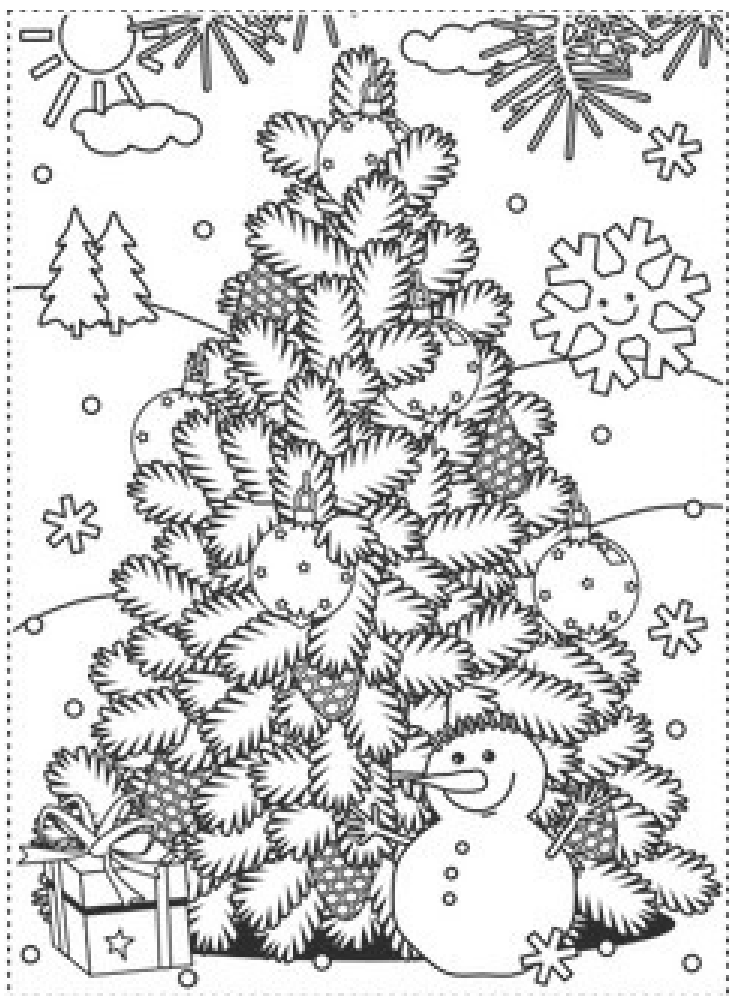
Send your recipes and photos, along with your name to:  
✉ [communication@cartrefi.coop](mailto:communication@cartrefi.coop)  
Or drop them into your local Cartrefi office!

cartrefi cymru  
co-operative

The banner features a teal background with a purple circle containing the text 'Cartrefi Cymru Cookery Book'. Below this, a white box with a purple border contains the text 'RECIPES WANTED!'. A central image shows a collage of people in their kitchens: a man with a Puma t-shirt holding a cake, a man at a microwave, a man with a tray of food, and a woman at a counter. The bottom left has the Cartrefi Cymru logo, and the bottom right has a line-art illustration of a jar of kitchen utensils.

# SPOT THE DIFFERENCE

Something about these two photos doesn't seem quite right. Can you help us spot the 10 differences in these two snowy Christmas tree pictures? Or you could just colour them in!



# CHRISTMAS WORDSEARCH

Looking forward to Christmas? We are feeling quite festive too! Can you find all 15 Christmassy words in the wordsearch below?

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

- SANTA CLAUSE
- REINDEER
- PRESENTS
- SLEIGH
- BELLS
- NORTH POLE
- CHRISTMAS
- MISTLETOE
- SNOW
- DINNER
- STOCKING
- CAROLS
- TOYS
- ELF
- FAMILY

*Answers on page 13*

# INCLUSIVE ONLINE ACTIVITIES

## Have Fun From the Comfort of Your Own Home and Build Friendships With Inclusive Online Activities

- ★ Try something new
- ★ Have fun while meeting some new faces
- ★ Some sessions are free to attend or start from as little as £2 per screen
- ★ All sessions are held online on Zoom so are accessible
- ★ Sessions are specifically for people with learning disabilities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Worship songs with Sheridan 6pm - 6:30pm	Tales from the Bible with Alex 6:15pm - 6:45pm	All Creatures Great and Small with Amanda 5:30pm - 6pm	Dance with Katie 5pm - 5:30pm	Feel good cooking 4:15pm - 5pm
I'm in the band with Paul 7pm - 8pm	Party Night with Will 7pm - 8pm	Wish you were here 6pm - 6:30pm	Tai Chi with Nicky 6pm - 6:30pm	In the doghouse - 6pm - 6:30pm
			Singing with Katie 7pm - 8pm	Jam with Jess 7pm - 8pm



You can find out more information and book a session here: [www.inclusiveonlineactivities.com](http://www.inclusiveonlineactivities.com)

Or scan this QR code



Inclusive Online Activities



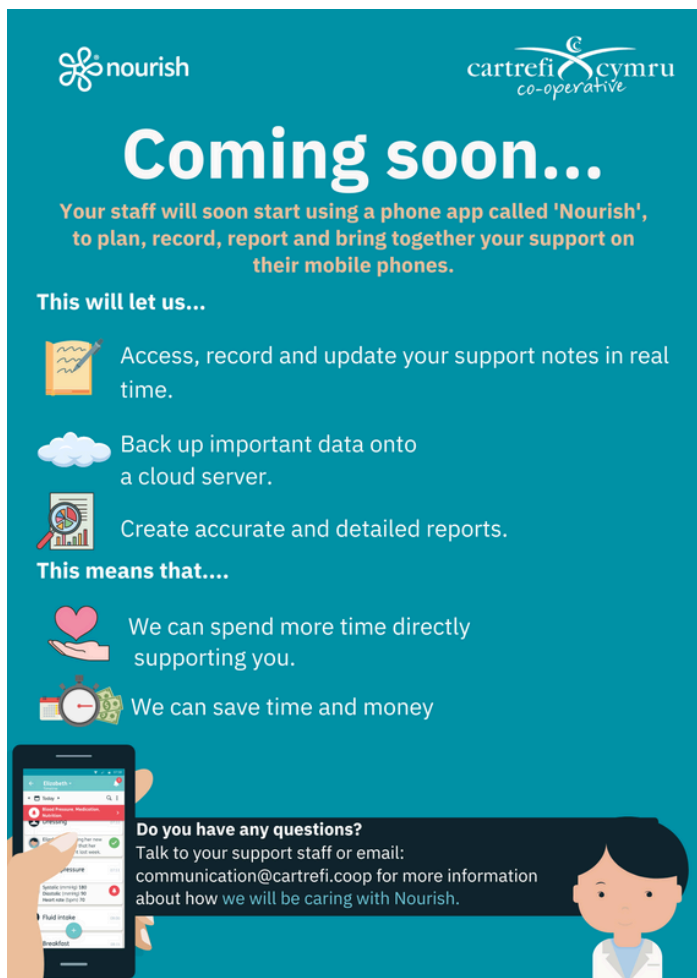
## Christmas Activities



Christmas is on its way! So here are some ideas for things to do with your friends and family in your local area:

- 🍷 'Christmas in Caerleon' – Festival Farmers' Market Sat, 3 Dec, 10:00 – Caerleon Town Hall, 2 Church St, Caerleon, Newport, NP18 1AW
- 🍷 Christmas Fair 2022 – Sun, 4 Dec, 15:00–17:30 – Westward Community Centre, Llangewydd Road, Bridgend, CF31 4JR
- 🍷 Crossroads' Christmas Market – Sat, 3 Dec, 10:00–16:00 – St. Peter's Civic Hall, 62 King St, Carmarthen, SA31 1BA
- 🍷 Merthyr Christmas 2022 – Sun, 18 Dec, 11:00 – Cyfarthfa Castle Museum and Art Gallery, Cyfarthfa Park, Brecon Rd, Merthyr Tydfil
- 🍷 Christmas Party – Sat, 17 Dec, 18:30 – Celtic Royal Hotel, Bangor St, Caernarfon, LL55 1AY
- 🍷 The Nutcracker - Fri, 16 Dec – Sun 18 Dec – Theatr Brycheiniog, Canal Wharf, Brecon, LD3 7EW
- 🍷 Hay Christmas Fayre - Sat, 10 Dec, 10:00-16:00 - Hay Market, Memorial Square, Hay-on-Wye, Hereford HR3 5AE

# DIGITAL UPDATE



**nourish** **cartrefi cymru co-operative**

## Coming soon...

Your staff will soon start using a phone app called 'Nourish', to plan, record, report and bring together your support on their mobile phones.

**This will let us...**

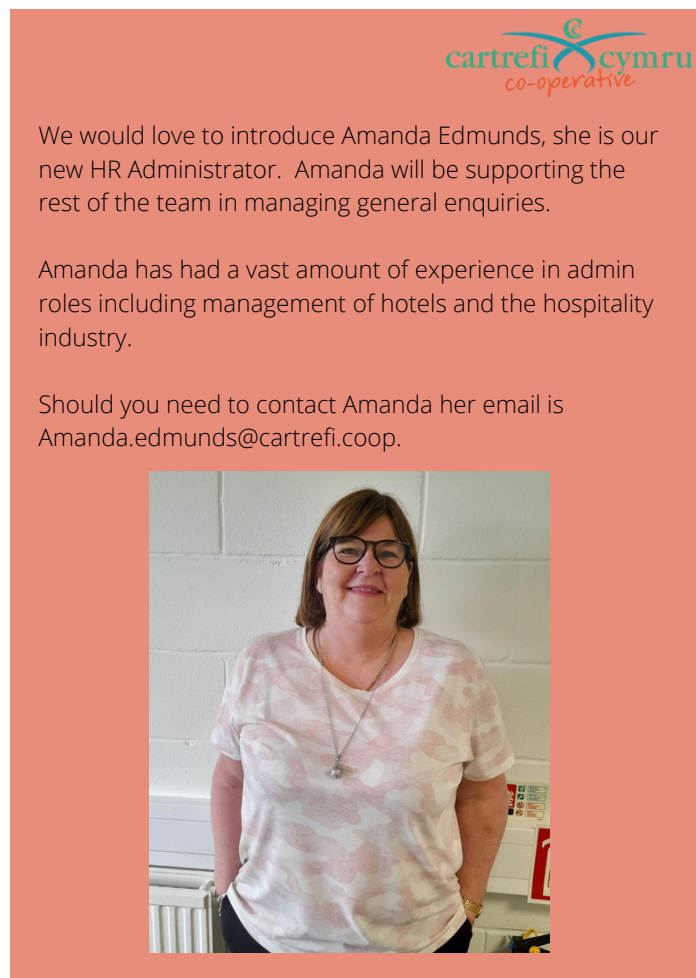
- Access, record and update your support notes in real time.
- Back up important data onto a cloud server.
- Create accurate and detailed reports.

**This means that....**

- We can spend more time directly supporting you.
- We can save time and money

**Do you have any questions?**  
Talk to your support staff or email: [communication@cartrefi.coop](mailto:communication@cartrefi.coop) for more information about how we will be caring with Nourish.

# HR UPDATE




**cartrefi cymru co-operative**

We would love to introduce Amanda Edmunds, she is our new HR Administrator. Amanda will be supporting the rest of the team in managing general enquiries.

Amanda has had a vast amount of experience in admin roles including management of hotels and the hospitality industry.

Should you need to contact Amanda her email is [Amanda.edmunds@cartrefi.coop](mailto:Amanda.edmunds@cartrefi.coop).



### Word Search answers

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

### 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/cartreficooop>

**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!**

[communication@cartrefi.coop](mailto:communication@cartrefi.coop)  
 02920 647097