



CARTREFI CO-OP

The newsletter for everyone!



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Pssst! We've hidden some Easter eggs all over the newsletter! Can you see if you can find them?

BILLY MOVING IN LEAPS AND BOUNDS

by Jeanette Drew

Billy Brown moved into the Laurels last year and has settled into his new home after living on his own with support for 15 years. Billy has done really well and loves living at the Laurels with Philip and Peter, his co-tenants.

Billy's life has changed so much, he seems so happy all the time and enjoys joining in with doing the household jobs. He recently achieved one of his outcome goals of answering the door to visitors and staff. Billy loves having lots of people around him.

Billy has had his first birthday party at the Laurels and invited his friends Annie, Dawn, Debbie, and Tom. Everyone enjoyed the party food and cake made by support worker, Katie.



Pictured: Billy spring cleaning

UPDATE FROM THE CEO

by Glyn Meredith

Hi all,

Time is flying by, and I am now into month 7 with Cartrefi. Over the last few months, I have had the pleasure of working on shift, shadowing staff and working with the people we support. I am always keen to see first-hand the amazing work that is being done, to get better insight into what works well and what doesn't. I plan to do more of this going forward for operational and support roles in the organisation.

We have some exciting developments with the digital transformation as we look to become more digitally effective with the technology we use.

The training and roll out of 'Nourish' is going really well and it is exciting to see teams using their phones for care planning and recording. Along with that, the opportunity for the people we support to record their own support through Nourish is also exciting.

I hope the pay award announcement will help for what is a challenging time with the cost-of-living crisis and we continue to maximise the opportunities to invest in salaries for staff across the organisation. The big change in the organisation is the new strategy work which will be shared shortly.

As ever if you have any questions, please drop me a line on contactthecEO@cartrefi.coop.

Best regards - Glyn



Pictured: Glyn & Josh

STAFF IN THE SPOTLIGHT



What is your name? Diane Bell or Dids

What is your job title? Support Worker

Where is your office base? Bangor

How long have you worked for Cartrefi? 25 and a half years

What is your favourite snack? Crisps

What is your most watched movie? Will

If you could live anywhere in the world, where would it be?
States...New York

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

What was the first record/CD you bought? Imagine - John Lennon



What is your name? Andrea Jones

What is your job title? Assistant Service Manager

Where is your office base? Llandrindod Wells

How long have you worked for Cartrefi? 12 years

What is your favourite snack? Crisps

What is your most watched movie? Pretty Woman

If you could live anywhere in the world, where would it be? In Wales, where I live

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

What was the first record/CD you bought? Fleetwood Mac - Rumours



WHAT'S GOING ON IN THE RHONDDA

GETTING CRAFTY

by Mia Southcombe

People we support in the Rhondda have formed the Crafty Club, where events are taking place everyday, from valentines wreath making, to pizza cooking classes, to flower arranging for Mother's Day.

Big thanks to the rugby clubs in Tylorstown and Pentre for letting us use the space to be creative and learn new skills!



Pictured: Crafty Club

CROWN AVENUE HAVE BEEN BUSY

by Jason Cook & Jamie Jones



Pictured: Richard, Tom and Paul

Richard, from Crown Avenue attended his first Wales rugby game as part of the Autumn Internationals recently, with his friends Tom and Paul.

They started off with a lovely breakfast then went down to Cardiff to soak up atmosphere and rain.

They managed to get fantastic seats once again and received great support from staff.

The people we support at Crown Avenue regularly gather together to have a dinner party and theme night.

It is decided beforehand what the theme of the feast will be, like Indian food, Chinese food, or a buffet.

They also play lots of games and everyone joins in. Everyone had a great time and enjoyed being in each other's company!



Pictured: Theme night in Crown Avenue

CYCLING TO HIS HEART'S CONTENT

by Jamie Jones

On a beautiful sunny day, Alud Williams and his support worker, Jamie, went to Cwm Cycling Rhondda, based in Ystrad in Rhondda Valley, to try out some of the specially adapted bikes, trikes, and go-karts for hire.

Alud enjoyed himself very much and was smiling the whole time as he rode around on a two-seated tricycle. Alud hadn't ridden a double bike before that day and did really, really well! They would definitely go again.



Pictured: Alud on a bike made for two

IMPROVING COMMUNICATION

by Jason Cook

I'm a support worker in Trealaw and I have started learning British Sign Language with Jason and David - 2 deaf people that I help support.

In the past, both Jason and David have gotten frustrated because they have been unable to communicate with staff. I brought this up to management and got some funding to learn.



Pictured: Staff and people we support in class

Nadine, one of the tutors, has helped staff learn more about Jason's life and past. Jason communicates by writing in a book, whereas David communicates by moving his hands and lipreading. However, both are able to have a 15-minute conversation with staff now, which has made a hugely positive impact.

ACTIF IN ANGLESEY

by Diane Bell



Pictured: Ryan & his birdbox

Ryan has learning difficulties, mobility difficulties, and limited communication. He uses walking sticks or a mobility scooter to get around. Ryan's first language is Welsh, but he understands Welsh and English, and he often communicates using Makaton and keywords.

I heard about Actif Woods/Coed Lleol through other carers and families who already attend. It has become a central part of Ryan's weekly routine. Actif Woods/Coed Lleol is one of the only programmes that I know of that supports people's well-being and physical health outdoors all year round. The sessions are also bilingual, so Ryan gets to hear and communicate in Welsh and English during the sessions.

The Actif Woods/Coed Lleol Sessions have given Ryan so much more confidence with his mobility and it has increased the types of pathways that he can walk.

I absolutely love attending Actif Woods/Coed Lleol with Ryan too – I have been working in and around support work for Cartrefi Cymru and other providers for over 25 years – I love being out in the community and seeing first-hand the impact that these sessions have on Ryan and me.



Pictured: Ryan making music



Pictured: Ryan on a walk

GROWING GREEN FINGERS

by Lisa Lewis

The people we support and staff in Bridgend hold a weekly gardening group. Cartrefi have had an allotment plot since 2014, and every year have been growing some amazing produce.

The site is currently going through some development to create a new car park, toilets and activities shed. Once it's completed, it will make the area more accessible for people to join in the group.



Pictured: Ann and Lloyd at gardening club

The group work very hard growing the seeds and nurturing the plants to grow big and healthy. They produce lots of healthy vegetables and fruit. They are able to take some home, but also sell some at a local plant sale as well. What delicious veg they've grown - well done everyone!

GURU GLEN'S GLENVIEW GARDEN CLUB

by Glen Dunn

Glen Dunn, support worker at Glenview Bungalow is starting up a user friendly, easy to follow Gardening Club, with simple follow along steps and ideas to help anyone interested.

He is hoping that it will improve wellbeing, and that the people we support will have fun along the way with plants and growing their own vegetables.



Pictured: Guru Glen's flourishing garden in Brecon

How-to guide on preparing your vegetable plot:

1. Dig and turn over with a garden fork, break up any large lumps as best as you can. Remove any big weeds as you go along.
2. Add some well-rotted manure and rake it in.
3. Use any sheets of cardboard you have, and place over the soil (remove any staples and Sellotape, as you don't want it in there – it's not good for the environment).
4. If you can, put a little spare soil on top and gently water over top to help dampen and weigh it down. By doing this it will help suppress any remaining weeds, add organic matter as it rots down and boosts nutrient levels.
5. Have a cup of tea or coffee, and a biscuit, be sure to rest in between jobs, and work in a team.

MOTOR MAN BARRY

by Michael Jones

It was one of Barry's goals to go to the British Motor Museum in Warwickshire to see all the historic and cinematic vehicles they have on display. Barry enjoyed travelling to the museum as it was a lengthy journey, and the scenic views were amazing following a recent snowfall.

Barry spent time looking at all the different vehicles on display which were a wide mixture of sports cars, vintage Ford's, iconic vehicles from films, cars from the wars and motorcycles.

Together we read the descriptions next to them which explained a brief history of each.

The Museum had another building where they specialised in Land Rover & Jaguar vehicles which Barry was really enthusiastic about.

Barry really enjoyed himself and can't wait for his next museum visit!



Pictured: Barry enjoying his trip

HELPING HAND FOR JOEY

by Jeanette Drew



Pictured: Raising money for Joey

Cartrefi are always putting their absolute all into charity work and fundraising for good causes that are close to us.

We held a Christmas lunch and bingo event at the Llandrindod office, gathering as many people as we could together to help and take part.

I cooked a roast dinner for 25 people then organised a bingo session in which we raised money for Joey's Warrior Fund. Great news - total raised so far for Joey is over £11,000! Amazing!

A message from Joey's mum - Rebecca

I just wanted to say a massive thank you to everyone that has shown their support and love towards our amazing Warrior Joey. It was so heart-warming to see the community come together to support our family during a very difficult time.

I am very proud to be a part of the Cartrefi family for the last 10 years.

Joey had undergone his surgery on the 24th October 2022 but it was a lot more complex than we anticipated, which will mean further monitoring and procedures. Despite this, Joey has continued to take everything in his stride and show his contagious smile, and he is improving every single day. We couldn't have asked for more from Great Ormond Street; they treated Joey with such empathy and care.

Once again, thank you so much for the money that was raised; it will help and support Joey to continue his journey on the road to recovery. You're all amazing!!!!



Pictured: Warrior Joey & mum, Rebecca

A MAN WALKS INTO A PUB.....

by Chris Dobbis

Its amazing what happens when you pop to the pub for a quick pint!

Owain, Benjamin and Joseph recently had a meal in their local pub Greenhouse in Cwmbran, supported by Tayah and Chris.

They started chatting to a man called Michael Edwards, who they found was very engaging. They had a great conversation and a laugh and a joke with him and Michael mentioned that he would love to get into support work. Tayah gave Michael all the relevant information and suggested that he apply as Cartrefi had vacancies.

Michael did well in his interview, and it was decided to offer him the job – Joseph, Ben and Owain agreed that they would like Michael to work with them, therefore with my help they rang Michael to give him the good news.



Pictured: our new support worker Michael



Pictured: Joseph, Ben and Owain

Owain shouted "YOU'VE GOT THE JOB!!!" and both Ben and Joseph were giggling and excited at the prospect of a new staff member.

Michael accepted the position and was very happy, he liked the fact that Joseph, Ben and Owain gave him the news.

Isn't it great that we can get the people we support involved in the decision making?

CANINE CO-OPERATION IN BRIDGEND

by Julie Jenkins

Are you part of your local Forum?

Whilst Cartrefi's core purpose is to support people to enjoy a good life, we also want to help you achieve wonderful things in your community. You can help do this by joining your local Cartrefi Cymru Co-operative Forum. In each forum we plan to:

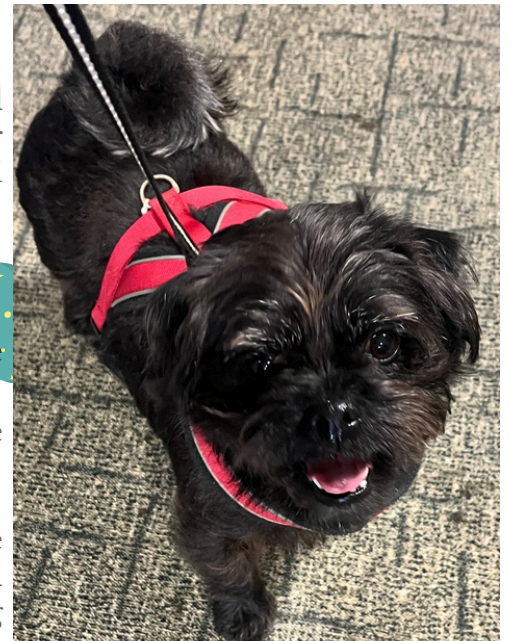
- Work with other local groups to build communities
- Help to protect the environment
- Help make friends and tackle loneliness by bringing people together

Each Forum will have their own plan of how they do this, and we will be bringing you information about each one in the newsletter.

Bridgend Co-operative Forum have decided to support Hope Rescue, a local dog shelter, as part of the cooperative. Bridgend Co-operative will be collecting and donating fleece blankets, dog food and toys as well as raising money for them.

Maisy is a rescue dog who has been rehomed by Rachel, one of our Bridgend workers – they currently have nearly 200 dogs looking for their forever home.

Why don't you join your local forum and help to make a difference in your area – speak to your support worker or contact your local office.



Pictured: Rescued Maisy

POETRY FOR HEALTH AND WELLBEING

by Susan Coffey

Arron Waters, his support worker, Jane Knowles and Cartrefi's Finance Director Susan Coffey, enjoyed an evening celebrating "Poetry for Health and Wellbeing" at the Senedd in Cardiff.

Literature Wales, who organized the event, invited us and it was fantastic that Arron, who is a poet and has published his book of poems, "The Taste of Ice Cream" could attend and meet other lovers of the written word.

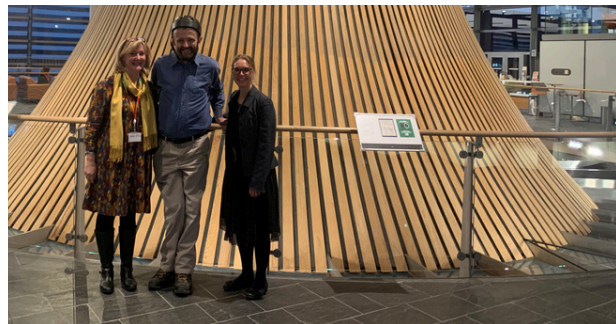
We all loved the talk and poems by Duke Al Durham, who has, from a young age, scribbled raps and poems in his old lyric book as his way of expressing himself and used writing to escape the challenges of his OCD.

You can read Arron's book here:

<https://www.cartrefi.coop/who-we-are/news/arrons-lockdown>



Pictured: Arron with Duke Al Durham



Pictured: Arron, Jane and Susan at the Senedd



Pictured: Arron and Jane

THE INVITE

by Arron Waters

I was invited to the Senedd to be part of an evening of poetry called 'Singing the Sun in Flight' on Valentines Day. The building was beautiful, made of wood, slate and glass. Rooted like a tree next to the Quay.

We watched the sun set and the poems flowed.

I loved the words of Duke Al Durham who told his story of being judged and labelled in his poem 'Liquorice'.

I identified with his feelings and words and wrote this poem in response.

He wants to change the world, one rhyme at a time.

I was lucky enough to meet him afterwards and was able to say how powerful I thought his words were. We had a picture taken together.

ARE YOU A POET AND YOU DIDN'T EVEN KNOW IT?

Help us celebrate spring by entering our poetry competition.

Arron will be part of the judging panel and he can't wait to read all your poems.

All the details you need to enter are in this poster:

Cartrefi Cymru Poetry Competition

Spring is coming!

Do you have a love of writing or poetry? Do you like to get creative? Then enter our Spring Poetry Competition!

Send us one poem by the **13th March** by dropping it into your local office or emailing your poem to us.

communication@cartrefi.coop

Prizes to be won!

IN MEMORY OF....

DIANA FAIRBROTHER - WILL NEVER BE FORGOTTEN

by Eve Anderson



Pictured: Diana

Diana first moved into Cae'r Delyn in 2018 where she lived with Yvonne. Di quickly shared her love for the royal family and introduced herself as the Queen, comparing herself to Lady Diana, and has been affectionately known as Queen or Queenie since. Di always loved to tell people how she had been to Buckingham Palace for a garden party with her mum due to all the amazing work her mum did with Mencap.

Diana had a very active and busy life and made good friends with Margaret and Michelle from Gorwel Las (and the staff there too). Di's favourite thing would be to go and have fish and chips or to go for a coffee and a cake.....And who could blame her really?!

Di's funeral was attended by all her family, many support staff and some of her friends. Her funeral was very personal followed by Di's favourite cake and coffee!

Di was such a happy person and an absolute joy to be around. The support teams from Cae'r Delyn and Gorwel Las feel privileged to have been part of Di's life and have so many fantastic memories of her.

Diana will never be forgotten and will be truly missed by so many!

PETER HIGSON - REMEMBERING OUR CHAIRMAN

by Adrian Roper

Peter joined Cartrefi as a Trustee in 2014 and served the company with huge enthusiasm and commitment for the next eight years, right up until he sadly passed away in January 2023.

He brought enormous experience and knowledge to the Board of Management, having had a career that included CEO of Health Inspectorate Wales and chairing the Betsi Cadwaladr Health Board, as well as trustee of many other charitable organisations.

He was an enthusiastic supporter of Cartrefi's transformation into a Cooperative and welcomed the opportunities that this brought for the people we support and frontline staff to share status and power with managers and trustees. Peter volunteered to represent the Board on the Cartrefi's Council of Members and he was really good at helping everyone to feel relaxed and able to speak up.

He was very aware of the need for people with learning disabilities to be supported in a safe environment, not just within Cartrefi but in the wider multi-agency context as well. In his role as Chair, he strengthened Cartrefi's safeguarding training and reporting systems and always ensured that time was taken to reflect on any serious incidents that may have occurred.

Peter was an exemplary trustee, a calm and solutions-oriented Chair, and above all, a decent man with a deep commitment to doing right by people with learning disabilities. He is already sadly missed but will be long remembered.



Pictured: Peter

WILDLIFE WATCH

by *Richard Harries*

I love wildlife and am enjoying watching all the wildlife visiting my garden this winter. There are 2 squirrels that visit my garden regularly - one big one and one smaller one. I love to watch them alongside Robins and various other birds. I enjoy putting out small nuts and monkey nuts to feed them.

The people I live with and the staff have now become addicted to squirrel watching! The only problem now is they come so regularly its part of everyday life to sit, relax and watch the wildlife – we aren't getting anything done!

Visitors can't believe the number of visits we receive from the squirrels (I think they are moving in!). In the period of 4 hours today we have had at least 50 appearances! They are becoming a main attraction at our home!



Pictured: Richard's squirrel friend

FACT FINDER

1. Did you know, putting on some extra weight is one of the strategies that squirrels use to keep warm during the winter months?
2. Squirrels can recognise ripe nuts using their sense of smell. They are also able to tell if an acorn or hazelnut has been hollowed out by weevils by recognising that the nut is too light.
3. Squirrel nests are called 'dreys'. They are compact, spherical structures which are slightly lighter than footballs. Constructed out of twigs, leaves, bark and grass, they are typically assembled in the forks of tall trees.

CREATE YOUR OWN BIRD FEEDER

Our next project is to make bird feeders for the birds from everyday items in our home. Here is a how to guide on what we plan to do!



Pictured: Richard filling up his bird feeder

Things you will need:

- Toilet rolls
- Peanut butter
- Bird seeds
- String

How to Guide:

1. Get some toilet rolls
2. Cover them with peanut butter
3. Roll the toilet roll in bird seeds
4. Cut some string to the length you need
5. Thread the string through the toilet roll
6. Hang in the trees in the garden so the toilet roll is horizontal so the birds have somewhere to sit
7. Enjoy watching the birds have a feast!

I'll be sure to let you know how we get on with ours.

I have been told that come the early summer we will be having a mass invasion of baby frogs from the pond in front of the bungalow I have moved into, so I will need to remember to shut the door as staff have told me they pop into the hallway!



THE LIFE OF ALUN GRIFFITHS

by Alun Griffiths



Pictured: Wizard Alun

Alun Griffiths was a Welsh speaking muggle-born wizard, born on March 29th 1980. His father, David, was a coal miner and his mother, Patricia, was a house wife. On March 29th 1991, Rubeus Hagrid turned up at Alun's house at Pontycymmer, Bridgend with his Hogwarts acceptance letter. Alun was astounded when Hagrid told him he was a wizard.

So Alun went with Hagrid to Diagon Alley to purchase his magical supplies. At Gringotts, Alun was even more surprised to learn that he had Welsh wizarding ancestry. Alun got his robes, equipment, spell books and a 14-inch mahogany and unicorn hair wand from Ollivander, the wand-makers. Then Alun returned home.

On September 1st 1991, Alun appeared with Hagrid on to Kings Cross Station, and rode on the Hogwarts Express. When Alun's name was called, the Sorting Hat placed him in Gryffindor. Alun didn't take flying lessons, probably because he couldn't stand heights. However, he learned about Quidditch, and that his local Quidditch team was the Caerphilly Catapults. Alun celebrated along with Gryffindor house when Harry, Ron, Hermione and Neville won extra points.

In his 2nd year at Hogwarts, Alun was very disapproving of Guilderoy Lockhart, the new Defence Against the Dark Arts teacher. To make up for that, he took part in the Duelling Club. He saw Harry speak Parseltongue, and everyone believed he was the heir of Slytherin, but Alun supported him and didn't believe the rumours. Fortunately, he wasn't petrified of the Basilisk. At the end of the school year, Alun was celebrating with Gryffindor when they won the House Championship again.

In his 3rd year, Sirius Black escaped from Azkaban. When Remus Lupin asked Alun for his worst fear, the Boggart became a shark. However, Alun said "Riddikulus" and he saw a dolphin ramming itself into the shark and killing it. It was clear that Alun could snorkel as well as swim. He went to Hogsmeade with his signed permission form written by his mother and father. He was appalled when Harry's Nimbus 2000 broomstick was splintered by the Whomping Willow, but glad when Harry received a brand new Firebolt. When Gryffindor beat Slytherin for the Quidditch Cup, Alun was ecstatic. He also celebrated Gryffindor winning the House Cup for the 3rd time.

He couldn't watch the Quidditch World Cup, but in his 4th year at Hogwarts, the Triwizard Tournament was announced. Alun supported Harry Potter when his name was chosen. He also attended the Yule Ball. When Harry brought Cedric Diggory's body back to Hogwarts, Alun was shocked, but he also believed Harry's story about Lord Voldemort returning.

In his 5th year, Alun disliked Dolores Umbridge, the new Defence Against the Dark Arts teacher. When Umbridge criticised Remus Lupin, Alun was incensed and told Umbridge what his reaction was. Umbridge retaliated, by docking 20 points from Gryffindor. Not wishing for a detention, Alun fell silent.

THE LIFE OF ALUN GRIFFITHS CONTINUED

He came to the Hog's Head pub in Hogsmeade and volunteered as the last member of Dumbledore's Army. Alun proved himself supreme with his Patronus which became a dolphin. He escaped to the Gryffindor common room, just in time. At the end of the school year, upon learning that Sirius Black had died, Alun cheered up Harry by saying that he was Sirius's greatest inspiration. Harry thanked him for his kind words.



Pictured: Alun's magical Dolphin patronus

In his 6th year, he met Horace Slughorn, the new Potions Master, but didn't make it into the Slug Club. Before the school year ended, Alun was distraught that Albus Dumbledore had died. He paid his respects at Dumbledore's funeral. When Lord Voldemort took over Hogwarts and the Ministry of Magic, Alun couldn't return to Hogwarts. That meant he had to keep a very low profile on his 18th birthday.

However, on May 2nd 1998, Alun appeared at the Hog's Head pub in Hogsmeade and answered the call for the Battle of Hogwarts, where he was welcomed back. Alun fought bravely. He helped many students who were injured during the break. He was incensed that he had noticed Harry, dead in Hagrid's arms. When the battle recommenced, Alun injured a large number of Death Eaters. He was also present when Harry killed Voldemort in the Great Hall and cheered him.

Alun survived the 2nd Wizarding War and returned to Hogwarts for his 8th year. He became an auror at the Ministry of Magic to promote Welsh interests. He survived to the age of 110, after he had attended the 2014 Quidditch World Cup.

Whatever his beliefs Alun will always be forever remembered as the Welsh speaking autistic miner's son and Muggle Wizard who enjoyed good magic.

BACK TO THE WOODS

by Philip Parslow

Ben Parry, from the Brecon area, has been back to the Woodland Trust at Llangattock recently.

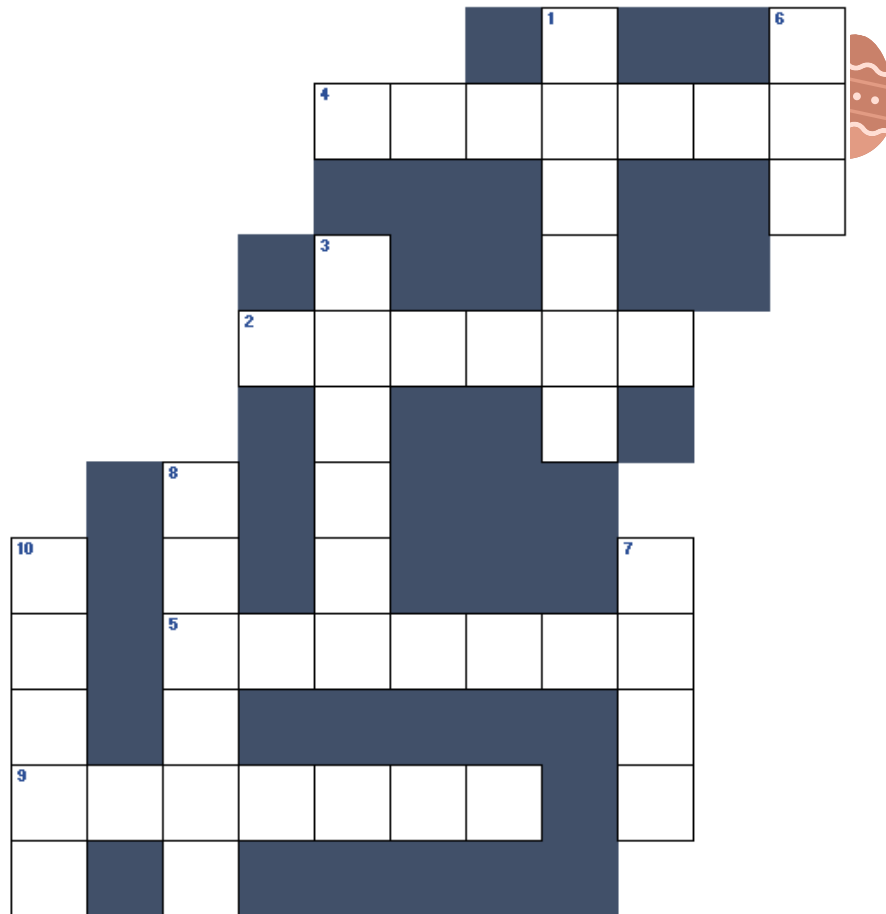
He has learnt so many new skills and has worked really hard for them doing many different jobs- especially with Spring coming.

During this visit to Llangattock, Ben has learned to plant willow and grade wood.



Pictured: Ben working hard

SPRING CROSSWORD PUZZLE



Across:

Down:

- 2. Place to grow vegetables at the back of a house
- 4. Activity that involves catching fish
- 5. Opposite of inside
- 9. Small pools of water

- 1. A short brief rain
- 3. Light, outer garment
- 6. Laid by birds and reptiles
- 7. Built by animals to hold eggs
- 8. Opposite of sunny
- 10. Plants that are harvested for food

EASTER WORDSEARCH

Are you ready for an Easter egg hunt? Why not take part in another hunt for all 15 words in our Easter wordsearch?

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

- PALM SUNDAY
- GOOD FRIDAY
- CELEBRATE
- CROSS
- EASTER
- EGG
- BASKET
- CHOCOLATE
- APRIL
- CHICK
- BUNNY
- EGG HUNT
- LENT
- SPRING
- DAFFODIL

Answers on page 15

SPICED CHOCOLATE AND ORANGE HOT CROSS BUNS

What's better than a hot cross bun at Easter? A **chocolate orange** hot cross bun at Easter! Have a go at baking them with this recipe.

Spiced Chocolate and Orange Hot Cross Buns

Ingredients:

- 225g plain flour
- 1 tsp salt
- 25g Margarine
- 1 tsp fast action dried yeast
- 40g sugar
- 15g cocoa powder
- 55g milk chocolate, chopped
- 55g dried apricots, chopped
- zest of 1 orange
- 1 level tsp mixed spice
- 150ml semi-skimmed milk

For the crosses:

- 25g Margarine
- 55g plain flour

For the glaze:

- 2 tbsp sugar
- 1 tbsp fresh orange juice

Equipment:

- Mixing bowl
- Cling film
- Jug
- Baking tray
- Piping bag
- Basting brush

Method:

1. Preheat the oven to 210°C, fan 190°C, gas 7. Sieve the flour and salt into a mixing bowl and rub in the margarine until the mixture resembles fine breadcrumbs. Stir in the yeast, sugar, cocoa, spice and orange zest.
2. Warm the milk until lukewarm, pour into the flour mixture and mix to a soft dough.
3. Turn out onto a floured surface and knead dough until elastic and no longer sticky. Cover with lightly oiled clingfilm and leave in a warm place until the dough has doubled in size. Knead in the chocolate and apricots and shape into 8-9 rolls and place them on a greased baking sheet. Cover with lightly oiled clingfilm and leave in a warm place for about 45 minutes.
4. To make the crosses, blend the margarine with the flour and 4 tbsp of water. Gently remove the clingfilm from the buns and pipe the mixture into a cross on top of each.
5. Bake in a preheated oven for about 15 minutes until golden brown.
6. To make the glaze, gently warm the sugar and orange juice until dissolved. Brush over the hot buns, return to the oven and cook for a further 2 minutes.



MEET OUR NEW TEAM

Great news, we've got a new team!

We've put in place a new Quality and Governance team, run by Manager Tess Johnson, who will work alongside the Assistant Directors, supporting teams in different ways to help make sure they have all the help they need to keep things running smoothly.



Pictured: Tess Johnson

The team consists of 3 Quality & Governance Partners that look after each region :

- Rachael Brown - Partner for North Wales
- Davina Patel - Partner for South Wales
- Catriona Charlesworth - Partner for Mid Wales



Pictured: Rachael, Davina and Catriona

If you see them out and about at any events in your area, give them a wave and a big welcome!

FINANCE UPDATE

by Susan Coffey

After studying for several years and demonstrating professional experience Charlotte Carver, Corporate Finance Senior Finance Officer has successfully become a Chartered Accountant. This is a fantastic achievement – well done Charlotte!



Pictured: Charlotte



Were you counting too?

If you counted 8 Easter eggs hiding throughout the whole newsletter, you would be correct! Well done!

Spring Crossword answers

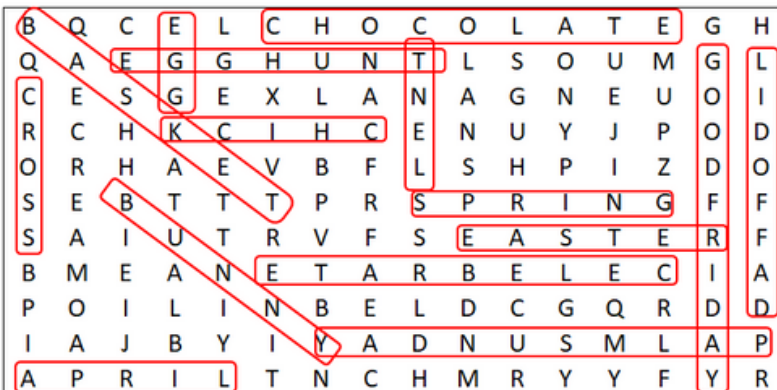
Across:

2. Garden, 4. Fishing, 5. Outside, 9. Puddles

Down:

1. Shower, 3. Jacket, 6. Egg, 7. Nest, 8. Cloudy, 10. Crops

Word Search answers



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