

CARTREFI CO-OP

The newsletter for everyone!



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76 DAYS SMOKE-FREE

by Ria Morgan

A big congratulations to Mary Thomas from Bridgend for being 76 days free from smoking!

Mary was unwell for a small period of time and that motivated her to give up after over 50 years of smoking.

Mary had little to no struggles when giving up, she was so positive about it and determined to do it. Mary says she feels so much better in herself since giving up and is excited to spend the money she has saved.

Mary has £500 so far since giving up and plans to spend that on a car and some holidays abroad, she has already booked Paris!



Pictured: Mary tracking her progress

MESSAGE FROM OUR CHAIR

by Rejwan Ahmed

Dear All,

As the Chairperson of Cartrefi Cymru, I am writing to express my heartfelt gratitude for your dedication and invaluable contributions.

Your commitment and tireless efforts in supporting Cartrefi have been inspiring. Through your hard work, determination, and strong belief in the power of kindness, our Co-operative has been able to make a positive impact by providing essential services and support to those who need it.

I want to assure you that your contribution to Cartrefi is deeply appreciated and recognised, and is an embodiment of the values and principles that drive our organisation forward.

As we continue our journey, I encourage you to share your insights, ideas, and concerns openly. Your unique perspective and experience will help us further refine our strategies and expand our reach, ultimately allowing us to make an even greater difference in the lives of those we support.

Thank you for being an invaluable member of our family and representing the true essence of kindness and empathy.

With sincere appreciation,
Rej



Pictured: Rej

MY VISIT TO THE LIFEBOAT STATION

by Lloyd Price

I was out for a walk along Porthcawl harbour with Rachel, my support worker. We were both invited into the lifeboat station where they showed me around the lifeboats.

I learned that they have two, one big one for larger rescues out at sea and a smaller one for inshore rescues.

They also have an enormous tractor which is for helping to launch and bring the lifeboats back into the station.

My favourite part of the visit though was when they let me try on an RLNI rescue helmet and have my picture taken wearing it, they also gave me a sticker too.

It was a brilliant day. I would definitely go again!



Pictured: Lloyd with a lifeboat

CRAFTY CREW MONKEY BUSINESS

by Mia Southcombe

The Crafty Crew in Trealaw have been busy once again and selling their handmade ornaments through facebook. Prices range from 50p to £5.00 - they have already sold an impressive 40 monkeys. They are best known for their pottery, ceramics and candles, some of which have been made in collaboration with Drive.

It's great to see so many people getting stuck in, and great to open up opportunities with another provider too!



Pictured: Handmade monkey statues

STAFF IN THE SPOTLIGHT

Get to know the Cartrefi Family.



Jamie Jones - Support Worker, Rhondda Cynon Taff

How long have you worked for Cartrefi? **9 months**

What is your favourite snack? **Crisps**

What is your most watched movie? **I don't know**

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

The countryside

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

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

David Millea - Learning Development Assistant, Bangor

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

What is your favourite snack? **Mars bars**

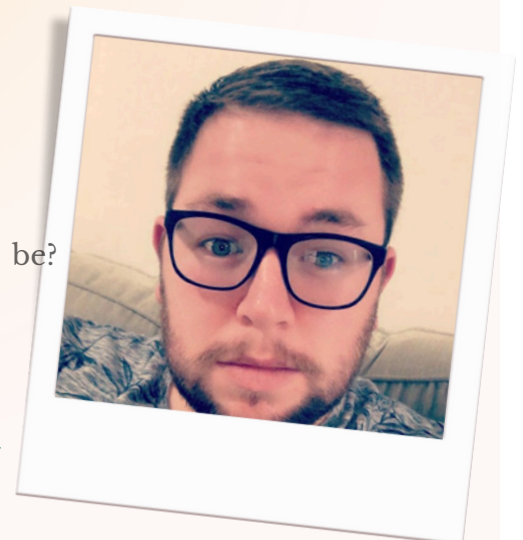
What is your most watched movie? **The Lion King**

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

Orlando, Florida

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

What was the first record/CD you bought? **Dizzee Rascal - Boy in the Corner**



LEADING FIRST AID FORESTRY TRAINING @ BRECON

by Alys Phillips

12 Tree Surgeons local to Brecon attended Cartrefis Brecon Office to complete their Emergency First Aid at Work and Forestry course delivered by Medi Arb.

Making use of our training room meant the trainer had sufficient space to provide learners with the knowledge and skills to deal with emergency first aid situations within forestry and agriculture environments.

They were served bacon sandwiches in return for a year's contract to maintain the hedges around the office!

As well as a large training room, Brecon has a small meeting room available for hire, for enquiries contact: Deborah.bush@cartrefi.coop



Pictured: First Aid Training

UN-BEE-LIEVABLE WINNER!

by Teresa Jones

Congratulations to Jemma Moore from Talcoed for winning a local raffle. She was over the moon to hear that she was the winner of a Clogau necklace with a Bee pendant that was worth £179!

Looks Bee-autiful!!



Pictured: Jemma and her new necklace

FACE TO FACE WITH WILDLIFE

by Josephine Ferguson

Tim went to West Midlands Safari Park for his birthday. It was a full-on day.

At the Safari Park, Tim held his hand out of the window to feed the giraffes, which was very brave.

Tim really enjoyed the Sealions, it was his favourite part. However, he was a bit weary of the dinosaurs!

We had a good laugh and a lot of fun! Then on the way home we called into an American Diner, but Tim was so full he couldn't finish all of his dinner.



Pictured: Tim on an adventure at the zoo

40 YEARS YOUNG

by Alun Bridson

John Lister from Llandrindod Wells had a great time celebrating his 40th birthday. It was held at Llandrindod Wells rugby club, and he was joined by lots of his friends and family – there was lots of food, a fantastic cake and everyone danced the night away.

The leftover food was also donated to a homeless charity in Builth Wells to minimise waste and help those more in need – what a great idea!



Pictured: John's cake



Pictured: John & friends celebrating his 40th birthday



A VISIT FROM THE POLICE COMMUNITY SUPPORT OFFICER

by Sadie Owen, Christopher Davies & Lee Mcloughlin



Sadie, Christopher, and Lee from Grosvenor Road had a visit from Karen Bennion, a Police Community Support Officer (PCSO). The main reason of the visit was to help the people we support understand the role of a PCSO, and to show that they are there to help.

During the visit, Karen and the people we support talked about what the police do, the areas they serve and the local problems they deal with.

There was lots of discussion on local projects and Grosvenor Road offered to get involved with local issues such as litter and graffiti. Karen also explained about applying for a potential grant of about £250 called a PACT grant which could be used to support the PCSO's work in particular areas. This would help the people we support work alongside the PCSO to make their communities a better place.

Sadie, Chris, and Lee also got to see what it was like to sit in a police car, with the sirens and lights on!

Karen has agreed to come back to talk about what it's like to take fingerprints.

Massive thanks to Karen for visiting!



Pictured: Lee, Chris, Sadie & Karen

BETTER TOGETHER – CONNECTING RHONDDA CYNNON TAFF (RCT)

by Alys Phillips

Cartrefi came together with Drive and Innovate to plan and execute an event for people with learning disabilities. All three providers have a large presence in RCT and wanted to work together to showcase what they have to offer, in order to maximise the opportunities for people that use their services and create partnerships.

Vicky Christopher, led the project with Joanne from Drive and Lisa from Innovative. The event, held at The Heritage Park Hotel saw each provider present to the audience with their offerings, including activities, the innovate app, and local groups. There was also an activity to map what activities exist, and what gaps there are to identify what should be done in the future. It was great to see some familiar faces, and new ones too!



Pictured: Alys & Michelle

A special thank you to Michele Thomas for co-presenting! We made lots of contacts and look forward to pooling our resources going forward.

To learn more of our presence in RCT watch the video here: <https://youtu.be/T8naXxHWULc>



Pictured: People from Cartrefi, Drive and Innovate Trust all gathered together

COOKING WITH CONFIDENCE

by Andrew Morris

I completed a six-week cookery course in the Dove workshop. I really enjoyed the course and meeting new people. It was great to go weekly and learn to chop and cook so that I can make myself meals on my own cooker. I took the same member of staff, Glen, with me each week and Glen enjoyed the course too.

While I was on the course, I made things like lentil soup, spaghetti bolognese, cawl, pizza, shepherd's pie, and apple crumble. I enjoyed making spaghetti bolognese the most, and the cawl tasted the best! It was lovely – my grandmother used to make cawl, so it reminded me of her.

There were 6 people in the course group altogether, so it was brilliant to make new friends. I would like to do another course at the Dove if one came up that I liked.

I had a slow cooker given to me at the end of the course which was lovely for me to have for my house. They also gave me a confidence to cook using a recipe book, which I can look at if I want to make something.



Pictured: Andrew's cook book



Pictured: Andrew's new slowcooker

FLUFFY FRIENDS AT CAE GARNEDD

by *Chloe Selby*



Pictured: Sylvia & Bugsy

The residents of Cae Garnedd have been lucky enough to have a few special visitors lately! Assistant Service Manager, Chloe Selby, encourages staff to bring in their furry friends to see the people we support as it has had such a positive response. Between herself and the team in Cae Garnedd, they have three dogs who visit regularly, and a beautiful rabbit called Bugsy.

Here you can see Sylvia Williams, having a lovely cwtch with Bugsy the rabbit!

The pets are all properly trained, and this has been beneficial for the people we support to have a calmer session and support them in a more comfortable way.

They also have had a support dog come in from a lady called Sarah who has done a pamper session with the residents.

LLOYD AND NERYS' PICNIC THROUGH HISTORY

By *Josephine Ferguson*

Lloyd and Nerys from Bridgend recently went for a picnic and day out with their support worker, Lorna, to Cefn Cribbwr.

They packed a picnic and parked up in Bedford Park. There is a path which leads to an old railway signal box which has been renovated by Cefn Gwyrdd, a local group who renovate the local area of Cefn Cribbwr.

Lorna told Nerys and Lloyd the story of the building and what it used to be used for; Lloyd found it so interesting, and Nerys explored the area as it had lots of history.

They then found a picnic bench which was alongside trees with numerous bird feeders, they sat and counted how many birds they could see as they ate their picnic.



Pictured: Lloyd



Pictured: Nerys, Lloyd & Josephine

Lloyd was so happy after hearing a woodpecker, which he said he had never heard before. Nerys enjoyed the walk too, as well as tucking into her paté sandwiches and fruit.

The three saw horses but unfortunately, they couldn't get close enough. All in all, the sun shone for them and they had a lovely time.

VALE MOVIE NIGHT



The people we support in the Vale have been lucky enough to come together for their first Cartrefi Cymru Movie Night in Llantwit Major! They gathered to watch Encanto on the big screen and had a lovely time enjoying the songs, munching on popcorn and being in each other's company! .

Big thanks to Sabina Stillman for putting all of this together!

The Vale are excited to be watching Grease at their next one in June.

If you would like to attend please see the upcoming dates here:

Cartrefi Cymru
MOVIE
NIGHT

Every Month.
4.30pm/7pm.
£3 includes drink and snack.
CF61 Llantwit community hall.
Station Road, Llantwit Major
Vale of Glamorgan
CF61 1ST

Dates:
11th May 2023
8th June 2023
13th July 2023
10th August 2023
14th Sept 2023
12th Oct 2023
9th Nov 2023
14th Dec 2023
11th Jan 2024
8th Feb 2024
14th March 2024

A TASTE OF THE SEA

by Diane Bell

The ladies at Gorwel Las, Margaret Brown and Michelle Williams, were supported to attend the 2023 open day of Supporting Enabling Accessible Sailing, a charity that is works in partnership with The Conway Centre in Anglesey. They were supported by myself and Debbie Williams. The ladies travelled along the Menai Straits on a motorboat, spent sometime socialising with others whilst having a burger and coffee. They were so excited about riding the boat, and once they got on board they loved the chance to relax and chill out.

I am a volunteer with SEAS, but I first got to know about it through Mencap Mon back in 2018 when supporting others outside of Cartrefi – this led to me becoming a volunteer if they needed me, helping others on and off boats, kayaks, paddle boards. It's always a fantastic session and the SEAS members go above and beyond to support and engage everyone who attends!



Pictured: Michelle, Margaret, Diane and Debbie

2 YEARS WITH CARTREFI

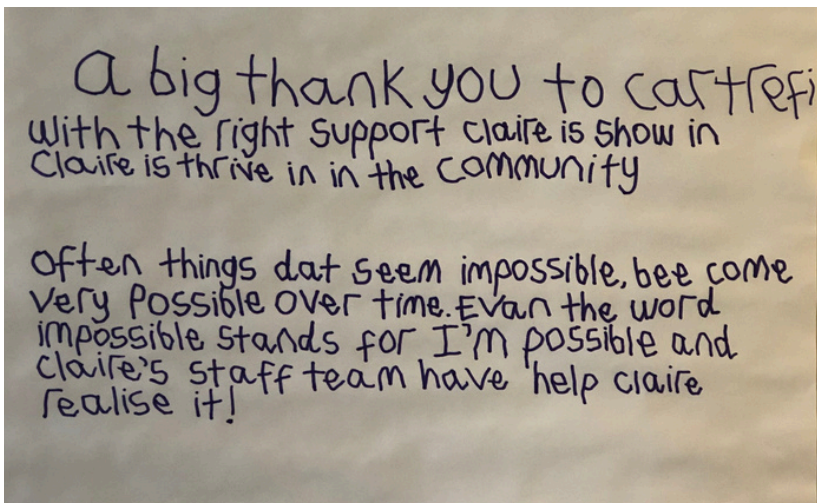
by Claire Dyer

Two years ago, Claire start have in domiciliary care and support from Cartrefi. It have been the best decision Claire had ever made. Claire has had a brilliant 2 years with Cartrefi support. Claire is thriving and really, really happy, living her best life. She is having more regular respite and learning new life skills. Claire can live in the community with the right staff supporting her, so fingers crossed Claire will have her own home in the community with Cartrefi staff supporting her only 1 day a week.



Pictured: Claire thriving

Claire is really enjoying having staff that want to see her achieving and smashing goals, and staff that want to work with and enjoy supporting her. Claire is loving being given the chance to try new activities in the community and learning new life skills on respite. Keeping Claire busy and active with structure, routine, and happy, positive people around helps her behaviour. Claire has the best team of staff around her that help her feel safe and live her best, most independent life she can.



Pictured: Claire's thank you note to Cartrefi staff

There is no I in the word TEAM!

BLACKPOOL TRAVELS

by Philip Parslow

Last week Robin went on holiday to Blackpool for 5 days. Robin enjoyed riding on the trams, listening to the organs being played and watching the dancing in Blackpool Tower Ball Room. He explored the town and walked along the prom and spent most evenings dancing the night away at the Hotel. The two women pictured are the ABBA tribute act – one of Robins favourites. Robin loved his time away!



Pictured: Robin enjoying his holiday

A RIGHT ROYAL KNEES-UP

by Julie Jenkins

The people of Cartrefi from all over Wales came together to celebrate the coronation of King Charles III, thank you to everyone who sent photos in – it looks like everyone has had fun celebrating.

From making your own coronation crowns, bunting and decorations, singing, dancing, eating and drinking, having fun, making friends and celebrating together. Did I mention lots of cakes??

Pontypool had a lovely tree planting ceremony to celebrate the coronation and we now have a lovely bench outside the Cardiff Office.

Thank you to everyone involved in all these events – it's great to see people coming together!





A SPECIAL THANK YOU TO PONTYPOOL

by Delyth Prosser

Senni Community would like to thank everyone from the Pontypool office Art group, who made and kindly donated the Coronation decorations. They were used to brighten the community hall and helped contribute to a bright, fun afternoon.

Diolch am fawr Pontypool from Senni.

“Thank you are only little words, and they only take a minute, but there is a wealth of appreciation in it”.



Pictured: Donated decorations from Pontypool

POETS SPRUNG TO LIFE

Thank you to everyone who entered our poetry competition - We had entries from the people we support and members of the community outside of Cartrefi. The poems were heartfelt and the judges loved reading them. Congratulations to all our wonderful winners, their poems are included below.



Spring

*Now that spring is on its way
It brings with it a brighter day
Lambs are born and love to play
With colorful flowers on display
The leaves will blossom in the trees up high
And baby birds will learn to fly
The fields turn green and full of life
As we wave goodbye to winters strife
Thanks for reading my poem about spring
Now just relax and hear the birds sing*
- Toni James

One Step at a Time

*Already, nature tells me...

A change of season can be like therapy
Eight in the morning, sun opens the day
For months, I lost a lot of faith
Now, since I've had enough,
I intend to get the old me back.
The next step is: 'One step at a time'
I will not let the eternal tears stop me.*

- Bev Lennon

Natural Divergencies

*There is a shell some creatures carry,
Others live in a cone of spikes,
Or have a habitat underground
Unsuspected by the surface world.*

*Those are their natural characteristics
For life is divergent and diverse,
Renewing, creating new boundaries
From a core of silence that all must share.*

*Snail, so fragile in your whorls of beauty,
Tortoise or turtle who crawl so slowly
Compared to the norms of the zebra or cheetah
Who pass by in a rush of coloured noise.*

*And do you hear the commotion of those boys
Who believe they are so active and alive,
Yet do not understand this space in which I thrive
Withdrawn but watching, pursuing my hidden ways.*

*Therein I celebrate my differences
Though, like all separations, it brings sufferance
To the creatures living underwards, those busy ants
Who break the topsoil into a complex home.*

-Rob Lowe

Spring

*When Spring is here,
All Winter disappears,
Longer days,
Bring warm sun rays,
Smell of Daffodils,
Stand Proud and tall,
Blue skies appear as nature cheers,
Now we know,
Beautiful Spring is here.*

- Gwynneth Hatton



On the other side of the Rainbow

*Without darkness, There'd be no light
Without the sun, There'd be no moon
Without the trees, There'd be no air
Without the clouds, There'd be no rain
Without you, There'd be no pain*

*Without day, There'd be no night
Without the sea, There'd be no waves
Without the river, There'd be no stream
Without the birds, There'd be no song
Without you, There'd be no shame*

*Without flowers, There'd be no pollen
Without the bees, There'd be no honey
Without money, There'd be no greed
Without the stars, There'd be no sparkle
Without my parents, There'd be no me*

*Without the sun and rain combined
There'd be no rainbows in the sky.
A rainbow reminds me of the colours of life
And that there is always something on the other side
And I am not afraid of the dark*

- Claire Pearce

BLOOM AND GROW

A garden's beauty never lies in one flower. We are introducing a gardening section, with the help of Glen, to give you the tools you need to bloom and grow in your outside spaces.

SOWING VEG SEEDS

If you haven't already, now is a good time to start sowing your seeds either on an indoor window sill, greenhouse, or in a cold frame. You don't need to spend anything on trays, and labels etc. what I do is save up empty grape or tomato punnets.

1. Give them a quick wash, then with a permanent marker, write what you want to grow and the date on both sides.

2. Use seed soil, or ordinary soil (as long as you crumble out any lumps). Fill containers about a 1/3 of the way up.

3. My favourite to grow:

- Leeks = lightly sprinkle the seeds in
- Beetroot = put about 10 in, which can be separated later
- Courgettes = add 2 seeds
- Runner beans = add 2 or 3 seeds (I prefer to start this way, as you are in total control of how much water is given so they don't rot or get killed in the ground by too much rainfall or late frost).

4. Lastly, only water lightly. The soil shouldn't be soaked and DO NOT be tempted to put them outside early due to good growth, or because the sun is shining! Wait until beginning of June, this way you should be guaranteed not to have lost any from late frost.



Pictured: Repurposed punnets for planting

TROUBLE WITH ANTS

When the weather starts to warm up, the ants start invading your patio, veg plot, or infesting your prized pots. Here is my guide on how to deter an infestation:

Firstly, NEVER EVER USE hot water. Initially you will kill the one on top, but by the time that water goes under ground, you'll be doing them a huge favour by warming/incubating their eggs for them and doubling the problem. Remember Ants like, dry/hot locations. I had an infestation in large Bay leaf tree pot once. I added 8 buckets of water, and then put in a 9th bucket with mixed chilli and curry powder and moved the pot to a shady area for a week. The ants then relocated.

1. If possible, I would give the area a really good watering, e.g., 6-8 watering cans.
2. Then mix in a spoon of chilli and/or curry powder and pour in.

This method is beneficial, as it's animal/people-friendly, unlike insect products contain chemicals that come with warnings as being harmful to touch, especially for our service users who like to go out in bare feet as we all do to relax or sensory.

If there are ant mounds, I would use a shovel to open it, let any birds have a feed first then repeat steps 1 & 2 and close the mound back up.

GARDEN PROJECTS

GROSVENOR ROAD

by Thomas Prytherch

Lee Mcloughlin and Thomas Prytherch went in search for donations from local businesses to support their garden renovation at Grosvenor Road. They explained about Cartrefi and the work we do helping the people we support become more independent and play active roles in their communities. That, coupled with some charm they were successful in receiving generous donations from Batty's Nurseries Penrhyn Bay, Lidl West End Colwyn Bay and The British Heart Foundation in Colwyn Bay.

As a result the people we support have been able to grow lots of plants – with the help of Tom and Lee. They worked as a team to build the foundations of a pretty, habitable garden - Lee took the lead on putting together a plan for where the plants should go and Tom was on hand to help bedding them in.

The people we support have been able to enjoy the recent sunshine in the newly landscaped garden – next we plan to plant vegetables and invite people to a coffee morning to share it with us!



Pictured: Lee and Thomas

POTTED PALS IN PONTYPOOL

by Tracey Leake-Jones

Pontypool Office are bringing the garden indoors. staff are enjoying making the environment more welcoming and fun for all office users and visitors.

The staff noticeboard has been given a face-lift with a Springtime theme and three new spider plants now adorn various desks and cupboards.

Each plant has been named by staff and become almost members of staff themselves. A big warm welcome to Clive, Audrey and Doug, the spider plants!

Born at Brecon office, the three plants arrived to take up residence at Pontypool office.



Pictured: Potted pals - Audrey, Clive and Doug

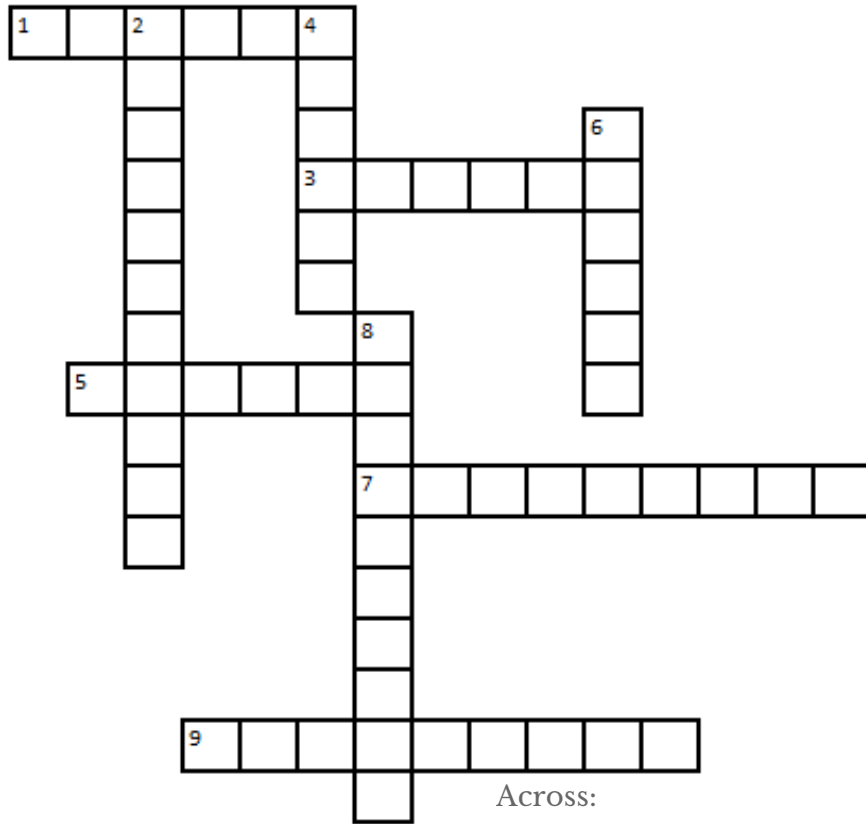
When asked how they like their new home, Audrey replied " I love it here, everyone is friendly and smiling at me."

"I was told I'm very important as I have the job of welcoming staff and visitors in the mornings," Clive added.

Doug is naturally shy and declined to comment but waved his leaves.

TAKE A BREAK

CITIES & COUNTRIES CROSSWORD



Down:

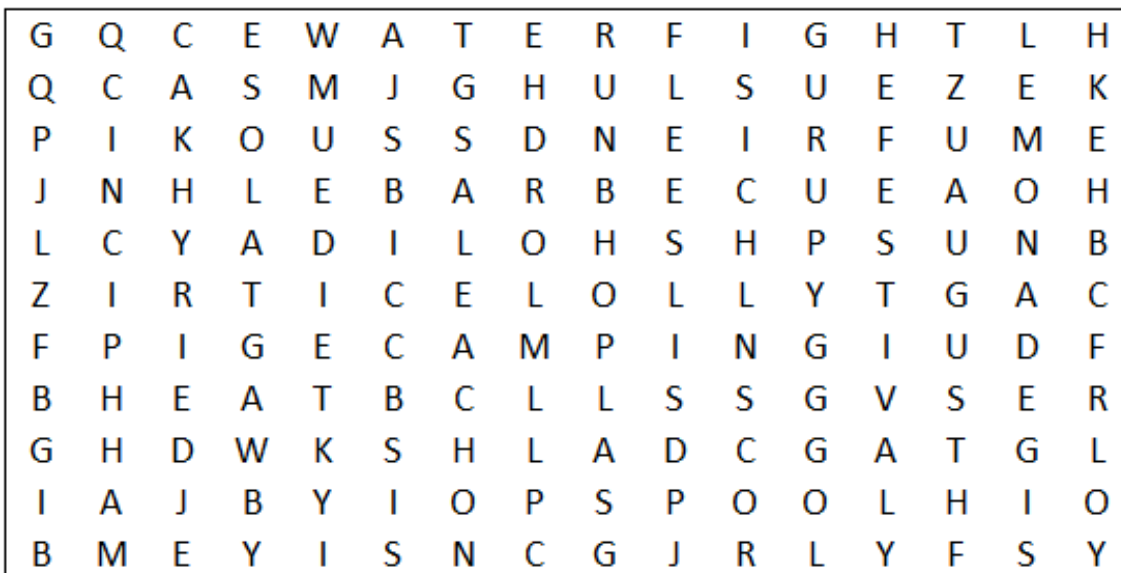
- 2. Home of the tulips
- 4. The country that Vikings came from
- 6. The country ABBA came from
- 8. The name of this country is the name of a famous animated film

Across:

- 1. The capital city of London
- 3. A polish city name that sounds similar to the word 'seesaw'
- 5. The country's flag has a red maple leaf on it
- 7. Koala bears live in this country
- 9. A big island in north west Greece

SUMMER WORDSEARCH

Summer is on its way! Why not help us get ready for the season of sun by finding the 15 words in this wordsearch?



- BEACH
- BARBECUE
- WATER FIGHT
- POOL
- SUN
- HEAT
- LEMONADE
- FESTIVAL
- HOLIDAY
- CAMPING
- JULY
- AUGUST
- PICNIC
- FRIENDS
- ICE LOLLY

Answers on page 17

CARTREFI KITCHEN

ICE DAIQUIRI LOLLIES

These Ice Daiquiri Lollies are a must as the weather starts to get warmer! Can me made with or without alcohol, whichever you fancy.

Ingredients:

- 150g blackberries
- 400g watermelon flesh
- 1 tbsp ripe peaches
- 1 tbsp lime juice
- 150g golden caster sugar
- 100ml lime juice
- 200ml light rum (or for non-alcoholic versions, lemonade)

Equipment:

- Saucepan
- Blender
- Sieve
- Chopping board
- Knife
- 12 Ice lolly moulds
- 12 Ice lolly sticks

Method:

1. Stir the sugar with 275ml water over a low heat until dissolved. Bring to the boil and simmer for 2 minutes. Leave to cool then add the lime juice and rum. Chill.
2. Purée a third of the base mix in a blender with the blackberries.
3. Purée another third of base mix with the watermelon
4. Roughly chop the peaches – discarding the stones - and toss with the lime juice to stop them going brown. Purée with the remaining third of base mix
5. Pour each mix separately through a sieve.
6. Fill the lolly moulds so you have 4 of each flavour. Add sticks and freeze.
7. To release the lollies, dip the moulds very briefly in hot water, right up to the top. They should slide out easily, otherwise slip a small knife down one side to release them.



COMING SOON - CARTREFI CARPOOL KARAOKE!



Coming soon to your screens... Cartrefi Carpool Karaoke!

A venture taken by our CEO, Glyn Meredith, as he travels in his car around Wales talking to our staff and people we support - while also having a good old, sing along!

Keep your eyes peeled on social media for part 1 *very soon!!*

A NEW FACE IN HR

Hi my name is Donna Gilbert and I was recently appointed to the post of Assistant Director of People at Cartrefi.

I will be working with our teams to continue our work to ensure Cartrefi is a great place to work where people feel happy, safe and supported. I believe our people are our most important resource as they ensure we deliver the best services to the people we support.

It's a real honour to join Cartrefi and to see the difference our people make every day and to meet some of the wonderful people we support.



Cities & Countries Crossword answers

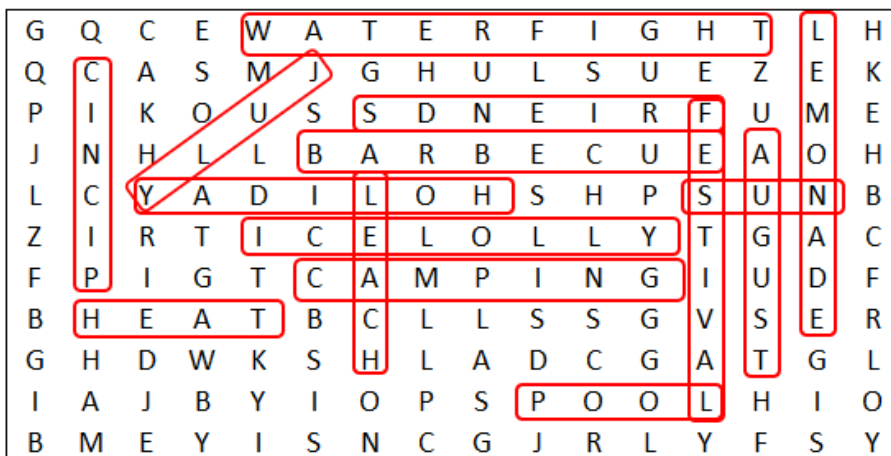
Down:

2. Netherlands, 4. Norway, 6. Sweden, 8. Madagascar

Across:

1. London, 3. Warsaw, 5. Canada, 7. Australia, 9. Kefalonia

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



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



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