

CARTREFI CO-OP

The newsletter for everyone!



Inside this Issue

Take a look into the organisations St David's day activities - Page 8

STAFF IN THE SPOTLIGHT

Your favourite feature is back! Discover some interesting facts about our staff - page 3

COFFEE AND CAKE AT MEIFOD CHURCH

Take a look into a local coffee morning - Page 6

MAESTEG CELTICS

Discover one of our recent sponsorships, The Maesteg Celtics - Page 7

MAKING THE HEADLINES

by Elisha Bessell

Colleagues in North Wales made the headlines when Support Managers, Chloe Selby and Mike Williams, represented Cartrefi on BBC Wales News. Our media stars were asked to contribute to a feature about what life is like working in social care and the importance of having enough resources and funding. Mike commented, 'Working in social care is a very rewarding job but it is so important that we have the right level of support and funding for our sector. Chloe and Mike both enjoyed their experience filming with the BBC and would do it again to get the important message across about the struggles the sector faces. As Chloe says 'When these opportunities rise we need to take them so people can have a voice'. You can read the full article [here](#).



Pictured: Chloe and Mike during filming

THE ULTIMATE TRIBUTE: ELVIS

by Pia-Keta Graham



Pictured: Robert B and Robert M waiting for the show to start.



Pictured: Robert B and Robert M pictured with Elvis Tribute.

Robert Barnsby and Robert Moore had an unforgettable evening at Theatre Severn in Shrewsbury when Elvis Presley himself acknowledged them during the show. The Theatre staff had passed a note to Elvis, prompting him to give a special shoutout to the duo. Surprised and thrilled, both Rob M and Rob B raised their hands when called, leading to a shout out from the King himself and he asked them about their favourite song. Rob M chose "Blue Suede Shoes," while Rob B opted for the Blues brothers. Elvis, in his charismatic way, mentioned that his guitarist loved playing Blues Brothers tunes.

During their post-show meet-and-greet, Elvis not only posed for a picture but also gifted them a scarf, and noted how impressed he was with Rob M's costume. The interaction on stage left Rob M in awe, describing it to staff as a fantastic surprise. Rob B was so captivated by the experience that he couldn't resist buying the DVD of the show to relive the magic again.

SUPPORTING THE COMMUNITY

By Elisha Bessell

Staff at the Cardiff office have kindly put together a few boxes of donations to support the local foodbank.

Cardiff food bank were very appreciative of this and would like to say a big thank you!

The food bank offers various volunteering opportunities which includes, individual, corporate, and one off sessions. To enquire on any of these you can visit their

website: <https://cardiff.foodbank.org.uk/give-help/volunteer/> or contact them via email on volunteer@cardiff.foodbank.org.uk.



Pictured: Rosemary Griffiths (right) and Alyson Rose (left) who work at the foodbank.



Pictured: Claire with staff during a run.

CLAIRES POSITIVE START TO 2024

by Claire Lewis

Claire's year is off to an exciting start! She's been actively running up to 8 miles, got her eyebrows threaded, and organised a successful Bake Sale at the Social Bean to kick off fundraising for her Cardiff Half fundraising page. Claire and her team have been working hard and secured an impressive array of raffle prizes, ensuring two big raffles this year. Claire's Enthuse page is already seeing donations roll in. Winner winner chicken dinner!

STAFF IN THE SPOTLIGHT

Get to know the Cartrefi Family.



Lyn Mosley - Support Worker

How long have you worked for Cartrefi? Since May 2023

What is your favourite snack? Salt and vinegar crisps or chocolate cornflakes for when I have a sweet tooth!

What is your most watched movie? The Fifth Element

If you could live anywhere in the world, where would it be? France- I love their food!

If you were an animal, what would it be? A wild horse in the outback

What was the first record/CD you bought? Kylie Minogue's first album, Kylie on cassette tape!

Kathryn Egglestone - External Communications Officer

How long have you worked for Cartrefi? Since December 2023

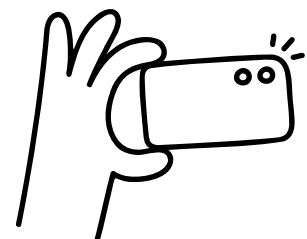
What is your favourite snack? Percy Pigs

What is your most watched movie? Notting Hill

If you could live anywhere in the world, where would it be? Spain or Amsterdam - Depends if I fancy a sunbathe!

If you were an animal, what would it be? Something that hibernates for Winter

What was the first record/CD you bought? Avril Lavigne - Let it go



CARMARTHENS CO-OP FORUM

by Kathryn Egglestone

A fun-filled Cooperative Forum Meeting for the services in Carmarthenshire was held on Monday 29th January at Llanelli Library. People we support, their parents/carers and support staff were all invited to the action-packed event.

During the forum, the important role we all play by sharing ideas and listening to each other was discussed. Like a jigsaw puzzle, we all have an important role to play to complete the full picture and make the best decisions for all the people we support!

Attendees were invited to stand as local representatives on the forum. They were also able to vote individually on their choice of 'special' activities they would like to see in the future. Top of the charts was an 'Alpaca Meet & Greet' with picnic, closely followed by Hot Air Ballon Display which will all be planned over the coming months.

The day then ended on a high by unrolling and taking part in some games using a 20-foot parachute which reiterated how important teamwork is!



Pictured: Everybody who took part in the group discussion



Pictured: A Friendly game of parachute

BANGOR'S CO-OP FORUM

By Pia-keta Graham

Bangor had a lovely get-together on Friday 26th January at Y Stesion, Caernarfon to celebrate Dydd Santes Dwynwen.

The Bangor office hosted a wonderful display of artwork created by the people we support and created new pieces of art on the day.

Alice Lomax and Clare Oates came up with the idea as they brainstormed ideas for COOP events. Alice had wanted to hold an event where artwork could be displayed as she has a background in arts, and Clare suggested holding the event at the train station as she has connections outside of work there.

The event provided an opportunity to connect, make use of the space, and enjoy refreshments at the café. They discussed future activities that they would like to do together – in particular meeting up in an outdoor space. We like the idea of a picnic meet up.

The artwork now proudly decorates the walls of the Bangor office. One of the people we support was so chuffed to see their artwork on display when they came to visit the office.

Alice and Claire would like to run a similar event next year, hoping to involve more people and make it even bigger.



Pictured: Artwork created in the Forum

ALL THINGS DECORATING

by Frances Cooke & Elizabeth Carter

Frances has been very busy decorating her bedroom, she knew exactly what she wanted... rainbows and unicorns! Frances took her time searching for the perfect items online. This included curtains, wallpaper and much more. In preparation for decorating, Frances was supported to take a trip down to Boys & Boden to pick out the colour paint she wanted which was a bright pink to match her lovely new wallpaper. Once the brand-new furniture had arrived it was time to put everything together to make Frances' perfect bedroom. Frances says, 'it looks absolutely amazing' and that she achieved everything she was hoping for. Great work Frances!



Pictured: Frances choosing her paint colour.

WILL YOU BE MY VALENTINE?

by Sadie Thomas

Valentines Day in the Rhondda was kicked off with a Valentines disco held at Tylorstown Rugby Club. The event included a Valentines Day card competition, a quiz, a raffle, a buffet and a lot of dancing!

All card designs were brilliant, but the star of the show was Michelle's design which took first place! Also, the decorations lit up the venue, which were all made by our very own Crafty Crew. Great job team!

We would also like to give a big well done to the 40+ raffle winners and to the team for raising a total of £80!

Additionally, the staff at the service would like to give a big shout out to Jessica Joseph, who is now moving on to work in a new service at Ashfield close. You will be truly missed by all.



GET TO KNOW

A section where we get to know our readers

Caroline is a local lady, having moved to supported living at Dyffryn Ardudwy from Barmouth. Caroline attends a council run club two days a week, where she enjoys socialising with her friends who are very important to her. Another way she maintains her friendships is by attending Church in Barmouth every weekend. Caroline also likes to spend time at an allotment on Mondays, and has already been sowing seeds to start growing parsley, onions and lettuce. Other activities that Caroline enjoys include yoga, crafting and she is also a keen player of Boccia!



GWENT'S WEDNESDAY SOCIAL

By Tayah Williams

Those we support in the Gwent area have always enjoyed their social clubs. However, due to the pandemic we were unfortunately no longer able to facilitate the club. In our cooperative meetings, people we support expressed their desire to aim for a goal to get a social club up and running again, and through a group effort, they achieved this goal.

On Wednesday 28th of February, we launched the first of many Gwent social club nights, and it was a great success. On the first night, we enjoyed a quiz and bingo. The quiz had to go to a tiebreaker with 3 teams: Laburnum, Conifers, and Somerton. Laburnum was the winner. Congratulations to Emma, Toni, and Rachel. Rachel and Hywel led the Disney picture bingo, with Rachel reading the films and Hywel showing all the people we support the picture they needed to look for. The winner of the bingo was Ben. Along with our fun and games, we had a tuck shop that Rosalyn managed and did an amazing job. It was fantastic to see all the people we support come together, talking, laughing, and making memories.

LOCAL BOWLING

By Kathryn Egglestone

Support worker John Dracker, runs a local bowling club every Friday and spends a lot of his time coaching the people we support at Cartrefi! On top of this, he also organises a tournament every year to give an opportunity for the eager bowlers to show off their skills.

In particular, Peter Cook and Laurels love taking part in bowling and have improved on their skills a lot since being coached by John. They have even picked to play for Llandrindod in Cardiff where Peter came first in his group and received a cup!

A massive well done to all and we look forward to hearing about how your bowling journey continues!



Pictured: Peter Cook

COFFEE AND CAKE AT MEIFOD CHURCH

by Hazel Morgan



Pictured: Selwyn and Garry at the local church

Selwyn Peate and Garry Tatlow, love helping out at their local church and are very much part of the congregation. They have previously helped out at Church coffee mornings in the summer months but decided to hold their own and raise money for the church.

Garry was assisted by staff the day before to make fairy cakes, a lemon drizzle cake and scones. Gary did a really good job making sure the measurements were correct, Selwyn and Gary decorated the lemon drizzle and fairy cakes together and did a really good job with the butter icing and strawberry's that went on top!

The coffee morning was on the February 10th and went really well with a lot of people from the local community coming out to support. Selwyn and Garry also organised a raffle and did a brilliant job of raising £96!

On Sunday, Gary and Selwyn were then supported to go to church, Selwyn rang the bells. After the service Selwyn and Gary handed the vicar the money they had raised in front of the congregation. The vicar was very thankful for both and they had a round of applause!

Going forward Selwyn and Garry have spoken to the vicar and would like to hold a coffee morning one Saturday a month at the church to raise money for the church.

MY ECO-FRIENDLY BED

by Sophie Wakling

'Recently I ordered an eco-friendly bed which is made out of recycled plastic bottles and is good for the environment. This bed is going to be better as it is recycled, Also, Karen and I watched a video on how they make the beds and the mattresses by breaking up the bottles'

Since Sophie has had her new bed she's said she's really happy with it. Her other bed was a single and this is a double so she has much more room for comfort! Most importantly Sophie is glad to be helping the environment and saving the wildlife from plastic pollution. Sophie would recommend this bed to anyone else who wants to make an input!



Pictured: Sophie with her new bed

Tips to Help the Environment

- Recycling
- Walking or biking instead of driving
- Energy efficient lighting
- Go paperless
- Renewable energy
- Reduce use of plastic



MAESTEG CELTICS

by Elisha Bessell

Our Director of Operations, Sue Jones, has kindly decided to sponsor a local rugby team - the Maesteg Celtics! As an organisation we like to support our communities when we can, and in return the team have our company logo printed on their brand new tops ready for their tournament! The players were absolutely blown away with them and would like to pass on their gratitude and thanks Cartrefi.

We wish the Maesteg Celtics all the best of luck!



Pictured: Maesteg Celtics Under 14s Team

DYDD GWYL DEWI HAPUS

Happy St Davids Day!

A look into the Organisations St David's day activities!



TAKE A BREAK

WORDSEARCH

THINGS ABOUT SPRING

A Word search by Caroline Nash, Pandyffryn, Gwynedd

Caroline, who absolutely loves doing wordsearches has kindly put one together for everyone to enjoy!

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

- APRIL FOOLS DAY
- CHOCOLATE EGGS
- CLOCKS FORWARD
- CROCUS
- DAFFODILS
- DEWI SANT
- EASTER BONNET
- GARDEN JOBS
- HEDGEHOG
- LEEKS
- LENT
- MARCH HARE
- MAYPOLE
- PONCAKE DAY
- RABBITS
- RAINBOW
- SUNSHINE
- TULIPS
- VALENTINES DAY
- VIOLET

REARRANGE THE SHADED LETTERS TO SEE A SECRET MESSAGE:

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WELSH FAVOURTIES

RECIPES

BARA BRITH

Time to get your baking skills into action with some traditional Welsh bakes

You will need:

- 450g dried mixed fruit
- 250g brown sugar
- 300ml warm black tea
- 2 tsp mixed spice
- 450g self-raising flour
- 1 free-range egg, beaten

Method:

1. In a large bowl soak the fruit and sugar in strained tea and leave overnight.
2. Next day preheat the oven to 170C/Gas 3. Line a 900g loaf tin with baking paper.
3. Mix the remaining ingredients into the fruit mixture and beat well.
4. Pour the mixture into the loaf tin and bake the oven and bake for 1½ hours or until a skewer inserted into the middle comes out clean.

Once baked... enjoy! [Original Recipe by BBC good food](#)



Method:

1. Sift the flour into a bowl and add the diced butter.
2. Combine with your hands or processor until the mixture resembles breadcrumbs.
3. Add the sugar, sultanas and beaten egg and mix well to form a ball of dough, using a splash of milk if needed.
4. Roll the dough out on a floured board to a thickness of about 5mm.
5. Cut into rounds with a plain cutter.
6. Rub a bakestone or heavy iron griddle with butter, wipe away the excess and place on the hob until it is heated through.
7. Cook the Welsh cakes a few at a time for 2–3 minutes on each side, or until golden-brown.
8. Remove from the griddle and dust with caster sugar while still warm

Delicious with a cup of tea! [Original Recipe by BBC good food](#)

WELSH CAKES

You will need:

- 225g self-raising flour
- 110g salted butter, diced
- 85g caster sugar, plus extra for dusting
- handful of sultanas
- 1 free-range egg, beaten
- milk, if needed
- extra butter, for greasing

WORD SEARCH ANSWERS

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

SECRET MESSAGE:

HAPPY EASTER

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>



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