

# The Scribe



Easter 2010 Issue 12



*Easter card pic by  
Jackie Wathan -  
Holmes Street, Barry*

## Inside...

- New Care Home
- What happened at the Christmas Party
- All about Hafod Care
- The History of Hafod
- New Newsletter name... Have your say

## Welsh Version of the Scribe

If anyone would prefer a copy of The Scribe in the Welsh language, please let us know at the address overleaf and we will provide it for you. Similarly, we can provide a taped copy for the visually impaired.

Please visit our website at: [www.hafodcare.org.uk](http://www.hafodcare.org.uk)

# Hafod Care... Our Services

With an ever increasing demand for a diverse range of care and support services, at Hafod Care we are continually working to boost the range of services we provide.

Our Services include:

- Care Homes for the Elderly
- Sheltered Housing
- Supported Housing
- Tenant Support Services
- Domiciliary Support
- Extra Care

Contact Angela Davies SP Officer:

Telephone: 029 2067 5844 Email: [angelad@hafodcare.org.uk](mailto:angelad@hafodcare.org.uk)

Hafod Care Association, St Hilary Court,  
Cophthorne Way, Cardiff, CF5 6ES.

In recent meetings some of Hafod Care's service users were asked to identify the expectations that they had about the service they receive from Hafod Care.

The Top Seven Points Identified by Service Users:

1. Politeness
2. Not to be treated as second class citizens
3. Reliability
4. Time to listen / patience
5. Flexibility / help when it's needed
6. Someone to talk to 'out of hours'
7. To be taken seriously / not patronised



# Brand New Care home Tŷ Penrhos Castlegate Caerphilly



Just opened is Hafod Care's newest project, the prestigious Tŷ Penrhos development at Castlegate, Caerphilly which is due for completion shortly. It will provide a modern, carefully designed Care Home to support the EMI residential and EMI nursing care needs of older people.

On the border of Caerphilly, Rhondda Cynon Taf and Cardiff, the high quality, spacious care home has been designed by Pentan partnership in conjunction with RNIB Cymru and complies with all their 'Visibility Better' standards. Built over 3 floors Tŷ Penrhos will comprise of six, 10 bed care units with beautiful en-suite bedrooms.

The lounge, dining areas open out onto verandas facing out over the spectacular mountains surrounding Caerphilly.

The high specifications used in the construction and well appointed decoration of Tŷ Penrhos are evident throughout the Care home. Together with compassionate and well trained staff they work to provide a relaxed and well equipped setting to sustain quality social and nursing care provision.

Utilising the contours of the ground but with thoughtful separation to the main home our architects have designed a dedicated 15 bed unit to professionally support the respite or medium term stays of younger service users.

Tŷ Penrhos has been constructed to the highest levels of sustainability and will provide employment opportunities for over 60 people, including managerial, administrative, technical and care and support staff.

If you would like to know more about Tŷ Penrhos we would be pleased to hear from you. Please contact:

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**Liz Davies**  
Home Manager  
02920 854340  
[typenrhos@hafodcare.org.uk](mailto:typenrhos@hafodcare.org.uk)



# Santa Steals the

**17th December 2009 at Wenvoe Golf Club was the venue for the Supported Housing Tenants Christmas Party...**

Yet again it was a lovely Sunny Day; we certainly enjoy good weather when we visit Wenvoe. This was matched by the wonderful warm welcome everyone received from the Golf Club Staff.

It was lovely to see so many new faces and so many of our old friends.

Everyone enjoyed a wonderful turkey dinner with all the lovely trimmings.

After lunch we were visited by Father Christmas who received the loudest cheer of the afternoon. He was very happy to go around all the tables to have his photograph taken with all the Tenants,

(sorry no prize for guessing who Santa was but many thanks to him).

To finish off the afternoon we held our raffle. Once again thank you to everyone who so generously donated the prizes.

£100.00 was raised which was divided between Diabetes U.K. and Cancer Research Wales.



# Show!



## → Charity Cheques

*Pictured are the Bridgend Tenants holding the cheques, money raised from the Raffle which was held at the Christmas Party.*

**£50.00 to Diabetes U.K.**

**£50.00 to Cancer Research Wales**

The nominated charities have received the cheques and have responded by sending letters thanking all those who contributed.

Thanks to everyone who bought tickets to support these very worthy charities.

At the last Focus Group meeting it was decided that the two nominated charities for the forthcoming year will be Alzheimers Society and The Red Cross.



*Bridgend tenants with the cheques for Diabetes UK and Cancer Research Wales*

# Hafod Care

## Specialists in support

Hafod Care Association Ltd is a charitable not for profit organisation that provides accommodation for a wide range of people with varying levels of support needs and we pride ourselves on our ability to offer the specialist help and support they need.

### Supported Housing

Hafod Care Association Ltd provides a wide range of supported housing across the South Wales area covering 4 local authority areas.

**Within supported Housing Hafod Care Association aims to:**

- *Enhance the quality of life of the individuals who use its services*
- *Protect the rights of Service Users*
- *Promote and maintain independence, where possible*
- *Provide its services fairly and without prejudice*
- *Maximise the potential of all of our service users*
- *Maximise the potential of all of our staff*

**There are six core values that underpin Hafod Care's philosophy in providing its supported housing service. These are:**

- *Choice*
- *Dignity*
- *Privacy*
- *Rights*
- *Independence*
- *Fulfilment*

**We can provide you with support to manage or maintain a tenancy and can support you within the following areas:**

- *Budgeting*
- *Education*
- *Training*
- *Employment*
- *Lifestyle*
- *Support network*
- *Health and wellbeing*
- *Domestic abilities*
- *Maintain and sustain a tenancy*

Each of Hafod Care's tenants have the ownership of an individual support plan that sets out the aims and objectives of the support and clarifies the role of the tenant and the worker in achieving them.

We support people with complex and enduring mental health problems, people with learning difficulties, people with disabilities, older people, homeless adults and 16/25 year old homeless young people.

Hafod Care's supported houses are not a home for life. There is



an expectation that tenants will move on to more independent accommodation when they are able to.

## Tenant Support

Hafod Care staff provide a wide range of support services to tenants in their own homes in order that the tenant can achieve an independent life and maintain their tenancy in a safe manner. Services provided include support to appointments, help with arranging household budgets and other activities of daily living.

Access to the scheme is through referral to the relevant local authority and there is a range of intensity options available to meet the needs of the individual.

## Floating Support

Support is also available for adults with mental health problems living in their own accommodation in Cardiff and the Vale of Glamorgan. This includes Housing Association tenants, people living in private rented accommodation, owner occupiers and those who are placed in temporary accommodation

or threatened with homelessness. Referrals can be made by the individual or via any professional agency.

The housing related support Team is headed by Helen Jones who is the Support Services coordinator.

Helen is supported in her role by 5 Support managers who cover 4 counties – Vale of Glamorgan, Bridgend, Rhondda Cynon Taf and Cardiff.

Also included in the team are 4 senior support workers, 2 scheme managers, an assessment officer, an administration team and a very experienced housing officer.

## Want To Make Referrals To Hafod Care?

Application for support can be made directly to Hafod Care in many areas.

There is a referral process that involves filling out an application form.

Contact **Angela Davies** our Supporting People Administrator if you would like more information about services we provide please contact her on **02920 675844** or Email: [angelad@hafodcare.org.uk](mailto:angelad@hafodcare.org.uk)



*The next few issues of the newsletter will take a look at the history of Hafod Care. Look out for the continuing story in future issues of this newsletter.*

# Hafod History

## Part 1

# In the beginning...

### Gwynfa

During the 1970's the staff of the Social Work Department and Tegfan Day Hospital, in Whitchurch Hospital Cardiff, were very frustrated at the lack of help and resources for people in the community who had long term mental health illnesses.

There were only 16 beds in old lodging houses and a hostel run by the local authority and a small Mind hostel. With Dr Dafydd Huws a consultant psychiatrist in rehabilitation, they formed a housing association called 'Gwynfa'.

Judy Keenor became the company secretary in 1978 and they leased a building owned by South Glamorgan County Council which was at 103 Station Rd, Llanishen.

Gwynfa was a completely voluntary organisation until a married couple were appointed to manage the hostel which could provide places for 16 people.

It was set up with very little financial or other help and because of the lack of any day care (and the income received) the only day time occupation was with Tegfan and the Industrial Therapy unit.

The residents at that time commuted by train so that staff could have time off work

and sickness and holiday cover was provided by volunteers from the Social services department who slept on the premises.

In 1980 they were introduced to Ian Williams who was Chief Executive of Hafod Housing Association. At the time the Health Authority wanted to close the William Nicholl annex in St Mellons, which provided long term continuing care for mentally ill people in Cardiff. Ian Williams was investigating the possibility of Hafod building some sheltered accommodation on land which the Health Authority owned.

As a result of many discussions that took place, it became very clear that the Gwynfa Hostel and the proposed sheltered unit would fit together very well.

If Gwynfa merged with Hafod they could have access to ordinary lettings for people who were already to move on through their tenancies.

After a lot of red tape with The Housing Corporation in Wales and the County Council this merger was agreed in 1982...



***Find out what happens in the next issue of the Hafod Newsletter.***

# Useful Numbers

C.A.L.L Mental Health Helpline for Wales  
0800 132737

Womens Aid 24hr Helpline 0808 2000247

Wales Drug and Alcohol Helpline  
0800 633 5588

Cruise Bereavement Helpline  
0870 167 0677

Non Urgent Police Incidents 101

NHS Direct 0845 4647

Transco 0800 11199

Welsh Water 0800 0520130

The Samaritans 08457 90 90 90



## Focus Group Presentation

At the last Focus Group the presentation was made to Keith Horwood in recognition of his work in starting up the Tenant Participation Group in Cardiff First Thoughts and being their Chairman and his support of the Bridgend Group.

The presentation was made by Kath Fuller of Bridgend, on behalf of all Hafod Care Supported Housing Tenants. Keith told everyone it had been a pleasure to work with the Groups and



wished them great things for the future, he said that he felt that it was important that all tenants took an active part in the groups as it was a wonderful opportunity for them to express their views and to share information.



Following regular consultation at the Tenants Participation and Focus Groups it has been decided that The Scribe needs a name change...

# Time for a Change

At the meetings 3 names have been suggested and it was felt that it should go to a vote as to which one should be used.

If you would like to vote for your favourite, place a tick next to it, **write your name clearly in the space below**, and return the slip to a Hafod Care staff member who will return it to Debbie Regan.

**The winner will be announced in the Autumn Issue.**

The nominations are:

- The Grape Vine
- Hafod Care News
- Hafod Care Express

Your Name:



# Easter Cornflake Cakes

You will need:

**50 grams butter**

**4 tbsp golden syrup**

**100 grams dark chocolate**

**75 grams cornflakes**

**Small chocolate eggs to decorate cake cases**

What to do...

Gently melt the butter, syrup & chocolate in a small heavy pan. Stir in the cornflakes.

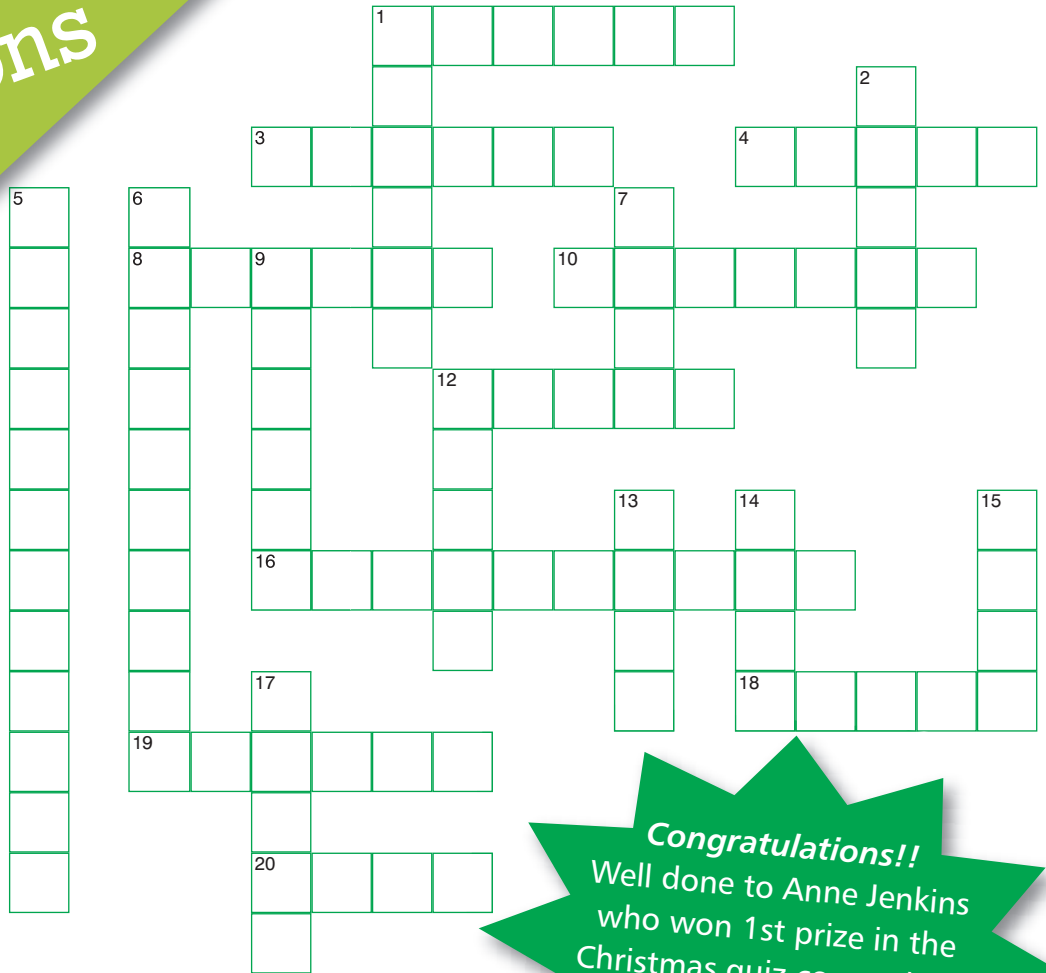
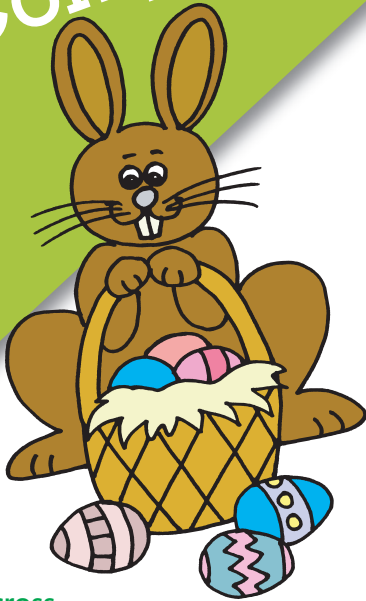
Place large spoonfuls of the mixture into the cake cases and put a chocolate egg on top to decorate.

Leave to set in fridge.

Enjoy!



# Easter Competitions



### Across

- 1 Carry to put things in.
- 3 Light one in church.
- 4 Peeping baby.
- 8 Jesus rose on this day.
- 10 March in one.
- 11 Use crayons to do this.
- 12 Symbol of the Crucifixion
- 16 Day Christ was crucified.
- 18 Brings Easter goodies.
- 19 Day of the week Christ arose.
- 20 They get decorated.

### Down

- 1 A Hat.
- 2 An Angel told them "He is\_\_"
- 5 Nailed to the cross
- 6 Small sugared goodies.
- 7 Religious ceremony.
- 9 Season in which Easter usually arrives.
- 12 Sweets.
- 13 Easter flower.
- 14 Symbol of innocence.
- 15 Blessed.
- 17 One was at the tomb

**Congratulations!!**  
Well done to Anne Jenkins who won 1st prize in the Christmas quiz competition and Kath Fuller who won 2nd prize.

## Easter Quiz

**What are the origins of the word Easter?**

- a) Aramaic   b) Anglo-saxon   c) Hebrew

**What does the event Maunday Thursday commemorate?**

- a) The last supper   b) The birth of Jesus   c) Jesus return to Jerusalem

**Who was Jesus betrayed by?**

- a) King Herod   b) Judas Iscariot   c) Mary Magdalen

**In which city is Jesus said to be buried?**

- a) Bethlehem   b) Jerusalem   c) Nazareth

**How many days does lent last for?**

- a) 40   b) 30   c) 14

**Why do we have the Easter Bunny?**

- a) rabbits were revered by early Christians as holy animals
- b) Rabbits were a pagan fertility symbol
- c) Rabbits lived in the garden of Gethsemane

**Competitions closing date 20th April 2010**

## Contact Us

Please contact Hafod Care Head Office at Culverhouse Cross on 029 2067 5800

The email address is [angelad@hafodcare.org.uk](mailto:angelad@hafodcare.org.uk)

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