

# TREFOREST LEARNING CURVE

## NEWSLETTER



CHRISTMAS,  
2018  
EDITION



### MANAGEMENT TEAM:-

Day Service Manager – Julie Richards  
Senior Daytime Opportunities Officer – Stephen Ham

### Group Team Leaders:-

Arts/Bags/Crafts – Pauline Berbillion  
Autism Service – Aimee Gane  
Catering – Gareth Gibbs (Acting)  
Garden Services – Stuart Sansom  
Mixed Community – Gwyn Osborne  
Oxford Hall – Sian Gibbs  
Rhydyfelin – Eleanor Clift  
Gilfach Goch Community Unit – Helen Rowe  
Talbot Green Community Unit – Jayne Robins

**MERRY CHRISTMAS, EVERYONE!!!**



# TREFOREST LEARNING CURVE

## CHRISTMAS FAYRE!

*(Located at the Cardiff end of Treforest Industrial Estate  
-last building, opposite the terraced houses)*

**Starts 5.00 p.m.  
on  
Wednesday, November 21st., 2018**

**Stalls will include:-**



**Bric-a-Brac  
Cake Stall  
Hot Refreshments  
Prize Bingo  
Santa's Grotto  
Tombola**



**A Raffle Draw will also be held  
towards the end of the evening.**

**All proceeds will be used to help toward  
the provision of outdoor/indoor activities,  
social experiences and equipment  
for all our Individuals in Taff Ely.**

**Thank you very much for your support,  
please come along and join us on 21/11/18!**



# INDIVIDUAL

Handcrafted  
– with minimal staff support –  
by Individuals attending  
Treforest Learning Curve.



## OPENING TIMES:-

10.00 a.m. to 11.00 a.m.  
12.00 noon to 1.00 p.m.  
2.00 p.m. to 3.00 p.m.

# CREATIONS!





Halloween goods  
are  
on sale  
from £2.00!



Some of  
our lovely  
wooden  
items!



Christmas  
is coming!





Lots of festive  
present ideas!



Submitted by Pauline Berbillion, Team Leader.

# MACMILLAN COFFEE AFTERNOON AT TREFOREST LEARNING CURVE!

So September marked another year of our MacMillan Coffee Afternoon at the Learning Curve. Whilst some staff dusted off their aprons and took to the kitchen, others rushed to their nearest supermarket, in the hopes of finding some sweet delights.



This year we saw an impressive array of tempting treats, from cupcakes to brownies, fruitcakes to cheesecakes, all equally as mouth-watering as the other!

The afternoon was a huge success and would not have been possible without the planning and effort put in by Team Leader Eleanor Clift! (thank you for making it acceptable to satisfy our sweet tooth without feeling guilty!)



MacMillan is a charity that is close to the hearts of many of our Learning Curve family and we are thankful for all the donations we received and to all the people who came to support the event.

In total we raised a whopping **£226.50** for MacMillan and we think we can all agree, it was the best 50p we've ever spent!

**Submitted by Kari Jones & Fraser Nicholls, Support Workers.**

# ANOTHER FANTASTIC PHASE 1 HAS COME TO AN END FOR THE INSPIRE PROJECT AT CAMBRIAN LAKESIDE IN CLYDACH VALE!

The individuals named themselves **Team Buttercup** this time as they noticed how bold and brightly coloured all the flowers were around Lakeside this summer.

As usual, the project started with some exciting team building games on the 3G Pitch so the group could build their trust and confidence as a team. This was also the first time the group walked around the lake together, noticing all the different birds and other wildlife that make the lake their home.



*Buttercup*



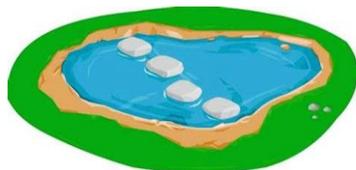
At Lakeside, nature and outdoor learning is at the heart of everything we do, so it was never going to be that long before the group got their hands dirty out in the flower beds planting **sun flower seeds** and **Cress seeds**. Planting Cress is one of my favourite activities to deliver as the results are super quick so the individuals can see their hard work within a week, and even better – **EAT** their work!

After getting used to the new surroundings the group took part in some sport and games, this included giant connect 4 and an assault course. Phew! That was a busy session with lots of fun and laughter from the individuals and the staff.



We also know that a healthy mind and a healthy body are important and here at Lakeside, we love a smoothie. This session is all about chopping and tasting fruit to make a refreshing drink that will help kick start your day. As a group we also talked about the 'eat well plate' and the group used their scrap books to design a tasty meal.

We spent the next few weeks making the most of the sunshine, working outside and learning more about nature and our surroundings. The group made bird feeders with pine cones lard and bird seed. Once they had finished, we walked around the lake tying everyone's creation on the trees around the lake ready for the birds to enjoy.



The group went up to the top lake for the next session to learn about the history of Clydach. Another favourite activity of mine is the journey sticks and I think it's safe to say it was a firm favourite with everyone else too! Collecting leaves, flowers and anything else the individuals wanted to add to the journey stick as they walked around the lake and bravely, one by one cross over the stepping stones.

**Team Buttercup** was also very lucky as they were able to try out Zorb bubble football! Everyone had a good laugh in the zorbs bouncing into each other whilst trying to score a goal.



Fire building was next, the group chopped their own wood, and managed the fire long enough to toast some yummy marshmallows.

After that, everyone then had the chance to design their own fire with an arts and Crafts session. Some people used straws to blow the paint to give a flickering effect and some used tissue paper to show the different colours.

During the project the group participated in lots of mindfulness and movement. Doing yoga and dance to music indoors, and using the natural recourses of rushing water as well when outdoors.

Is there a better way to start the day? We don't think so.



All of these wonderful activities build the groups courage and confidence up to a grand finale where everyone can really get amongst the nature they have learned all about for the last 6 weeks by canoeing on the lake!

This is the time where everyone's hard work and team work pays off. We love seeing everyone's smiling faces as they set off on the open water, sometimes for the first time!

After the group finished on the lake they all returned to the Café for the celebration event.

A video showcasing all the different activities is shown and the group can relax and enjoy a buffet while their guests can flick through their scrap books showing off what amazing work they have completed in the 6 weeks.



Once again, I would like to say a massive 'THANK YOU' to everyone who has been part of the project, the staff in Cambrian, the Learning Curve and of course, **Team Buttercup!** I have enjoyed working with you all, and am looking forward to meeting the next group.

If you would like to know more about the Inspire Project or think your family member would like to join in the next one, then I would love to hear from you.

Katy Williams  
Project Coordinator  
[Katy.VillageTrust@yahoo.com](mailto:Katy.VillageTrust@yahoo.com)

Submitted by Katy Williams, Project Co-ordinator, together with contributions from Elise Robins & Joshua Samuels, Support Workers.

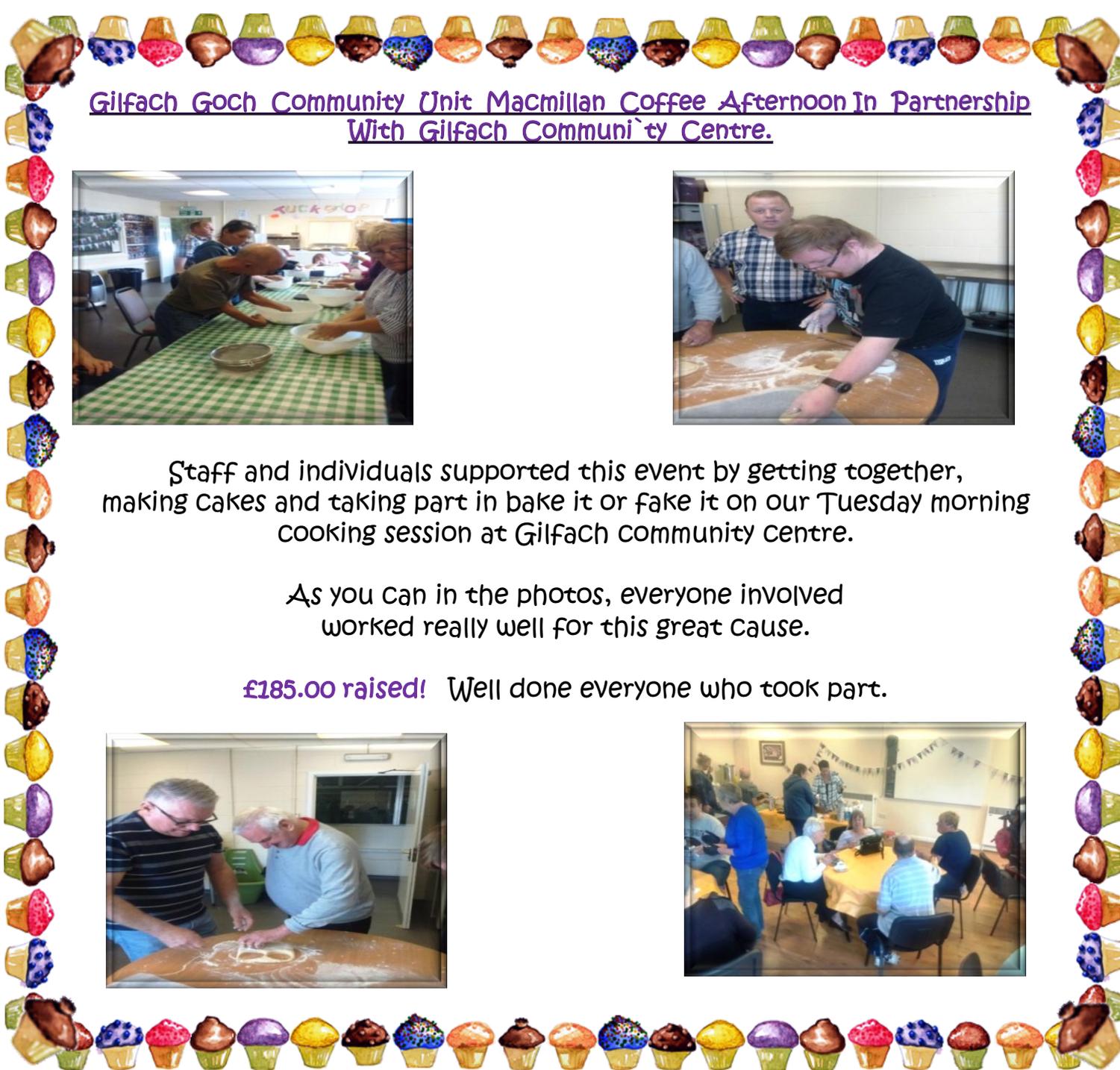
# MUSAIC MINDS.

After the success of the last music video, made with Erin from Mosaic Minds, the course has started back up with a new group of individuals.

The 12 week course started back on 20/09/2018 and involves individuals writing their own songs for the chosen topics. The topic this time is "Safeguarding".

The individuals have already come up with fantastic ideas for their new songs, and they look forward to recording and releasing them.

Submitted by Chris Sullivan, Elise Robins and Sarah Salter – Support Workers.



## Gilfach Goch Community Unit Macmillan Coffee Afternoon In Partnership With Gilfach Community Centre.



Staff and individuals supported this event by getting together, making cakes and taking part in bake it or fake it on our Tuesday morning cooking session at Gilfach community centre.

As you can in the photos, everyone involved worked really well for this great cause.

**£185.00 raised!** Well done everyone who took part.



Submitted by Helen Rowe, Team Leader.

# GROUP & COMMITTEE MEETINGS.

## HEALTHY LIFESTYLE GROUP

Our new Healthy Lifestyle Group is offering individuals and staff the chance to learn about simple changes that can really improve their lives. Many of us are supporting each other to make healthy choices at lunchtime, with lots of help and advice from the catering team. We have also held a very successful exercise session this month, combining music, maracas and movement, which we called "Shake Your Maracas".

This monthly group runs alongside our weekly wellbeing sessions, and is a fun way for us to get together. We are hoping to cover topics such as stress management, relaxation and learning about emotions. The group has had lots of ideas on how we want the sessions to be run, and are keen to take part in more exercise groups.



## INDIVIDUALS' COMMITTEE MEETINGS

We hold our committee meetings every month, and are pleased to report that they are very successful in giving us a voice. With the support of both management and staff at Treforest, we have been making some positive changes to our service.

September's meeting was very interesting as we were able to visit our new on site shop, Individual Creations. It's exciting to see individuals' work on sale, and we were very impressed with the range of Halloween and Christmas crafts.

We also had a guided tour of the new Autistic Unit, which gave us a new understanding of the needs of individuals with autism. We are looking forward to the specialized unit opening and welcoming the new staff and individuals.

We work closely with the catering team and regularly make menu suggestions. This month Gareth Gibbs joined us and is happy to introduce some more healthy options and food from around the world.

We discussed all of the new activities that are available to us, some of which we have chosen ourselves. The committee suggested both the local history and gardening groups, and are working with staff to provide a variety of meaningful activities



## FIRE SAFETY GROUP

Thanks go to Josh Brown (Mixed Community), who suggested that we run a Fire Safety Group. It has been a great success and we would like to share our safety in the home list:-

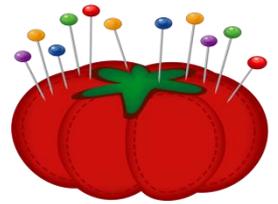
- Unplug electrical appliances at night, like lamps and televisions
- Don't charge electronic gadgets like your mobile phone, overnight
- Don't leave hot appliances, such as hair straighteners, on your bed or floor
- Follow the one socket, one plug rule
- Check that electrical wires aren't frayed or damaged
- Don't leave frying pans or chip pans unattended
- Don't dry clothes in front of an open fire
- Regularly remove lint from your tumble dryer
- Extinguish candles properly or use battery operated candles
- Keep matches and lighters in a safe place
- Install at least one smoke detector on each level of your house
- Check smoke detectors monthly to make sure they are working properly
- It's a good idea to have a fire extinguisher and fire blanket in your home
- Plan an escape route for your home
- Keep all exits clear
- Leave door keys in an easy to find place
- Have at least two fire drills a year, one in the day and one at night
- Choose a safe meeting point, away from your house
- If there is a fire, make sure someone rings 999

**Submitted by Sarah Davies, Support Worker.**

# SEWING AND NEEDLE CRAFT GROUP.

We have now had a sewing and needlecraft group at Treforest Learning Curve that have been working very hard recently on some new projects .

The group has chosen to do individual projects which include making lions, monkeys & elephants from Craft Kits which they will use as pin cushions .



The group has also individually designed the front of Hessian bags which they now have completed and can store all of their needle craft work.

One member of the group has completed another hook and latch rug, one of many that can be seen in the Zen room. He is now working on another rug of Winnie the Pooh. His work has been used to make cushions and wall hangings in the past and these have been displayed in the day centre .



We are currently working on ideas for Christmas as this is fast approaching . The group have some interesting things in mind so watch this space!

We meet on a Tuesday afternoon in the Zen room and would welcome anyone who would like to join us for a taster session .

**Submitted by Andrea Dunn, Support Worker.**

## CHRISTMAS CAROL SING-A-LONG!



With Christmas fast approaching, the Christmas Carol sign-a-long group has started preparation to perform Christmas carols in front of an audience (time, date and venue t.b.c.).

The group meets once a week to practice and the individuals have now selected the three songs that they would like to perform and are really enthusiastic!



They have also started to make suggestions for songs they would like to learn and perform for other events, such as Easter, summer and Halloween next year.

**Submitted by Sashca Pope and Elise Robins, Support Workers.**

# NEW RESOURCES!

There have been exciting new developments at TLC with the installation of Wi-Fi & a large screen & projector that can be linked up to the internet.

This up to date technology has given us the opportunity to showcase our wide ranging activities. The sessions that will particularly benefit from the screen and projector are the Nature group, as we can access YouTube and see in great detail any image from nature, which is at present the life cycle of fungi.



Karaoke, which is a firm favourite in Treforest, is now shown on the large screen and it enhances the experience for all participants. Somability and Musica Minds are also going to benefit from the screen and it has already proved to be a great success.

**Submitted by Gwyn Osborne, Team Leader.**

## RACHEL & MUMS COFFEE WALNUT SPONGE!

Oven 180 C/ 350 F/ gas mark 4  
9 inch Cake Tin greased and lined

### Sponge

10 oz Sugar  
10 oz Margarine  
10 oz Self-raising Flour  
5 Eggs

- Mix the margarine and sugar until light and fluffy
- Beat the eggs
- Gradually add the beaten eggs to the mix - adding a small amount of flour at the same time - then add remaining flour.
- Spoon mixture into cake tin
- Bake in oven for 25 to 30 minutes

### Coffee Butter Cream

8 oz Icing Sugar  
4 oz Margarine  
2 tbsp Coffee Granules  
1 tbsp Boiling Water  
Halved Walnuts

- Put icing sugar and margarine in a bowl
- Put coffee granules & boiling water in a bowl and stir until dissolved
- Pour diluted coffee granules in with sugar & margarine & mix until smooth.
- Cut cake either in half or three
- Place Butter Cream onto 1 layer of the cake, place another on top
- When layers are finished cover top of cake with remaining butter cream and add halved walnuts.



**Submitted by Rachel Buttle.**

# THE LIFE CYCLE OF A BENCH REFURBISHMENT!

Uplift Bench



Transport To Trailer



Move To Workshop



Dismantle Bench



Visual Inspection



Plane The Wood



Smooth Sharp Edges



Varnish, Allow To Dry x 3



Sand & Paint Iron Frames



Bench Is Re-assembled!

The Bench is then transported back to the Park and another one picked up.

We have had a **VERY POSITIVE** response from members of the public about our work .

**WELL DONE TO ALL OF THE TEAM !!!!**



# TREFOREST HORTICULTURAL GROUP.

It's been a packed calendar since the last newsletter edition & the team continue to work hard at the Ynysangharad War Memorial Park. The bench refurbishment work is still going strong with the additional task of renewing of the Memorial Cross. Pop in and see the magnificent results from the individuals and staff!



Our Partnership working with Children's services has gone from strength to strength with work complete at Nantgwyn Children's Respite Centre and Beddau Children's Community Home.

The team will be continuing work with Llantrisant leisure centre where we will undertake grounds maintenance around the building, keeping it in tip top shape.

Individuals and staff have been redecorating interior rooms, painting exterior walls, planting garden areas and refurbishing furniture - developing skills and achieving excellent results.

The painting and decorating team are adding new contracts to their portfolio with a possible contract at vision products. Watch this space!



The Team has played an integral part of new refurbishment works at Treforest Learning Curve, consisting of a wooden feature wall in the centre based shop, and constructing workstations in the new Autism unit.

Our Horticultural winter painting jobs are now available. Book our painting and decorating team to come in and redecorate for the winter season. Free quotations are also available. We've done many painting and decorating jobs where all our customers have been more than pleased with the outcome of our team's work.



The Christmas period is just around the corner and we are now taking orders for our fabulous Reindeers and Snowmen.

Order now to avoid disappointment. We have various sizes and prices available.



## "Garden Services Colleague of the Month"

- January – Dean Pugh
- February – Curt Jones
- March – Paul Lampert
- April – Nico Sussat
- May - Ivor Whelpton
- June – Matthew Byrnes
- July – Ivor Whelpton
- August – Curt Jones
- September – Dean Pugh



### Player Profile – Ben Frelford!



Name?	Ben Frelford
Favourite Food?	Chinese
Favourite Drink?	Cider
Name 1 thing on your bucket list?	Go to the pub
Favourite Hobby?	Gym
What makes you annoyed?	Dogs
What's your party trick?	Dancing with the ladies
Describe yourself in 3 words.	Funny – Ladies man – Friendly
Can you dance?	Yes
Who's the most famous person you've met?	No one
What's your favourite song?	I will always love you – Celine Dion
Who makes you laugh?	Jane Frelford – My Sister
Favourite saying?	You're my number one
Who do you admire most?	My Nan
What would you buy with a millions pounds?	Buy a jet

**Submitted by Stuart Sansom, Team Leader.**

## NOTABLE FORTHCOMING EVENTS.

Parent/Carer Forum Meeting ..... 8/11/18  
Development Day ..... 23/11/18  
Parent/Carer Forum Meeting ..... 6/12/18  
Christmas Closure ..... 24/12/18 to 1/1/19  
Development Day ..... 25/1/19



Treforest Learning Curve,  
Rhondda/Cynon/Taff County Borough Council,  
Unit G7,  
Treforest Industrial Estate,  
PONTYPRIDD,  
Rhondda/Cynon/Taff.  
CF37 5YL



01443 841235/6/7/8



*(DAY SERVICE MANAGER - MRS. JULIE RICHARDS)*

**SEASON'S GREETINGS TO YOU ALL!**