

Caredig Connect

A Newsletter for Caredig Residents



WELCOME TO THE SPRING EDITION



IN THIS ISSUE:

- HOW YOUR RENT IS SPENT
- COOKING ON A BUDGET
- ENERGY ADVICE
- EVENTS
- GOOD NEWS STORIES

AND LOTS MORE.....

WELCOME FROM MARCIA



Welcome to Caredig's Spring Newsletter. The new year is a chance to reflect, it has been just over a year since we changed our name from Family Housing to Caredig. We were also delighted to work with residents, staff and partners to develop and launch our new vision – "The Caredig Way – Proudly Creating Great Places to Live and Work."

The Caredig Way reflects our values of kindness, trust, innovation and accountability. The views of residents matter to us, we do not always get things right but we want to listen, learn and respond. So please get involved using the different ways set out in this Newsletter.

We know the rising cost of living is a concern for residents. Inflation has also been increasing Caredig's costs and this Newsletter sets out how we spend the money we collect from residents to manage, repair and improve their homes.

We want to support you so please read the articles about our Money Solutions Team and our suggestions to manage increasing energy costs and reduce the impact of condensation in your home. We know these are difficult times, so it's important if you have any worries to get in touch.

Take Care,

Marcia



CONTENTS

04/05	Update on Developments
06	Good News Stories
07	Annual Garden Competition
08	Energy Advice and Support
09	Tips to Reduce Energy Consumption
10	Condensation
11	How your rent is spent
12	Welsh Water Support
13	What's on
14	Join our Residents Hub
15/16	Cooking on a Budget
17	Help and Advice
18	Puzzles
19	Get in Touch



UPDATE ON DEVELOPMENTS

HOUSE TYPES



Upper Bank, Swansea – During September 6 two bedroom homes at Hygrove's Upper Bank development were completed, purchased, and handed over to Caredig. All 6 properties were finished to a very high standard so it's no surprise that all have been successfully let.

Terminus 2 project in Neath Abbey – The refurbishment project to provide 6 one bedroom flats, including an onsite office for the supported living staff is now complete with the last flat handed over in early November. The feedback received from the new residents has been very positive.



UPDATE ON DEVELOPMENTS



69 Martin St, Morriston – This project to provide 5 new one bedroom flats has been very challenging to secure the necessary statutory approvals, however, we have some positive news in that we have recently secured the Conservation Area Consent, a key requirement in redeveloping the site and will allow Caredig to proceed with the demolition of the existing building



Trallwn, Llansamlet- Our development to provide 12 new flats is well underway although slightly behind schedule due to difficult weather and labour market conditions. Castell are committed to providing quality homes



GOOD NEWS STORIES

Do you want to nominate a Caredig resident to recognise their contribution in your community? We would love to hear your good news stories.



Meet Morgan Aged 9 from Llanelli

During 2021 Lockdown, Morgan missed being able to see his friends and missed going to the local leisure centre. Morgan often spent lockdown days playing in his garden talking to his neighbour and admiring her vegetable patch.

One day his neighbour Glenys sat with him and showed him how to grow his own strawberries. Morgan was so intrigued he then went on to grow potatoes, lettuce, cucumbers and much more with the help of Glenys. Not only did he create his own vegetable patch, he then began to sell his freshly grown vegetables to his friends in school, raising some pocket money for himself.

Summer 2022 Morgan won Caredig's Annual Garden Competition winning the prize for Best vegetable Garden.

It just goes to show a little help from your neighbours and communities can go a long way.

Well done Morgan and Glenys! We look forward to visiting your gardens again this year!



People • Homes • Communities



Annual Garden Competition

We have a number of categories you can enter

- Front/Back Garden
- Hanging Baskets
- Best Vegetable patch
- Sunflowers
- Pots
- Communal areas



To enter send your name /address and which category your entering to:

Communityengagement@caredig.co.uk

or Text/Whatsapp 07543 368645



**Closing date for entries
will be 1 June 2023**

**Judging will take place
on 11th July 2023**

ENERGY ADVICE



With soaring energy costs this Winter, it is a worrying time for many. We have set out the financial help available right now, due to the cost of living crisis, as well as ongoing support for those on benefits.

If you would like financial advice or help, please contact:



Phil Burge

Swansea
and Neath

01792 940168
07811 990799

philip.burge@caredig.co.uk



Emma Rees

Carmarthenshire,
Pembrokeshire and
Ceredigion

01792 940148
07773316151

emma.rees@caredig.co.uk

WHAT IS AVAILABLE AND HOW TO GET IT:-

What's available	How much can I get?	Who can get it	Do I need to apply	When is/was it paid
Fuel support	£200	Welsh households who pay for their energy and in receipt of certain qualifying benefits	Yes apply by 28 February 2023	Depends on application date

Supplier Scheme	Key eligibility criteria	How much you could get	How to apply
Open to customers of ALL suppliers			
British Gas Energy Trust Individuals and Families Fund	If you are facing fuel poverty, see full info on the British Gas website	Up to £1,500	Via the British Gas website
Open to customers of the named suppliers ONLY			
EDF Energy Customer Support Fund	Experiencing hardship, or struggling to manage energy debt See full info on the EDF website	No set limit – depends on your circumstances	Via the 'Let's Talk' web form or by calling 0800 269 450 (1)

ENERGY ADVICE



Supplier Scheme	Key eligibility criteria	How much you could get	How to apply
E.on Next Energy Fund Also open to customers of: Sainsbury's Energy	No set criteria, but based on needs and ability to pay energy bills See full info on the E.on Next website	No set limit – depends on your circumstances	Via the 'Let's Talk' web form (1)
Octopus Energy Octo Assist Fund Also open to customers of: Affect Energy, Co-operative Energy, Ebico Living, London Power, M&S Energy	No specific eligibility criteria See full info on the Octopus website	No set limit – depends on your circumstances	Via the Octopus web form (you must be logged into your account)
Ovo Energy Hardship Scheme Also open to customers of: Boost, SSE	Full criteria not yet published. See more info on the Ovo website	Supplier wouldn't confirm	Call Ovo on 0330 303 5063 or use its live chat (online form coming soon)
Scottish Power Hardship Fund	In receipt of: income support, jobseeker's allowance, pension credit, or employment and support allowance See full info on the Scottish Power website	Varies depending on need and funds available	Via Scottish Power's web form
Shell Energy Helpfund	No specific eligibility criteria See full info on the Shell Energy website	No set limit – depends on your circumstances	Call Shell on 0330 094 5800
Utility Warehouse Customer Support Scheme (in partnership with charity Citizens Advice)	In fuel poverty, or about to go into energy debt or run out of prepay credit See full info on the Citizens Advice website	Supplier wouldn't confirm	Call Utility Warehouse on 0333 777 0777

TIPS TO REDUCE ENERGY CONSUMPTION

Looking for ways to save energy and money at home?
Check out these 8 tips



Switch off lights
not in use



Replace with
energy saving
bulbs where
possible



Avoid leaving
items on
standby mode



Turn down your
thermostat by 1
degree



Close doors to
keep heat in



Don't leave taps
dripping,
especially hot
water taps



Unplug inactive
devices



Wash full loads
of laundry
unless you have
a half load
setting



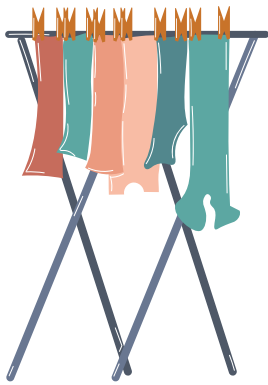
www.caredig.co.uk

CONDENSATION

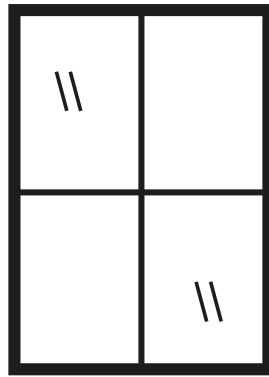
What is Condensation?

There is always moisture in the air even if you cannot see it. When the air gets cold, it cannot hold the moisture which then condenses on cold surfaces such as windows, doors and even walls.

How to reduce condensation



Don't dry clothes on radiators



Open windows and ventilate



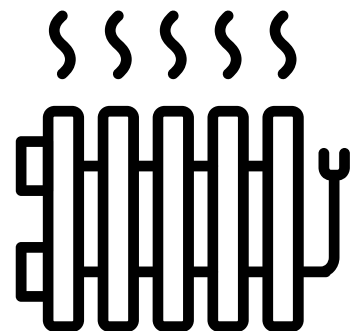
Keep lids on pans when cooking



Run cold tap first when bathing



Make sure tumble dryers are ventilated

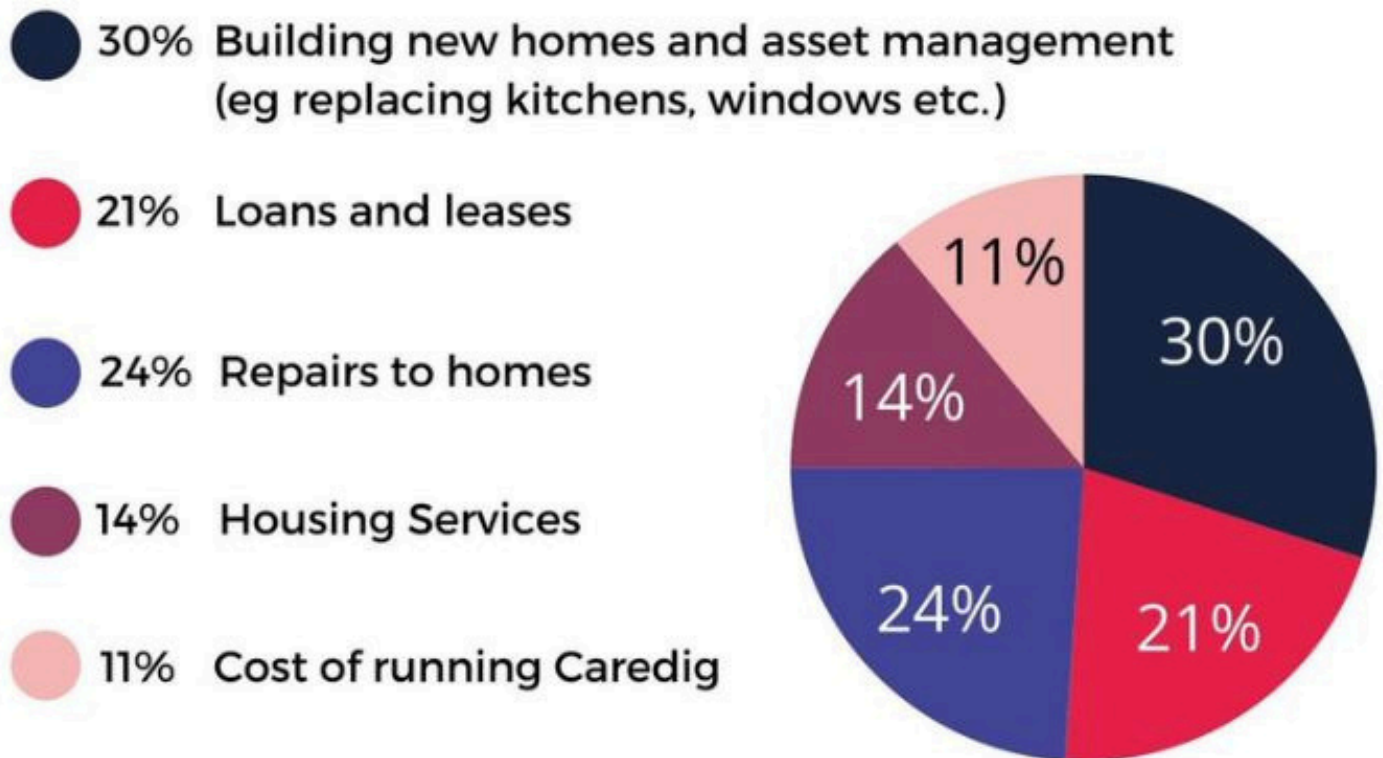


Keep heating on low during cooler periods as this improves air circulation

HOW IS YOUR RENT SPENT

As a resident of Caredig do you ever wonder what we spend your rent on? Every pound that is received, goes back in to the business and services we provide.

See the chart below for the full details.





Scan to register

Protect your household and loved ones this winter

At Welsh Water, we are here to help.

Free support



Are you or someone you live with:

- a parent with children under 5 years of age?
- elderly or infirm?
- living with a medical condition?
- housebound?
- struggling with sight or hearing?
- physically disabled?

If the answer is yes, then our Priority Services Register is here to help.

By signing up to our Priority Services Register for free today, you'll get bottled water if your supply is interrupted, have access to alternative ways of getting information, get reassurance against bogus callers, and lots more!

We're here to help.

It takes a few minutes to sign up online
dwrcymru.com/priorityservices

Or you can call our friendly Specialist Support team on **0800 052 0145**

WHAT'S ON ...

Resident Engagement Events Coming up

16th February	Resident Hub Meeting in Hazel Court 10.00-12noon
3 March	World Book Day Competition keep an eye on our Social Media pages
7 March	Beat the Bills Coffee morning Clos Andreas Llanelli
28 March	Beat the Bills Coffee morning Maes Y Meillion Ammanford
10th May	Resident Hub Meeting in Ty Dyffryn 1.00-3.00
27 May - 24 June	Children's Gardening Week keep an eye on our Social Media pages
11th July	Annual Garden Competition Entries in by 1st June Judging will take place on 11th July



Keep an eye on our social media and website for more events



People • Homes • Communities

JOIN OUR RESIDENTS HUB



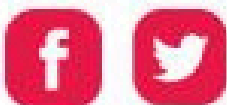
CALLING ALL RESIDENTS

The Residents Hub is our exciting new group who work on future projects to improve services.

- ✓ PICK A TOPIC THAT SUITS YOU
- ✓ EXPENSES PAID
- ✓ FREE TRAINING
- ✓ MEET VIRTUALLY
- ✓ REWARDS SCHEME

JOIN NOW

For more information contact our friendly Community Engagement Officers
Emma and Carol
CommunityEngagement@Caredig.co.uk
Tel: Carol 01792 482762
Text /WhatsApp Emma 07543 368645



COOKING ON A BUDGET

Pizza Baked Potato

Ingredients

- 4 baking potatoes
- 1 tbsp olive oil
- ½ red onion, finely chopped
- 1 garlic clove, crushed
- 60g pack sliced pepperoni, torn
- 400g can chopped tomato
- ½ small pack basil leaves, shredded
- 100g grated mozzarella

Method



STEP 1

Heat oven to 200C/180C fan/gas 6. Scrub the potatoes and dry well, then prick several times with a fork. Bake directly on the oven shelf for 1-1½ hrs, until they feel soft. If you are short of time, prick each potato with a fork, wrap in a sheet of kitchen paper and microwave on High for 8-10 mins until soft inside.

STEP 2

While the potatoes cook, heat the oil in a small pan and sauté the onion for 5 mins to soften. Stir in the garlic and pepperoni, and cook for 1-2 mins, then add the chopped tomatoes. Bring to the boil, then simmer for 5 mins. Season and stir in half the basil. Spoon over the split potatoes and top each one with a good handful of cheese and the rest of the basil.

COOKING ON A BUDGET

Easy Children's Omelette

Ingredients

- 1 knob of butter
- 1 tomato, deseeded and diced
- 1 tsp dried oregano
- 2-3 eggs
- approx 30g grated cheddar cheese



Method

- STEP 1
- Melt half of the butter in a frying pan then add the tomato and oregano, cooking it for 2-3 minutes. Remove to a plate and wipe the frying pan clean.
- STEP 2
- Whisk the eggs together, melt the remaining butter in the frying pan then add the eggs.
- STEP 3
- Cook on a low heat, using a spatula to lift the sides up and allow the raw egg to escape out the sides (this gives you a fluffier omelette).
- STEP 4
- After 2 minutes place the tomato and cheese across half of the omelette. Cook for a further minute then remove from the heat. Flip the free half of the omelette over the tomato and cheese half.
- STEP 5
- Cut into fingers for baby to serve themselves.

HELP AND ADVICE

Live Fear Free Domestic Abuse provide help and advice about violence against women, domestic abuse and sexual violence.

Free service | 24/7 support

Call or text: 08088 010800

Young Minds has a dedicated parent helpline which is available to offer advice to parents and carers worried about a child or young person under 25.

Free service | 24/7 support

Text YM to: 85258

Wales Dementia Helpline provide support and advice for people with dementia or their families.

Free service | 24/7 support

Call: 0808 808 2235 or text 'help' to: 81066

Childline – If you're under 19 you can confidentially call, chat online or email about any problem big or small.

Free service | 24/7 support

Call: 0800 11 11

C.A.L.L Helpline is a community advice and listening line for Mental Health.

Free service | 24/7 support

Call: 0808 132 737 or text 'help' to: 81066

Dan 24/7 Wales provides confidential drugs and alcohol helpline. Dan 24/7 will not appear on your home itemised bill.

Free service | 24/7 support

Call: 0808 808 2234

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

Free service | 24/7 support

Call: 116 123

The Silver Line offers a telephone befriending service that connects older people with volunteers who can chat and provide information and advice.

Free service | 24/7 support

Call: 0800 470 80 90

Dewis Cymru is a one-stop-shop for well-being advice and information, plus related community resources to help you and your loved ones.

Free service

Contact via the form on their website

Age Connect works across Wales to provide assistance, support and services to older people to help them live a healthier, more active and independent life.

Free service

Call: 02920 683600

PAPYRUS Hopeline UK works with young people to give hope and prevent young suicide. Anyone up to the age of 35 is welcome to make contact.

Free service | 9am-midnight

Call: 0800 068 4141 or email: pat@papyrus-uk.org

Spring Word Search

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

APRIL
BEES
BIRDS
BLOOM
BLOSSOM
BUTTERFLY
DAFFODILS

EGGS
FLOWERS
GREEN
GROWING
HATCH
MARCH
MAY

RAIN
ROBINS
SPRING
SPROUTING
SUNSHINE
TULIP



Sudoku Puzzle

Each number from 1-9 must appear once in each box and each line

4		1	2	9			7	5
2			3			8		
	7			8				6
			1		3		6	2
1		5				4		3
7	3		6		8			
6				2			3	
		7			1			4
8	9			6	5	1		7



GET IN TOUCH

Head Office: 43 Walter Road, Swansea, SA1 5PN

Reception Opening Hours: Monday to Friday 10am-12pm and 1pm-3pm

Main Office Number: 01792 460192

Main Office Email: info@caredig.co.uk

Social Media:



[Caredig](#)



[@CaredigLtd](#)



[@CaredigLtd](#)



[Caredig](#)

Please feel free to let us know what you thought of this newsletter - your feedback is always welcome!

