

# OHT

# FRIENDS

ISSUE 3

Winter 2010

Merry Christmas



Annual General Meeting & 25 Year Celebration



Our Annual General Meeting was held in The Cardiff City Stadium in November. Lots of people turned up for the meeting and celebration after. See more pictures on page 2



Training  
Page 3



New Home for  
friends  
Page 4



Interview with  
Richard  
Page 5



# Annual General Meeting

Cardiff City Stadium  
18th November 2010



Mandy Evans,  
Nicola Williams, &  
Pauline



Tim Davies &  
Mandy Evans



&



Alyson Perkins



Laura Evans,  
Geraint James &  
Sharon Smart



We decorated  
The room blue and  
white



Andrew Baker

Steve Thompson &  
Luke



Neil Agnew



# New Trainers



Steve in his training session



Tim in his training session

Some people we support have started training our staff.

They are Neil Agnew from Bridgend, Tim Davies from Aberystwyth and Steve Thompson from Haverfordwest.

Here's what they had to say ...



Neil.... " Training makes me feel happy that I'm the boss. I feel privileged."



Steve Thompson..... " I enjoyed the training. It was very good."



Neil in his training session



Tim Davies..... " At the end I felt very proud of myself."

*By: Rachel Stinchcombe*



# Housing

Story by: Sharon Smart

OHT recently took on a new house in Fishgaurd. Three young Ladies live there.

The 3 friends

"Because I am deaf I went to college to hopefully learn skills that would help me to live independently. I am really happy to be able to practice what I have learnt. My new staff from OHT are supporting me in this, and I am now cooking and cleaning for myself! The girls and I take it in turns to cook, and that is fun".

" I have wanted to live in my own place for a while now, and I am very happy with my new home. I am 22 years old, so it is really good that the other girls I share with are around the same age.

"I am finding it more difficult to settle than Hannah and Siwan, I think this is because I have never lived away from home before. Everything still feels very strange and new. Everyone is very helpful and supportive though, and I cooked the evening meal to-night, which was jacket Potatoes and salad."

Hannah

Siwan

Lizzie

OHT

FRIENDS



# Interview

There is a new regional manager for Ceredigion and Pembrokeshire his name is Richard Lucas. Steve Thompson from Havefordwest interviewed Richard for the job. Steve recently met up with Richard to interview him

Steve: How are you settling in to your new job?

Richard: It's very early days, but I feel I am settling in well. I am slowly finding my feet, as I am covering two regions, both Ceredigion and Pembrokeshire. There are a lot of new faces, a whole new way of working, and a new set of challenges. Although there is a lot to take in, I am really enjoying it.

Steve: is it easier than your old job?

Richard: I would say it is different. OHT is a larger organisation, with different demands, the nature of the work is quite different.

Steve: What was your old job then?

Richard: I was the Director of Ceredigion Care Society, which offers Housing and support. It is a Charity. Before that I worked for Ceredigion local Authority dealing with Housing Benefit for 12 years.

Steve: What can you tell us about yourself, are you married, do you have children and what are your interests and Hobbies?

Richard: Whew, that's a big question. Well, job wise, I have worked in support for many years and wanted a new challenge. I am married, and have two children. My son is 14 and my Daughter is 12. I enjoy coaching football, and going to the Gym. I enjoy being outdoors, but don't like manual stuff like gardening. I don't have any pets, (except a fish).

Steve: What about holidays?

Richard: When we take holidays, we usually go camping, and I love it. I also enjoy going to France. I am actually taking a big holiday soon, and we are going to Australia for three and a half weeks to see my brother, who I have not seen for twelve years. We are going Dec/Jan and will be there for Christmas.

I love going to concerts with my wife, and I have seen Stereophonics, U2, Bruce Springsteen, Robbie Williams to name a few. I also enjoy going to shows and have recently seen Chicago in Cardiff.



Steve interviewing Richard



# Participation workshops



Participation events for West Wales



## Taking Part

We wanted to find out how YOU want to take part in OHT.

So there were meetings in Cardiff, Bridgend, Haverfordwest and Aberystwyth.

Lots of people came and told us what they thought.

We are now working on a Participation Action plan.

We will make sure that people we support are a big part of OHT.

*By Rachel Stinchcombe*



Participation event for Cardiff



Participation event for Bridgend and RCT



# J O B S

Meet Ian Charmin

Ian has a very busy life. He goes to church and he belongs to a band. He also loves the radio.

Two months ago he started work as a volunteer at the local Oxfam shop.

"Every week is different. Sometime I sort the stock, or help at the till. I sorted out the Christmas cards last week".

This is what the manager said about Ian.

"Ian is very helpful, he is strong so can help with the heavy stuff, he is very good with customers. We enjoy having him".

*By Sharon Smart*



Ian enjoys his job

# H O B B I E S



I used to live in a residential home for people with disabilities, but moved into supported living several years ago. OHT have supported me for over 3 years now, and I am very happy that I am able to do so many things for myself now.

My main interest is computing. I have my own computer, and I enjoy writing poems and stories on it.

I would like to learn more about how to use my computer. I have

started a college course called ECDL.

In the beginning staff will support me in college, but eventually I want to go on my own. I really want to be able to design my own publishing programme.

That is my goal for the future.

*By Nigel Marsh*



Nigel at his computer



# Hobbies



Hi, my name is Laura Evans. I am 28 years old, and live with my brother in a house in Milford Haven. I have a very busy life. I like music, swimming and cycling. I also belong to a drama group, the gateway club. Twice a week I go to Mencap Garden centre in Stackpole and work in the gardens. I have my own garden as well, and I grow my own vegetables. In the garden centre there are a lot of greenhouses. Plants are grown from seed in there. When they are ready they are put into the ground outside. I help with this, picking vegetables and fruit when they are ready. We sell what we have picked in the shop at the Gardens. This is a picture of me weeding one of the borders at the centre.

*By: Laura Evans*



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CONTACT US

WITH YOUR STORIES AND PICTURES

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