

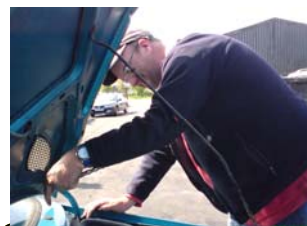


Carwyn Jones' Visit



First Minister Carwyn Jones visits the Bridgend office.

For the full story see Pages 4 and 5



Phil's new job
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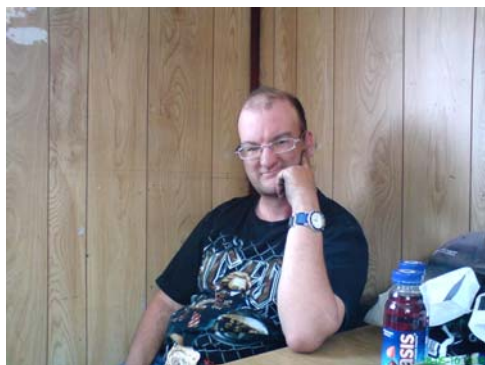


Jackie's an
inspiration
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J O B S



Relaxing at lunch time

Phil taking an engine apart



Phil's Dream Job

Phil Richardson lives in Bridgend.

Phil's new job is at Bart Motors, Llandow industrial Estate.

Phil works there voluntarily on a Monday and a Tuesday. He has become an important member of their team.

Phil has been given his own tool set. His job is taking old cars apart and finding parts that can be used again.

This is a dream job for Phil. He has always enjoyed working on old cars and loves stripping down an old engine. Phil works on loads of different vehicles, so each job is a bit different.

Next month Phil is hoping to start a new Saturday job at Llandow Go-Karting. This is another dream job for Phil who is a very good Go-Kart driver and loves having a blast around the track himself. Phil will be preparing the Go-karts and mowing the grass.

Phil seems to be having a fantastic time!

By: Rachel Stinchcombe

Phil really enjoys his job



Jobs



Christopher standing outside the shop in Bridgend

Working at the Heart Foundation

I help out in the British Heart Foundation Charity Shop at Bridgend on a Wednesday afternoon, after going to Ty Pen Y Bont. I sort out all the books, videos and DVDs and make sure they are all in correct cases before they go into the shop for people to buy them. I enjoy having a cup of tea and a biscuit before I start the job. Sometimes if I see something I like I buy it for myself.

By: Christopher Byrne

Housing

Enjoying his Home

My name is Ian Dunford. I moved into my flat in March 2010. Before I moved into my home I was homeless and living in a 'bed and breakfast'. This was quite a bad time for me especially when the 'bed and breakfast', caught fire.

I share my new home with a gentleman who is a little older than me but we get on well. We go to the pub every Wednesday together to watch the karaoke. I really enjoy this.

Since being supported by OHT the staff have supported me to learn lots of new things and help me live independently. My staff support me for 12 hours a week. When my staff come in they help me manage my money, help me make appointments with my GP and employment agencies, they also come with me to these appointments if I want them to. My staff are supporting me to get back into work as I used to work for 9 years in a factory. I was made redundant. This was sad for me as I enjoy working.

I am quite a shy person but my staff supported me to find a 'building your confidence' course. I go to the course every Wednesday and Friday. I am enjoying my course and think it is helping me. At the end of the course I will have a certificate.

I really enjoy living in my new home and having my support staff.

By: Ian Dunford

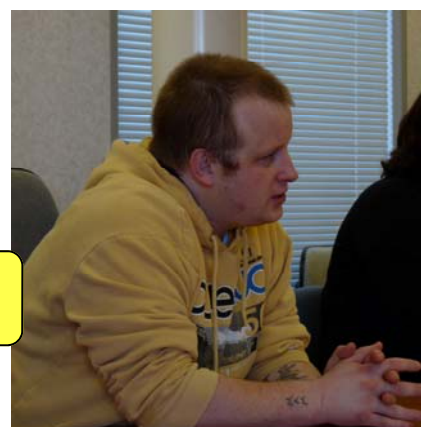


Ian outside his home

Special



First Minister
Carwyn Jones



Owen Gerrard

The Day I met the First Minister

By: Owen Gerrard

My name is Owen. I am 28 years old and live in Bridgend. I live in supported accommodation and I am supported by staff who work for Opportunity Housing Trust, the other day was well cool, I met Carwyn Jones the First Minister for the Welsh Assembly.

He came to OHT to tell us how to vote in the election. He told us about himself and what he does for us in the Welsh Assembly. He said he used to be a lawyer and how much he enjoys working now in the assembly. People asked him questions, Robert Rumble asked him to help fix the roads outside his house and Mr Jones said he'll look into it for him.



Jane Hutchinson,
Robert Rumble and
Owen

Pondering their next
questions



Feature



Asking my questions



Our informal chat

I asked him about moving to Newport to be closer to my mother and family and he said he would look into it for me too. Afterwards we all had pictures taken with him which you will see in the magazine.

He had to go because he was very busy. But afterwards Rachel showed us what to do when we want to vote. She said why voting was good and what we needed to do on voting day. She said about ballot papers and how we need to fill them in. We had fun practising voting when we voted for our favourite soap show (mine was Coronation Street). I enjoyed myself and was glad to meet the First Minister.

I went to his office two weeks later and talked to his assistant who said he would find out for me how I can move to Newport. He wrote to my landlord and the social to ask them to help me more to move. I am waiting now to find out what happens.

Fingers crossed!



Pictures with the First Minister

The Voting Workshop



Interests & Holidays

Jackie's an inspiration



Jackie Ruff

Hi my name is Jackie and I have lived in the Bridgend area for many years. I am supported to attend Sunday Morning Service at Brackla Tabernacle Apostolic Church every week.

The Pastor and congregation always meet me with a warm welcome.

On one Sunday in April after the usual welcome speech and announcements, Pastor Roy invited me up onto the stage, he spoke very kindly about me and described me as a loving, dedicated member of the church and that my presence cheers and inspires everyone around me in the congregation. Pastor Roy then said a prayer for me, for my health and happiness and also a prayer for the support workers that accompany me

every Sunday. Everyone clapped and I had the opportunity to shake hands with everyone. It was fabulous and I was smiling for the rest of the morning.

It's lovely to be involved with such a friendly group of people and they always make time to speak to me and find out any news that I have.

By: Jackie Ruff

"Disaster Struck"

Volcanic Ash causes chaos. No planes allowed to fly me home!!! Never mind, I had an extended holiday FREE!!!

4 days later, Thomson organised transport to get me home. This included bus, cruise liner, coach and ferry. Have a look at my photos of my holiday and my journey home. 2 1/2 hours by plane to get there.

2 1/2 days to get back home.

I enjoyed all the different types of transport. Best of all I enjoyed the cruise liner. So much so that I've been thinking of going on a cruise. I never thought I would ever choose to go on a boat!!! What an adventure!

By: Clive Parker



Clive going to the boat

His transport home



Enjoying being on board



Making new friends



Actors of OHT



Taking Part

Some people from Bridgend have been making a DVD all about taking part. They are Jackie Ruff, Robert Gray, Robert Rumble and Stewart James. OHT and Bridgend People First are making this DVD for Bridgend Council.

The DVD shows people taking part in a good way. It also shows them not being allowed to take part which is very bad.

There are scenes in the DVD showing Robert Rumble being very happy that he has chosen the work that he does.

There are also scenes in the DVD showing Robert Gray being very unhappy that he is not allowed to choose his own food in a café.

It will be really good to see all our actors in the finished DVD.

By: Rachel Stinchcombe

The Actors
Robert Gray, Robert Rumble and Jackie Ruff



Stewart James and Robert worked really well together



All the actors had a great time



Robert's happy with his job

Poetry Corner

If I Was a Horse

If I was a horse then I would gallop,
On the hills and down the mountainside,
Give people like you a ride, and hit the flies with my long tail,
Running so fast outside in the sun
While you hold on tight to my reins.
I would stop to eat all the green grass underfoot
At the end of the day, it's me to my stable
And my fresh bed of hay.
Say goodbye dear friends
See you again- another day!

Michele Thomas

By: Michele Thomas

Hello Everyone! My name is Michele Thomas, I am 48 years old and I live at Awel y Bryn in RCT. I moved to my new home in February this year and so far I am loving it. Since moving in I have had lots of new experiences, one in particular has been going on a train, this is something I have not done since I was 28 years old. I now use the train at least once a week to go into the local village to do some shopping and to go for a coffee. Last weekend I travelled to Cardiff on the train to go to see the Osmonds in concert in the CIA, it was fantastic!

I love to write poetry and over the years I have written quite a lot and have 3 books full of poems. I would like to share this one with you all because it is one of my favourites, it's called "if I was a horse..", I hope you enjoy reading it.



OHT

FRIENDS

CONTACT US

WITH YOUR STORIES AND PICTURES

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