

Free

InTouch

The magazine for residents of Wales & West Housing

Spring 2026

Community Conversations



Your way to
have your say



CONTENTS

04 | Cover Story
Find out how you can have your say with our Community Conversations campaign.

10 | New developments
Residents get the keys to their new homes in Pembrokeshire and Wrexham.

12 | Home Maintenance
Expecting a repair visit? Things you can do to prepare for a repair visit.

24 | Break time
Puzzles and things to make and do.

26 | Your news
Stories from around our schemes.



Llywodraeth Cymru
Welsh Government

Wyt ti'n colli allan?

Gallet ti gael mwy o arian

i helpu gyda chostau byw.

0800 702 2020

llyw.cymru/hawliadyarian



Are you missing out?

You could get extra money

to help with living costs.

0800 702 2020

gov.wales/claimwhatsyours



Digital In Touch

The next edition of your In Touch magazine will, once again, be published online.

Thousands of residents have already discovered the benefits of reading their news online and receive In Touch via email.

If you would like to receive a copy direct to your inbox, please email communications.team@wwha.co.uk and we will update your preferences.

The autumn/winter edition will be printed and mailed to residents as usual.

Scan this QR code to read our digital magazine.



ANNE'S MESSAGE



“It’s good to talk” was a popular advertising slogan in the 1990s encouraging people to pick up the phone.

That was 30 years ago and, although the methods of communication have changed, the sentiment still holds true today.

Talking and listening is one of the most human things we can do. Through our conversations, we can understand each other, challenge ideas, share experiences and express opinions.

Every day, our teams are out in our community having conversations, listening and learning to what matters to you, our residents.

As you may have seen from the cover, this edition focuses on Community Conversations. These are our way of getting to the heart of our communities and hearing what’s important to you. In recent months, we’ve been out in our communities talking and listening. Thank you to

everyone who has been involved so far. As you read on, you can find out what we heard, and what we’re doing, to shape our services based on what you told us.

Also in this edition, we take a journey through the seasons with our ground maintenance teams and site staff, who work hard to keep our communities neat and tidy, and look at some of the ways you can help to keep your communities litter free.

Looking ahead to the warmer months, there are also tips to keep your home cool when the temperatures start to rise.

I hope you enjoy reading. If you have any suggestions for future editions, please get in touch.

Anne Hinchey
Group Chief Executive

Other languages and formats

If you would like a copy of this edition of In Touch in Welsh or another language or format, for example, in large print, please let us know and we will help you.

GET IN TOUCH



Wales & West Housing,
Archway House, 77 Parc Tŷ
Glas, Llanishen, Cardiff
CF14 5DU



TEL: 0800 052 2526
TEXT: 07788 310420



contactus@wwha.co.uk
contact members of staff direct
by their email. For example,
joe.bloggs@wwha.co.uk



wwha.co.uk



wwhousing



wwha



wwhousing

Community Conversations

We've been out and about visiting communities to find out what matters to our residents.

Community Conversations are a chance to have your say about the things that matter to you and to tell us what works well, and what we could improve. We'll use your feedback to help us design the way we deliver services so that they deliver what matters to you.





Throughout the year our staff will be hosting Community Conversations in areas across Wales and inviting residents living in those areas to come and have a chat.

We want to hear your views on the things that matter to you, for example, that could be rents, your home, repairs, the services we run or the community where you live.

In our most recent Resident Satisfaction Survey, which featured in the last edition

of In Touch, you told us the things that are important to you are:

- **that we listen to your views and act upon them**
- **your rent and service charges provide value for money**
- **the services we provide and how we work with you to shape those services**
- **your home is safe, secure and of good quality**
- **your neighbourhood is a good place to live and how we deal with anti-social behaviour**

HAVE YOUR SAY

We believe that the best way for us to make improvements and tailor services, is by listening to what you tell us and acting on that feedback.

We are always striving to improve how we involve you in designing the delivery of services that matter to you. In addition to the conversations our teams have day in day out, Community Conversations are a way to gather your feedback. We'll be holding Community

Conversation events regularly in communities across Wales. If we're coming to your area, housing staff will distribute flyers and posters to let you know when we are coming and where to find us.

Recently, we visited communities in Wrexham and Ceredigion where staff from all operational areas of the organisation chatted to people about their homes and communities.





What next?



Thank you to everyone who came along to our most recent community visits.

Our housing, property and development staff visited some residents in their homes to further discuss their experiences. We gathered lots of information from our conversations.

We have recorded all your feedback from the recent Community Conversations and are looking at what we can do to

improve our services.

Where there are broader issues affecting several communities, we will look at what changes we can make to our ways of working to help residents.

We will also report back to residents living in those individual communities, setting out what we heard and what we are going to do.

Check our Facebook and Instagram pages.



Think before you click

Tips for staying safe online



Use strong passwords

Use strong, unique passwords, especially for your email. If scammers access your email, they can gather personal details and reset passwords for your other accounts. The National Cyber Security Centre recommends using three random words and avoiding common choices like “password” or memorable dates.

Protect your personal information

Be careful about what you share online, particularly on social media. Details like your birthday, hometown, school, or workplace, can help scammers guess passwords or security answers. Before posting, consider whether you’d be comfortable with that information being publicly available.

Secure your online accounts

Enable 2-step verification on your important accounts. This adds an extra layer of protection by requiring two forms of ID. Even if someone gets hold of your password, they won’t be able to access your account without that second check.

Recognise scammers’ tactics

Scammers often play on emotions, build false relationships or create urgency. Many fake websites and adverts are also designed to look genuine.

Be cautious if a message asks you for:

- a one-time passcode
- your PIN or full password
- payment before a prize or lost delivery
- a direct cash or cryptocurrency transfer
- moving away from an official payment site
- money before you’ve met in person

Always stop, think, and check.



What should I do?

If you’ve seen something that doesn’t feel right, **STOP!**

- **break the contact – don’t reply, click on any links or make any payments**
- **check if it’s genuine: contact the person or company directly, using a phone number you already have and know is correct**
- **forward the message for free to your phone provider on 7726**
- **report it at reportfraud.police.uk/reporting-a-fraud**

For more advice on what to look out for visit the Stop!ThinkFraud website (stopthinkfraud.campaign.gov.uk)

Spring rent increase

what you need to know

The annual rent increases came into effect at the start of April. You received a letter late January, setting out your new weekly or monthly rent payments and any service charges.

If you pay monthly, your new rent starts on Wednesday, April 1. If you pay weekly, it starts on Friday April 3, in line with the Renting Homes Act (Wales).

For those who pay weekly, this means your account will have two charges – one covering the part-week from April 3 to 5 and then the new weekly charge, which starts on Monday April 6.

For the majority of residents, the letters have been tailored to your preferred method of payment, for example Direct Debit, bank standing order, or other ways. They also take into account whether all or part of your rent is covered by Housing Benefit or Universal Credit.

You should keep your letters as you will need them to update your payments.

The letters also include information on what you need to do, depending on your circumstances.

What to do if you pay by:

Direct Debit

Nothing. Your new charges will be updated automatically, starting in April.

Standing Order

You should increase your current bank standing order to the new amount set out in your letter.

Housing Benefit

You should contact your local authority to let them know of the change in rent and service charges. We also inform each local authority benefit department of the change in rent and service charges.

Universal Credit

As the change in your rent takes place on April 3, you cannot report the change through your UC journal until this date. You should get a “to-do” to confirm your housing costs in your account. Keep your rent letter safe and follow the steps set out in the instructions. Make sure you report the change by April 7, 2026, to avoid missing out on payments that could put your account into arrears.

More ways to pay your rent

Did you know you can make an online rent payment any time of the day or night?

Simply scan this code to take you to the payment section of our website.



We accept payments from Mastercard, Visa, Maestro and JCB. Your payment will show on your account the next working day.



Direct Debit is another simple way to pay your rent. Direct Debits are convenient and give you greater control over your money.

Setting up a Direct Debit is easy, and payments can be taken weekly, fortnightly, or monthly, as you wish.

If you would like to set up a Direct Debit, please contact your Housing Officer.



Fresh start for residents in their new homes

Wales & West Housing have delivered 227 new homes in 2025. This total includes 218 homes for social rent and 9 Low-Cost Home Ownership (LCHO) homes. In Fishguard, Pembrokeshire, at the start of the year, families and individuals moved into Parc Y Chwarel, a development of 50 new homes overlooking Fishguard Bay. In November, residents were given the keys to their new homes at Llys Onnen, a development of 43 homes on the site of a former care home in Abergele, Conwy.

“We were living in a two-bedroom bungalow with our three children.

“Before that we were homeless, so we were glad to have a roof over our heads. But as our family grew, we became overcrowded.

“Our new home is unbelievable. We had been waiting and bidding on suitable homes for so

long, we felt like we’d never get anywhere.

“When we got the call to say we’d been successful, it felt like a dream. It feels like our forever home.”

Local mum Faye, who moved into Parc Y Chwarel with her partner and three children, after waiting four years for a suitable home for their family.



“When Covid happened, it was an uncertain time for our family. All my work was cancelled and we worried about how we would survive and pay our rent. We worked out we could just about manage on our savings for a couple of months.

“I’ve lived in private rented houses all my life, but it made us think about finding a more secure, long-term home. So, we applied for social housing with Pembrokeshire County Council.

“We feel so lucky to have been allocated this lovely house. It’s taken all the stress away. We don’t need to worry that we could be given notice to leave at any time. We can make it our forever home.”

Local business owner, Jana, who, together with her husband and two children, had been on the waiting list for affordable housing for five years.



“When you’re homeless, you get used to living in a place, then you get moved on. It’s good to know that I can make it my home and know that I’m not going to be moved on.”

“My girls helped me to move in and made it homely for me.

“Now that I have a place of my own, they can come and visit me more often and help

me. I feel really good in my new home.

“The flat is lovely and warm and so spacious.”

Dad Mark, who has a disability, had been living in temporary accommodation for more than a year before being allocated an apartment at Llys Onnen.

“I was so excited when I got the keys to the flat. It’s beautiful!

“My daughters helped me to move in. They are so pleased for me.

“I finally have a place to call home where my daughters and grandchildren can come to visit me.”

Grandmother, Jenny, a retired NHS worker, who was sofa surfing between her two daughters’ homes before moving to her own flat at Llys Onnen.





Preparing for your repairs appointment

On average, we carry out more than 3,000 repairs every month. The majority are carried out by our Group maintenance company, Cambria Maintenance Services, with some of the more specialist work being carried out by external contractors.

To make sure that your repair visit goes as smoothly as possible, there are a few things you can do to prepare.

Check the date and time of your appointment

This will help to avoid missed visits. If you can't make the appointment, let us know as soon as possible on 0800 052 2526.

Check the identity of your tradesperson

All of our staff and partners carry official photo ID. Before letting anyone into your home, please check their ID. If in doubt, call us to confirm.



Keeping pets and children safe

For their own safety, please make sure children are kept away from the work area.

If you have pets, please keep them away from the area where we're working, or locked in another room if possible.

Changing an appointment

Once booked, our repairs team will text or call to confirm your appointment. If you need to make changes, call us on 0800 052 2526 so we can re-book it. Our repairs line is open 8am-5pm Monday to Friday for non-emergency repairs.

For more information visit our website (wwha.co.uk/appointments)





Let us in

As your landlord, we must carry out important safety checks within your home, including checks to your heating and hot water systems and electrical safety inspections.

These checks are essential, and carrying them out is a legal requirement. They make sure your home is safe to live in and can identify issues before they become problems.

When we make an appointment, do the right thing and let us in.

Without these inspections we can't make sure your home is safe.

By letting us in, you help us to keep your home safe, compliant and protected.

Access and safety on the day

Please make sure:



Someone over the age of 18 is in your property the whole time we're there – we can't be in your property without an adult present.



All areas in and around the repair are cleared to allow us to complete repairs safely. This could mean lifting carpet or laminate flooring if the repair is underneath.



We have access to various rooms in the case of some works, such as electrical.



The area is well ventilated if we are using certain materials, such as paint or chemical treatments.



Look out for your neighbours

Keep everyone safe

Looking out for those living around you, making sure they are safe and not being taken advantage of, is one of the signs of a good neighbour.

Here's some advice to help you to support your neighbours and create a place where everyone feels safe.

Have you seen your neighbour recently?

Perhaps you go to a regular event, such as, a craft or coffee morning, and haven't seen one of your friends for a few weeks. Or you may not have seen one of your neighbours out and about for a while.

If you're concerned for a neighbour, try checking in on them or speak to our housing staff. If you're still worried, you can call 101 and ask for a welfare check.

Look out for unfamiliar faces

Have you seen unusual or suspicious people going in and out of a neighbour's home? Perhaps those visitors are creating a noise or nuisance. If you're concerned that a vulnerable neighbour is being taken advantage of, this could be a sign of cuckooing.

Cuckooing is a term where criminals take over a vulnerable person's home for illegal activities, such as drugs, sexual exploitation, hiding stolen goods, or financial exploitation.

Raising your concerns

If you have a serious concern about the welfare of a neighbour, these are some of the steps you can take:

- call the police on 101 if you suspect a neighbour is being abused or their home is being used for criminal activities, such as “cuckooing”
- call 999 in an emergency, if a person is in immediate danger
- to report information anonymously, call Crimestoppers on 0800 555 111
- if you or someone you know is experiencing domestic abuse or sexual violence, you can call the Live Fear Free Helpline, a confidential, 24-hour helpline on 0808 80 10 800 or text 07860 077 333 or email info@livefearfreehelpline.wales
- call 0800 052 2526 and speak to our Housing Support Team if you are worried about one of your neighbours

How we're doing

We're always looking at how we can improve our services. As part of that improvement, we regularly tell you about our performance, so you can see how we are doing.

In this report, we focus on how we respond to your calls to our Housing Support and Repairs phone lines.



126,587

calls were made to our Repairs and Housing Support phone lines last year

8689

more than the year before



Every day we received an average of

377

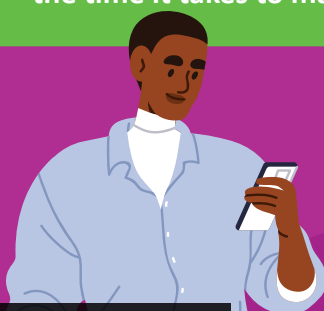
calls to our Repairs Team

120

calls to our Housing Support Team

35 seconds

was the average time taken to answer your calls. That's quicker than the time it takes to make a cup of tea or send a quick text!



The quietest times to call are

after 12pm

Keeping your home cool

Our summers are getting hotter - that's a fact!

Last year was the hottest UK summer on record, which saw temperatures soar to above 33C.

Experts at the Met Office have reported that, as our climate continues to warm, the chances of more temperatures reaching over 40C is 20 times more likely than it was 60 years ago.

While many enjoy the hot weather, it can also bring health risks, especially for older and vulnerable people.

These tips can help to keep you and your home cool when temperatures rise.

- close blinds and curtains on windows that are exposed to direct sunlight during the day
- use blackout curtains to block heat more effectively
- during extreme heat, try using reflective thermal blinds or foil insulation sheets on windows

- move to a cooler part of the house, especially for sleeping
- check that any heating is turned off
- turn off lights and electrical equipment that you're not using
- go outside if it is cooler outside in the shade
- try cooking earlier in the morning or using appliances like slow cookers, microwaves, or air fryers instead of ovens

Create a breeze

- open windows (if it is safe to) when the air feels cooler outside than inside, for example, at night, and try to get air flowing through your home. Close them again in the morning to trap cool air inside
- open windows opposite each other to create a cross-breeze

Keep yourself cool, too

- keep out of the sun at the hottest time of the day,

- between 11am and 3pm
- if you are going to do a physical activity (for example, exercise or walking the dog) plan these during the morning or evening when it's cooler
- if you do go outside, cover up with suitable clothing, such as, an appropriate hat and sunglasses, seek shade and apply sunscreen
- drink plenty of fluids and limit your alcohol intake
- check on family, friends and neighbours who may be at higher risk
- know the symptoms of heat exhaustion and heatstroke and what to do if you, or someone else, has them

Public Health Wales has more advice. Visit phw.nhs.wales and search for summer safety.

A journey through seasons

Across our schemes, our ground maintenance teams work all-year-round, keeping the open areas around your homes looking tidy.

Cambria Maintenance Services have three teams of ground maintenance operatives, who work along, with site superintendents, to look after our sites.

Outside of the typical tasks, the teams might also help with grant-funded environmental projects to plant trees and bulbs to bring colour to our communities.

Here's what a typical year looks like

Spring/Summer - March to September

Spring is the time when everything comes back to life and our ground maintenance teams get their mowers, strimmers and blowers out. This time of year is what we call the "cutting season". During the early part, it is also the bird nesting season, when it is illegal to cut back trees and hedges until nesting birds' chicks have fledged and left their nests. Typical work during this time might include:

- cutting grass for the first time after winter
- routine mowing and strimming
- managing weeds
- cleaning up sites and litter-picking

Autumn/Winter - October to February

Outside the growing season, it's time when the teams can focus on the type of work that can't be done in the summer, for example, cutting back trees and hedges.

Typical work might include:

- cleaning up sites and litter-picking
- trimming hedges and shrubs and pruning trees
- cleaning moss from paths
- checking trees for potential winter hazards
- clearing leaves, died back vegetation and other debris





A different view of the world

“It’s like having a different operating system in a computer, no better, no worse, just different.”

April is Autism Awareness month, an opportunity for everyone to learn more about neurodivergence and celebrate the differences that make people unique.

Autism, along with ADHD, dyslexia and dyspraxia, are among the different conditions that are classed as neurodivergent.

Through charities, such as National Autistic Society and Neurodivergence Wales, steps are being made to change attitudes towards autism and create a world that works for autistic people and their families.

So, what do Neurodiversity and Neurodivergence mean?

The organisation **Neurodivergence** Wales, explains how **neurodiversity** is the range of differences in the ways people perceive, process and interact with the world. Just like some people have brown hair and others have blue eyes, some people are **neurodiverse**. **Neurodivergence** is the term used to describe the natural variation in how people's brains work. It simply means that someone's thinking, learning, or processing style is different from what is considered "typical" (sometimes called neurotypical).



How we support autistic residents

At Wales & West Housing, we aim to meet our residents needs as much as we can.

We tailor our communications to a way that suits each individual. For example, that might mean that we would send letters on a specific colour paper or a certain size of print.

Your Housing Officer might contact you by text, if that is what you prefer, and avoid certain times of day, as we understand that patterns and routines are important to people with autism.

Let us know

If you are autistic, and have certain ways you would like us to communicate with you, please let us know.

Share your story

If you are a resident with experience of autism and would like to share your story to help others, please email communications.team@wwha.co.uk

It's a fact

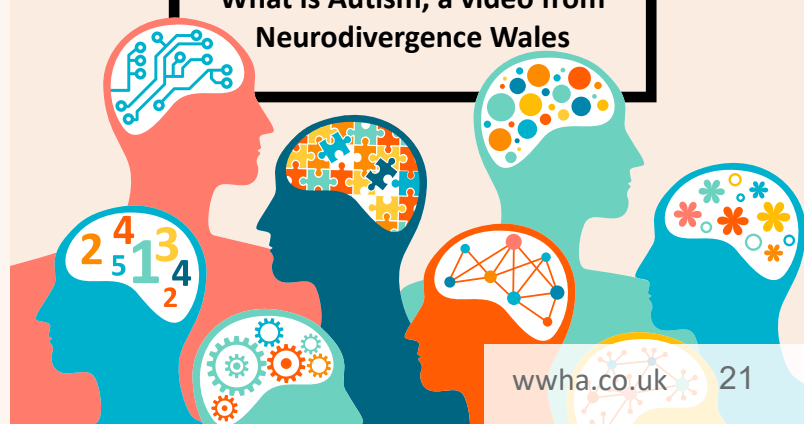
- Many autistic people have unique strengths, including creativity, attention to detail, and pattern recognition.
- More than one in 100 people are autistic and there are at least 700,000 autistic adults and children in the UK.
- Autism is understood as a spectrum because each autistic person has a unique combination of characteristics.
source National Autistic Society

Neurodiverse celebrities include:

- Mrs Hinch, cleaning influencer, and her son Ronnie
- TV presenter, naturalist, and National Autistic Society Ambassador, Chris Packham CBE
- Melanie Sykes, TV and radio presenter



Scan this QR code to view
What is Autism, a video from
Neurodivergence Wales



Keeping our communities clean

Decluttering your home for spring can make you feel better and your home look tidier. But once you've had a sort out, how do you get rid of those unwanted items responsibly?

The reports of fly-tipping across Wales are growing, so it's more important than ever to make sure you put your waste in the right place.

If you live in a scheme with communal bin storage areas, only put your household waste into the bins provided.

Please make sure your recycling goes into the correct bins. The local authority won't collect it if it's mixed up.

Don't leave any rubbish or larger items on the floor of bin stores, they won't be collected.

What can be recycled

Although recycling rules vary for each local authority, broadly speaking the recycling is broken down into:

- paper and card
- glass, metal, plastic
- food waste
- garden waste

How to dispose of bulky waste safely

Local councils will collect large household items, such as sofas, tables, beds, fridges and washing machines, for a fee. You can arrange this by contacting your local council and making a booking. Costs vary from one local authority to another, but generally range from £15 to £65 depending on the number of items you want to be collected. Some areas also offer reduced rates for people on certain benefits.

Once your items are booked in, the council will ask you to make sure the items are placed on the kerbside ready for collection on a given date. If rain is expected, consider covering items like sofas or mattresses with a waterproof cover as the collectors may refuse to take them if they are wet.

Uncollected waste can attract rats and other vermin, which can use it to nest or feed. If we are called out to treat pest problems or remove waste, it can lead to additional service charges.

Taking items to your local recycling centre

If you have transport, you could take your item to your local household waste and recycling centre (tip). Firstly, check it accepts the type of item you're getting rid of and whether you need to make an appointment or need a permit for your vehicle.

Further information

To find your nearest recycling centre or the recycling rules for your area, check the waste disposal pages on your local council's website.

To find details of your local authority go to gov.wales/find-your-local-authority and tap in your postcode.



Have fun but don't upset your neighbours

As we head into the spring and summer months, with more outdoor activities taking place and residents throwing open their windows and doors for fresh air, the risk of noise nuisance rises.

Noise is one of the most common complaints we hear from our communities and can cause anxiety or stress.

There are some things you can do to keep the peace and respect your neighbours.

Like your music loud?

If possible, keep your television and music speakers well away from your neighbours' walls, and raise them from the floor. You may also try using headphones.

Sound travels, so consider closing your windows and doors.

Planning a party

Your neighbours are likely to be more understanding if you warn them in advance – you might even consider inviting them.

Consider neighbours who work night shifts and have to sleep at different times of the day and those who are elderly, in poor health or have newborn babies.

Ask your guests to keep the noise down and respect your neighbours.

What to do if you have a problem with noise?

Have you spoken to the person causing the noise? They may not realise they are creating a nuisance.

If you don't feel that you can talk directly with them, you could put a polite note through the door or post them a letter to make them aware.

If the problem continues call 101. You can also report incidents to the Environmental Health Department of your local council. Visit your local authority's website for more information.

Is it anti-social?

Having the occasional noisy party or playing loud music now and again is not classed as anti-social behaviour.

However, persistent noise nuisance, such as, regular loud music or barking dogs, are classed as anti-social and we would take action.

In these cases, we might ask a resident to capture

evidence. This could mean downloading an app and capturing the sounds. That way we can establish if it is creating a deliberate or persistent nuisance.

With evidence, we can take further action, which might involve drawing up an Acceptable Behaviour Contract, which would hold a person accountable, help them to understand the consequences of their actions, and offer support to help them to improve their behaviour before more serious legal action is necessary.

If a resident breaches an Acceptable Behaviour Contract, we could seek to take further legal action.

The charity ASB Help has more advice and support asbhelp.co.uk



Sudoku & Wordsearch

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

C	C	Q	V	H	S	N	O	W	F	A	L	L	V	COLD
J	O	S	F	E	B	R	U	A	R	Y	Q	J	Q	CUPID
I	L	J	L	A	M	B	S	J	O	F	E	R	L	FEBRUARY
Z	D	D	W	E	S	P	R	I	N	G	W	E	F	FROST
W	H	E	A	R	T	S	U	C	W	O	K	S	N	HEARTS
N	Z	C	W	F	J	A	N	U	A	R	Y	O	J	JANUARY
O	E	D	U	G	R	T	Z	H	N	T	O	L	S	LAMBS
T	Z	J	R	P	K	H	Y	N	E	Y	R	U	H	LEAP YEAR
M	A	M	B	Q	I	S	B	I	W	N	J	T	O	MARCH
E	A	S	U	Q	Z	D	S	H	Y	U	P	I	W	NEW YEAR
W	E	R	G	L	E	A	P	Y	E	A	R	O	E	RESOLUTIONS
B	G	M	C	A	J	Z	Q	O	A	U	S	N	R	SHOWERS
R	E	Q	M	H	C	C	D	P	R	H	C	S	S	SNOWFALL
D	Z	W	O	O	F	R	O	S	T	Y	K	Y	M	SPRING

Things to do with empty egg cartons

Make an egg carton bee

You will need a single egg carton cup per bee, yellow and black paint, paper for wings, googly eyes and pipe cleaners. To make, paint your cup with yellow and black stripes.

When the paint is dry, cut out wings from paper and glue onto the side. Cut the pipe cleaner into smaller pieces and attach to the bee's head, then finish off by sticking on the googly eyes.

Make more than one and hang from a string to make a mobile. Warning: Always have an adult present when cutting, gluing, or painting, and use child-safe scissors and non-toxic paints and glues. Not suitable for under 3s due to small parts.

Organise drawers

Use cups to store jewellery, screws, craft supplies or other small items.

Store Christmas ornaments

Use the egg cups to protect delicate, small ornaments when you put them away.

Seed starters

Fill cups with soil and plant seeds. The cups are biodegradable, making it easier to transplant to bigger pots or the garden later.

Add to compost

If you have a compost bin, tear up cartons and add to compostable material.



Spring minestrone soup

Ingredients

- 200g mixed green vegetables (for example, peas, broad beans, spring onions, spring greens, kale, or shredded cabbage)
- 700ml vegetable stock
- 140g cooked pasta (orzo, macaroni, or broken spaghetti)
- 3 tbsp green pesto

Here's what to do

Put the mixed green vegetables in a saucepan and add the stock.

Bring to the boil, then reduce the heat and simmer until the vegetables are cooked, approx. 3-4 mins.

Stir in the cooked pasta, beans and 1 tbsp of pesto and warm through.

Season to taste.

Drizzle with remainder of pesto (if using) and serve with crusty bread.

Suggestions

Add white beans (cannellini or butter beans, for example). For a gluten-free option, leave

out pasta and add more veg or replace with gluten-free pasta. Swap out fresh veg for frozen and adjust the cooking time accordingly.



“We used to go to matches in the back of a van.”

When Wales women’s football team walk out on the pitch, Cardiff resident, June cheers them all the way.

“Women’s football has come a long way since I was a player,” says June, aged 74.

In 1974 June won the first of her four caps to play for the Welsh women’s team.



“I started playing football when I was a little girl. When my sisters went off to play in the park, I’d be playing football with the boys, I was a bit of a tomboy,” June recalls.

June later played for West End Ladies team at the Racecourse, Ely, before moving to Barry Ladies.

It was while playing for these teams that June’s talent was spotted and she was invited to play for Wales.

In those days there was no sponsorship or funding.

“We had to pay our own way and buy our own kit,” June recalls.

“There was no new kit at the start of every season, I wore the same jersey for four years.”

“We used to go to matches in the back of a van. I remember when we went to Ireland to play, we had to stay with the other

women’s football team in their homes.”

June stopped playing when she met her late husband and started a family, but she is still passionate about football.

Her nine-year-old great, great grandson, is following in her boots and plays for his local team.

In 2023, June was presented with a cap to recognise the 50th anniversary of Welsh football.

“I love watching the Welsh women’s team play on TV. I’m pleased to see that women’s football has come such a long way since I first started playing.”



Spring blossoms for Ceredigion residents

Residents at Gwar Y Garth near Aberystwyth have joined in our 60th birthday celebrations by helping to plant a tree.

They joined staff from Cambria Maintenance Services to set the tree at the entrance to

their scheme. They are now looking forward to watching it grow and blossom.

It’s one of 60 trees we are planting in our schemes across Wales to mark our 60th anniversary last year.



Wrexham residents party in their new lounge

Residents at Sylvester Court enjoyed a 60th birthday party with a difference as it also marked the opening of a new communal lounge.

A ground floor area at the scheme in Wrexham has been redeveloped with two new apartments and a modern, open plan room with kitchen facilities for residents to enjoy a cuppa and a chat.

Work to convert the space – an existing communal room which had been in place since the scheme opened – was completed by contractors Castlemead Group.

They joined residents and staff to mark the opening of the new lounge at the end of 2025.

“Residents have been involved along the way in shaping how the new lounge looks as they chose furniture and colour schemes. We hope it will provide a great space for years to come for residents to get together and socialise.”

Judith Sellwood, Community Development Officer.

Young video star helps out in pantry

Young resident, Romeo, found himself the star of a video when filmmakers visited his school.

In the video, part of a campaign by supermarket chain, Tesco, to promote its Fruit and Veg for Schools healthy eating, the school pupils were asked to rename popular fruit items.

Romeo decided that apples should be rebranded as crunchy munchies while his classmates renamed peaches (velvet tennis balls), broccoli (juicy green trees) and pineapples (happy cactus).

After seeing the video, our Community Development Officer Claire enlisted the help of Romeo and his mum, Emma, to rename some of the items at his local food pantry. Romeo decided blueberries should be called squishy marbles, Pot Noodles (worms) and chocolate footballs (marbles).

Claire said: “Romeo is a little star. We really enjoyed having him help out in the pantry.”



Community
Conversations

HAVE YOUR

SAY

Scan this code to find out where
we'll be taking our Community
Conversations next.

