

# *Ethnic Minority Welsh Women Achievement Association*

Celebrating the achievement of women and girls of ethnic  
minority origin living in Wales



## 2021 NEWSLETTER

*Welcome from Professor Meena Upadhyaya*

*Founder and Chairperson of EMWWAA*

Good evening, welcome to our 12th anniversary and sixth EMWWAA award ceremony!

It is an honour to host this ceremony after the many challenges we could not have anticipated in the past year.

These awards spotlight the diverse female ethnic minority talent in Wales and their impact on Welsh culture. To reflect the challenging work undertaken by many women during the coronavirus pandemic; there is also a new award category: Extraordinary Response to Covid 19

sponsored by the Welsh Government. The judges were overwhelmed with the skills and enthusiasm of the finalists this year. I am delighted to share that we have a record number of finalists and winners. Congratulations to all the finalists for their exceptional achievements!

We are honoured to welcome the Right Honourable Mark Drakeford, MS First Minister of Wales. My sincere gratitude for his support of our organisation and our efforts.

The last 18 months have been unprecedented because of the pandemic, so it is heartening to meet our friends face-to-face to celebrate the achievements of our incredible sisters tonight. As individuals and as a collective, we have had to face losses and make sacrifices.

Sadly, we lost two EMWWAA lifetime achievement winners last year: Patti Flynn, a Butetown Diva, and Dr Jasbir Mahapatra, a remarkable community GP. In addition, Ann Cox, an activist, who had been a supporter of EMWWAA from its outset, also passed away last year. We pay tribute to all three. It is planned to celebrate the achievements of Patti Flynn before the end of this year by the Purple Plaques Wales chaired by Sue Essex.



We cannot forget the sacrifices made by many front-line workers during the last 18 months. Our thanks to the dedicated healthcare, social, and other key workers who have supported and cared for thousands of vulnerable people and our amazing Welsh NHS that has enabled the vaccination programme in Wales to be the best in the world.

Our thoughts are with all those families who have lost their loved ones to Covid. The proceeds from this ceremony will go to the Welsh NHS Covid recovery funds.

Covid has also shone a light on existing institutional and structural racism–The Welsh Government is determined to tackle this problem, and the Race Equality Action Plan that proposes Wales to be antiracist has been implemented. It is essential to address these issues and stand up for truth, inclusivity, equity, diversity, change, and development.

The awards have also driven remarkable creativity reflected by the launch of our second book. The book is titled 70 years of struggle and achievement: life stories of ethnic minority women living in Wales, funded by the Heritage Lottery Fund. It narrates the lived experience and outlines the rich cultural heritage of remarkable women, published by Parthian. We also look forward to celebrating the unveiling of the statue of Betty Campbell, Wales' first black headteacher, a formidable woman who fought for racial equality and human rights, in Central Square in Cardiff at the end of this month. We thank the Welsh Monumental Women led by Helen Molineux for spearheading the female statue project in Wales.

EMWWAA is on an evolving trajectory, and we aim to make EMWWAA global; to that effect, we have already forged collaborations with organisations from two different countries. I take this occasion to remind ourselves of the immense possibilities of facilitating change through our collective effort.

Now I would like to extend my thanks to all of our sponsors (Welsh Government, Cardiff University, Unite, BAWSO, Chwarae Teg, Cardiff Sixth Form College, and Barclays), and supporters. We also thank our three ambassadors from the 2019 award ceremony for their support. I am grateful to our comperes for this evening, Beverley Humphries, Uzo Iwobi, and Shavanah Taj. I extend my gratitude to our esteemed judges, the Selection Committee, the EMWWAA Management Committee, the artists, the volunteers, the guests, the attendees, all nominators, and last and not least, the applicants. I hope you find this evening enjoyable and inspirational.

## Chief Guest

Mark was born and brought up in west Wales before moving to Cardiff more than 30 years ago. Since then, he has lived in the Pontcanna area of Cardiff. A former probation officer, youth justice worker and Barnardos project leader in Ely and Caerau, he has been a professor of Social Policy and Applied Social Sciences at Cardiff University. Mark has also taught previously at Swansea University.



In the 1980s and 1990s Mark was a Labour Councillor on South Glamorgan County Council, specialising in education issues, including Welsh medium education. Between 2000 and 2010 he worked as the Cabinet's health and social policy adviser at the Welsh Government and was latterly head of the First Minister's political office. He has a 30-year knowledge of the Cardiff West constituency.

Mark became the Member Senedd for Cardiff West in May 2011. He was Chair of the Senedd's Health and Social Care Committee from July 2011 - March 2013 and of the All-Wales Programme Monitoring Committee for European funds from July 2011 – March 2013. He was appointed Minister for Health and Social Services in March 2013. He was appointed Cabinet Secretary for Finance and Local Government in May 2016. Mark was appointed Cabinet Secretary for Finance on 3 November 2017. On 12 December 2018 Mark was appointed First Minister of Wales and became a member of the Privy Council on 13 February 2019.

## Presenters

### Beverley Humphreys MBE

Operatic and jazz singer, radio and classical music presenter, writer, inspirational speaker and chair of several mental health charities and BBC presenter. Beverley has met all senior members of the Royal family and sung for the Queen and Prince Phillip at the Royal Albert Hall. She served in the office of High Sheriff in 2010.



### Professor UZO IWObi OBE

Vice-President of the Royal Welsh College of Music and Drama (RWCMD), the former Chief Executive Race Council Cymru, former commissioner to the Commission for Racial Equality UK. She is a specialist advisor on equalities to the First Minister and the Welsh Government.



### Shavanah Taj

Cardiff born and raised, Shavanah grew up steeped in the trade union movement. Shavanah is passionate about equality, social justice and human rights. She is a patron of Show Racism the Red Card Wales, and a trustee for the Henna Foundation which supports victims and survivors of domestic abuse and honour-based violence.

She's a trustee for the People's Health Trust and the Bevan Foundation.



# *Chef Steve Gomes 's Menu*

## *Starters*

Papri Chaat (served cold)  
Punjabi Chole Samosa  
Onion Bhaji (Vegetarian)  
Tandoori Chicken (non-veg)

## *Main Course*

Indian Homestyle Chicken Curry  
Shahi Paneer Mutter  
Aloo Gobhi (potatoes & cauliflower)  
Dal Makhni  
Cumin Rice  
Chapati  
Salad  
Pickle, Chutney and Raita

## *Desserts*

Gajar Halwa (carrot pudding with vanilla ice-cream)

*All meat dishes are halal.*

Steve Gomes is a award winning 2 rosettes Welsh chef. He is based in London and is originally from Mumbai, India. He is renowned for his pioneering take on different cuisines.



## Award Presenters

### *Lifetime Achievement Award*

Jane Hutt MS, Julie Morgan MS

### *Arts, Culture & Sports*

Baroness Finlay, Lord Lt Meredith

Prof Stephen Riley, Natasha Asghar MS

### *Violence Against Women Agenda*

Dr Stella Diamantidi, Wanjiku Mbugua, Rachel McDonald

### *Science, Technology & Healthcare*

Prof Julian Sampson, Prof Sue Wong

### *Management & Leadership*

Lord Mayor, Prof Jean White

Cerys Furlong, Prof Mike Fernando

### *Social & Humanitarian*

Humie Webb, Joanne Galazka

Anishka Bhalla, Jenny Rathbone MS

### *Business*

Prof Sheila Hunt, Prof Medwin Hughes

### *Self-Development*

Prof Terry Threadgold, Felicity Evans

Rashi Jain, Rev Randolph Thomas

### *Young Achiever*

Dr Gareth Collier, Alison Jackson

### *Extraordinary Contribution to COVID\_19 Response.*

Jane Hutt MS, Dr Andrew Goodall

### *Rhodri Morgan Award*

Julie Morgan MS, Jane Hutt MS

# EMWWAA Judging Panel

## Science, Technology & Healthcare and Management & Leadership

### Sue Essex

Sue Essex served as a Member of the National Assembly for Wales for Cardiff North from 1999 to 2007. From 1999 to 2003 she was Minister for Environment, Planning & Transport, with responsibility for the introduction of the Wales Spatial Plan; and from 2003 to 2007 Minister for Finance, Local Government & Public Services. Since 2007 she has operated as a self-employed consultant, most notably with the "Review of Affordable Housing in Wales".



### Professor Sue Wong

Professor Susan Wong is currently Professor of Experimental Diabetes and Metabolism at Cardiff University and Honorary Consultant Physician in Diabetes at the University Hospital of Wales, Cardiff. She is a Fellow of the Learned Society of Wales. She has many years of research into the causes of type 1 diabetes, as well as clinical experience in treatment of all aspects of diabetes mellitus. She considers that activities that engage and involve the public understanding scientific research and educating people who do not have a medical or scientific training about medical issues are very important, and integral to her work. She is very keen to address issues of equality, diversity and inclusion and to promote professional development opportunities for all, including women in under-represented communities through mentorship, career advice, and obtaining leadership and management skills within the Welsh Higher Education and Healthcare system.



### Professor Julian Sampson

Julian Sampson is an academic clinical geneticist at the Institute of Medical Genetics, School of Medicine, Cardiff University. He moved to the Institute in 1989 and worked for seven years as an NHS consultant before being appointed Professor of Medical Genetics and, from 2000, Head of Department and Institute. He maintained his clinical practice until 2021, providing clinical services in west Wales and in Cardiff for patients and families affected by rare inherited conditions. The Institute won a Queen's Anniversary Prize for Higher Education in 2007 for its work on inherited diseases. His own research has focused on the genetic mechanisms, diagnosis and treatment of inherited disease and included the identification of disease-associated genes and the development of accurate genetic tests and novel treatments. In 2002 Julian won funding from the Welsh Government to establish the Wales Gene Park with the aim of "harnessing genetics and genomics to advance research, healthcare, education and innovation" and he served as its director until 2019.



# EMWWAA Judging Panel

## Arts, culture & Sports and Social & Humanitarian

### Mutale Merrill OBE

Mutale Merrill is the founding Chief Executive of BAWSO, a leading third sector provider for BME women and children facing domestic abuse and all other forms of violence. Mutale has spent many years occupying a number of important roles within the public and voluntary sectors in Wales, including being the first Independent Chair of the Board of Community Health Councils in Wales.



### Julie Morgan MS

Julie Morgan, Member of the Senedd for Cardiff North, has represented the area for 23 years both as an MP and an MS. Julie has always been a champion of equality and human rights and has been involved in a number of long-running campaigns. In December 2018, Julie was appointed as Deputy Minister for Health and Social Services in Mark Drakeford's new government. Julie remains in Mark Drakeford's cabinet as Deputy Minister for Social Services following the 2021 Senedd elections. As Deputy Minister, Julie has set up a pilot for Baby Bundles and brought into law the removal of the defence of reasonable punishment.



### Professor Radhika Mohanram

Radhika Mohanram was born and raised in India and is Professor of Post-colonial Studies in the School of English, Communication and Philosophy in Cardiff University. She is currently working on two different projects: 1) a funded project on collecting life the histories of Sri Lankan Tamil and Syrian refugees in South Wales and 2) a monograph on how the cultural trauma from the 1947 Indian partition still reverberates in contemporary India.





# EMWWAA Judging Panel

## Business and Self-Development

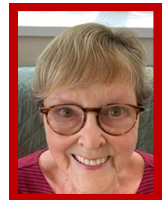
### Professor Sheila Hunt

Professor Sheila is a semi-retired academic with a background in health, nursing, midwifery, and higher education. She has held senior leadership positions in Universities in England, Scotland, and Wales and within the NHS and has delivered innovation, change and high-quality service. She has provided leadership and motivation to professionally and culturally diverse groups of 400+ staff and over 3500 students. She now offers education consultancy, personal and leadership coaching and mentorship to organisations dealing with change and individuals building their careers in health, education, government, and the charity sectors.



### Professor Terry Threadgold

Terry Threadgold was Professor of Communication and Cultural studies and was formerly head of the Cardiff School of Journalism, Media and Cultural Studies. She was Pro Vice-Chancellor for Staff and Diversity (2007- 2012). She has extensive academic and administrative experience in HE in Australia, the USA and the UK. She has been working with Performance for All (PFA) since late 2014, facilitating workshops and acting as a consultant on equality, workload, performances and cultural change in organisations.



### Professor Michael Fernando

Professor Mike Fernando is the Dean of Strategic Development at University of Wales Trinity Saint David. Mike leads on academic development activities across all campuses (Swansea, Carmarthen, Lampeter and London) and learning centres (Cardiff and Birmingham). Mike leads on the Widening Participation priority for the University, he is passionate about providing equality of opportunity in accessing higher education for all learners, especially those from disadvantaged backgrounds.



# EMWWAA Judging Panel

## Young Achiever and Violence Against Women Agenda

### Alison Jackson

A Glaswegian by birth, Alison Jackson left Scotland soon after graduating in Modern Languages from the University of Glasgow. Identifying herself as a feminist and a socialist, Alison has had a lifelong commitment to campaigning for peace, equality and social justice. Social work has a long tradition of challenging discrimination and inequality of many kinds, trying hard to expose racism, sexism, ageism and other forms of stigma and oppression. Clearly, the struggle is by no means over, as recent events have borne out.



### Professor Sue Denman

Professor Sue Denman came to Wales in 2001 to set up the Research Monitoring and Evaluation Unit for the Wales European Funding Office. She remained at the Welsh Government to manage the Wales Office of Research and Development in health and social care, taking over as Director in 2007. She then joined the staff at the School of Medicine, Cardiff University where she set up the South-East Wales Academic Health Science Partnership.



### Dr. Stella Diamantidi

Stella Diamantidi is Associate Dean Student Engagement at Cardiff Metropolitan University since 2019. Prior to this role, she was Head of Business Dept. with line management responsibilities for large academic teams enabling them to deliver high quality student-centered provision. She has designed and delivered business and law degrees (QLDs) assessing the achievements of students as well as teaching and learning. She chairs a number of Examining Boards; she is a Senior HEA Fellow and a QAA Reviewer for England.



# EMWWAA Judging Panel

Extraordinary Contribution to COVID-19 Response

Professor Sue Wong

See page 7.

Alison Jackson

See page 10.

## Science, Technology and Healthcare

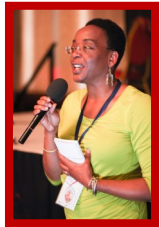
### Dr. Nadia Z Hikary-Bhal

Nadia has a mixed heritage of a Welsh mother and Arabic father. She grew up in Iraq, lived through two wars, and escaped to Jordan in 1997. Nadia is an NHS Consultant Obstetrician Gynaecologist, who for the past 25 years has dedicated her career to Women's Health and Education with multiple qualifications and awards. She is passionate about Equality & Women's Health policy and has worked with Welsh Government on multiple reports and health projects. As a Covid-19 high-risk individual, Nadia was one of the first Consultants to work exclusively from home, leading the path to a new way of working for the benefit of patients, employees, and employers.



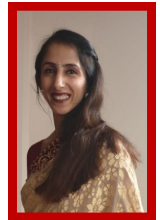
### Dr. Roiyah Saltus

Dr Roiyah Saltus is a Principal Research Fellow at University of South Wales. She gained her doctorate from the University of Essex in 2000. Roiyah's research incorporates critical race and community development theory to inform health and social policy and practice. Commissioned by black mental health charity AWETU to produce the first Wales-related study into the mental health needs of BAME communities (2002) Co-Produced Diverse Cymru Mental Health Strategy (2013) Impact of Covid-19 on BAME communities and Voluntary Sector Research (2020).



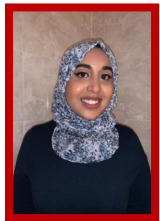
### Dr. Manmeet Kaur

Manmeet is a hard working General Practitioner with special interest in Women's health. She has been working with Cardiff and Anurin & Bevan Health Board for last 7 years. Currently she is working part-time in Cardiff Bay where she has been seeing large number of patients with ethnic background. She is also working part-time in Pengam Health Centre with AB-UHB. She likes to contribute in field of Health and Wellbeing. She encourages her patients in NHS and people outside NHS to follow preventive medicine. She has a very strong passion for fitness through Yoga & Meditation.



### Zahira Gousy

She graduated with an MEng in Chemical and Bioprocess Engineering from Swansea University in 2013. She has worked predominantly in the Medical device industry in Process, Quality and Research Engineering roles. She has also worked on the development of a variety of medical devices including the design and testing of a pulsatile blood pump, which better simulates the heart than currently used blood pumps, with reduced damage to blood. She leads a team of scientists and engineers during the development of an oxygenator for transplant organs, which aims to increase the number of transplantable organs by keeping them suitably oxygenated and reduces damage to the organs.



### Puvaneswary Abeysinghegee

Pav is a Pharmacist Store Manager at Boots' Llanrumney branch. She arrived in the UK from Sri Lanka in 1984 at the age of 16 to begin her education in Cardiff. She completed her pharmacist degree at Aberdeen University, and got a place to start her career at Boots in London as a pharmacist. Within a year she became a Pharmacist Store Manager, gaining experience through working within Boots.



## Management and Leadership

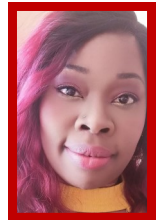
### Laetitia Sonia Paul

Laetitia possesses varied experience in the field of Human Resources, Training & Development, Change Management and Strategic Leadership across a wide variety of industries including Telecommunication, Automobile, Financial Services, Information Technology, Manufacturing, Sport, Arts and Social Housing. She has worked with many organisations, gaining valuable experiences alongside contributing to some key changes and milestones in these organisations. Outside her professional career, Laetitia in her free time has worked closely with charities such as ACE, Sustrans.



### Kemba Hadaway-Morgan

Trinidadian by birth, she is married, has 3 children and lived in Wales for almost 12 years. She is currently a PhD student at Cardiff University and hold an MSc in Social Work, a BA with Honours in Criminology and Psychological Studies and a Certificate in Legal Studies. As an Equality Officer with UNISON, she worked with Swansea Council, to develop a COVID 19 BAME Risk Assessment. She also worked with Welsh Government to develop the All Wales COVID 19 risk assessment. Through local media outlets, BLM, SUTR and NHS platforms she raised awareness of racism and the positive contributions of immigrants.



### Sheila Hendrickson-Brown

Working primarily in the third sector for almost three decades, Sheila has honed her management and leadership skills in a variety of paid and voluntary leadership roles – including as the Chief Officer and as Chair of charitable organisations with a focus on Social Justice and Equalities, taking forward programmes of improvement and change. Sheila has a first class honours degree in law – which she achieved whilst holding down a full time senior role, volunteering as Chair of a national charity and raising a young family and has an impressive list of voluntary roles.



### Shereen Williams MBE

Shereen Williams is currently the Chief Executive Officer of the Local Democracy and Boundary Commission for Wales, a Welsh Government Sponsored Body. Prior to taking up this role in January 2019, she worked in local government for nearly a decade. As a local government officer, she worked across Newport and Monmouthshire Local Authorities as the Connected Communities Manager and before that as the Regional Community Cohesion Co-ordinator for East Gwent. During her time in local government she oversaw several key projects as part of her role, including the relocation of former British Army translators from Afghanistan and the resettlement of Syrian Refugees in East Gwent.



### Dr. Nilufar Ahmed

Dr Nilufar Ahmed, Psychologist, Academic, and Psychotherapist specialises in behaviour and identity. Driven by a passion for equality and inclusion, she works closely with organisations of all sizes from small charities to global multinationals, helping them achieve their visions of cultural change and inclusion. Whether it is one person seeking therapy, or a giant corporation looking to effect change, she delivers the same passion and commitment in working with clients to identify their needs and support them in achieving their goals. She is an in-demand media contributor across multiple platforms and in different languages.



## Art, Culture and Sports

### Charanpreet Khaira

Charanpreet is a reporter for ITV Wales committed to amplifying the voices of minority communities and interrogating social injustices. After moving to Wales in February 2020, she quickly became a trusted contact for BAME organisations and communities, covering stories like Christopher Kap-essa's family's fight for justice and the disproportionate impact of Covid-19 on BAME people in Wales. She fights to tell the stories not always told by the mainstream media, and to listen to those who do not usually enjoy a platform.



### Saadia Abu Baker

Sports has played a huge role in Saadia's life and has been always encouraged by her family to try as many sporting activities. She has actively participated in athletics and was fortunate enough to win Bronze in Regional Championship in Long Jump (2018) and Second place in Welsh school Athletics Association Championship (2019). She is working with organisations like Race Alliance Wales, Eyst and Mind to try to combat racism and work with young people to be able to provide equal opportunities for everyone.



### Rajma Begum

Rajma Begum's most senior leadership role is her current Ministerial Public appointment as Board member for Sport Wales, as the main advisor on sporting matters to WG, protecting public finance, assuming overall corporate and risk management responsibility and challenging Sport Wales to ensure it meets all targets effectively and efficiently. She is also the Strategic Lead for Equality, Diversity and Inclusion in Sport across Wales and the Chair of Women Connect First.



### Ayah Abduldaim

Ayah is a young Libyan woman who lives in Grangetown and uses her passion for sport to encourage other BAME girls to participate in sport, particularly football. In order to encourage young girls from BAME backgrounds to get involved in sport, Ayah started running afterschool football sessions in Grange Gardens which were solely for females. She has engaged with parents to become a familiar face to them and now has their trust to ensure the girls are safe whilst they are participating in the sessions. Around 25 girls were attending each week prior to the lockdown restrictions being brought in.



## Social and Humanitarian

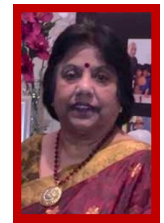
### Hazel Lim

The holder of an MSc in Autism and Related Conditions from Swansea University, Hazel founded a dedicated support group for families which aims to improve understanding of autism, reduce stigma and continue to break down cultural barriers among the Chinese ethnic minority community after one of her sons was diagnosed with the condition. She also produced the first English and Chinese Bilingual Autism booklet in the UK which provided professionals with an introductory understanding of the many cultural barriers faced by the Chinese community. Her genuine desire to help others and her determination to ensure no one affected by autism suffers in silence has led her winning multiple national awards nominations including the Point of Light Award 2021 by the Prime Minister Boris Johnson, Community Champion Award as well as the overall title of Womenspire Champion 2020.



### Niru Kumar

Niru's mantra is "service to others." Elected Chair of India Centre- a cultural hub connecting Welsh Indians with their heritage, Niru's mission is to "give the silent a voice." Awarded, B.A.(Econ), India, followed by social work (CQSW, Wales), Niru retired after 33 years' service specialising in safeguarding children. Niru has taken an active role in community service. Recently, she was appointed as Chair of the India Centre, Cardiff- a cultural charitable hub that preserves Indian heritage in Welsh society but equally promotes tolerance and integration. Her vision is to steer the group towards preservation of the Indian cultural identity in Wales and to give a voice to those who would normally be marginalised. She has previously held positions as secretary and treasurer in democratic elections. In her 4-year tenure as treasurer, Niru doubled the cash reserves of the centre, particularly at a time of austerity. She was also a founder member of Black Association of Women Step Out (BAWSO) and Race Equality First, a Welsh organisation providing specialist support to black and minority ethnic women and children fleeing domestic abuse. She helped recruit volunteers from ethnic minorities and reach out to those in need.



### Niloha Rangel

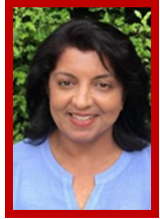
Niloha is from Venezuela, a medical doctor. She is a qualified Consultant Paediatrician and an experienced Doctor in both Paediatrics and Accident and Emergency. Since coming to Wrexham, she has been doing voluntary work for the British Red Cross since April 2019. She has become one of the most active contributors to Voices network project, it is a network fighting for the rights of asylum seekers and refugees. She has been striving to implement the fundamental principles of The British Red Cross. Her vision and passion have been how to promote a better quality of living for migrants and how to access services like education, work and healthcare, most importantly mental service because we are never assessed on how we feel after we have fled our countries because this a very long and worrying time that causes anxiety to most of us. views in catch up vaccinations and early screening conditions for migrants. She is delivering access to healthcare training to different migrant groups to raise awareness and planning to work on delivering training to health professionals in Wales.



## Social and Humanitarian

### Shahien Taj OBE

For over 3 decades, Shahien has played a significant role in raising awareness of the socio-cultural pressures and conflicts faced by victims of domestic violence, forced marriage and so-called 'honour' related abuse and violence. Highlighting the complexities and risk factors associated with such cases she has worked closely with the Police and Crown Prosecution Service (CPS) and other relevant services to ensure fair justice and protection is achieved for victims of such crimes. In the past she has been invited to advise and contribute to numerous documentary films and publications/guidance including the nationwide schools training programme, "Watch Over Me III" (Forced Marriage) soap opera. In partnership with South Wales Police & other NGOs Shahien was a key contributor in the development & implementation of a Forced Marriage & HBV Risk assessment & Protection Plan. She also contributed to Governments Forced Marriage Practitioner guidance and Ministry of Justice; Forced Marriage (Civil Protection) Act 2007 – Guidance leaflets.



### Momena Ali

Momena is a Bangladeshi-born Muslim female who grew up in Swansea, and completed a degree in Education before developing an innovative Pilot project supporting young BME males which soon evolved, under her stewardship, into the successful organisation which is now EYST Wales, and of which she is now President. As a young Bangladeshi-born Muslim female, working within Swansea Council's Education Team, Momena drew on her personal experience to establish Swansea Council's pilot project supporting BME young males through a culturally sensitive approach. When the pilot project ended, EYST was set up as an independent organisation and Momena devoted herself to supporting EYST as a very hands-on volunteer and chairperson. She has ensured that the organisation's founding values continue to drive and be reflected in our work. As a result of her efforts, EYST has been able to grow from being a dream and a vision into a thriving Waleswide organisation of now 50 staff, hundreds of volunteers, helping thousands of ethnic minorities across Wales every year.



### Diana H Ellis

Born to 'Windrush' parents, Diana experienced racism in all life areas. However, with faith, drive and determination she broke down barriers in 1992 and became Caerphilly's first Ethnic Woman Councillor. Having overcome setbacks, she is supporting this generation to rise up, reach their full potential and achieve their dreams. Diana is a winner of MDA Award 2013 for outstanding contribution within the Blackwood community. Diana's Environmental Consultancy business the Big Green House reduced carbon emissions by 4.5 tonnes during 2012-2015. Diana is the first ethnic female councillor of Caerphilly Borough. She has been a part of Policy and Resource Committee, Crime and Disorder Scrutiny Committee, Sustainable Development Advisory Panel, Audit Committee, Equalities Champion, Caerphilly Ground Work Trust-Board of Directors, Gwent Association of Voluntary Organisations, Blackwood Town Centre Management Group, Community Council Liaison Sub-Committee.





## Business

### Judita Mockaityle

Judita has build up a successful business “Judit Alterations “ in Wellfield Road. She has been running the shop on her own for the past 11 years. Judita has experience in working with sowing all kinds of material and different designs. Judita is contributing to the St Andrew’s Church and a number of charities. Judita believes in gender equality and she cares about the environment.



### Sibusisiwe Mbwembwe

In 2011 Ms. Mbwembwe decided to transform her health and wellbeing after her weight had excessively increased to 19 stone. She joined slimming world to learn about health eating and her desire was to combine slimming world and fitness classes. She is very active in the Community and serves as a board member for the African Community Centre and Gendros Community Centre. She volunteers as a Secretary at Gendros Baptist Church and a Regional Lead for Swansea Black Lives Matter Campaign. Ms. Mbwembwe is also an Advocate and trained in tackling issues affecting women such as gender violence and has championed the cause at a high level.



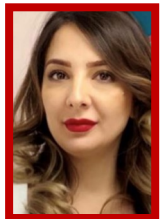
### Sneha Trivedi

With a heart full of motivation and a mind full of determination, she set out to start her own business with the help of a small investment boost. After working hard on a business idea and organising her finances, Sneha opened her first Discount Store in 2005 called Canton Discounts in which she works tirelessly every day. By providing excellent customer service and great value goods, the support of her local community allowed her to expand her business and open 2 more chains, stretching as far as Bristol. Sneha is an active member and volunteer for Sanatan Mandir and involves in keeping Hindu culture alive.



### Susan Valaee

Susan is the owner of two successful salons located in Cardiff. She opened the first salon in 2012 followed by the other one in 2017. She is also qualified aesthetic beautician. Susan is one of the most successful beauticians in Cardiff who is working in high standard. There was the need, within the BME community, for someone from the BME who will understand and work according to their needs and their own culture. Susan has fulfilled this role successfully and in a short period of time, became very well known. In her salons all variety of hair, beauty and aesthetic treatments are available and is performed in high standard.



# Self-Development

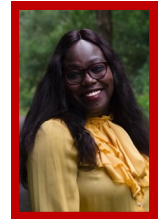
## Julie Sangani

is working part time as an underwriter in Financial service and as a volunteer Health care worker as Homeopath consultant. She has engaged herself with various community organisations on a regular basis and also committed as a school community governor in Cardiff North. Throughout the pandemic she has found new ways of helping people, as a local community member, she volunteered to support the BAME community in Cardiff. She successfully led a food donation project twice to support people in food poverty affected by the pandemic COVID19.



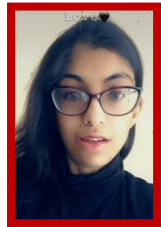
## Patience Bentu

Patience Bentu holds a BA (Hons) in Theatre Arts; MA in Drama and Theatre Education; and MPhil in Politics and International Development. Her work with Race Council Cymru during the Covid 19 pandemic involved Community and policy engagement. She was a member of the BAME Socio-Economic sub-group. Patience is the founder/host of the talk show PayTalks; TedX Swansea host 2021; Author of the book Get Up, Dress Up, Show Up; founder of Nigerians in Wales Association; Chair of her Labour Party Ward, the CLP Ethnic Minority Officer and the first black person to be elected as Chair of the Swansea West CLP.



## Zarah Kaleem

Zarah has, as a Welsh Asian woman with a learning disability, had to face many barriers in her life and career. Zarah took the step of taking part in Newport People First, a self-advocacy group for people with a learning disability, and her empathy with others and creative ideas quickly led to her becoming one of the group leaders in developing cultural projects and exhibitions that brought the voice of Black, Asian and minority ethnic people with a learning disability to the forefront for the first time. Zarah was able to successfully gain employment with Cardiff People First, running projects based around inclusion. She was a part of the Cardiff People First team winning the COVID Learning Disability and Autism Leaders Award 2020.



## Binta Bah

Binta grew up, in The Gambia, surrounded by many narrow-minded people, who believed women should be domesticated and remain uneducated. She watched her mother fight against these ideologies of misogyny and negative patriarchy, all the while wanting a better future for Binta. As a child, she realised that gaining an education would give her independence and she slowly realised that she had a lot to prove, both as a woman and as a daughter. Fighting to get an education allowed her to dream big and aspire for a better future. She has attended drop-in English classes, volunteered at the SDCAS (Southwark Day Centre for Asylum Seekers), helped with Arts and Craft classes and positively contributed her multi-lingual skills by translating for others with language barriers.



## Violina Sarma

Violina is a final year PhD student in Cardiff University, moved to Cardiff in 2014 winning the university's prestigious President Scholarship. She has also volunteered with Welsh Women's Aid to support their conference on Bystander Awareness 2018. For her various extra-curricular activities, she was awarded the Cardiff Award Above and Beyond Award recently. She has been nominated for the National Student Employee of the year as well. Even after a couple of hospital visits and being diagnosed with a mental health disability, she did not quit her career. She took it as a challenge and went forward with her PhD.



## Young Achiever

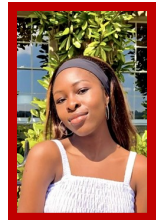
### Laetisha Witoyo

Laetisha's "Aha!" moment first came when she realised that the Covid-19 pandemic was determined to bring a large negative imprint on not only her own learning and initial plans to develop herself, but also that of other youths of their generation. She wanted to create a supportive, diverse community of youths, which they did with Co-AID Global, to inform others of the current struggles of people around the globe, to raise a sense of empathy and solidarity, and to empower her peers in their own journeys of personal growth and mental health.



### Ngum Agnes Mofor

Agnes is a bright student who is intellectually talented as well as social and industrious. Agnes plays an active role in college and has been involved in a range of super-curricular activities, including Debate, Model United Nations, and our Medical Ethics and Healthcare Societies. A confident orator, Agnes represented college at the Warwick University Schools Debating Competition and at the Model United Nation Convention in Cardiff, where she presented the views of the UK and Germany on climate change.



### Tahirah Ali

Tahirah is a first generation Bengali, born and bred in South Wales. She has worked with organisations such as the Diana Awards, Y7 youth summit, [#futureleadersnetwork](#) [#iWill](#), BBC, and WVCA. Through volunteering, she has been able to give back to her community via youth clubs, volunteering and projects while recognising others achievements. Currently, Tahirah's training as an ODP but also for Powerlifting competitions next year. She believes that powerlifting has allowed her to challenge many stereotypes associated with the Male dominated sport.



### Angel Ezeadum

Angel Ezeadum was elected in the Welsh Youth Parliament's first cohort, and at just 16 has remarkably risen through the ranks. Her passion for politics was ignited as she saw the problems in her community and wanted to solve them; not just for herself but for the residents. Now, Angel has also become Cardiff's Member of the UK Youth Parliament, a member of the Discrimination and Hate Crime board, part of the Young People's Advisory Panel and most recently, an ambassador for Ripples of Hope. All while achieving 9 A\*s in GCSEs!



## Violence Against Women Agenda

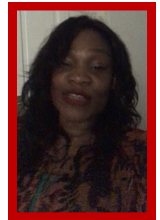
### Lisisyte Gomes Lopes

Lisisyte works as an outreach support worker for Bawso in North Wales and my role is to support victims of domestic violence. She supports a great deal of people from the Portuguese community living across North Wales as well as victims from other nationalities. Her role involves supporting victims, providing emotional and practical support, advice and information. This also includes BME men who experience domestic abuse from partners and family members. She works with victims to enable them to progress towards re-establishing their lives and move forward to better life opportunities.



### Lorraine Griffiths

Lorraine have worked in the field of Domestic violence for the past 20 years. During this time she have had the opportunity to share her skills and experiences with other agencies and professionals, by formulating training programs to highlight the devastating effects of domestic abuse and the impact it has within BME communities. She has a BA(hons) degree in Social Work, which has guided and governed her practice particularly when dealing with child protection issues, and working with families who had social services involvement, She specialized in child and family and have always had a passion for supporting people from BAME communities, particularly those who were deemed disadvantaged, due to lack of knowledge in regards to access to supporting services and their rights to access such services.



### Anjana Parichha

Anjana has intellectual flexibility, and she has been able to carry out different roles in the organisation with stability. Started as a volunteer in the Mentoring Project and become a Mentor to older people and women who were victims of domestic abuse and enjoyed seeing the smile on their face. She has made Bawso's data collection enriched with complete information which enable Bawso to grow in the right spirit without losing any effort and getting information in graphical manner. The biggest challenge was to capture all the historical data from 1995 to the online secured digitised system and was completed in time without any error. Anjana is the first point of contact 24 hours a day and provide confidential and non-judgmental support to the victims of all types of violence against women.



# The EMWWAA Candidates

## Lifetime Achievement Award

### Mutale Merrill OBE

Mutale is the founder and Chief Executive of BAWSO and has served in a variety of voluntary organisations. She has also served on a multi-generational think tank groups for Welsh Government and ethnic minority community networks across Wales. She has mentored so many young women and seen them rise to become change agents in Wales. Mutale Merrill, OBE, was appointed in November 2015 for a three-year term as the Chair of the Board of Community Health Councils in Wales, the very first Black person to serve in this role in Wales. Mutale has made some life changing impacts on the lives of abused women who are victims of domestic abuse.



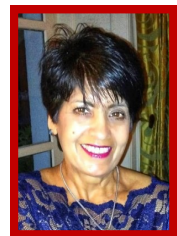
### Suzanne Duval

Suzanne Duval has worked in the Black voluntary sector for over 30 years, representing, supporting and delivering much needed services for Black, Asian and Minority Ethnic individuals, to NHS, agencies, and support organisations throughout Wales. She is currently working collaboratively with Welsh Government, Public Health Wales, all 7 Health Boards, the and the major mental health, dementia, suicide and self-harm charities in Wales to represent the views and issues of Black, Asian and Minority Ethnic people with mental health issues and/or dementia.



### Gurjeit Aldridge

Geta was born in India, educated in England and lives in Swansea. She has had a varied career, from teaching to Social Work and as a Snr Inspector with the Assembly Government, before retiring. She was a founder and Chair of MEWN [Minority Ethnic Women's Network]. MEWN was the first charitable organisation working towards enhancing opportunities for BEM women in Wales. She has been an avid inspirational advocate for MEWN and supportive of the Swansea Bay Racial Equality Council and was a member of the Welsh Demonstration Project for the Under Fives, led by Chwarae Teg.



# Extraordinary Contribution to COVID-19 Response

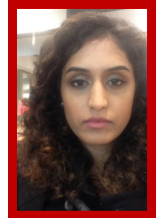
## Kokila Swamynathan

Ms Kokila Swamynathan is currently working as an Advanced Nurse Practitioner based in Royal Glamorgan Hospital. She completed her Bachelor of Nursing from Tamilnadu, India, and worked in India for 2 years. She started her career in the UK in 2001 and progressed from adaptation Nurse to critical care outreach sister. She has worked in Royal Brompton and Harefield NHS Trust, St George University Hospital, Kings College hospital London and Croydon University Hospital and was involved with policymaking, setting up Hyper Acute Stroke Unit. She has undertaken several teachings and training sessions in clinical settings over the years whilst undertaking her professional role.



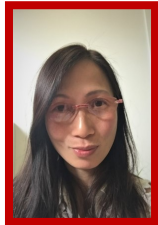
## Subiyya Alam-Sabah

Raised in Cardiff and qualified from Barts Dental school in 2010. Between 2015 – 2016, after fundraising £5000, She volunteered in Greece and Calais, providing emergency medical and dental care to refugees. Currently working as a community dentist in Cwm Taf, providing dental treatment to children and adults from deprived backgrounds.



## Dr. Yee Ping Teoh

Dr Yee-Ping Teoh, originally from Malaysia, has been a Consultant Chemical Pathologist at Wrexham Maelor Hospital since 2008. During the second COVID wave when acute medical services were overwhelmed, she volunteered her time at the Enfys (Rainbow) Hospital, Deeside to help with the busy clinical team looking after COVID patients. She has been very honoured and touched for the EMWWAA nomination from her senior colleagues and felt that she was only doing what she could to help during the crisis and it was a small way of giving something back to the community and organisation she has considered home.



## Dr. Priyangani Chalotte Fernando

Dr. Priya Fernando began her career in the NHS in 2004 as a junior Doctor. Originally from Sri Lanka where she completed her undergraduate training. Dr Fernando undertook her first core training post in Medicine in Nevill Hall Hospital in 2007. Subsequently, she entered higher medical training in Geriatric Medicine and worked as a part time trainee to support her family. Following completion of her post graduate medical training in South Wales, she became a Consultant Physician and Geriatrician in 2015 with the An-eurin Bevan University Health Board (ABUHB). Dr Fernando works for the Gwent Frailty Programme as the consultant for Torfaen Community Resource Team.



## Dr. Anita Parbhoo

Anita is a senior registrar in Care of the Elderly. She paused her post as a Welsh Clinical Leadership Fellow to work on the covid wards in UHW last year. She then led the teams that managed older people in Royal Glamorgan hospital, in one of the most affected areas in Wales. Anita has been recently appointed as a Consultant in the Royal Glamorgan hospital.



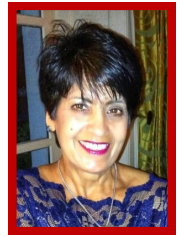
# Lifetime Achievement Award



Mutale Merrill OBE  
Winner



Suzanne Duval  
Winner

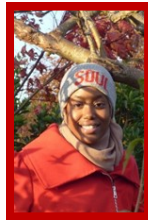


Gurjeit Aldridge  
Winner

## Arts, Culture & Sports



Charanpreet Khaira  
Winner



Saadia Abu Baker  
Winner



Rajma Begum  
Winner

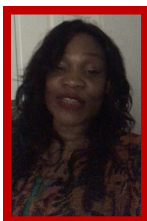


Ayah Abduldaim  
Commended Certificate

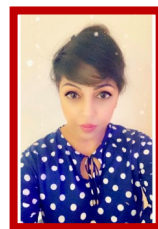
# Violence Against Women Agenda



Lisísayte Gomes Lopes  
Winner

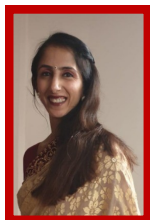


Lorraine Griffiths  
Winner



Anjana Parichha  
Winner

# Science, Technology & Healthcare



Manmeet Kaur  
Winner



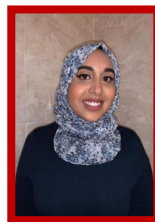
Nadia Z Hikary-Bhal  
Winner



Puvaneswary beysinghege  
Winner



Roiyah Saltus  
Commended Certificate



Zahira Gousy  
STEM Ambassador



# Management & Leadership



*Kemba Hadaway-Morgan*

Winner



*Sheila Hendrickson-Brown*

Winner



*Shereen Williams MBE*

Winner



*Dr. Nilufar Ahmed*

Winner

## BUSINESS



*Sibusisiwe Mbwembwe*

Winner



*Sneha Trivedi*

Commended Certificate

# Social & Humanitarian



Hazel Lim  
Winner



Shahien Taj MBE  
Winner



Diana H Ellis  
Winner

# Self Development



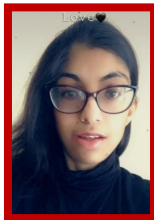
Patience Bentu  
Winner



Binta Bah  
Winner



Violina Sarma  
Winner



Zarah Kaleem  
Commended Certificate

# Young Achiever



*Laetisha Witoyo*

Winner



*Ngum Anges Mofor*

Winner



*Angel Ezeadum*

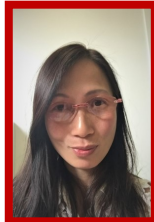
Winner

## Extraordinary Contribution to COVID-19 Response



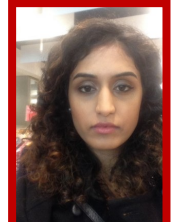
*Dr Priya Fernando*

Winner



*Dr Yee Ping Toeh*

Winner



*Dr Subiyya Alam*

Winner



*Kokila Swamynathan*

Commended Certificate



*Dr. Anita Parbhoo*

Commended Certificate

## Entertainment

### Hiroko Sue

Hiroko Sue was born in Japan. She started to learn the Koto at the age of 9, a traditional Japanese instrument with 13 strings, and went on to study at Tokyo University of Arts and Music. Today, Hiroko will be playing 'Kite on the river Wye'



### Kaavya & Nithya

Kaavya and Nithya started learning dance under the tutelage of Kalamandalam Sruthi and later on from Santosh Nair. Their guru Sruthi introduced them to Bollywood dancing after which Kaavya took keen interest and started choreographing. Ever since both the artists have been performing at various platforms. The girls are honoured to be



invited to perform at EMWWAA and thankful to the organiser for the opportunity. They are performing to two very popular Bollywood songs.

## Entertainment

### *Aida*

Aida has an infectious energy with an enigmatic personality and freely shares her knowledge, skill and joviality without holding back. Aida started dancing Sabar at a very young age. Aida was scouted by Landing Mane who became her mentor and teacher in 1997. She added djembe dancing to her repertoire and went on to join Ballets Africain de Sanghoma leading to a tour with Daara-j in Senegal and abroad.



### *Dr. Tania Ghafari*

Afghani dance performance by Dr Tania Ghafari, who has been living in Wales for the past 11 years. She has been working as a psychiatrist and is a trustee of EMWWAA. The dance is an imitation of the eagle's actions with the music. Afghans believe that the eagle is the king of birds and represent an image of honesty, kindness, bravery, strength and justice.



### *April Kong, Miya Yu & Suzanne Chung*

This group will be performing Chinese classic dance, Chrysanthemum Charm. It is inspired by the beauty of chrysanthemum in full bloom. It is further enhanced by the beautiful Tang dynasty royal costumes. The dance music is the song 'Chrysanthemum Terrace' by artist Jay Chou.





Llywodraeth Cymru  
Welsh Government



CARDIFF  
UNIVERSITY

PRIFYSGOL  
CAERDYDD



Chwarae  
Teg

### *Acknowledgement*

Welsh Government, Cardiff University, BAWSO, Chwarae Teg, Cardiff Sixth Form College, Unite, Barclays

*Patrons:* Julie Morgan MS Deputy Minister for Social Services

Jane Hutt MS Minister of Social Justice

### *EMWWAA Management Committee*

Prof Meena Upadhyaya OBE, Vimla Patel MBE, Temmy Woolston, Nisha Nair, Sivaness Sivapalan, Dr Tania Ghafari, Jacqueline Mwila, Kaori Onoda, Dr Shela Khan, Dr Maria Lazarou, Chetna Sinha

*We are grateful to the following for their support*

Dr Rhian Morgan  
Dr Juping Yu  
Ayesha Hameed  
Helen Stewart  
Divya Parikh  
Steve Gomes  
Priyanka Juneja  
Bombay Bleu  
Debanjali  
Cowshed  
Cardiff University















