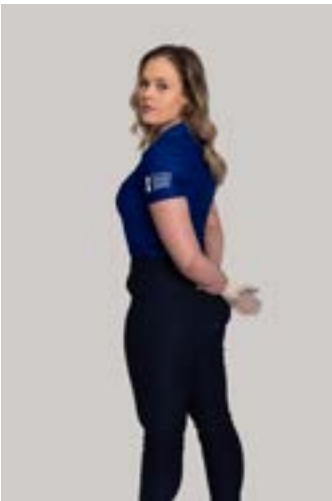


IWD



**Women of South-East Wales
Celebrate International Women's day**



International Women's Day

A day to reflect and celebrate what women have achieved over the last few decades and showing resilience in the face of adversity.

We are, where we are today because we have, had to fight hard for our rights.

Our right to be treated equal in all aspects of our lives. Our right not to face misogyny. Our right not to experience violence.

We have a right to walk the streets and to feel and 'be' safe. Unlike many who have lost their lives, to include very recently Sarah Everard.

As women we stand 'UNITED'. We will no longer stand back; our feet are firmly on the ground standing strong. We deserve to have equal rights and we will continue to fight for them.

There is still so much work to be done. Women are not treated fairly when experiencing menopause at the workplace. Women's health conditions are not treated with the urgency they require and can take many years to diagnose, whilst in the interim, they suffer significant detriment to their daily lives.

We will continue to use our voice for equality.

Enjoy portraits of women who wish to celebrate being a woman and what they have achieved in life, whatever that may be.

Together we stand strong - #embraceequality

Emma Ffion

A self-driven and highly motivated young woman who has achieved great results in her studies, has recently completed her master's in law with a first and is has now embarked on a training contract with a highly regarded Cardiff Law firm.

Not only is Emma Ffion on her way to becoming a lawyer, in 2022, Emma was the first female golf champion awarded by Bryn Meadows Golf Club.





Shameem

Shameem is described by people who know her as beautiful inside and out. In her words "My life is about love and kindness".

She explains that her parents brought her up to respect, diversity, race, integration and to show love and kindness, and says "we are all differently the same".

"Sweet masks of smiles to hide the grief and pain.
Emotions. That are still raw. You should still be here, that's the hardest.
In my thoughts you walk beside me through colourful meadows, laughing, whispering, running holding my hand.
You continue to give me signs of reassurance, I see them everywhere. You passed the Baton of responsibility to look after mum and the family, I will happily continue with pride do so.
Your passing taught me to be quieter, calmer, compassionate to myself, live for today. No more lists or 5-year plans. What we have is here and now sprinkling that bit of love wherever I go for you.
I promise you will continue to see the world through my eyes".

Rachel

Rachel began her business in 2014 in a small cupboard room at a busy hair salon, she started off with only 10 gel nail colours and a small treatment table.

9 years later, through sheer determination, commitment working 7 days a week, and investment, she now has a business to call her own in Blackwood High Street.

Her business offers many treatments to include, facials, nails, and other therapies. Rachel says her business "Aphrodite Beauty prides itself in confidentiality, customer care and the delivery of its treatments."





Fiona

Fiona is in the process of launching her own business of hand-made wax melts, candles and more. These are not your day to day run of mill, Fiona is aiming for high-end quality products.

Holding down a full-time job whilst launching her business, Fiona advises people on their careers and how to develop them and is working full time with Careers Wales.

Emma

An award-winning make-up artist with her own business in Blackwood. Emma not only does wedding make-up and day to day make-up, but she is also a theatrical trained make-up artist.

Not only a wife and mother to stepchildren, but she is also an accountant on a part-time basis.





Katie

Katie a mother to 3 children, a musician and tribute artist. Katie has her own production company ActPromotions.

Not only is Katie a mother and runs a company, but she also does this whilst living with ADHD, GPD and fibromyalgia. Katie says, "I live a great life and always strive to show my children that no matter what mental or physical condition one may have, life is for living and go out and do what makes you happy".

Kelly

Kelly is a successful business owner, with her own photographic studio in Blackwood, specialising in new-born photography.

Whilst running her successful business, which she has built up over the last 4 years having completed her photography degree later in life. She is mother to a son of 2 years, and 2 adult sons.

Kelly is also a grandmother and wife.





Julie

Senior lecturer University of South Wales, journalist, producer, media consultant. Ex BBC and ITV.

Julie was the first woman to produce ITV's football programme, Soccer Sunday. One of the only three women to work on air on BBC Wales' Rugby World Cup coverage in 1999.

Julie says "International Women's Day is a time to celebrate all women, whoever they are and whatever stage of life they are at.

Surely one of the wisest women was the scholar and civil rights activist, Dr Maya Angelo. I could reel off any number of her quotes, though for me, these are the two most profound:"

"Do the best you can until you know better. Then when you know better, so better."

"We may encounter many defeats, but we must not be defeated."

Very powerful words by Julie.

Gayle

A carer of adults with learning difficulties, Claire describes the job as challenging and yet rewarding. Claire is paid the living wage for doing for a difficult job.

Claire is also a Zumba instructor, and she is very proud that she instructs, empowers, and inspires others to get active. Claire works at a pace that suits each person who attends her class, some live with physical disabilities or learning disabilities.

Not only is she an employed carer, and trained Zumba instructor, she is a mother and a wife.





Elinor

A young entrepreneur who has found her calling. As a young girl who suffered sexual abuse is a survivor. Elinor found comfort in a horse called Maggie, she became Elinor's trusted companion, and it was in Maggie she would confide to help her through her traumatic time of abuse.

This brought about a realisation for Elinor of how horses help people. Elinor is now the proud owner of Maggie's Equestrian Centre, where she cares for horses whom many she has rescued.

The horses are trained by Elinor in a holistic manner, whereby horses are trained to ride without a bit that would otherwise control them by inflicting pain in their mouths.

Because of the holistic approach, the horses are calm and are now therapy horses for humans and help them deal with day-to-day challenges.

Joanne

Joanne's main occupation is as a full-time teacher in a primary school. However, she is never happier than when she is taking her 'troop' of belly dancers and teaching them her skills and how to belly dance.

Her aim is to get her troop of ladies to competition standard. As Joanne was telling her story of her classes there is this glint in her eye.





Janet

Janet has worked for many years, firstly she began her career at a young age of 16, she began work in a local sewing factory, but well known Gossards, where she remained until it closed.

As a result of the closure of the factory, it was necessary to adapt to a change in career in later life.

A natural progression for Janet was to become a carer/support worker for those in the community, Janet is described as a natural helper and carer by friends and family.

At retirement Janet has found it necessary to join the fight for women of a certain age to claim their right to a full pension at the right time. This detriment only applies to women. Janet explains "the argument is that we didn't receive notification, about the change of age, and so at the age of 57 I found out from a neighbour and that I am now short on my pension stamps". Janet says, "the fight goes on."

Gayle

Gayle has now retired from her role as carer in the community. Described by Gayle as “a challenging role caring for people with severe mental and physical disabilities.” She is now carer for family members.





Funmi

A young inspiring young lady, who is youthful, happy, and full of energy. Funmi is Welsh/Nigerian, and her parents are Nigerian who have settled in Wales and are successful in what they.

Funmi is an example of why it is important to make sure that we bring about change for young women like Funmi, the time may have passed for many, but not for our younger women. #embraceequality
Funmi in her words says, "I am a basketball coach, model and professional athlete recently turned para-athlete. I was born and bred in Wales however my roots are from Nigeria, and I like to take pride in that and represent that everywhere I go by letting my dark skin shine".

Rachel

A mum to twins, both of whom are autistic. Rachel explains that she is dyslexic, but it doesn't hold her back.

Rachel says, "I love clothes" and says that she is into vintage clothing and buys clothes in charity shops and is looking for unusual or vintage clothing.

People who know Rachel describe her as being empowering of women, and that she likes to inspire others.

Because of her love of clothing, she has been asked to go into schools and speak to young girls around the age of 10, she has organised clothes swap events, and Rachel talks to them about sustainable clothing.

Rachel says, "giving young adult women the tools to be themselves and that you don't have to have the next 'must have item in your wardrobe' is just amazing". She goes on to say, "let's cele-





SUPERIOR
CRAFTSMANSHIP

Jack Wills

OF-Nº22 FORE ST. SALCOMBE

Arianne

Arianne, a young entrepreneur who has launched her own brand of Arifit this year - where she offers personalised meal plans, and an exercise plan personalised to your needs and fitness levels.

Arianne is driven and motivated and she says, "I am so excited to have launched this new platform to help people to get healthy and fit for 2023 and I would love for people to join me on this journey".

Good luck Arianne!

A thank you to each of the women that made this magazine happen!

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#EmbraceEquality

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