

CONNECTED

Issue 11

November 2021

THIS MONTH

**The People's Library
Unity in Diversity**



**Community Awards
Time to say thank you**



**Telling our stories,
in sound and vision**



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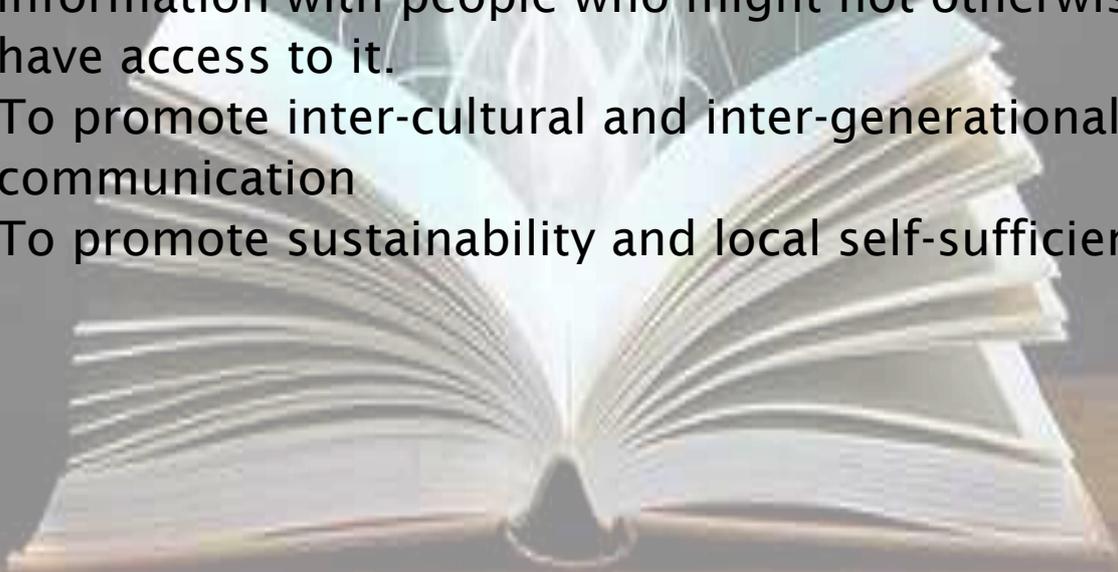
THE PEOPLE'S LIBRARY

Unity in Diversity

The People's Library exists to unite people of different age groups and backgrounds, encouraging the sharing of knowledge and life experience. By building bridges between generations and cultures, we strengthen our communities and make individual voices heard. On Saturday, September 11th we launched the People's Library at our community hub at St John's Day Centre.

Subsequent meetings have confirmed the purpose of the project:

- To tell the stories of our communities and the people who bind them together. History shouldn't only record the lives of the famous and powerful. We all make our own history. Our community is blessed with unsung heroes who quietly and productively add value to the lives of others. We believe that's something worth celebrating.
- To offer a communication hub, sharing essential information with people who might not otherwise have access to it.
- To promote inter-cultural and inter-generational communication
- To promote sustainability and local self-sufficiency



In difficult moments it's easy to forget our purpose and lose our identity. Let's remember who we are and what we set out to achieve. Even the strongest people have moments of doubt. We need to support each other, because any one of us could have one of those moments at any time.

- Let's refresh the skills of our people and our businesses for the 2020s
- Let's emerge from this crisis with a better understanding of what's truly important
- Let's remember how much we owe to the NHS, to the selfless professionals working around the clock to provide care and comfort
- Let's be good neighbours

The People's Library is open



The 2021 Community Awards

A time to celebrate our local heroes



The 2021 Cwmbwrla Community Awards acknowledged the unselfish work of people who get up each morning and choose to improve the lives of those around them.

Pictured are **Kyle Coleman** and **Jordan Williams**, winners of the “Leaders of Tomorrow” awards. Both have become integral figures in Swansea social services, supporting people of all ages and backgrounds, and becoming role models for a generation.

Thank you Kyle and Jordan
The future is safe in your hands

WHAT'S GOING ON?

Your community noticeboard

What's the best way of sharing information, both offline and online? People with and without internet access need information on the services available to them locally.

Should we share news at convenient touchpoints around the community?

Should we share it from a community hub?

Should we deliver it door to door?

What are the essential news items that should be shared?

Let us know your priorities, by email or face to face at the next People's Library meeting on November 20th.

For meeting details, see page 20

SOMETHING OF VALUE

Week after week during the Coronavirus crisis we stood and clapped for our carers, but how highly does our society value them when it comes to cold, hard cash? We all know healthcare professionals who could probably earn more money in other lines of work but see their jobs as a vocation, going to work every day for the satisfaction of helping people who need help the most. But does that give us the right to underpay them? And does it give us the right to use their commitment and unselfishness to keep women from achieving the economic equality they deserve?

The gender pay gap in Britain in 2021 still sees women paid 83p for every £1 paid to men.



Do we place higher value on jobs associated with men than jobs associated with women? Investment in social care and childcare can give carers the tangible reward they deserve and also build a bridge towards equal pay for women in general.

If this is a moment to rebuild our communities and our country, then can we rebuild in a way that promotes education and equality in the workplace?

It's a fact that care work, particularly unpaid care work, is predominantly done by women.



It's a fact that carers help children get the most from their education and improve their life chances and earning power, as well as helping older people maintain the quality of life they deserve.

And right now, it's also a fact that increased investment would allow more women to get back to work, earn the money they deserve to earn and make the contribution they want to make.

So if we really want to say thank you to the carers whose professionalism has given us so much, if we really want to tell these people that their contribution is something of value, perhaps the message to keep in mind should be “thanks for the claps, now how about some cash?”

We Remember

On the Swansea Cenotaph on Mumbles Road, you can find the names of 2,274 of our people who lost their lives during the First World War. On November 11th we honour their memory.

Poppies grew abundantly in the soil of the battlefields of Europe's Western Front, and exactly 100 years ago in 1921 the poppy began to symbolise Britain's remembrance of our war dead with the founding of the British Legion.

The Royal British Legion remains the official seller of poppies for Remembrance Day in the UK and they are available here:

<https://www.poppysshop.org.uk/>

You can get a paper poppy for £2, a 2021 enamel poppy for £3 or a clip-on poppy for £3.99, or you can lay a wreath for £17.99. Every penny you spend goes direct to the Royal British Legion, to support current and former members of the Royal Navy, British Army, Royal Air Force and their families.

White poppies first appeared in 1933, created by members of the Women's Co-operative Guild who had lost loved ones in the First World War, with the colour chosen to symbolise their opposition to war and violence.

Black Poppies were created to represent the contributions made by the African/Black/Caribbean/Pacific Islands communities to various wars since the 16th century.

<https://www.blackpoppyrose.org/>

Black poppy pins, badges and wreaths can be bought through the Black Poppy Rose official website with proceeds going towards the organisation's mission to preserve, collect and document the stories of men, women and children who fought and sacrificed their lives for the war effort.

At 11am on November 11th, we'll remember those we've lost. Rest in peace.

Sound and Vision

The People's Library Short Film Celebration

On December 18th, the Christmas meeting of the People's Library will include screenings of a series of short films.

We're seeking films of between three and ten minutes in length, that celebrate our community.

Can we capture Swansea's inclusiveness, vibrancy and natural beauty in just a few minutes?



Yes we can

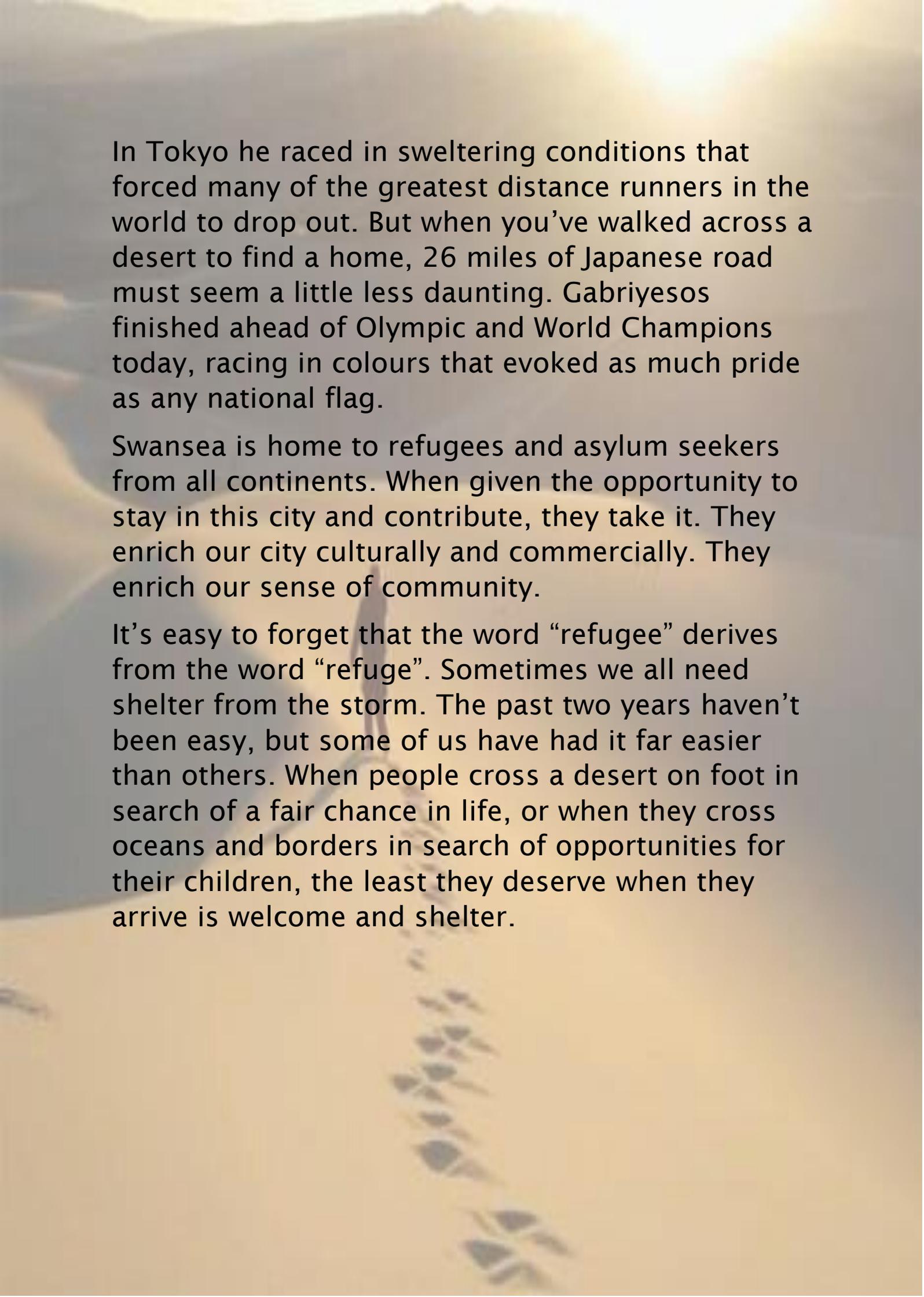
For more information and for details on how to enter, contact us at hello@connectedsa5.com.

Safe Passage

The final athletics event of this summer's Tokyo Olympics saw Kenya's Eliud Kipchoge retain the marathon title he won in 2016. Kipchoge's sporting journey has been remarkable. In 2003, as an 18 year old novice, he won his first world title. Now, at 36, he has medals at four Olympic games and the first sub-2 hour marathon in history to his name.

In some ways, though, the journey of the man who finished 16th of the 106 starters in the same race was just as impressive. At the opening ceremony, Tachlowini Gabriyesos carried the Olympic flag on behalf of the IOC Refugee Team. In 2015 the International Olympic Committee established a Refugee Emergency Fund, donating £1.4 million to help integrate displaced women and men into sport. The following year, 10 refugee athletes were invited to compete in the Rio games. In Tokyo, the team grew to 29 athletes from 11 countries.

Tachlowini Gabriyesos was forced to flee his native Eritrea at the age of 12. He travelled north across Sudan and Egypt, and crossed the Sinai Desert on foot to reach Israel. He now lives in Tel Aviv. In March of this year, in only his second competitive marathon, he achieved the Olympic qualifying time.

A person is walking away from the viewer on a sandy beach. The person is in the distance, and their footprints are visible in the sand, leading away from the viewer. The background is a bright, hazy sky, suggesting a sunset or sunrise. The overall mood is contemplative and serene.

In Tokyo he raced in sweltering conditions that forced many of the greatest distance runners in the world to drop out. But when you've walked across a desert to find a home, 26 miles of Japanese road must seem a little less daunting. Gabriyesos finished ahead of Olympic and World Champions today, racing in colours that evoked as much pride as any national flag.

Swansea is home to refugees and asylum seekers from all continents. When given the opportunity to stay in this city and contribute, they take it. They enrich our city culturally and commercially. They enrich our sense of community.

It's easy to forget that the word "refugee" derives from the word "refuge". Sometimes we all need shelter from the storm. The past two years haven't been easy, but some of us have had it far easier than others. When people cross a desert on foot in search of a fair chance in life, or when they cross oceans and borders in search of opportunities for their children, the least they deserve when they arrive is welcome and shelter.

Advice from the Business Coach

Share your strength and empower the people around you

Are you solving other people's problems for them, or are you giving them the tools to do it themselves?

Leaders who are reluctant to give ownership always end up doing other people's work.

People are slow to take ownership when you're reluctant to give it.

Most of us learn to let go *only after we're overwhelmed.*

What are your first responses to the failure of others?

Compassion is a wonderful thing for as long as it doesn't promote buck-passing. Is your compassion shielding others from responsibility?

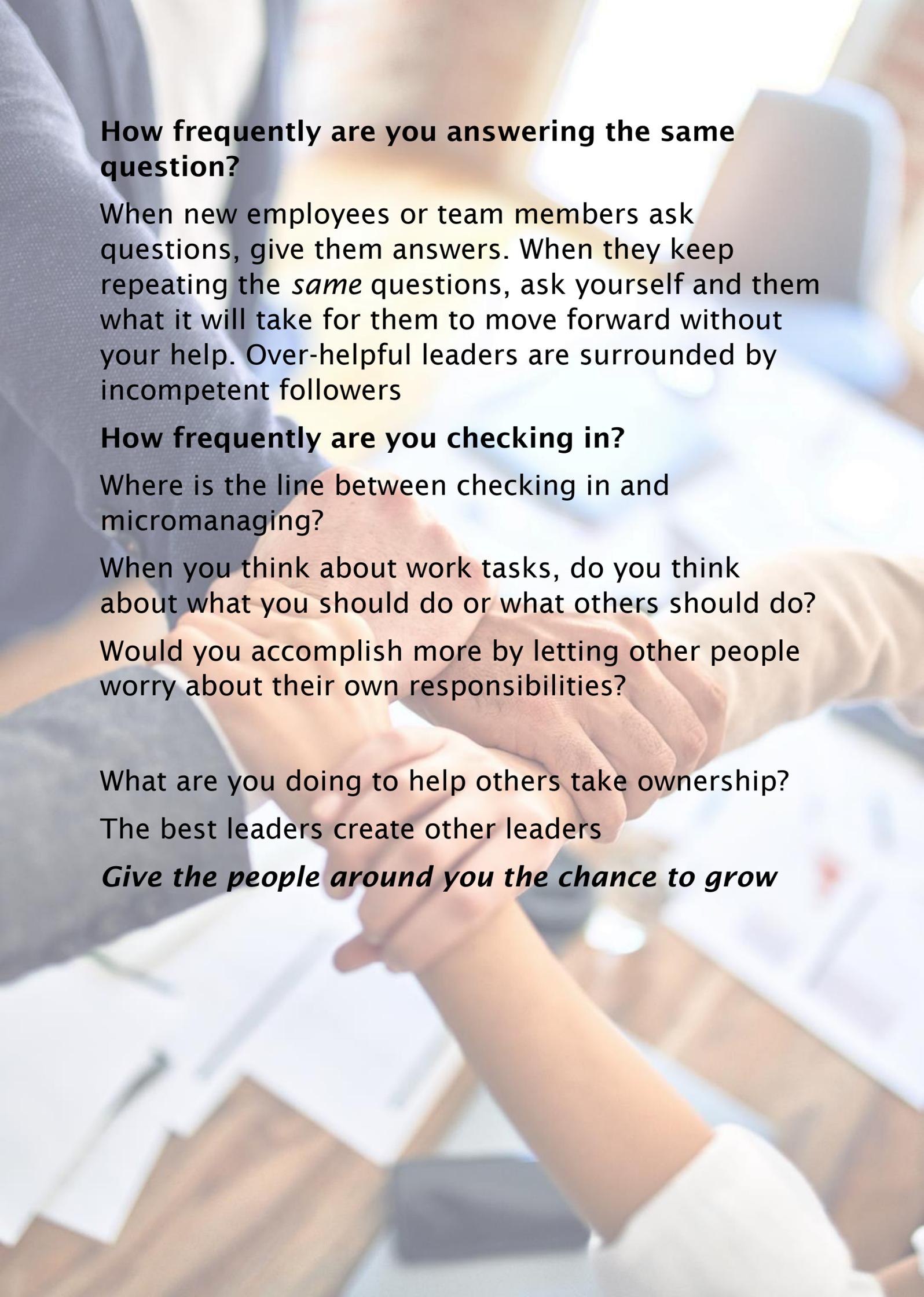
Are you sure you're responding to what people need and not just taking over responsibility for their job?

How frequently are you the problem solver?

It's natural to rush to fix problems, but when you snatch the project - and the potential solution - out of the hands of competent teammates, whose problem are you really solving?

Fixing implies incompetence, and people who feel incompetent are afraid of responsibility.

Competence loves to fix its own mistakes and face its own challenges. Let the right thing happen.



How frequently are you answering the same question?

When new employees or team members ask questions, give them answers. When they keep repeating the *same* questions, ask yourself and them what it will take for them to move forward without your help. Over-helpful leaders are surrounded by incompetent followers

How frequently are you checking in?

Where is the line between checking in and micromanaging?

When you think about work tasks, do you think about what you should do or what others should do?

Would you accomplish more by letting other people worry about their own responsibilities?

What are you doing to help others take ownership?

The best leaders create other leaders

Give the people around you the chance to grow

THE MOVIE QUIZ

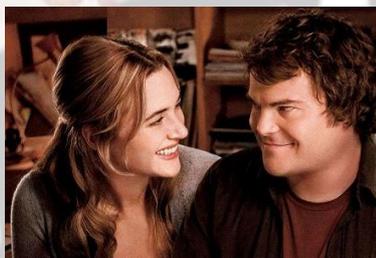
Can you name the films that starred these actors?

Answers on Page 20

1. Marlon Brando, Al Pacino, Robert Duvall (1972)
2. Chris Evans, Elizabeth Olsen, Mark Ruffalo (2015)
3. Humphrey Bogart, Ingrid Bergman, Paul Henreid (1942)
4. Paul Newman, Robert Redford, Robert Shaw (1973)
5. Kristen Wiig, Chris O'Dowd, Melissa McCarthy (2011)
6. Bill Murray, Dan Aykroyd, Sigourney Weaver (1984)
7. Liam Neeson, Natalie Portman, Ewan McGregor (1999)
8. Ben Stiller, Robert Downey Junior, Steve Coogan (2008)
9. Jack Lemmon, Tony Curtis, Marilyn Monroe (1959)
10. Kate Winslet, Jack Black, Jude Law (2006)



11. Christian Bale, Anne Hathaway, Morgan Freeman (2012)
12. Gene Hackman, Clint Eastwood, Richard Harris (1992)
13. Michelle Pfeiffer, Susan Sarandon, Jack Nicholson (1987)
14. Robert Carlyle, Kelly MacDonal, Johnny Lee Miller (1996)
15. Mike Myers, Eddie Murphy, Cameron Diaz (2001)
16. Sylvester Stallone, Talia Shire, Carl Weathers (1976)
17. Will Ferrell, James Caan, Zooey Deschanel (2003)
18. Daniel Craig, Javier Bardem, Judi Dench (2012)0/0
19. Chris Pratt, Kurt Russell, Zoe Saldana (2017)
20. Brad Pitt, George Clooney, Julia Roberts (2001)



Having Your Say

The kindness and support of healthcare workers and community volunteers in recent times has prompted an outpouring of appreciation. Here's a selection of the comments reported to us:

“During periods of lockdown I self-isolated along with my son, who like me was in the high-risk category. Our neighbours rallied round us, helping with food shopping at short notice and queuing for hours to pick up pharmacy prescriptions. We can't thank them enough.”

“As a recent immigrant to the United Kingdom and someone who did not have much time to get to know the local area, I am overwhelmed by the kindness in this city. People have made every effort to make me and my family feel welcome and let us know we are not alone in this situation. I will never forget this, and I will always be grateful that I found my way to Swansea.”

“What can you say about care workers who put themselves at risk every day to bring comfort and support to those who need it most? The staff at my mother's care home have enhanced her quality of life since the day she first arrived there. Now, more than ever, their compassion and professionalism makes them heroes in my eyes.”

If you believe as we do that a community should be judged by the way it treats those in need of support and by the welcome it offers to new arrivals, you'll find a lot to be proud of in this one.



Home Cooking

The launch of the People's Library this Autumn showcased many of the successes of St John's Day Centre in Cwmbwrla, including the fresh fruit and vegetables grown in the communal garden. Here are the recipes for the meals prepared at the launch.

Starter - Broad bean and feta salad

Ingredients

300g cooked broad beans

200g feta cheese

200g hazelnuts

300g Greek yoghurt

1 lemon

1 small head of lettuce

Basil leaves, mint leaves, olive oil, salt and pepper to taste

Method

Zest the lemon and mix in with the yoghurt, 3/4 tbsp olive oil and salt and pepper in a large bowl.

Add the broad beans. Dice the feta and stir it in. Tear in the lettuce, basil and mint and squeeze in a little lemon juice to taste. Drizzle in a splash of olive oil, then toss everything together.

Main - Cheeseburgers with tomato salsa & coleslaw

Burgers

3 x burgers

3 x brioche buns

Welsh goats cheese

Coleslaw

100g fresh cabbage, finely chopped

1 apple, chopped

50g fresh carrot, finely chopped

Greek yoghurt OR mustard dressing

1 x tsp mustard, 3 x tbsp vinegar, 1 pinch sugar

Salsa

Tomatoes, red onion, white wine vinegar, 1 lime, handful of Coriander

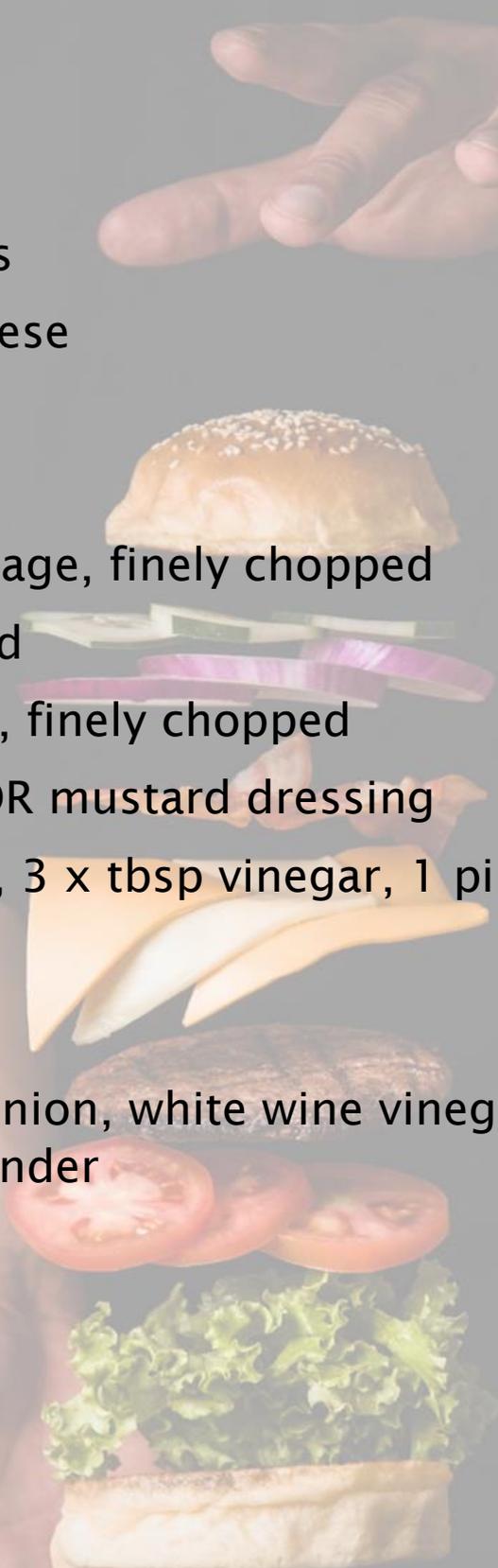
Method

Grill them

Mix them

Serve them

Eat them



Dessert - Blackberry Surprise

Ingredients

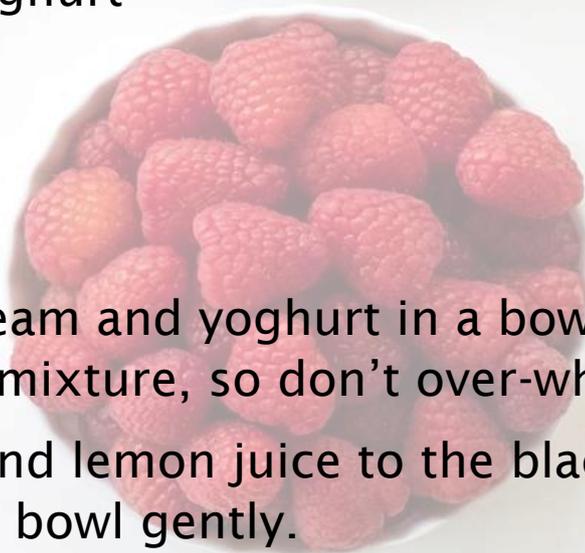
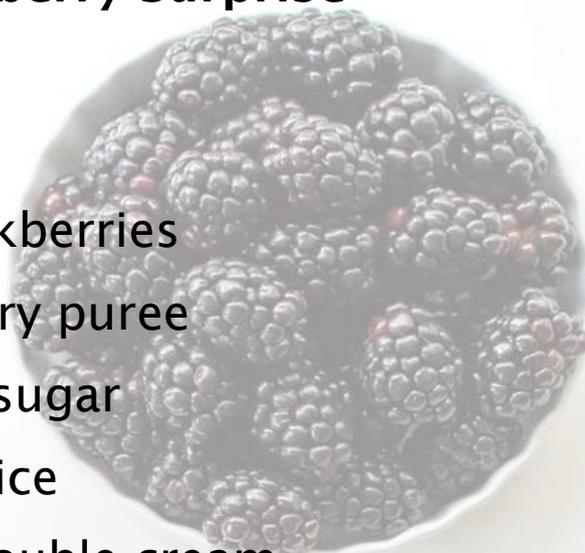
- 100g fresh blackberries
- 1 bowl blackberry puree
- 2-3 tbsp caster sugar
- 1 tbsp lemon juice
- 300ml chilled double cream
- 100ml Greek yoghurt
- Mint leaves

Method

Combine the cream and yoghurt in a bowl. The fruit will thicken the mixture, so don't over- whip it.

Add the sugar and lemon juice to the blackberry puree and stir into the bowl gently.

Spoon the mixture into three dishes/glasses. It should look marbled, so don't over-stir it. Decorate with mint leaves with the fresh blackberries on top.



MOVIE CAST QUIZ – ANSWERS

1. The Godfather
2. Avengers, Age of Ultron
3. Casablanca
4. The Sting
5. Bridesmaids
6. Ghostbusters
7. Star Wars Episode 1, the Phantom Menace
8. Tropic Thunder
9. Some Like It Hot
10. Where Eagles Dare
11. The Dark Knight Rises
12. Unforgiven
13. The Witches of Eastwick
14. Trainspotting
15. Shrek
16. Rocky
17. Elf
18. Skyfall
19. Guardians of the Galaxy, Part 2
20. Ocean's Eleven

Get Connected

We welcome your feedback and look forward to welcoming you at forthcoming meetings of the People's Library:

Saturday November 20th 11am – 1pm

Saturday December 13th 11am – 1pm

Both meetings are at St John's Day Centre, Cae Rowland Street, Cwmbwrla, Swansea SA5 8NY

Contact us by email at hello@connectedsa5.com

Visit our website <https://www.connectedsa5.com/> and share feature ideas