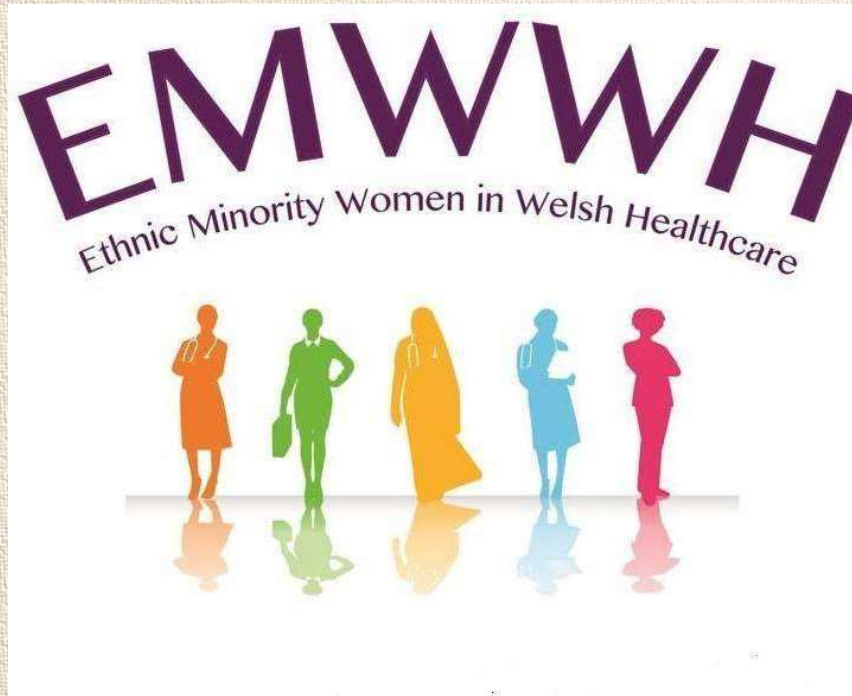


# EMWWH Profile: Who We Are



I am delighted to welcome you all to the 'Ethnic Minority Women in Welsh Healthcare' organisational profile document with a focus on introducing our members.

As we all know it has been a difficult time for many over the past few months; however, I am thrilled to hear that so many have benefited from all your guidance and support over the last few years and even more pleased to know that many of you have been recognized for all your hard work.

This profile will highlight all the work the organization has achieved, any upcoming events or news you would like to share and useful links.



## We have been holding healthcare lectures.



## Celebrating Mentorship program:

Participants of the EMWWH mentoring programme met on 28<sup>th</sup> February to celebrate the pilot study at the Park Inn by Radisson in Llanedeyrn. The food was scrumptious, warm atmosphere facilitating interaction. Prof Sue Wong conducted a survey on the questionnaire completed at this venue. The results of the survey are on our website



Over the last 12 months , we have focused on educating the general public and healthcare workers about Covid, (initiated healthcare lectures in June, 2020).

5 virtual lecture sessions successfully delivered by 13 expert speakers who were treating Covid patients daily and helping in recovery.

The lectures covered a range of topics related to Covid and its impact on different body organs, including heart, kidneys, lung, and brain.

Most recent lecture was on Covid vaccination (EMWWH.org)



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I'd like to start by introducing you to some of the members of the EMWWH mentorship programme and fellow members of EMWWH.

***Diana De***



Senior Lecturer in Adult Nursing, at Cardiff University and a Senior Fellow of The Advanced Higher Education Academy. Diana's clinical background was critical care, where she worked in the UK and in Australia. During her 18 years in Higher Education, changes in population demographics and strategic developments within the University sector have given rise to the need for Diana's specific interest in growing 'Diversity Leadership'. Her core subjects are based around enhancing inclusivity, culturally safety for all and public health issues affecting BAME communities. Diana is currently taking part in the Cardiff Future's Strategic Development and Leadership Programme.

Health care programmes continue to be in demand, so lockdown has been a steep digital learning period for me. Most of the learning has switched to online and I am extremely proud of the way my fellow staff have adapted and our nursing students for stepping up and supporting the NHS frontline during the pandemic. On the home-front, my dining room has been converted into a home-school, we've re-homed a husky type dog and a tortoise. We've loved discovering new local parks and I've also taken up painting.

***Dr Pauline Tang***



A lecturer in Nursing in the School of Healthcare Sciences (Ysgol Gwyddorau Gofal Iechyd), Cardiff University. The COVID 19 pandemic may have accentuated well-known demotivators for both educators and students transitioning through a particularly uncertain time in terms of their professional lives and work. This can either make people feel inadequate or the making for resilience and to reimagine that each new day comes new thoughts, new strengths and new possibilities. As an adaptable team worker to all challenging situations, Pauline Tang is tenacious and performance-driven with a 'I can and I will transform' outlook. Her clinical experience in hospitals in England,



Scotland and Wales and her doctoral study have shaped her interests, particularly in the areas of workplace practice, workforce issues, organisational management and behaviour and nursing informatics. COVID -19 presented significant challenges to the NHS, Universities and students. She believes that it is the interconnected nature of people and a reconnection with those around us that can help us use what we have learnt to drive agile practices as well as inspire the students today and tomorrow.

### ***Julie Sanghani***



#### Volunteer Healthcare worker in Homeopathy

I am a Welsh Indian woman and a wife and mother of 2 young children residing in Cardiff North. I am working part time as an underwriter in Financial service and as a volunteer Health care worker in homeopathy.

Recently, I took the lead to organise a food donation project to support people in food poverty affected by the pandemic COVID19 and my next upcoming project is to create a food pantry for needy people in Cardiff North with support of Cardiff North women member and to see what further help we can offer the communities.

As a school governor I took an initiative to run an Interschool Diwali project to educate children about diversity in primary schools in Cardiff North, which has been published on the Cardiff school website: [https://m.facebook.com/story.php?story\\_fbid=2858282497524730&id=100000290221944](https://m.facebook.com/story.php?story_fbid=2858282497524730&id=100000290221944)

I encourage parents of Ton-Yr-Ywen school by taking an initiative to speak in different Asian languages.

I have the privilege to be a director of NWAMI (Networking for World Awareness of Multicultural Integration) since 2018 which is working towards a shared goal of multicultural cohesion and reduction of hate crime. I have played a vital role in promoting awareness for a multiculturalism in South Wales particularly in Cardiff.

### ***Professor Alka Ahuja***



Professor Alka Ahuja is a child and adolescent psychiatrist and has been awarded an MBE for her services to the NHS during the COVID pandemic. Her achievements have been acknowledged and highlighted in the BBC news:

<https://www.bbc.com/news/uk-wales-55478753>



***Dr Alexandra Siddle***



I am currently working as a Speciality Doctor in Oral Maxillofacial Surgery in the University Hospital of Wales Cardiff & Hereford County Hospital. I also hold an honorary clinical lecturer post within Cardiff Dental School. My weeks are split between the three sites & my job involves a mixture of operating myself & teaching of both undergraduate & post graduates within the school.

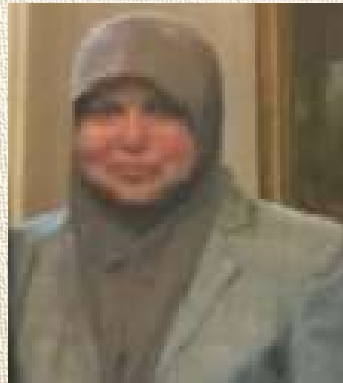
My interests specifically lie in sedation, oral surgery and anxiety management and I have been extremely fortunate to have been able to carve out a career around these fields having previously taken up posts and training related to this in both London and the Lake District. I hold a diploma in conscious sedation and am also a tutor on the nursing certificate for dental sedation.

Outside of work I love everything outdoors and under normal circumstances many a weekend can be found with my fiancé and our daschund out in our (rather old but very much loved) campervan exploring the beautiful welsh countryside.

I also enjoy volunteer work, cooking, travelling and running a couple of half marathons a year.

I very much look forward to participating in the mentorship program, meeting new and interesting people and hopefully being able to be a source of help and guidance wherever I can.

***Dr Jehan Khatib***



I am a retired Obstetrician & Gynaecologist. I have worked in the NHS for 22 years and also in the private sector as the Managing Director of the MDA Clinic. It was the first laser eye surgery centre in Wales, established by my husband who is an Ophthalmologist. We provided work experience for students and offered career advice.

The MDA Clinic annually held the MDA Annual Awards, which recognised the contributions of high achievers from ethnic minority backgrounds. The aim was to inspire the younger generation by showing them that with dedication and hard work, it is possible to be successful in this country irrespective of your background. During this event we also had a public speaking competition for GCSE and A-level students to encourage them to speak on a public platform.



I have been on the Board of Trustees for 6 years in Racial Equality Firs

I was also a trustee of SAWA (South Asian Women's Association for few years but unfortunately due to lack of funds it could not continue. I have been a mentor in the Uprising, Cardiff.

I am very passionate about encouraging youngsters to achieve their full potential. I want to help them achieve their goal by supporting, advising, encouraging and mentoring them. If I can even make a small contribution in improving their careers I will be delighted.

***Chandrika Joshi-***  
*A practicing Dentist*



Covid crisis and lockdown were challenging to say the least. I applied for a mentorship programme with 'Beyond the Border International Storytelling festival'- a new opportunity for upcoming story tellers. I have been telling stories at the Cardiff story telling circle for nearly ten years. The stories I tell are mainly from the Hindu literature - Purana, Mahabharata , Ramayan as well as Panchtantra and Kathasarita Sagara. I was delighted to be successful in gaining a place on the mentorship programme . I worked online with three different mentors. Jan Blake on story telling skills and Pauline Down on Voice and Uttara Chousalkar, a Mumbai based musician, on learning a Baul song on the Ektara.

This has been an amazing experience for me and has lead me to start telling stories on a professional level. I have also been carrying out Hindu funerals and some other Hindu religious services. Some online and some face to face, taking into consideration the national advice due to C19 pandemic.

I am currently facilitating a Bhagwad Gita study group, which takes place fortnightly using Zoom. So the lockdown has allowed me to become centred in those activities that are spiritually uplifting for me.

***Shawn Foster***

An experienced district nurse with over 25 years in nursing, committed. My role entails ensuring the provision of cost effective, efficient, and appropriate high-quality patient care. This includes a continual process of assessment, planning, implementation, and evaluation of care needs executed to the highest standard. I manage a team of fifteen and ensure the professional and clinical development of my team members. The procedures are in accordance with the NMC Professional Code of Conduct and relevant policies. Currently, my team has adapted to incorporate the Neighbourhood Nursing Initiative which is based on the care closer to home policy, which is a step forward in providing innovative, fresh, perspectives on community nursing.



## ***Dr Layla Jader***



<http://drlaylajader.co.uk/> (Personal website)

I am Dr Layla Jader, a retired Consultant in Public Health Genomics, interested in analysing the impact of genomic advances on public health policies. I felt really honoured when I was awarded a Life Time Achievement Award in 2017, a year after my retirement. Last year was so unusual and isolating but I felt some comfort in communicating my ideas through writing on Twitter about various important issues, including to Welsh Government and public health authorities on the need for adequate protective PPE supply to front line staff at the beginning of the pandemic. Doctors and nurses who were treating high risk patients were just using surgical masks when infection rate was so high. I also tweeted to Welsh Government, Public Health Wales, and the BBC about the way COVID statistics are presented to the public with suggestions on how to improve it. I also wrote about inequality in health to Professor Michael Marmot and Wales Future Generation Commissioner, highlighting the need to prioritise children's health and education as a government and society. This is based on evidence including epigenetic research findings of the impact of environmental factors switching genes on and off thus effecting not just this generation but future generations.

## ***Aneesa Nawaz***



I'm 33 years old. Born and raised in Cardiff. My parents are native to Punjab in Pakistan. I have two degrees (sociology and adult nursing). I've worked in intensive care at UHW for five years now as an adult RGN. I qualified in Leicester at Demontfort University.



## ***Dr Jacinta Tan***

Twitter: @DrJacintaTan



I am a child and adolescent psychiatrist and medical ethicist. I am also the Welsh representative for the Eating Disorders Faculty of the Royal College of Psychiatrists, and a member of the Royal College's Professional Practice and Ethics Committee. I was the Project Manager of the CWTCH project bringing telepsychiatry into our local CAMHS. I am extremely proud that CWTCH has won the Royal College award for Team of the Year 2020 in the Sustainability category, the South Wales Argus award and several other prizes at conferences, and also that CWTCH has gone on to be the model adopted by the Welsh Government for the whole of Wales, bringing rigorous evaluation to the national rollout of telehealth in the Covid-19 pandemic.

I ran the Welsh Government's Eating Disorder Service Review in 2018 which is now leading to Wales-wide changes in NHS eating disorder service provision, and I am currently co-running the Scottish Government's Eating Disorder Service Review. I have conducted research as varied as ethics of deep brain stimulation for anorexia nervosa, eating disorders in sport, school based preventative work, doctors' attitudes to end of life care and population databank work. My vision is to co-develop collaborative, practical interdisciplinary mixed methods research, innovation projects and evidence-based policy with patients, families, academics, policymakers and clinicians. It is my goal to directly improve mental healthcare and wellbeing for people across the lifespan in Wales and the UK.

## ***Dr Ishrat Islam***



I am a research associate with a background in economics, health economics, and public health. My research interests include improving supportive and palliative care; conducting systematic reviews and developing and evaluating behavioural interventions with a focus on promoting physical activity. My current research activities involve understanding the psychosocial barriers to physical activity uptake in patients with high-grade glioma in Bangladesh and Wales. Also, I am working on a project to identify the core outcome set of COVID prevention in care-homes.

I have experience in working with minority ethnic communities in England and Wales. I had extensive experience in conducting large-scale health care service development related projects and research while working in the Diabetic Association of Bangladesh.



**Dr G J Bansal**

*(MRCP, FRCR, Msc) Consultant  
Breast Radiologist*



The start of the pandemic in March, meant that she had to change the way she worked. Dr Bansal was the only Breast radiologist working at Cardiff for the initial period of the pandemic providing symptomatic breast cancer services to the whole population of Cardiff. The team moved to a different location (Spire hospital) and had to continually adapt the way they worked as new information came through. Lack of PPE at the start of the pandemic and suboptimal imaging equipment at the new location, meant that anxiety levels of the patients and staff were high. Despite those limitations, Dr Bansal managed to provide continuous Symptomatic breast cancer service at Cardiff without a single day interruption in the delivery of the services.

Dr Bansal managed to initiate a national survey on the 'Impact of COVID on symptomatic breast services' with good response from the breast radiologists in collaboration with British Society of Breast Radiologists (BSBR) and Symposium Mammographicum. The results of this survey would be presented at the British society of Breast Radiologists next year. From the insight gained from the survey results, she has managed to write an article on 'Modification of cancer Multidisciplinary meeting (MDTM) in the post COVID era' and 'How the symptomatic services should be modified in the post COVID era', published in peer reviewed journals. She is hoping the information gained from the articles based on personal experience and survey results could be used by other centres to improve services in the post COVID era.

**Professor Kamila  
Hawthorne MBE**



Head of the Graduate Entry Medicine programme at Swansea University and a GP at the Glan Cynon practice, Mountain Ash in Cwm Taf University Health Board.

With this as the main aim, Kamila and her team have instituted weekly team meetings in partnership with the students driving forwards changes to the way we teach and learn, working out how to assess students rigorously but safely, so that we can be assured of excellent caring doctors for the future.

Alongside this, Kamila worked with Swansea Bay and Hywel Dda University Health Boards to set up volunteer posts for the students. Final Year students worked as 'clinical assistants', shadowing the



work of junior doctors, and students in the earlier years worked as health care assistants in hospitals and in the community. Alongside this, the Black Lives Matters resurgence caused much discussion and disquiet amongst the students, many of whom experience significant micro-aggression during their studies. Kamila has championed the cause of BLM, and the fight against racial harassment, developing a new mission statement for Graduate Entry Medicine that describes the caring, excellent, inclusive doctor that GEM aims to produce. She has written to all colleagues in the NHS who teach our students to explain why we need to ensure our students are given a respectful, inclusive and diverse education that allows them to practise as doctors in our multi-cultural communities across the nation.

Throughout all of this, Kamila has continued to see and care for patients as part of her work as a front-line GP in Mountain Ash.

### ***Professor Joanne Elizabeth Martin***



A National Specialty Advisor for Pathology to NHEngland and Improvement, and Professor of Pathology at [Queen Mary University of London](#). She was the President of the [Royal College of Pathologists](#) from November 2017 until November 2020

Professor Martin qualified at [Sidney Sussex College, Cambridge](#)<sup>[3]</sup> and the [Royal London Hospital Medical College](#), and holds a master's degree in leadership in addition to a PhD from the [University of London](#). She is a practising [histopathologist](#), with a particular subspecialist expertise in [neuromuscular disease](#) of the gut and renal pathology. She was National Clinical Director for Pathology for [NHS England](#) from 2013 to 2016.

### ***Dr Vijaylakshmi Vardarajan***



Dr Vijaylakshmi Vardarajan has been a Consultant Anaesthetist in Princess of Wales, Hospital, Bridgend for more than 10 years.

She has a special interest in difficult airways and has been faculty for AWAG (All Wales Airway Group) conferences for many years.

She was amongst one of the first few airway consultants in Wales to present a series on awake video-laryngoscopic intubations with great feedback from the patients undergoing these procedures. She is recognised as one of the go to specialists for management of awake intubations



for very challenging airways cases in our department. She is also the Appraisal lead for CTM UHB NHS Trust.

At the start of COVID 19 pandemic she used her knowledge and skills to design a protocol for safe intubations for the MERIT( Mobile Endotracheal Intubation Team) team. She actively demonstrated and taught the skill for performing intubations with minimum risk of AGP (Aerosol generating procedure) for the person doing the intubation. She personally trained both Consultants and trainees in this safe technique.

Despite the fact that she was asked to shield by her medical consultant during the pandemic she continued working in the green site at the Nuffieldhealth hospital anaesthetising urgent cancer cases. She did this despite the risk to her own health.

***Dr. Justna Muhith***  
*(PhD)*



Pharmaceutical scientist. Board of directors for Women's connect first. Leader & Director of U-FACE, unison of Faith, allies, culture and ethnicity at the HBA (Healthcare Business Women's Association). Committed to driving the fight for gender parity and ethnicity equity in the scientific industry, and society.

***Dr Annapurna Darbhamulla***



Dr Annapurna Darbhamulla is Consultant Obstetrician and Gynaecologist at the University Hospital of Wales, Cardiff. She has a special interest in managing Perineal trauma and Pelvic floor dysfunction that women commonly suffer as a consequence of child birth. She set up a dedicated Perineal trauma clinic and also a Pelvic floor clinic within Gynaecology services soon after her appointment to her consultant post in 2010 and has since led this service successfully with multidisciplinary input and team work. She is currently involved in launching RCOG OAS12 research project locally to reduce the incidence of severe perineal trauma and anal sphincter injuries. Annapurna has a keen interest in training the junior doctors and holds a college tutor role within the department.



Protocols were written up accordingly and hundreds of patients were then contacted by the team of nurses and doctors and individualized management plans made over the next few weeks based on severity of symptoms and women's wishes for treatment.

Annapurna upheld core values of the NHS by empowering women with information and choice of treatment during the pandemic. She has been a part of an obstetric team providing excellent care for high risk pregnant women and she has also contributed to charitable and community-based work at a personal level.

### ***Professor Daniela Riccardi***



I am originally from Italy and after graduating from the University of Milan I have spent several years in Boston, at the Harvard Medical School after which I moved to the UK in 1997 where I established my independent research group at Manchester University and in 2004 I moved to Cardiff University as a Reader, then Professor within the School of Biosciences. Currently I am the Deputy Head of School and oversee all activities related to staff and the working environment. I am a firm believer in equality of opportunities for everyone, and currently exploring barriers to career progression as a first step to begin to address the gender and ethnicity attainment gap in Academia. As a teacher and researcher, during the pandemic I have had to quickly adapt to new ways of working while preserving student and staff engagement and continuing to carry out our research activities. My group is actively pursuing the development of novel therapeutics for the treatment of inflammatory lung diseases such as asthma, chronic obstructive pulmonary disease (COPD) and pulmonary remodelling, which could also shed light on Covid-19 induced lung fibrosis.

### ***Amy Borg-Neal***



I am a 28 year old Mother and Nurse from South Wales. I completed my nursing training at the University of South Wales in 2014. From University I went on to work as a Scrub Nurse Practitioner at the University Hospital of Wales. Where I gained experience in a vast range of Perioperative theatres and specialities, before primarily becoming part of the Maxillofacial and ENT theatre team. From 2016 until present I have worked within the Critical Care Directorate, mainly within intensive Care (ITU). I have also had the opportunity to rotate to the Post Anaesthetic Care Unit and cross covered care at the Long-Term Ventilator unit previously in Llandough Hospital.



I have been a band 6 senior staff nurse in ITU for 3 years.

I am very conscious of reducing waste and sustainability which led a few likeminded individuals to create a "Green Team" in the workplace which aimed to help reduce and recycle as much as possible

prior to Covid-19. I thoroughly enjoy charitable causes and fundraisers and have been supporting the Sickle Cell Society for several years. A charity that is very close to my heart.

My other interests include being physical and active especially in nature, travelling when able to do

so and spreading positivity through a social media account I set up a few years ago to help motivate my colleagues when the "Monday Blues" hit. I am a mother of a 16month old Boy who keeps me very busy when I am not working! and motivated in life.

***Dr Swati Kumar***



Associate Specialist ENT UHW & Honorary Lecturer Cardiff University. I have been associated with the above post since 2009 and have been handed the reins of education and teaching since. The department has been very supportive and have given me the opportunity to develop and therefore I do independent theatre and clinics as well as hold the post of HONORARY CLINICAL LECTURER at Cardiff University. I have responsibilities of being an educational & Clinical Supervisor and a Lead Human Factor teaching at Cardiff Medical School. I also Interviewer for medical school applicants, appraiser MARS for medical doctors, lead Year 1& year 3 teaching exam skills and lead Otology teaching ENT Emergency Course South Wales.

I am hoping with the above roles I have along the way developed interpersonal and communication

skills which aid me in managing teams skillfully. I would very much like to develop mentoring and leadership skills and to be help people in the community and in my medical career.

***Dr Navjot Kalra***



Navjot leads the Value-Based Healthcare (VBHC) Programme in Swansea Bay University Health Board. She has recently been seconded to her National role in the Value in Health programme (Nov 2020) as the Assistant Director for Digital transformation.

After studying engineering in Computer Sciences and Applications (B.Tech) at Punjabi University India, Navjot worked in Norway with Hewlett Packard where she led the implementation of high availability services for the financial industry in the Nordics and Europe. She then joined Maxim Integrated Products, a market leader in analog devices and supported the telecommunication sector in Europe, Middle East, Africa and Asia.



Navjot holds an MBA from Henley Business School where her research on the Critical Success Factors of adoption of Business Intelligence with 50 trusts in the NHS led to the production of a whitepaper for Qlik Technologies and further publications. Navjot is an Honorary Lecturer in Swansea University School of Medicine's Data Science department. She has led significant research projects using Big Data for operational decision-making to improving efficiency and patient outcomes. Her pioneering population level research with Swansea University on Stroke prevention was selected for presentation at British Society of Population Studies. Navjot is also the founding member of the BAME Network in Swansea University which has helped Swansea Bay UHB in becoming a more inclusive and diverse organisation.

### ***Pav Abeysinghege***



My name is Pav Abeysinghege and I am a pharmacist store manager working in a community pharmacy. I have been working throughout the pandemic providing necessary 1 to 1 support to patients who needed our help, working over the phone providing information on covid symptoms, how to manage the symptoms and where to get help. I also identified vulnerable patients and sent them to doctors when needed to ensure that they got necessary care. This played a key role in helping those who needed urgent help in a difficult time.

For shielding patients who are on our prescription list, we delivered medicines to their homes to aid their self isolation to protect them from the virus, and to reduce their anxiety over the virus that could have threatened their lives.

We also liaised with surgeries to print prescriptions 2 months in advance to ensure we manage our prescriptions workload in case my team was down with COVID.

As well as this, we provided a common ailment scheme whereby patients with certain ailments could come to us rather than going to doctors. We provided advice and treatment for these patients and avoided the need for the patients to go to the surgery.

Within our pharmacy, I provided a safe environment for patients, staff and customers.

Finally, we provided medication reviews for patients who were discharged from the hospital over the phone to ensure they get the medication required after their discharge and we communicated with doctors.



## ***Dr Maria Lazarou***



I am Greek Cypriot and grew up in South Wales. I am proud of both my Welsh and Cypriot heritage. After high school I completed a degree in Biomedical Science (2009 - 2012), followed by a degree in Medicine (2012 - 2017), both at Cardiff University. Alongside my studies, I worked as a science communicator and science theatre presenter at a science museum, Techniquet. I moved to Birmingham to complete my medical foundation training (2017 - 2019). Following this, I spent almost a year (2019 - 2020) working as a clinical fellow in general paediatrics at Birmingham Children's Hospital. Alongside this, I led a large-scale charity project which involved coordinating donations and gifts from the UK Cypriot community to be donated to less fortunate children living in Cyprus; mainly refugees and asylum seekers. I traveled to Cyprus to coordinate the distribution and delivery of these gifts across a number of cities. This academic year (2020 - 2021), I am working as a clinical teaching fellow in the emergency department of Birmingham Children's Hospital. This involves delivering teaching to final year medical students during their paediatrics placement. This includes bedside teaching, lectures, small group teaching and facilitating simulation. Alongside this, I am studying for a postgraduate certificate in medical education for healthcare professionals at the University of Birmingham. I have applied for paediatric specialty training with the hope of starting in September 2021 and I have been involved in a video for the global Cypriot community promoting covid vaccination. During my free time I enjoy art, cooking and cycling.

## ***Dr Sangeeta Nathdwarawala***



Dr. Sangeeta Nathdwarawala completed her medical degree in India. After arriving in the UK, she committed herself to raising her children and supporting her husband. She continued to develop herself by obtaining a number of qualifications in Psychology and Counselling.

In 2008, once her children were grown up, Sangeeta decided to return to medicine. In 2010, she successfully took both parts of the PLAB examination.

What is impressive about Dr. Nathdwarawala's return to medicine is that she carries out the long hours and duties as required of junior doctors, keeping up with colleagues who are 20 years younger than her. She has pursued core training in Psychiatry followed by post in child and adolescent psychiatry. At present she is working in the field of an adult psychiatry.

Dr Nathdwarawala held a post member of the Race Advisory Committee for Torfaen County Council. She continues to support the India Centre and EMWWH.

Besides her career, she can proudly look back on the break she took, having successfully raised a family in that time. During that period she added to her skill set and assisted the local community, not just developing herself but those around her. She is renowned for remembering and wishing friends and family on their birthdays and anniversaries. In my post at EMWWH, I would like to help and support women especially those who would like to return to career after a break.



## ***Dr Anju Kumar***



I am Anju Kumar, Consultant Obstetrician & Gynecologist in NHS Wales and served as Clinical Director/ Medical Leader in Rotherham & Aneurin Bevan University Health Board. Currently, supporting Maternity & Gynaecology services that are under Special measures at Cwm Taf Morgannwg Health Board. My career contributions and achievements include providing wide range of patient services for NHS England & Wales and Sheffield Fertility (IVF) Centre. I honed counselling skills while caring anxious infertility patient groups. I formally trained as appraiser, post graduate trainer and mentor with acquired medical leadership skills through pursuing the structured Diploma in Medical Leadership course at the Royal College of Physicians London on behalf of the Birkbeck College, University of London. I am passionate supporter of continuous patient safety improvement & effective healthcare with innovations and achieving full potential of colleagues within the efficient teamworking. I empathise and empower ethnic minority women who face additional challenges of working in diverse socio-cultural environment whilst committed for developing the successful professional career. In addition, I have regularly mentored a number of Welsh trainees, overseas Medical International Trainees from diverse backgrounds, consultant colleagues through appraisals and performance reviews. On a voluntary basis on behalf of EMWWH, I engage as mentor for doctors and other healthcare providers.

## ***Dr Indu Thakur,*** *(Paeds), DNB (Paeds),* *MRCPC, FRCPath*



Dr. Indu Thakur is a Consultant Paediatric Haematologist at Noah's Ark Children's Hospital for Wales since 2013. Her scope of work includes malignant and non-malignant haematological disorders in children ranging from leukemia, bone marrow failure syndromes to haemoglobinopathies, ITP and inherited red cell disorders like hereditary spherocytosis. She is the Lead for Intrathecal chemotherapy in children as well as Lead for red cell disorders in the department of Paediatric Haematology Oncology at Noah's Ark Children's Hospital for Wales. She is

the Principal Investigator for MyeChild01, an international RCT for myeloid leukemia in children as well as Principal/Co-Investigator for 4 other research studies in the department.

Her other interests include undergraduate and postgraduate education and working as an examiner for Cardiff University (undergraduate exams) and RCPATH (postgraduate Haematology exams). She



has a keen interest in Quality Improvement and has led a Patient Group Directive for nurse led administration of first dose of intravenous antibiotics in children with suspected neutropenic sepsis which improved compliance with NICE guidelines from 38% to 100%; this project received a highly commendation in the top 20 projects selected by NICE for the Shared Learning Awards.

***Professor Jean White***



Prof Jean White CBE MStJ was appointed as Chief Nursing Officer for Wales in October 2010 and retires from this position on 6 April 2021. Welsh by birth, she trained as a general nurse in Swansea and practised as a theatre nurse in Wales and London. Jean has held positions in nurse education, at the Welsh National Board, Health Professions Wales and Welsh Government. Jean has worked with a number of European Governments and is currently an expert adviser to WHO European Region. Since appointment as CNO her main priority has been on developing the nursing and midwifery workforce in Wales and is currently engaged in implementing and extending the Nurse Staffing Levels (Wales) Act 2016. She has policy responsibility for maternity services in NHS Wales and is focussed on implementing the new Vision for Maternity Service (2019). She is a passionate advocate for human rights. Her team is overseeing the cross government programme, Improving Lives, which supports people with learning disabilities living in Wales. Jean is Visiting Professor to University of South Wales, Fellow of Swansea University, Fellow of Bangor University, Fellow of the Queen's Nursing Institute and recognised as an Honorary Fellow of the Royal College of Midwives in May 2020. She completed a 10 year appointment as Visiting Professor to Cardiff University in February 2021. She was acknowledged in the inaugural Nursing Times Nurse Leaders 2014 list. Awarded a CBE in the 2017 Queen's Birthday Honours list and became a Member of the Order of St John in 2018.

***Professor F. Susan 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 head of the diabetes research group at Cardiff School of Medicine. 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.

***Dr Summia Zaher***



My education at Dundee stood me in good stead for my unusual journey in clinical medicine. Never being one for staying inside the 'box', I took a slightly unusual break from practicing clinical medicine to not only achieve a medical doctorate at Imperial College, but also to become clinical manager of a private medical unit, offering a novel treatment which I had been researching for the past 4 years to patients. I gained a real insight into the complexities of adopting a new technology into the NHS. I went back into clinical practice joining the South East of Scotland Deanery. It wasn't long before I developed itchy feet again and transferred deaneries to Wales to follow my dream of combining my two interests of obstetrics with medical education, taking up the post of Clinical Lecturer with Cardiff university attaining the diploma in Medical Education. In Aug 2017 I continued to push the boundaries taking on the challenge of becoming a Welsh Clinical Leadership Fellow. This is a competitive year long fellowship provides training and hands on experience in clinical leadership and management, supported by a structured accredited educational programme. The programme equips the fellows with the knowledge, skills and experience required to be a credible and influential medical leader in a future modern NHS. Currently a Consultant Obstetrician and Labour ward lead at UHW, I am also the R&D lead for the directorate, promoting and leading research activities. I was appointed as honorary senior lecturer at Cardiff University in 2020 and awarded a lucrative Health Care and Research Wales NHS time award.

***Dr Anju Sinha***



I am a Consultant in Obstetrics & Gynaecology at Cardiff and Vale UHB since June 2009. I graduated from Calcutta University and came to UK for postgraduate training. This included Specialist Registrar posts in Leeds and Nottingham before moving to South Wales in 2005. As a specialist in Gynaecology, I deal with all general gynaecology problems. I completed specialist training in minimal access surgery and ultrasound for which I received aMSc in Obstetrics and Gynaecological Ultrasound from Cardiff University with distinction. I have a deep interest in Ovarian masses and run the Pelvic Mass Clinic, a specialist clinic for women with ovarian cysts. This clinic plays an important role in timely and appropriate management of suspicious ovarian cysts. My other interests include the management of menstrual disorders, utero vaginal prolapse, early pregnancy problems. I am involved in teaching and training and the pastoral care of trainees. I am known to



provide individualised patient care and believe in a holistic and joint approach with the patient in decision making.

I was born in Kolkata, India and have made Cardiff my home. I am married with two children. My interests outside work include cooking, reading and travelling.

***Dr. Nidhika Berry***



A Consultant Medical Microbiologist, and lead clinician at the Department of Clinical Microbiology and Infection control, Aneurin Bevan University health board and Honorary Clinical Teacher at Cardiff University.

She completed her M.B.B.S and M.D. Medical Microbiology at the prestigious Maulana Azad Medical College, University of Delhi, India. Her research projects at the time included an M.D. thesis on the newly recognized Hepatitis C virus. Other work included sero- epidemiology of measles and rubella, serodiagnosis during dengue outbreaks and epidemiology of rotaviruses, Vibrio cholerae diagnosis and outbreaks, congenital syphilis, Burns infections, epidemiology of multi drug resistant Salmonella causing enteric fever and an interest in hospital infection control.

Thereafter she moved to England to further her knowledge and attain F.R.C.Path in Medical Microbiology and Virology. She worked on Antimicrobial sensitivity of Clostridium difficile and induction of resistance.

She moved to Wales to take up a Consultant Microbiologist post with the National Public Health Service in Swansea, where she led clinical virology, moving forward the molecular virology service. Then as Laboratory director, Public Health Wales Microbiology, Abertawe Bro Morgannwg University health board she led several service developments, and an active involvement in research.

After taking up post in Aneurin Bevan University Health Board since 2016, she has moved forward the antimicrobial stewardship team and agenda, and hopes that there will be even greater investment in microbiology, in diagnostics and clinical services.

She maintains a keen interest in the activities of the Indian diaspora in Wales and the UK, and is part of the organising committee of **INDIA** Wales.

***Luthfun Nessa***



My name is Luthfun Nessa and I am currently in a final year medical student at Cardiff University. After my fourth year of medical school I was fortunate enough to have the opportunity to study Biomedical Engineering as an intercalated degree at Imperial College London. While I was at Imperial, I co-founded CalidiScope a medtech start-up with the aim to eradicate the incidence of pressure ulcers. Our start-up has gone onto win many awards and have most recently won the



national Institute of Global Health Innovation competition and the Venture Catalyst Challenge which is Imperial's largest enterprise competition. I hope this can be an inspiration to BAME females to encourage them pursue their dreams regardless of how out of the ordinary they may be and to not let the fear of being judged or being the odd one out stop them.

<https://www.imperial.ac.uk/news/218493/intelligent-mattress-topper-wins-imperials-biggest/>

### ***Professor Sue Denman***



Sue worked in the education and health services for over ten years before her appointment in 1992 to the post of Lecturer in Health Promotion in the Department of Public Health Medicine and Epidemiology at Nottingham University's Medical School.

In 2001 she moved to Wales to set up the Research, Monitoring and Evaluation Unit for the Welsh Government's European Funding Office. She stayed in the civil service to act as Deputy Director of the Wales Office for Research and Development in Health and Social Care and was promoted to the leadership role in 2007. In 2010 she joined the staff of the School of Medicine, Cardiff University, to coordinate the strategy of the School, and in that role set up the regional initiative, the South East Wales Academic Health Science Partnership ( SEWAHSP) to promote collaborative working between the Health Boards and Universities.

Retirement from full time paid employment has enabled Sue to devote time to volunteering for Cardiff University and her community. She is was involved in setting up Solva Care, is a Trustee of the Charity and Chairs the Research Monitoring and Evaluation Group. Solva Care supports older people in the community to stay living in their own homes. She has Chaired the Solva Community Land Trust and is currently leading on the Pembrokeshire Together for Change ( TFC ) Programme in collaboration with the social enterprise PLANED and Pembrokeshire Association of Voluntary Services . This is a cross sectoral strategic partnership which is building wellbeing and wealth for the sustainability of communities of place.



***Dr Tania Ghafari***



Tania started her journey in to the medical community after graduating with a bachelors of science from Lycee Malalai in Kabul Afghanistan before gaining her Doctor of Medicine degree in Russia and then her masters from the University of Netherlands.

After graduating she began her work experience and internship roles within the mental health and adult psychiatry sector in the Netherlands.

She then moved to the UK to continue her career in Bangor, London and finally settling as a specialist Doctor at CAMHS in St Davids Hospital in Cardiff. During the covid crisis she has continued working as a doctor and dealt with the mental health effects of the pandemic on individuals.

Her language skills includes Farsi, Pushtu, Russian, Dutch, Hindi Urdu and Bengali and French. In her spare time she enjoys reading, visiting museums and theatre, swimming, playing badminton and chess and gardening.



**Dr Surinder  
Narula**



A retired GP of 69 age and enjoying my retirement of one year. Life has been wonderful and I have lived it to the full. For the first 30 years getting the career path. I trained in India and UK against all odds with two children and Dr. husband. After doing my MRCOG I had to change to General Practice for family. I met some lovely people who helped me along.

Next 30 years work, family, social, community and charity work kept me very busy, stimulated and satisfied. For last 10 years when I started decreasing my work, life preferences changed to community, charity, art and culture, self development and family. I served as president of Sikh Association South Wales and Amritsar doctors association for 3 years each.

Especially in this Covid year with technology opened so many venues.

I have been organizing health and informative talks for our community for the last 10 years. It started with a women group and then spread to whole community.

I've organized Health and informative talks, workshops activities and social gatherings.

During the pandemic last year we started a music group, painting classes and Yoga smile group on zoom.

We do one hour yoga followed by talks, book club, cooking demonstrations, singing and poetry. This has been very popular especially for social aspect when you can't meet family and friends. I support a school and a library in India in my charity work. I also directly fund education of 11 children in India.

During the pandemic I've been involved with local charities SNJ, food bank and Gurdwara to provide food for the lonely and needy.

My self development has been the corner stone of my life. I am always up for learning new things such as golf, bridge, writing poetry and singing are few things I'm doing and still learning.

I am thankful to Meena for providing a platform to celebrate our own lives, I have also provided a small poem which I wrote (above).



## ***Dr Shannu Kohli Bhatia***



A Senior Lecturer and an Honorary Consultant Paediatric Dentistry from Cardiff. In March last year she gained a Masters in Medical Education from Dundee University. Her work experience includes examiner, in Liverpool and Glasgow. Chair, Speciality Training Committee for Paediatric Dentistry, Audit Clinical Governance lead for Paediatric dentistry, University Dental Hospital, Cardiff, and currently a Lead for Paediatric dentistry, School of Dentistry, Cardiff University and a Director of Staff and Student Matters, School of Dentistry, Cardiff University as of November last year.

She is a member of many organisations such as British Dental Association, committee member for BSPD South Wales branch and the British Society of Paediatric Dentistry.

She has gained many awards over the years which range from Staff Recognition Award, Nominee, Cardiff and Vale UHB, A rare case of Stoneman syndrome. Prize winning clinical presentation BSPD. Co-authored and supervised. Use of Cone Beam Computed Tomographic Imaging in Paediatric Dentistry. C. Henein, S. Bhatia, N. Drage. 2<sup>nd</sup> prize winning clinical presentation oral presentation at Welsh hospitals meeting. Co-authored and supervised presentation which she achieved last year.

She has also co-written many publications such as 'Henein C, Bhatia SK, Drage N 2021 The Use of Cone Beam Computed Tomographic Imaging in a Paediatric Dentistry Department. Oral 2021.'

'Alazmah, A., Parekh, S., Bhatia, S. et al. Developing a child patient satisfaction survey: a quality improvement project. *Eur Arch Paediatr Dent* (2020). <https://doi.org/10.1007/s40368-020-00567-1>;

'To extract or not to extract? Management of infraoccluded second primary molars without successors. L Hua, M Thomas, S Bhatia, A Bowkett and S Merrett. *British Dental Journal* volume 227, pages 93–98 (2019)'. 'Hughes S and Bhatia SK. Non-attendance of paediatric dental patients: an audit to assess practitioner action. *International Journal of Paediatric Dentistry, Clinical Effectiveness Bulletin* September 2016: 26, [Issue S1](#), 42–44', to name a few. Her hobbies include pottery and in her spare time she is a member of a book club where she enjoys reading fiction and historical books.



## ***Professor Sheila Hunt***



I am an experienced strategic leader with a background in Higher Education and in Health. I have held senior leadership positions in Universities in England, Scotland and Wales and within the NHS. I have successfully managed a budget of over £20M and provided leadership and motivation to professionally and culturally diverse groups of 400+ staff and over 3500 students. I have extensive experience of working in teams and in leading organisations in challenging situations.

I am a very experienced coach, and I am currently coaching senior academic and professional services managers in Higher Education in the UK and in Oman.

I also work with leaders in the NHS, with small and large UK charities and with individuals in the private sector. I work with issues around individual self-confidence, self-esteem and underperforming.

My current clients include: Senior Academics working in Pharmacy, Pharmacology, Medicine, Psychology and other Health Professions; Leaders and Directors in HE Corporate Services; Senior Allied Health Professional Managers in the NHS; Civil Servants working in the Welsh Government; Health Boards in Wales and England; HEIW (Health Education and Improvement Wales). I also work with clients who work in a range of other public sector roles.

I have also experience of working with Senior Leaders in a range of UK charities. I am currently working with individuals who are retired or semi-retired and those considering a totally new career. I have helped in cases of alleged bullying and harassment, ageism, sexism, racism and homophobia and I have played a major role in conflict resolution.

I value diversity and promote equality of opportunity. I work to ensure these principles are embedded in organisations at all levels. I have an entrepreneurial mind set, combined with a sound business sense and strong communication skills. I bring this experience, skills and enthusiasm to coaching.



**Professor Meena Upadhyaya**  
**OBE**



Meena is an Honorary Distinguished Professor at the Division of Cancer and Genetics, Cardiff University, and she has represented Cardiff University at many international meetings. She is an Honorary Professor of Amrita School of Medical Sciences, Kochi, Kerala, India, and an Honorary Executive Director of Chhaya Public School, India. She has made pioneering discoveries, authored more than 200 scientific articles, and edited four books. Meena has received many awards, including the Inspire Wales Award (2010), the Theodore Schwann award (2013), an OBE (2016), and the St David Award for Innovation, Science and Technology (2017). She was awarded an Honorary Fellowship by the University of Wales Trinity Saint David in 2017, the Fellowship of the Learned Society of Wales (LSW) in 2018, and was elected to be a Council Member of the RCPATH in 2014, and the LSW in 2020. She is an International Advisor for the Organisation of the Rare Diseases, India and on the Advisory Board of Genome India international forum, Philadelphia, USA. Meena is an avid advocate for promoting equality, diversity, community cohesion, and integration. She founded the Welsh Asian Women Achievement Awards, known as the Ethnic Minority Welsh Women Achievement Association (EMWWAA) and the [Ethnic Minority Women in Welsh Healthcare \(EMWWH\)](#) and is a co-director of the project: "70 years of struggles and achievements: life stories of ethnic minority women in Wales." She is a trustee for Race Equality First, Race Council Cymru, the European NF Association, and sits on Cardiff University's BME+ Staff Network, The Purple Plaque, and The Monumental Welsh Women. Meena is on the Medical Advisory Board and trustee of Nerve Tumours, UK, and is a Non-Executive Director (NED) on the Welsh Government Civil Service Board (2020).



## ***Pallavi Dodia***



I work as a Specialist Physiotherapist in Llandudno General Hospital. I come from Gujarat, India originally, and completed my Masters in Cardiovascular Rehabilitation in Chester. I have lived in Leeds and London, and moved to Wales a year back. It's great to connect with the BME Wales community and feel supported!

I am passionate about Yoga and making a difference in people's lives in any way possible. I teach yoga and organise Yoga retreats in the Himalayas and similar places.

In normal times, I enjoy traveling, though these days I am reading more than traveling.

I speak three languages and get by in several more. I love communicating and connecting with people, and try to spread awareness of positive things whenever I can.

I wish to develop my communication, people skills and be more assertive in my approach.

## ***Dr Anu Gunavardhan***



I am currently working as consultant Histopathologist at Glan Clwyd Hospital, North Wales. I am born and brought up in Kerala - the beautiful land of coconut trees, the green carpet of India. I did MBBS from Govt Medical college Calicut (1999-2005) and MD Pathology from Govt Medical College Trivandrum (2007-2010)

I have worked as consultant in various roles in different private organisations, doing reporting as pathologist, managing laboratory, blood bank medical officer and lecturer in pathology.

I passed FRCPath part 2 as an overseas candidate in 2014 and migrated to UK in 2015.

I joined as specialty doctor at Glan Clwyd Hospital in 2015 and moved to locum consultant post in 2016 whilst working towards CESR. After obtaining entry to GMC specialist register through CESR route, I was appointed as substantive consultant from 2017 December onwards.

My areas of interests are breast pathology, gastrointestinal pathology and cytology.

I am lead breast pathologist for BCUHB and worked to improve breast pathology services. Apart from teaching trainees, supporting specialty doctors aspiring for CESR, I also managed to organise FRCPath Histopathology part 2 mock exam twice a year in the department from 2017, free of charge.

In January 2020 I'm chosen for the role of Quality Assurance Pathologist for Breast Test Wales (under PHW). Working for Royal College-

These are the roles I do for Royal College

- Welsh regional Council member, Audit evaluator, FRCPath examiner

*Apart from the professional roles, I am mother of one, enjoy gardening, hiking, dancing and cooking.*



***Olusola Okhiria***



I am a Biomedical Scientist with experience in diagnostics, research and teaching and currently working in Microbiology diagnostic laboratory. To fulfil my roles successfully and efficiently in all the areas of performance I have studied up to PhD level and I also obtained a PGCE degree. I also served as members in various committees in the healthcare delivery programmes, professional conferences, academic workshops and seminars and other areas. I have been in the UK for some years, presently I live in Newport while working in Cardiff.

***Stellah Chinamo.***



I am originally from Zimbabwe but have lived in the UK for over 20 years. I am currently employed by NHS Wales and work with the Quality Assurance Improvement Service as a Practitioner for Mental Health I am responsible for the quality assurance of collaboratively commissioned mental health services. My role demands my expertise within the NHS Wales Frameworks Performance Team and for other agencies and professional, providing specialist advice regarding the clinical management of individuals presenting with mental health conditions.

I am also the director or Seren Healthcare Solutions Limited, an organisation I founded and registered last year with both the Care Quality Commission and Care Inspectorate

Wales. Seren Healthcare solutions provides bespoke care support that is person-centred, planned, proactive and coordinated for people with various disabilities and mental health conditions living in their own homes to prevent hospital admission.

In addition, we also provide domiciliary care services to people residing in their own homes.

I maintain my clinical interest through reading journals and articles, attending conferences and training seminars.



I am a wife to a consultant neuro psychiatrist and a proud mother of two beautiful children. I am very passionate about supporting women and giving back to society, I am therefore a founding member of the charity Madzimai Pamwe (formerly known as Batanai Bamabanani Women's network wales). The charity is a Newport based community group comprising women working in partnership in Wales and Zimbabwe. Raising awareness and promoting community cohesion, wellbeing and exercise at local level and supporting vulnerable women and children in rural and urban settings in Zimbabwe. I also had the opportunity of being mentored by Dr Meena who is the founder of EMWWA.

***Dr Seema Arif***



Dr Arif specialises in Gastro intestinal cancers. She graduated from India and completed post graduate training in the UK. Dr Arif has been an NHS Consultant for over 10 years at Velindre Cancer Centre.

She has a degree in Medical Education from Cardiff University with interest in International Educational Collaborations. She started the first Cardiff FRCR course in TATA Medical Center, Kolkata in 2019. She is clinical lead for the Moondance funded Advanced Radiotherapy Fellowship Programme recruiting oncology doctors from abroad.

Mother of three, Dr Arif volunteered and trained in Samaritan, the Old age befriending services, and the Royal Voluntary Service.

During the covid pandemic she has worked frontline NHS worker, volunteered to work in Dragon Hospital, actively encourage vaccination uptake of BAME communities by direct and indirect communication and participated in VCC weekend vaccination programme average 6 hours every Saturday and Sunday since January 2021.



## **Professor Farah Bhatti**

*OBE*



A Consultant Cardiothoracic Surgeon at Morriston Hospital.

She is the Equality and Diversity Lead for the Graduate Entry Medicine programme at Swansea University Medical School.

She is an elected Council Member of The Royal College of Surgeons of England (2018) and Chair of their Emerging Leaders Programme and Chair of the Women in Surgery Forum

Professor Bhatti read Medicine at Somerville College, Oxford and completed her clinical training at Jesus College and Addenbrooke's Hospital, Cambridge.

She has trained at a number of prestigious units including The Royal Brompton and Harefield Hospitals.

She spent 2 years in full time research into transplantation and gained an MD from Cambridge University.

In addition to cardiac surgery, she is passionate about equality, diversity and inclusion, including supporting the next generation of doctors.

Professor Bhatti's other roles include: Student Engagement Lead for the Society for Cardiothoracic Surgery in Great Britain and Ireland (SCTS) Wales Chair for the Medical Women's Federation, GMC Equality, Diversity and Inclusion Forum, the NHS BAME Clinical Advisory Forum

Independent Review into Diversity of Professional Leadership at RCS England which was led by Baroness Helena Kennedy, Panel for National Selection into Cardiothoracic Surgery, Examiner for the Intercollegiate Specialty Board (ISB) in Cardiothoracic Surgery and a Council Member of the Cardiothoracic Section of the Royal Society of Medicine (RSM)



## ***Sally Reay***



I was born, live and work in North Wales although I did my nurse training in the West Midlands. I had early experience of nursing in agencies, acquired brain injury unit and in elderly mentally ill facility.

My career took me to working in hospital in adult medicine with a specialism in respiratory medicine and non invasive ventilation.

I then went on to complete another degree, but in specialist public health nursing and have worked as a school nurse with a high level of safeguarding on my caseload.

I am currently on a year's secondment as a looked after children and young people's nurse across two local authority areas through the integrated care fund. As such, I am linking in with multiple agencies and evaluating the impact of my role and business plan. It's a challenge, but a very exciting opportunity to be able to influence service provision and supporting those on the edge of care and needing intense input.

Due to the Covid restrictions, much of my work is from home which is far from ideal given the nature of my work and need to engage with hard to reach families so any mentoring would likely be via Microsoft teams.

## ***Dr. Soma Meran***

A Clinical Senior Lecturer and Honorary Consultant Nephrologist and a Academic Lead for Wales Kidney Research Unit Laboratories in Cardiff, which includes 28 staff in total.

In 2012 she gained her MRCP(UK)(Renal Medicine) from Royal College of Physicians UK after graduating with a PhD from Cardiff University, Cell and Matrix Biology in 2008.

Dr Soma has also won many awards over the years including the 'Mark Lauer Research Prize' in 2017 which was awarded to research assistant for the work undertaken during MRC Clinician Scientist Fellowship Award and 'Early Career Researcher Award' in 2016 which was also awarded for to research assistant presenting research studies undertaken during the MRC Clinician Scientist Fellowship Award, UK Kidney Week, Birmingham.



## ***Kokila Swamynathan***



I am an enthusiastic, proactive, hardworking, and autonomous Advanced Nurse Practitioner with 22 years of nursing experience. For the past 19 years I have been working in UK as a registered Nurse in various specialities within the NHS.

Over one year of ITU experience in major heart and lung transplant unit ,I have relocated to one of the largest general tertiary care centres as a senior ITU staff nurse.

I worked as a band 7- Critical Care Outreach Practitioner (Aug 2013- May 2017) and my role is to improve the experience of critically ill patients in non-critical care settings throughout the trust by establishing optimal levels of care and improved outcomes. As part of my clinical practice, I provide an expert initial assessment of any patient who meets the calling criteria for CCOT and based on my assessment I initiate the level of support required including airway management, sepsis management etc.

I was also a reliable bank staff for 2 major private hospitals around London( London bridge hospital and BMI Chelsfield) looking after level 2 and level 3 patients.

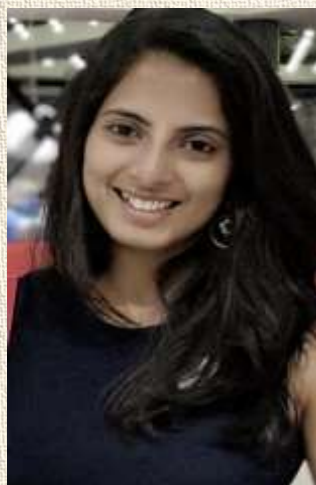
During this Pandemic I was flexible to meet the service need for the patient I worked as a part of medical team over 5 months and I helped with covid audit and I was awarded as Covid -Audit Co-ordinator.

I have been supporting equality and diversity lead in order to promote awareness for BAME employees and risk assessment. Also I have been involved in planning and implementing pastoral care for newly recruited overseas nurses.

Recently I had an opportunity to work as an advanced polytrauma nurse practitioner in newly developed Major trauma centre in Wales, due to uncertainty of Covid situation I decided to withdraw the post. Recently my Healthboard recognised my dedication to set up BAME network and gave me staff recognition award . I have been involved in stake holders panel for interviewing suitable candidates for our Healthboard's employees experience lead and learning and development lead.



## **Dr Keerthana Anand**



Keerthana is currently working for MTI clinical fellow in University Hospital of Wales, Cardiff after completing her MS (OBG) from M.S. Ramaiah Medical College and Research Center, Rajiv Gandhi University of Health Sciences, Bangalore, India in 2014.

She previously worked as a Senior Resident in OBG at Jawaharlal Institute of Post graduate medical education and research, she was a fellow in Obstetric ultrasound scans at The Fetal Clinic and a Worked as Consultant Fetal Medicine at Cloudnine hospital to name a few.

She has also been involved in many researches and presentations as well as attending workshops educating herself in topics of interests.

As well as English she is also fluent in Hindi, Kannada and Tamil

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### **Mentorship programme**

I am happy to inform you that the mentorship programme is back up and running with additional mentors and mentees joining the team this year.

The programme has been a huge success over the years, guiding and supporting many people through their life and career issues. The mentors and mentees have all been informed and I'm sure they are all looking forward to re-starting.

### **Useful links**

EMWWH Facebook page-

<https://www.facebook.com/pages/category/Community-Organization/Ethnic-Minority-Women-in-Welsh-Healthcare-EMWWH-1170359479666647/>

EMWWH homepage- <https://emwwh.org/>

EMWWHWALES Instagram page <https://www.instagram.com/emwwhwales/>

**'What diabetes means to me 2021'** A project created by Professor Susan Wong and her team to educate the public on how much diabetes impacts people's live <https://www.cardiffinsulin100art.com/>