

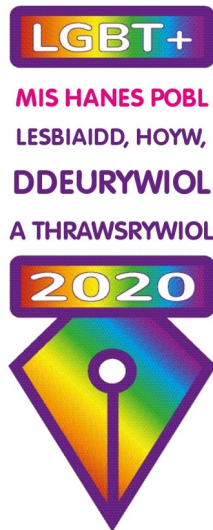
# LOVE is LOVE

poetry competition



NHS  
WALES  
GIG  
CYMRU





## Bardd Cenedlaethol Cymru – Ifor Ap Glyn

Mae'r gystadleuaeth hon yn un werthfawr - mawr obeithio y bydd yn esgor ar gerddi i herio darllenwyr wrth inni ddathlu hanes y gymuned LHDT+ yng Nghymru. Diolch i'r GIG yng Nghymru am drefnu!



Yn dilyn cyngor, teimlwyd na ddylen ni gyfieithu'r holl gerddi ar y rhestr fer, ac eithrio'r gerdd ar y rhestr fer a gyflwynwyd yn Gymraeg, gan y gellir colli teimlad, cynnwys a mynegiant yn y cyfieithiad. Os hoffech i ni gyfieithu unrhyw rai o'r cerddi i'r Gymraeg, anfonwch e-bost at [LGBT.historymonth@wales.nhs.uk](mailto:LGBT.historymonth@wales.nhs.uk)



## **National Poet of Wales – Ifor Ap Glyn**

This is a valuable competition and I hope the winning poems will challenge readers as we celebrate the history of the LGBT+ community in Wales. Thanks to the NHS in Wales for organising!



Following advice, it was felt that we should not translate all the shortlisted poems, with the exception of the shortlisted poem that was submitted in Welsh, as feeling, content and expression can be lost in the translation. If you would like us to translate any of the poems in to Welsh please email [LGBT.historymonth@wales.nhs.uk](mailto:LGBT.historymonth@wales.nhs.uk)

**“Be yourself; everyone else is already taken.”**

**— Oscar Wilde**

**Roedd GIG Cymru yn awyddus i ddod at ei gilydd i ganolbwyntio ar beth mae pob un ohonom yn ei wneud ar gyfer y GIG, ac i gydnabod mai amrywiaeth staff a chleifion y GIG sy'n ei wneud mor unigryw. Felly, fel rhan o Fis Hanes LHDT + 2020, gwahoddwyd pawb i anfon cerddi ar y thema Cariad yw Cariad yn y GIG.**

**Nôl ym mis Chwefror, dydw i ddim yn meddwl y byddai neb yn y GIG yn deall pa mor bwysig fyddai symbol yr enfys. Daeth yn fwy na dim ond symbol LGBT +; daeth i gynrychioli cariad, undod a'r angen i fod yn garedig wrth i ni wynebu Covid 19.**

**Fe wnaethom glywed straeon gan ein staff a chleifion LGBT +, am sut roedd gweld enfysau ym mhobman yn gwneud iddynt deimlo'n ddio-gel, wedi'u derbyn ac yn rhan o gymuned fwy.**

**Mae'r llyfryn hwn yn cynnwys yr 14 cerdd a gafodd eu rhoi ar y rhestr fer ym mis Chwefror 2020. Maen nhw'n gymysgedd o dristwch, yn ogystal â hapusrwydd a llawenydd. Maen nhw'n cynrychioli dynoliaeth ac yn bwysicach fyth, maen nhw'n dweud wrthym pa mor bwysig yw cariad a chael ein derbyn yn ein byd. Wedi'r cyfan...**

**Cariad yw Cariad yn y GIG**



**“Be yourself; everyone else is already taken.”**

**— Oscar Wilde**

**NHS Wales wanted to come together to focus on the love we all have for the NHS, recognising it is the diversity of its staff and patients that’s makes it so unique. So as part of LGBT+ History Month 2020, we invited everyone to send in poems around the theme Love is Love in the NHS.**

**Back in February I don’t think any of us in the NHS would understand how important the symbol of the rainbow would be. It became more than an LGBT+ symbol, it represented love, solidarity and a need to be kind while we faced the Covid 19 Pandemic.**

**For our LGBT+ Staff and patients we heard stories about how seeing rainbows everywhere made them feel safe, accepted and part of a bigger community.**

**This booklet brings together the 14 poems that were shortlisted in February 2020, they are a mix of sadness as well as happiness and joy. They represent the spectrum that is humanity and more importantly they tell us how vital love and acceptance is in our world. After all...**

**Love is Love in the NHS**







## Beth am gwrdd â'r beirniaid

### Paul Burston

Paul Burston yw awdur chwe nofel, gan gynnwys ei wefr seicolegol ddiweddaraf yr agosaf y CAF (llyfrau Orenda). Mae ei newyddiadu-raeth wedi ymddangos mewn amryw o bapurau newydd a chylchgro-nau gan gynnwys The Guardian a The Sunday Times.

Ef yw'r curadur a sefydlwr salon a enillodd wobrau ym Southbank, Llundain, a sylfaenydd a Chadeirydd gwobr llyfr cyntaf y Polari ar gyfer ysgrifennu LGBT newydd + a Gwobr Llyfr y Polari i awduron sefydledig.

Fel'i ganwyd yng Nghaerefrog a'i magu yn ne Cymru, ac mae bellach yn rhannu ei amser rhwng Llundain a Hastings.



photographer - Krystyna FitzGerald-Morris



### Selena Caemawr

Yn enedigol o Jamaica, mae Selena yn awdur queer, awtistig sydd wedi'i leoli yng Nghymru. Gan ffafrio'r llwyfan i'r dudalen, fydddech chi ddim yn synnu i ganfod eu barddoniaeth puissant gyda golygfeydd di-guro o waed mislif ffug a lleisio mynegiannol dros gefnlen o guriadau lowff. Fel arall yn adnabyddus am fod yn siaradwr sy'n cael ei gydnabod yn rhyngwladol mewn pynciau fel cynhwysiant hil ac anabledd, Selena yw'r entrepreneur cymdeithasol y tu ôl i'r caffi aubergine yn ardal Riverside yng Nghaerdydd, sef caffi cymunedol sy'n berchen ac yn cael ei redeg yn gyfan gwbl gan phobl a awtis-tiaeth, yn cynnal digwyddiadau fel nosweithiau ffilm, awduron cymdeithasol trawsrywiol, ac ysgrifenywyr Queer Caerdydd.

### Norena Shopland

Yn wreiddiol o Gaerdydd, Norena Shopland sy'n arbenigo mewn ymchwilio, cofnodi a hyrwyddo hanesion LGBT +, merched a Chymraeg. Roedd ei llyfr yn "Forbidden Lives: LGBT stories from Wales" yw'r gwaith cwbl hanesyddol cyntaf ar gyfeiriadedd rhywiol a hunaniaeth o ran rhywedd yng Nghymru. Mae Norena yn darlithio'n helaeth ac mae ei gwaith wedi ymddangos yn y wasg, y radio a'r teledu. Ar hyn o bryd mae'n gweithio gydag Amgueddfa'r Big Pit ar yr arddangosfa gyntaf o lowyr benywaidd yng Nghymru; gydag Amgueddfa'r Glannau yn Abertawe ar arddangosfa o fathodynau botwm Cymraeg; a Race Council Cymru ar eu prosiect Cymru, Cronfa Dreftadaeth y Loteri, yn cofnodi bywydau pobl Affro-Caribiaidd yng Nghymru. Mae ei llyfr "The Curious Case of the Eisteddfod Baton" yn dathlu canu corawl Cymreig ac mae'r "The Veronal Mystery" yn archwilio trosedd hoyw go iawn.





## Let's meet the Judges

### Paul Burston

Paul Burston is the author of six novels, including his latest psychological thriller *The Closer I Get* (Orenda Books), which was described by Lisa Jewell as “brilliantly twisty” and by Philip Hensher as “a gripping ride through the heartlands of need and hurt”.

His journalism has appeared in various newspapers and magazines including *The Guardian* and *The Sunday Times*.

He is the curator and host of award-winning literary salon Polari at London's Southbank Centre, and the founder and chair of The Polari First Book Prize for new LGBT+ writing and The Polari Book Prize for established authors.



photographer - Krystyna FitzGerald-Morris



### Selena Caemawr

Born of Jamaican heritage, Selena is a queer, autistic writer based in Wales. Preferring the stage to the page, you wouldn't be surprised to find their puissant poetry accentuated with ungoddlessly scenes of fake menstrual blood and expressive vocals over a backdrop of lowfi beats. Otherwise known for being an internationally recognised speaker in topics such as race and disability inclusion, Selena is the social entrepreneur behind Aubergine Cafe in the Riverside area of Cardiff, a plant based community cafe owned and run entirely by people with autism, hosting events such as film nights, a transgender social, and Queer Writers Cardiff.

### Norena Shopland

Originally from Cardiff, Norena Shopland specialising in researching, recording and promoting LGBT+, women's and Welsh histories. Her book *Forbidden Lives: LGBT stories from Wales* is the first completely historical work on Welsh sexual orientation and gender identity. Norena lectures extensively and her work has appeared in the press, radio, and TV. She is currently working with the Big Pit museum on the first exhibition of women miners in Wales; with Swansea's Waterfront Museum on an exhibition of Welsh button badges; and Race Council Cymru on their Windrush Cymru HLF project recording lives of Afro-Caribbean people in Wales. Her book *The Curious Case of the Eisteddfod Barton* celebrates Welsh choral singing and *The Veronal Mystery* examines a real-life gay crime.



## Berwyn Rowlands

Roedd Berwyn wrth ei fodd gyda ffilmiau ers yn blentyn, ac ar ôl troi'n 9 oed, dechreuodd greu "ffilmiau" gyda'i gamera 8mm, a'u dangos i ffrindiau yn lolfa ei rieni. Mae Berwyn wedi cynhyrchu ffilmiau yn Gymraeg a Saesneg ar gyfer sinema a theledu, sydd wedi cael ei darlledu ar y BBC, ITV ac S4C. Mae rhai o'r ffilmiau hyn yn cynnwys *Llety Piod* (UK), sef ffilm deledu 90 munud gyda Bill Nighy. Trefnodd ei ŵyl ffilm gyhoeddus gyntaf yn Aberystwyth, Cymru ym 1989, a ddaeth yn adnabyddus fel Gŵyl Ffilm Ryngwladol Cymru ac a oedd yn benwythnos oedd yn dathlu ffilmiau LGBT.

Ym 1997, pan oedd yn 31 oed, cafodd Berwyn ei benodi'n Brif Weithredwr cyntaf Sgrîn: Asiantaeth Cyfryngau Cymru. Yn y rôl hon, arweiniodd Berwyn y gwaith o sefydlu Archif Genedlaethol Sgrîn a Sain Cymru, a sicrhodd gydweithrediad pob un o'r 22 awdurdod lleol i sefydlu gwasanaeth Cymru gyfan – sef Comisiwn Sgrîn Cymru - a sefydlwyd yn 2002.

Yn 2006, sefydlodd Wobr IRIS – sef gwobr ffilm fer LGBT fwyaf y byd - £30,000. Mae 11 o ffilmiau byrion wedi'u cynhyrchu hyd yn hyn gyda Gwobr IRIS, sy'n cynnwys *Burger* a *Followers*, a gafodd ei sgrinio yng Ngŵyl Ffilm Sundance. Ym 2016, dathlodd yr ŵyl ei phen-blwydd yn 10 oed, a chafodd ei chynabod gan BAFTA fel Gŵyl "A List". Mae'r digwyddiad yng Nghaerdydd wedi cael ei gynnwys yn y 50 o wyliau ffilm uchaf y byd gan Movie Maker Magazine am bedair blynedd. Cafodd Gwobr IRIS ei chynabod gan y Frenhines mewn derbyniad ar gyfer Diwydiant Ffilm Prydain yn 2013.

Gofynnir iddo'n rheolaidd i siarad am faterion LGBT ar y teledu a'r radio. Ym 1990, roedd yn un o sylfaenwyr CYLCH – y sefydliad hoyw a lesbiaidd cenedlaethol cyntaf yng Nghymru. Cyhoeddodd y sefydliad y cylchgrawn dwyieithog Y Ddraig Binc, a chafodd ei arddangos yn yr Eisteddfod Genedlaethol yn Aberystwyth ym 1992, pan adawodd brotestydd gwrth-hoyw ysgarthion ar eu standin!

Mae wedi gwasanaethu ar baneli gwobrau ffilmiau hefyd, ac mae'n siarad am gynhyrchu rhaglenni a digwyddiadau mewn cynadleddau. Mae wedi cymryd rhan yn Symposiwm Ffilmiau Byrion Ewrop, Cork, yn Uwchgynhadledd Gŵyl Ffilm Ryngwladol Efrog Newydd, a chymerodd ran ar baneli'r ffilmiau canlynol: OUTFEST, LA; Mezipatra, Prague; Kashish, Mumbai; INSIDEOUT, Toronto a Gaze, Dulyn.



## Carey Wood

Mae Carey yn fardd lowael wedi'i fewnforio sydd wedi creu (ac yn parhau i hodi), eu harddull unigryw eu hunain o 'wordsmithing'.

Wedi'i ffurfio ar deipiadur Olympia 1940au, mae eu arddodiaid miniog, agos a dwys yn cael eu saerïo o angerdd byw bywyd dilys heb ddim difaru.

Perfformiodd Carey mewn gwahanol ddarlleniadau a digwyddiadau lleol yn ogystal â rhai cenedlaethol, gan gynnwys y y Polari salon uchel ei chlod, Canolfan Gelfyddydau Chapter, Aberdogni yn Aberystwyth, Canolfan Southbank yn Llundain, a 'Oh Beehive' yn Swindon (i enwi rhai). Mae Carey hefyd wedi cydweithio ag artistiaid eraill, ac

roedd eu gwaith wedi bod yn rhan o chwarae ar gyrion Caeredin, a chafodd ei gynnwys fel rhan o arddangosfa LGB&T stori pobl Caerdydd. Uchafbwynt personol oedd bod eu llyfr 'Grit' yn cael ei restru'n hir ar gyfer gwobr llyfr cyntaf y Polari uchel-barch yn 2015.

## Helen Freese

Mae Helen Freese wedi gweithio o fewn Llywodraeth Cymru ers 22 mlynedd ac mae ganddi amrywiaeth o swyddogaethau polisi a rolau nad ydynt yn rhai polisi o fewn y sefydliad. Ar hyn o bryd, mae Helen yn uwch reolwr Cydraddoldeb a Llywodraethu ar gyfer y grŵp iechyd a gwasanaethau cymdeithasol o fewn Llywodraeth Cymru. Mae Helen yn rheoli'r gwaith o gyflawni gweithgareddau corfforaethol a llywodraethu o fewn y grŵp ac mae hefyd yn darparu cyngor, arweiniad a chymorth mewnol i staff yn y grŵp ar faterion cydraddoldeb ac amrywiaeth a hefyd i arweinwyr cydraddoldeb sefydliadau GIG Cymru.





## Berwyn Rowlands

A film fan from an early age Berwyn was producing “movies” using his 8mm camera and projecting films for friends in his parent’s front room from the age of 9. Berwyn has produced films for cinema and TV content in Welsh and English which has been broadcast on BBC, ITV and S4C including *Llety Piod* (UK) a 90 min TV Movie starring Bill Nighy. He organized his first public film festival in Aberystwyth, Wales in 1989 which became known as the Welsh International Film Festival and included a weekend celebration of LGBT film.

In 1997 aged 31 Berwyn was appointed as the first Chief Executive of Sgrîn: The Media Agency for Wales. In this role, Berwyn led the establishment of Wales’ National Film and Sound Archive and secured the co-operation of all 22 local authorities to see a unified all-Wales location service - The Wales Screen Commission - established in 2002.

In 2006 he established the Iris Prize - the world’s largest LGBT short film prize at £30,000. 11 short films have been produced to date with the Iris Prize including *Burger* and *Followers* which screened at the Sundance Film Festival. In 2016 the festival celebrated its 10th anniversary and was recognized by Bafta as an “A” list festival. The Cardiff based event has featured in the top 50 film festivals in the world by Movie Maker Magazine for four years. The Iris Prize was recognized by The Queen at a reception for the British Film Industry in 2013.

He is regularly asked to talk about LGBT issues on TV and radio. In 1990 he was one of the founders of CYLCH – the first national gay and lesbian organization in Wales. The organization published the bi-lingual magazine *Y Ddraig Binc* and exhibited at the National Eisteddfod in Aberystwyth in 1992 when an anti-gay protestor left some faeces on their stand!

He has also served on film award juries and speaks on both programming and event production at conferences. He has contributed to the European Short Film Symposium, Cork, the International Film Festival Summit New York and participated on the following film juries: *OUTFEST*, LA; *Mezipatra*, Prague; *Kashish*, Mumbai; *INSIDEOUT*, Toronto and *Gaze*, Dublin.



## Carey Wood

Carey is an imported lowbrow poet who has created (and continues to hone), their own unique style of wordsmithing.

Forged on a 1940s Olympia typewriter, their sharp, intimate, and concentrated writings are crafted from the passions of living an authentic life with zero regrets.

Carey's performed at various local as well as national readings and events, including the highly acclaimed Polari salon, Chapter Arts Centre, Aberration in Aberystwyth, London's Southbank Centre, and 'Oh Beehive' in Swindon (to name a few).

Carey has also collaborated with other artists, had their work form part of an Edinburgh Fringe play, and was featured as part of the Cardiff People's Story LGB&T exhibition.

A personal highlight was their book 'Grit' being long listed for the esteemed Polari first book prize in 2015.



## Helen Freese

Helen Freese has worked within Welsh Government for 22 years and has had a variety of policy and non-policy roles within the organisation. Helen is currently a Senior Equality and Governance Manager for the Health and Social Services Group within Welsh Government. Helen manages delivery of corporate and governance activities within the Group and also provides internal advice, guidance and support to staff within the Group on equality and diversity issues and also to the NHS Wales organizations Equality leads.

**Winning Poem**  
**Beautiful—by Mandy Pike**  
**Betsi Cadwaladr**

The Sunlight reached the window, sun beams danced across her face.  
Fine grey ringlets softly fell upon a gown of lace.  
How peacefully she lay there, so graceful, yet, so frail  
Diamonds sparkled brightly on old hands with sculptured nails.

She slowly opened up her eyes and gazed around the room.  
Soft pink roses filled a vase and brightened up the gloom.  
“So is this it?” she pondered, “Are these my final days?”  
She could have lived life differently in very many ways.

Life has been a struggle, so hard and so unkind.  
It’s almost a relief that she will leave it all behind.  
A nurse comes in to make her bed and takes her by the arm  
To guide her to the bathroom, she is gentle, kind and calm.

She bathes and swaps her night gown for another of pale blue  
Velvet ‘round the collar, tiny flowers peeping through.  
With matching slippers on her feet she sits upon a chair  
The nurse then sits behind her, to gently comb her hair.

Slowly combing root to tip she’s gently swept away  
To happy times and memories of loved ones, yesterday.  
They chat a while about her life, they talk of where she’s been  
The places she has travelled to, the sights that she has seen.

The nurse then takes a ribbon, to match the pale blue gown  
And ties it in her ringlets, to stop them falling down.  
She then applies some powder to her pale and wrinkled skin  
And hides the bristly shadows that appear around her chin

Nurse then escorts her back to bed and gently lies her down  
Fluffing up her pillows and straightening her gown.  
“You’re ready now” the kind nurse says “A new day has begun”  
(She’s ready for the visitors she knows will never come.)

Her every whim is catered for, there’s always someone close  
When she’s feeling lonely and she needs someone the most  
The nurses never question her, her choices are her own  
She’s treated so respectfully, and never feels alone.

The nurse then gently takes her hand and gives a gentle squeeze  
Which makes her feel so comfortable, putting her at ease.  
She slowly starts to fall asleep, content that she is here  
Knowing that she’s loved and cared for, nothing now to fear.

Eventually the nurse stands up and starts to walk away  
She jumps and opens up her eyes, she has something to say  
“Can I ask a question please, and will you tell me true?”  
“Do I look beautiful today Nurse?”  
Nurse smiled, “Yes George, you do”



**First runner up**

**Love is Love—Kelly Allen**

**Public Submission**

The drive there is littered with anxious turns,  
your eyes burn, lips cracked with worry.  
I hold your hand as we walk in,  
'This is where it all begins', I whisper.  
This is where YOU begin.  
We sign you in, sit and wait,  
your fate in the hands of a stranger.  
Small talk soothes tapping toes,  
secretly we hope they'll help your plight.  
You're mid-flight, waiting to land,  
will they stand with you?  
We shuffle in our seats,  
cold plastic chairs don't seem to care -  
but will she?  
Your name is called,  
I take your hand as you stand -  
I'll catch you if you fall.  
We walk together (always together),  
and it feels like forever...  
We walk down long corridors,  
Into the silence of a white room.  
Is it too soon to scream, 'BE KIND!'  
But I find,  
I sit, I listen, I wait.  
No need to search for hate,  
because she smiles.  
She calls you by *your* name,  
no shame.  
Ticking boxes,  
each strike, each nod of the head,  
instead of fear, it's warmth we feel.  
The comforting questions,  
my chance to tell her how I love you so,  
But she already knows.  
*She already knows...*  
She sees you,  
rising from the ashes of your old life,  
She sees us, wife and wife.  
She sees, above all else, the most important thing-  
she sees love.





**Second Runner up**  
**Not too Late—Kay Myatt**  
**Swansea Bay University LHB**

An elderly man on a ward waits to die,  
Remembering with tears a life that's flown  
by,  
The staff are so kind as they tend to his care,  
Ask him whether his wife should be there?



So much pain he's unable to say,  
Who he really wants there by his side this day,  
He's loved and kept it hidden for years,  
Others prejudice and judgements are the fuel for his fears.

A nurse wearing a rainbow badge assigned to his side,  
Stuttering he decides to bear his heart open wide,  
Tears from both the nurse and the man,  
A frantic rush to do what they can....

An elderly man on a ward waits to die,  
A man by his side shares the happy times gone by,  
The love of his life, always been there, his hidden friend,  
First time in public they hold hands at the end.

**Highly Commended**

**Love is Love—Ffion Curran—Age 7**

**Public Submission**

Some people are small

Some people are tall

Some people have different ears like me

Some people get poorly and some people are well

The NHS helps everyone

My Daddy was in hospital but now he is  
better

Thank you NHS you love us all

Love is Love





## Shortlisted

Donna—Marie Thomas

### Powys Teaching Health Board

What is love but an emotion? Deep seeded from the start  
Starts with growth inside your mother as you listen to her heart  
A gentle beat heard from within a love as pure as you could find  
Not judged on creed or colour and not twisted by the mind  
As we journey through our lives a different love begins to grow  
And we start to look at others and our feelings start to show  
But sadly, we are judged by others for our choices  
And the love we feel is hidden to quieten down those voices  
But love cannot be hidden growing deeper day by day  
And no matter how you try to hide it, the feeling doesn't go away  
You see Love is not a colour, a gender or a tool  
For others to dictate your heart, is nothing short of cruel  
Whilst working for the NHS I've had the privilege to nurse  
People from all backgrounds some quite critically diverse  
Amongst these many people whom in life have felt quite shamed  
By those who stand in judgment of the abuse of which they've aimed  
We have no right to stand in judgment over how a person feels  
Only they can give their heart to the one who makes it real  
A love that beats in tender harmony is a love that can't be taken  
You can't remove the feelings through judgement that's mistaken  
Give your love away, be it lesbian, bisexual, gay or transgender  
And rise in pride to every ounce of your amazing splendour  
As all within the NHS will stand beside you all the way  
We see the love you hold within and not what judgmental people say  
Be proud of how you feel and always rise above  
To the purest of emotion that of which "Love is Love"

**Shortlisted**  
**Mordwyo/Voyaging—Lewis Owen**  
**Public Health Wales**



Nid faes y gad yw bywyd,  
Ond brwydr nis enillir.  
Pwy a wŷr pwy a ddechreuodd, a gyda phwy fyddai'n terfynu?

Bu cariad yn arf, yn declyn yn ffordd o fordwyo  
Ar hyd y moroedd mawr anhysbys.  
Bu cariad yn ein cysuro a chymryd yn ei fynwes cyn  
Elo'r haul o'r wybren.  
Rhoddir eu bywydau er cariad, er gofal, er mwyn llywio pan na fyddai'n bosib.  
Llywio ein cwch ni, a goresgyn y bwystfilod o dan y dyfnder a duwch di-ben.

Er gwaetha'r stormydd o ddagrau a thannau'r poen Uffern,  
Er gwaetha pob ansicrwydd anynad.  
Fe ddaw dyletswydd eu cariad megis llanwdon gwiwgoeth i ddiffodd pob fflam dirboen.  
Aberth cysegrol a roddir, aberth bendigol yn rhodd tra gwerthfawr,  
Heb os nac oni bai.

Nid faes y gad yw bywyd,  
Ond brwydr nis enillir.  
Heb eu cariad nag areiliad nid oes goroesi, nid oes llong i'w lywio.  
Bu poen a chaledi o hyd ym mhob mor a mordwrwyd,  
Ond eu llynges nhw sydd yn ein cadw yn nofio yn ein blaenau.  
Yn eu gofal nhw mae'r moroedd tawelion, cofleidiad cyfarwydd y llanw llaid.  
Gofal, gwarchodaeth a goroesi, llw iechyd sy'n trechu'r cystuddion fore a nos,  
Trechu pob adwyth.  
Nerth eu cariad yw nerth eu llynges,  
Mordwyn yn ein blaenau.  
Mordwyn â gwynt cariad dan ein hwyliau.



Life is not the battlefield,  
But a battle that is never won.  
Who knows who started it, or with whom it would end?



Love has been an implement, a tool of navigation  
Along the great unknown seas.  
Love comforted us and took in its bosom before  
The sun left the sky.  
Their lives are given for love, for care, to navigate when it could not be possible.  
Voyaging to overcome the monsters beneath the depths and endless blackness below.

Despite the storms of tears and the fires of Hell's pain,  
Despite all uncertainties.  
The duty of your love, like the holy wave that washes us to Avalon,  
Will come to extinguish every flame of torment's glory.  
A Sacred sacrifice given; the blessed sacrificial gift,  
Without doubt or hesitation.

Life is not the battlefield,  
But a battle that is never won.  
Without love, or guard there is no survival, no ship to steer.  
There was still pain and hardship in every sea that was navigated,  
But it is that intangible glory that keeps us buoyant.  
In their care there are calm seas, that sweet embrace of the gentle tide.  
Care, protection and survival, the armada of health that beats the afflictions of morning and night.  
The strength of their love is the strength of my life,  
We sail ahead.  
We sail, together, with the winds of love under our sails.

## Shortlisted

### Why doesn't she care—Deborah Longman

#### Swansea Bay University Health Board

I watch as she holds the hand of a frail elderly patient

She cares

I observe as she places a gentle hand on a grieving family members shoulder

She cares

I see that she is supporting a fellow nurse who is exhausted after a hard day

She cares

This nurse, this beacon of hope to the sick and vulnerable

She cares

Yet this same nurse, this woman who can heal and help strangers

She doesn't always care

When her son gets the courage to admit he's gay

She doesn't always care

When she blocks him from her life as he is an embarrassment to her

She doesn't always care

This nurse, who helps others, why can't she be there for her own son?

Why doesn't she care?

I watch her son, broken and abandoned for loving another man

He is caring

I observe his partner provide reassurance that their love is worthy and strong

He is caring

I see that society accepts love in all forms, respects this couple's love

Society is caring

I pity the nurse for losing out, for choosing prejudice over love

Why doesn't she care?



**Shortlisted**  
**Cameron Avo**  
**Swansea Bay University Health Board**

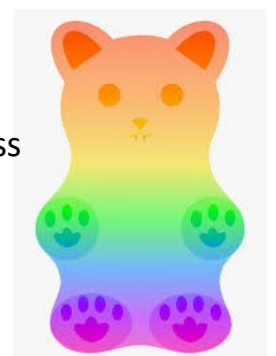
“Thank you, love”, the woman sighed a soft and quiet groan  
“What’s for supper?”, she whispered then, “You know I like a moan”  
Her wife was sat aside the bed and looked up from her book  
“I’m sure it must be far better than anything you cook”

The young man knew the time was now as he was fighting tears  
“Might this affect my work?” he thought amongst his other fears  
To his surprise, when he came out it merely incurred hugs  
Along with the odd baffled “So?”, and friendly shoulder shrugs

“Urine, bloods, and oral swab I think is what we need”  
The doctor smiled and kindly asked, “This morning, have you peed?”  
A trainee grabbed a needle set, “Shall I do her bloods too?”  
The patient quickly intervened, “His...not her, but thank you”

Nervously, the two men held their hands in hope and prayed  
It seemed like years and years for which this moment was delayed  
The mother gripped the fathers’ hands ‘till suddenly they saw  
A tiny head, then arms and legs – the three stood back in awe

We don’t see sex or gender when patients come in need  
Our time is far too short to waste by judging class or creed  
So to all who love, despite what some would claim to suppress  
Your love is love and all are welcome in the NHS



## Shortlisted

Love is Love—Brett W  
Public Health Wales



Love is love, being  
Out and proud  
Valuing life of  
Everyone around.

Inclusivity and Equality  
Shout it out loud, as

Love is love, being  
Out and proud.  
Voice it,  
Embrace it,

And always accept it.  
Let's be lovers, not fighters, its  
What the world needs,  
All of us together, including  
You and me.  
Stronger together

Invincible with pride  
Nurturing and

Teaching,  
Hope is on the rise.  
Equality and Inclusivity,

Now that's what we promote.  
Happiness and openness  
Saying love gets our vote!



## Shortlisted

No name known —Rachel Lewis

Cardiff & Vale University LHB

Love is cwtched in this hospital bed.

Love, dressed in borrowed striped pajamas.

Love, wearing a hand-knitted, tomato-red cardigan,  
too big and a bit scratchy.

Love, with rainbow buttons all-done-up-to-your-chin - tidy.

Love calls out of us love

- without words and without warning.



## Shortlisted

Who am I?—Margaret Harris

Powys Teaching Health Board

Who do I turn to  
When I want to be  
A different person  
To he who is me

I've known all along  
That my gender's not right  
And the quest to be female  
Is always in sight

The challenge is real  
That I face every day  
And the years I have known  
That I'm not just 'a gay'

So I visit my doctor  
I visit my shrink  
My head's in such turmoil  
I live on the brink

Then slowly and surely  
And over the years  
With support from my partner  
I conquer my fears

I do as I'm told  
I take all of my pills  
I feel like a monster  
Consumed by all ills

Then one day arrives  
And my heart it just springs  
Like a butterfly emerging  
I'm spreading my wings

For this is my dream  
I can finally be  
I've transformed myself  
From a he to a she



“Possible concussion; fractured hand”

“Who’s with you”?

“My girlfriend”.

Asks me twice. Writes down “partner”.

Nods me towards the leftovers

Of Saturday night excesses

And Sunday morning athletics.

**Shortlisted**

**Zoe Wilder—Velindre University NHS Trust**

Rugby lad, on crutches,

Older sister came off the next pitch.

Plays her sibling part,

Picking on his music taste ‘til his ankle pain’s forgotten.

Frail, old man, nose won’t stop bleeding

Wife strokes his hand, tells him what they’ll have for tea.

The years they’ve spent together

Cradle him with every word and touch.

I lean into her neck

Half soothed, half guarded

For hard looks and comments,

But none come.

Each little group

Hums around its broken focal point.

One by one we’re triaged,

Sorted by condition, severity, need.

All other divisions drop away.

Patched up, sent back into their arms,

Held and healed, by love of all kinds.



## Shortlisted

### Staff in the NHS -Christopher Waygood

#### Cardiff & Vale University LHB

If there's one thing that I could say makes the NHS stand out,  
It's the commitment of the staff, there really is no doubt.  
It's something other companies seem to find a bit elusive,  
To have a driven workforce that is diverse and inclusive.

Like this staff nurse on her rounds who colleagues call Amanda,  
She came to Britain long ago from the country of Uganda.  
She'll take your blood and patch you up and help you to get better,  
She's proud to call the UK home even though the weather's  
wetter!

James, our porter's here to help, he'll take you to and fro,  
And if you happen to get lost he'll show you where to go.  
Making sure you're ok is how he spends his week,  
But come weekends he's up on stage as Madame Exotique.



Rajan's a psychiatrist who works in Mental Health,  
He does the job to help the sick, not for gain or wealth.  
To get to where he is today took studying for years,  
It's not his fault that on weekends he goes down to watch Spurs!

Fay works in the GUM clinic, to this job she is new,  
Interesting ailments - she's already seen a few!  
She took leave for maternity she's been away a year,  
She's back to start where she left off and pick up her career.

Amy is a surgeon, she might just save your life,  
She works alongside Karen, who's her colleague and her wife.  
Karen's an anaesthetist, putting you to sleep's her role,  
The couple work together so they can achieve their goals.

Sarah is a midwife who is from the Swansea valley,  
The babies she's delivered are far too great to tally.  
She always aimed to do this job, ever since she was a kid,  
Pursuing this career path was the best thing she ever did.

It's fair to say we should be proud to be part of this team,  
With talent and diversity it's bursting at the seams.  
Remember this before I go - I won't keep you any longer,  
Our differences don't divide, they only make us stronger.



## Shortlisted

**'Do you have a boyfriend?' - Mair Jones**

**Public Submission**

She asked  
if I had a boyfriend.  
A question  
which put me in a box  
made by society  
her own expectation  
being put onto me.  
I asked  
what that had to do with  
my issues of masked  
feelings of suicide  
or with my mental health -  
I didn't  
though, I just stayed silent  
sat uncomfortably  
then in some minutes went  
back out, unhelped, sadly.  
Assumed  
to be a straight woman  
just told to exercise -  
saying something? pointless,  
so left with some websites.  
Love is  
not all LGBT.  
Love is not all it is.  
We love the NHS  
but still aren't all straight, cis.





**Diolch yn fawr iawn i'r holl arweinwyr a rheolwyr cydraddoldeb ym mhob un o Fyrddau Iechyd Lleol a GIG Cymru ac Ymddiriedolaethau GIG Cymru, a helpodd i wireddu hyn.**

**Cawsom nifer fawr o geisiadau o safon gan staff ac aelodau'r cyhoedd, ac rydym yn gobeithio y bydd hyn yn rhywbeth y gallwn ei ailadrodd y flwyddyn nesaf, a phob blwyddyn wedi hynny.**

**Diolch i'r rheiny a roddodd eu hamser a'u hymrwymiad i fod ar ein panel beirniadu, yn enwedig ar noson pan geisiodd Storm Clara ei gorau i ddifetha ein hysbryd.**

**Mae'r llyfryn hwn o gerddi yn rhan o'n hymrwymiad parhaus i gefnogi ein staff, cleifion a defnyddwyr gwasanaethau LGBT+. Rydym wedi ymrwymo i sicrhau bod eu lleisiau'n cael eu clywed, a'u bod yn weladwy.**

**Mae croeso i chi gyd ymuno â ni'r flwyddyn nesaf a chyflwyno eich cerddi. Byddwn yn derbyn ceisiadau ar ddiwedd y flwyddyn.**

**Diolch oddi wrth**

**Ceri Harris—Ymddiriedolaeth GIG Prifysgol Felindre**

**Keithley Wilkinson a Simone Joslyn—**

**Bwrdd Iechyd Lleol Prifysgol Caerdydd a'r Fro**



Thank you

**A huge thank you to all the Equality Leads and managers in each NHS Wales LHB and Trust who made this happen.**

**We were overwhelmed by the number and quality of submissions that we received from both the staff and members of the public and we hope this is something we can repeat next year and every year.**

**Thank you to those that gave their time and commitment to be on our judging panel, especially on a night when Storm Clara tried it's best to dampen our spirits.**

**This booklet of poetry is part of our ongoing commitment to support our LGBT+ Staff, patients and services users. We are committed to make sure their voices are heard and they are visible as we are weakened without them.**

**We welcome you all to join us next year and submit your poems, we will be opening submissions at the end of the year.**

**Thank you from**

**Ceri Harris—Velindre University NHS Trust**

**Keithley Wilkinson & Simone Joslyn—Cardiff & Vale University UHB**





**Thank you/Diolch to sponsors Wyburn & Wayne and  
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