



**Peace Mala**

*Creative, Compassionate Education that Empowers and  
Embraces All  
Uniting the World in Peace*



## **Youth Group Accreditation South Wales Police Youth Volunteers**

### **Self-Evaluation Form**

A Peace Mala Youth Group is committed to placing the vision and message of Peace Mala at the heart-centre of its values system. There are seven key areas for action that we require your group to provide evidence for in the form below. **Please write your evidence in the tables below and include photographs.**

<b>Youth Group Name:</b>	<b>South Wales Police Youth Volunteers. Morriston Hub, Cockett Hub, Neath Hub, and Port Talbot Hub.</b>	
<b>Date of Submission:</b>	July 2022	<b>Award Aimed For: Bronze</b>



# Peace Mala: Accreditation Self Evaluation Form



## AREA ONE

Becoming a Peace Mala Youth Group is part of the Global Citizenship objectives within the curriculum guidance approved by staff and the young people involved. **Every year, the group will need to study and explore Peace Mala by using the kits and educational materials. This encourages Peace Mala continuity in group activities and ensures that new members of the youth group will learn about the vision and message of Peace Mala.** This is shared with the whole youth community. The youth group will also share good practice with other groups who are members of the global community of Peace Mala.

### Suggested Actions

Peace Mala is part of the Global Citizenship Programme. Peace Mala activities are explained to parents and have parental approval. The youth club or group has a prominent designated notice board and web pages or newsletter which details Peace Mala activities. These activities are regularly communicated to parents and the wider community. View the list of Peace Mala Youth Groups on our website - join the list and communicate with each other to share good practice.

### Evidence

South Wales Police Youth Volunteers are involved in the Peace Mala project thanks to **PC Anne Overton (Hate Crime Officer)**, who attended the Bronze Award ceremony for Central Primary School, Port Talbot, on 7<sup>th</sup> June 2019. Anne arranged to visit Peace Mala HQ in Morriston, and then invited Pam Evans MBE (Founder of Peace Mala), to attend the Community Cohesion Meeting at the Bay Campus Swansea University on July 9<sup>th</sup>. During this meeting she met Chief Inspector Declan Cahill, and PCSO Kate Hopkins, who set up a further meeting with the founder at Peace Mala HQ.



PC Anne Overton, Pam Evans MBE and Chief Inspector Declan Cahill



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PC Anne Overton wrote a detailed report on Peace Mala for the South Wales Police and Crime Commissioner Rt Hon Alun Michael, and requested a meeting. This was granted and took place on September 4<sup>th</sup>, when the founder Pam Evans and Anne spend one hour and ten minutes with Alun Michael. The Commissioner expressed his interest and approval of the vision of Peace Mala, and suggested that Police Youth Volunteer groups across South Wales could eventually become involved. He suggested that Anne contacted the Deputy Chief Constable of South Wales to set up a meeting.



**South Wales Police and Crime Commissioner Rt Hon Alun Michael**

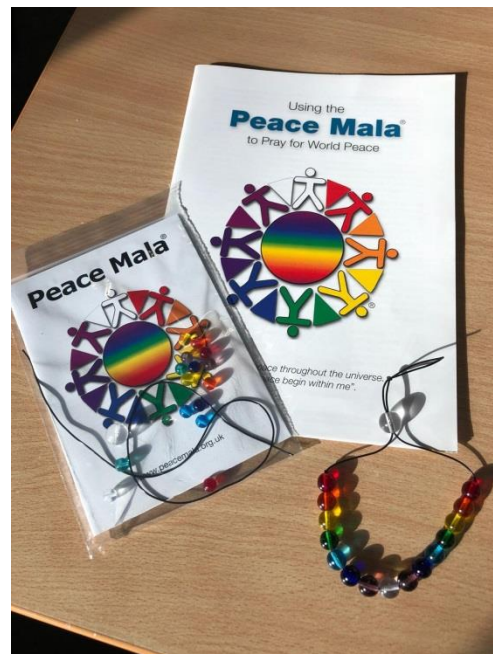
Following this meeting, Peace Mala workshops took place with South Wales Police Youth Volunteers in Morriston hub, Cockett hub, and Neath hub.



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### Peace Mala Workshop with Police Youth Volunteers Morriston Hub, Tuesday 22<sup>nd</sup> October 2019







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*Morrison Hub*



*Peace Mala Workshops with Police Youth Volunteers Cockett Hub*



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## AREA TWO

By engaging with Peace Mala the youth group is committed to education for global citizenship through the promotion of understanding, respect, friendship, tolerance and peace between all communities, cultures and enlightened, compassionate faiths. Peace Mala promotes and encourages community cohesion.

### Suggested Actions

Activities on Peace Mala are part of the **Global Citizenship** objectives. **Group work focusing on the Golden Rule.**

### Evidence



Making Peace Mala bracelets from kits and learning the messages of empowerment, responsibility, inclusion, diversity, and the Golden Rule shared by all cultures and faiths:

***“Treat others as you would wish them to treat you”***





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*More in depth discussions were shared in workshops with Cockett and Port Talbot hubs resulting in a deeper understanding of Global Citizenship and the Golden Rule shared by all faiths and cultures across the planet.*

### AREA THREE

By using the Peace Mala project, the youth group supports **human rights and helps prevent bullying and all forms of prejudice.**

#### Evidence

***The South Wales Police Youth Volunteers have all been given the status as Holocaust memorial Champions. This means that they help in the planning and setting up of events within the Neath Port Talbot and Swansea Area.***

*Most recently, our Police Youth Volunteers took part in the Holocaust Memorial Day at Princess Royal Theatre in Port Talbot. The Volunteers stood up in front of over 400 people on stage and read out poems and reading that they had prepared themselves on the topic "stand together".*





*This was a huge achievement for them to not only write their own piece of work, but for them to speak in public. This shows how much they have grown in confidence over the past two years by engaging with the project. This is something we are extremely proud of.*



***PYVs speaking at the Holocaust Memorial event at the Princess Theatre Port Talbot 2020.***

***All 5 Police Youth Volunteer Hubs within the Neath, Port Talbot and Swansea areas have had a talk from our Hate Crime Police Officer Anne Overton. Within these sessions Anne held discussions surrounding hot topics such as **Transgender issues, hate related cyber bullying** amongst other topics. PC Anne Overton also held a Q & A session with them.***





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*The young people learned so much from these sessions which led to us getting our Transgender lady guest speaker to come to other sessions to share her story and struggles and the positive response she is now getting after working closely with the South Wales Police Hate Crime Team.*

*The South Wales Police Youth Volunteers have also been taking part in the **School Swap Project** that has been set up by Swansea Council and supported by Partners across Western Bay including South Wales Police. **The aim of the project is to explore cultural and social differences between young people from the Neath, Port Talbot and Swansea areas.***

*The project was run over three full day sessions at different locations. During the sessions the Police Youth Volunteers engaged with various young people from all backgrounds and worked together to create a name for the project, create art work, take part in debates around appropriate wording and actions , learning about clothing, prayers and religion from young people of similar ages.*



*The young people also took part in a presentation from **Show Racism the Red Card** which they thoroughly enjoyed and engaged with, whilst learning things from **Equality, discrimination LGBT+ and recognising and responding to Racist Incidents.***





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*The Police Youth Volunteers also worked with the Hate Crime Team and Show Racism the Red Card at our Hate Crime event in the Liberty Stadium, Swansea.*

*We were given the free run of the stadium, match, Match programme, interview with players and supporters. The event was arranged to promote the Hate Crime Team and how they can assist people where needed.*

***The Police Youth Volunteers were involved in all stages of this process.***

### AREA FOUR

Peace Mala encourages the youth group to raise awareness of issues of **global interdependence** and encourages **active compassion** by young people that will lead to positive changes locally and globally.

#### Evidence

*Every Year the Police Youth Volunteers take part in a **charity walk from Aberavon to Mumbles for the MIND Charity**. The aim of the event is to promote wellbeing and the support that's out there for anyone suffering with mental health and anxiety.*

*The walk is aimed at getting sponsor money from family and friends while the young people walk the gruelling 17 miles in all weathers. Last year The Police Youth Volunteers raised over £1000 for the charity.*



**Charity Walk for MIND**

### ***Responding to the COVID Pandemic***

***During the Covid Pandemic a small group of our Police Youth Volunteers used their spare time to make masks, PPE and ear coverings for staff at hospitals in Swansea, Neath and Port Talbot.***

*The young people used their initiative to help as there was a shortage of face masks and PPE for front line workers, including nurses and doctors. Some of the equipment nurses and doctors had to wear caused problems for the ears of staff, so the PYVs also made ear pieces out of old materials they had at home.*

*This showed their empathy and willingness to help others experiencing difficulties. It's a practical, compassionate action on the part of our young people that the Police team are very proud of.*



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***Masks and some of the PPE equipment for nurses and doctors made by our Police Youth Volunteers***

### ***Red Nose Day***

The PYVs took part in a sponsored walk to support Red Noise Day which helps to change lives here in the UK and around the world by helping to tackle poverty, violence and discrimination.



### ***White Ribbon Day***

The PYVs took part in the White Ribbon Day Campaign launch at The Liberty Stadium Swansea. This was to promote tackling violence against women and girls.



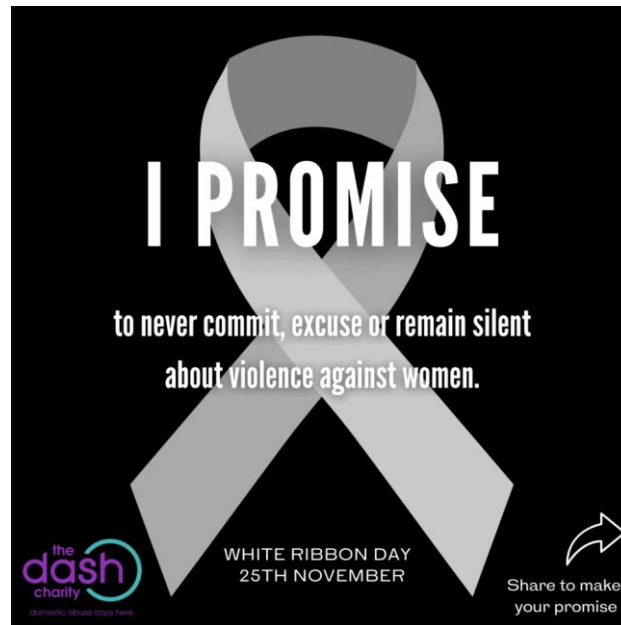


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<https://www.whiteribbon.org.uk/>

All PYVs made the promise to support this important initiative and now wear the white ribbon.



## AREA FIVE

Peace Mala encourages the **celebration of cultural, racial and religious diversity through art, music, drama and dance.**

### Evidence



***The Police Youth Volunteers have linked up with Afan Arts performing Arts company to make a video around the LGBT+ Community.***

*The Young people met with Denise Francis and talked about what they would like to include in the film. They came up with Transgender issues, 'Coming Out' as Gay to friends and family, and signposting to support groups.*



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*The Police Youth Volunteers will be involved in the Acting, production, lighting, editing and the premier of the film which was expected to be this year but due to the Coronavirus will now be next year.*

### ***Engaging with and learning from Faith communities:***

*The Police Youth Volunteers have taken part in Open Days at Both **Swansea Mosque and Port Talbot Mosque.***



*During these open days the Police Youth Volunteers worked with members of the mosque to show visitors around, advise the public on what goes on at the mosques, and encouraged members of the public to try different foods.*

*They also took part in dressing up with the young children and adults in their ethnic clothing. They also encouraged members of public and mosque members to join in and try on Police Uniform. This promoted sharing and learning from different cultures.*

*The youth volunteers also help the Hate Crime Team in promoting our messages about the importance of reporting Hate Crimes, how to report, what happens next and crime prevention advice.*

***The event is always a great success and helps build respect and encourages learning about different cultures and religions within our communities.***



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***Swansea Mosque***







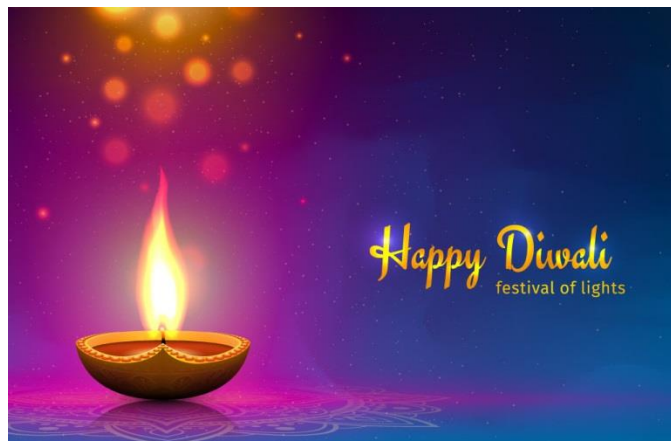
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*The Police Youth Volunteers have also visited the **Shri Kalpaga Hindu Cultural Centre and Temple in Port Talbot.***

*They have been shown around the temple and learned about their culture from the Hindu Temple Priest. They learned about clothing, food, dance, and the festival of Diwali.*

*The Police Youth Volunteers have taken part in Diwali with the Temple members each year when they parade through the streets of Aberavon. This has certainly helped our Young People to understand the Hindu religion and respect these members of our community.*







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*One of our newly opened Police Youth Volunteers Hubs is located in the Cultural Hub in the Grand Theatre, Swansea.*



*This hub is made of a variety of young people from all different backgrounds cultures, religions and countries.*

*We have now been able to integrate all our hubs so they are able to gain knowledge of each other's cultures and religions. This has proved to be a great success and the young people have certainly enjoyed getting to know each other.*



## AREA SIX

With Peace Mala the youth group **actively promotes environmental sustainability, healthy eating, and respect for all animals and wildlife.**

### Evidence



*The Police Youth Volunteers have worked closely with the **Dogs Trust** at many events with partners from the Safer Neath Port Talbot, Safer Swansea, Paws on Patrol, Fire Service and the RNLI.*

*The aim of the event is to engage with members of the public who are out with their Dogs to sign up to a local project called “Paws on Patrol”. The project has been set up to encourage Dog walkers to report any crimes, intelligence or any behaviour they believe to be out of the norm. The Young people take part in giving out packs and advice to members of the public. Whilst this is happening the Youth Volunteers with then direct the dog owners to the Dogs trust who are with us at the event so the dogs can get a health check. The Youth Volunteers then assist the Dogs trust in doing this.*







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*In 2019 the Police Youth Volunteers teamed up with retired Colliery workers at Afan Argod Colliery Museum. The aim was to do maintenance work at the colliery and park to enable visitor's easy and safe access to the park and Museum.*

*During the day the Youth Volunteers worked closely with the older generation to gain knowledge of what it was like to be a miner in the past and they listened to stories about what it was like to go down the mine for some who were the same age as some of our Police Youth Volunteers. This made many of the Police Youth Volunteers reflect and many of them actually saying we don't realise how lucky we are.*

***The Young Volunteers worked hard in clearing pathways, lifting a fallen tree, carrying rubbish and assisting in painting fences and walls thereby contributing to environmental sustainability.***

*The event was a great success and certainly helped in breaking the barrier between the younger and older generation, they was clear appreciation of each other.*





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### **Healthy Eating**



The *Police Youth Volunteers* have been learning about healthy eating and exercise from **NHS Wales**: <https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/>

*There are 8 practical tips to follow:*

1. Base your meals on higher fibre starchy carbohydrates
2. Eat lots of fruit and veg; cut down on meat and dairy intake
3. Eat more fish, including a portion of oily fish
4. Cut down on saturated fat and sugar
5. Eat less salt: no more than 6g a day for adults
6. Get active and be a healthy weight
7. Do not get thirsty
8. Do not skip breakfast

Exercise and relaxation are also vital for good health:

- Walking
- Swimming
- Cycling
- Dancing
- Meditation
- Take up a sport – Football, rugby, tennis, squash, horse riding, martial arts







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## AREA SEVEN

With Peace Mala the youth group encourages Peace Education by forming a Youth Peace Council and engaging in peace activities.

### Evidence

Please provide evidence both photographic, Newspaper articles and written.

#### **YPVs were involved in the making of the Vision of Hope film - Perspectives on diversity and living peacefully from supporters of Peace Mala.**

This is a film which includes perspectives on peace, inclusion and diversity from people of differing spiritual orientations. The film includes exciting interfaith events that Peace Mala organises, bringing together many people from diverse cultural backgrounds and also working with schools, youth groups and community groups to support and foster dialogue, discussion and peace between people of all walks of life.

This film can be seen on the Peace Mala website at the top of the endorsements gallery:

<http://www.peacemala.org.uk/endorsements.php>

Many things were cancelled due to the COVID 19 pandemic. Now that lockdowns have finally been lifted, the Police Volunteers have met up with Pam Evans again for two more workshops on the messages of the Peace Mala project.

The PYVs were engaged in plans for the Peace Mala Concert for World Peace at The Brangwyn Hall Swansea celebrating 20 years of the Peace Mala project, and also supporting Swansea City Council's work to become the first Human rights City in Wales.



PEACE MALA CONCERT FOR  
**World Peace**  
Celebrating 20 years of the Peace Mala project  
SATURDAY 11 JUNE 2022

Performing artists at our  
Concert for World Peace are:



Cathryn Finch, international and former vocal soloist



Lee Michael Williams  
piano, organ, voice and composer



Steven Ballance, organist, pianist and vocal soloist  
and former soloist of the Royal Welsh College of Music and Drama



Malcolm 'Young Eagle'  
soloist, organist, pianist and vocal soloist



A choir of 100 young voices



A group of children singing

The Brangwyn Hall Swansea  
7pm (doors will open at 6pm)  
Ticket Price: £16  
Box Office: 01792 475715  
On-line: [www.brangwyn.co.uk](http://www.brangwyn.co.uk)

We are partnered in partnership with:  
 Cymor Aberystwyth  
 Cymor Aberystwyth  
 Cymor Aberystwyth

Uniting all communities in peace and friendship



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*Police Youth Volunteers helped staff the Peace Mala stall, the display of messages for world peace and also escorted dignitaries within the Guild Hall and Brangwyn Hall.*



***Escorting dignitaries in the Guild Hall and Brangwyn Hall Swansea***



HM Lord Lieutenant of West Glamorgan Loïuse Fleet CStJ, JP., Deputy Lieutenant Mrs Jill Johson, Lady Mayor and Mayoress of City and County of Swansea Cllr Mike Day and Mrs Chris Day, Deputy Leader Cllr David Hopkins and Cllr Beverly Hopkins, Carolyn Harris MP, Chief Constable of South Wales Jeremy Vaughan, Chief Superintendent Trudi Meyrick (Swansea, Neath Port Talbot BCU), Chief Inspector Declan Cahill, Mr Dev Aswani JP and Mrs Irene Aswani, Norma Glas MBE and Pam Evans MBE (Founder and CEO of Peace Mala)

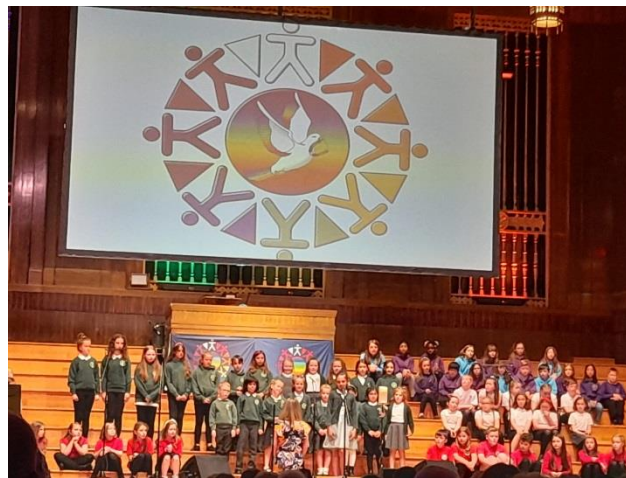




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***Singing the Peace Mala anthem 'One Light' at the Peace Mala concert in the Brangwyn Hall***



***Messages for World Peace written by pupils, YPVs and members of the public***



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**Police Volunteers were involved in the Peace Mala Community Cohesion Project** to make a large banner of the Peace Mala combined logos with small faith symbols of the faith communities represented on the Peace Mala, night sky cosmic stars and the lyrics of the Peace Mala anthem 'One Light'.



The making of the banner was under the expert guidance of Katie Kneath, Gower Mixed Media Artist. Volunteers met up with Katie at her studio in the Gower Arts Centre in Parkmill. The completed banner was put on display in the Brangwyn Hall Swansea for the Concert for World Peace on Saturday 11<sup>th</sup> June 2022.







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**Peace Mala Community Cohesion Banner at The Peace Mala Concert for World Peace in the Brangwyn Hall Swansea on Saturday 11<sup>th</sup> June 2022**

Copies of this banner may be purchased as banners, wall hangings and greetings cards.



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***On Tuesday 20<sup>th</sup> September 2022, Police Youth Volunteers will be involved in the Peace Mala International Interfaith Liturgy for World Peace at Saint Mary's Collegiate Church Swansea Wales UK.***



***We are looking forward to being involved in this event for world peace very much.***

Thank you for completing your Accreditation Self-Evaluation Form!  
As soon as we receive this it will be sent to our Board of Trustees and Educational Advisors for approval.

We look forward to you joining our growing family of Peace Mala Accredited Groups.



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