



Carolyn Harris MP

Member of Parliament for Swansea East

Swansea Menopause Event at Jersey Park

I was so proud to see the Swansea community come together on the 16th to learn about the menopause. Representatives from pillars of our community like the Swansea City AFC Foundation, DVLA, GWR, Swansea University and HM Land Registry came together to hear from leading speakers on how to better support employees through menopause. We brought Theramex and Over The Bloody Moon's MenoVest, a vest which simulates hot flushes, to the event for local heroes Lee Trundle and Mal Pope to try on and help demonstrate to men just how debilitating symptoms can be. It was a really informative event and having ITV Wales' Kate Lewis come down helped spread the message that little bit further!



Taking the MenoVest on Good Morning Britain

The menopause messaging didn't stop there as the following morning I took the MenoVest onto GMB for the fabulous Rob Rinder to try on. It is always important to take every opportunity to create more understanding of the menopause and how its over 40 symptoms can affect women. The flushes are the only symptom you can easily simulate, but it is hoped that by allowing men to experience just how rapidly they come on, you raise awareness and empathy for just how unique every experience of the menopause can be. With suicide rates 16% higher for women of menopausal age, I am determined to break the taboo and get women talking to ensure that the next generation aren't left in the dark.



Everyone Deserves a Summer Lunch Clubs 2022

Throughout August my team ran lunch clubs at Penlan and Morryston's leisure centres. The team would make packed lunches for kids to pick up on their way to the swimming summer fun days. I am so grateful to the Swansea community for coming together to make this possible. From Mecca and the wonderful team there who let us use their kitchen and helped make the food to Coastal Housing and Low Cost Vans who helped transport the food to the centres. It wouldn't have been possible without their support. Massive thanks go to all the staff at Swansea Freedom Leisure who helped oversee the lunch clubs and of course thanks to all of you who donated.





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Everyone Deserves A Summer Football Camps 2022

Once the lunch clubs had finished, we started our football camps later in the month. In partnership with Swansea City AFC Foundation, we were able to put on two camps at Clase and Blaenymaes where the kids had fun provided by coaches and food provided by my team. The kids had a great time as the summer came to a close and many were able to play alongside Swans legend Lee Trundle, a highlight I'm sure! The Swans Foundation were fabulous as always, putting on great drills and games for the little ones to enjoy right before going back to school. The camps marked an end of Everyone Deserves A Summer for this year and what a summer it was. I'm already looking forward to Christmas!



A thank you to everyone who supported Everyone Deserves A Summer 2022

We were able to help so many families this year struggling with the crippling cost of living crisis and I am so grateful to our Swansea community who made it all possible. In August, we were all across Swansea East as we took Everyone Deserves A Summer on a bit of a roadshow.

As part of Safer Swansea and Swansea Council's Community Engagement Days we had stalls at Hafod Park, Bonymaen Park, Broughton Ave Playing Fields, Ynystawe Park and Llewlyn Park giving out treats to the little ones having fun in the sun.

My team along with the lovely ladies at Mecca provided lunches to Jersey Park Pavilion's summer lunch club, Manselton Youth Centre, Faith In Families' summer fun day, Montana Community Centre's community fun day and even put on a buffet for Street Football Wales' inclusion tournament.

It was a joy to be a part of such a fulfilling summer. Thanks first of all go to my team and the team at Mecca who worked tirelessly throughout to ensure kids who needed it most were fed in our community. A big thanks to Coast Housing, Low Cost Vans and Sinclair Vans for all the help transporting food. I am so grateful to Hygrove Homes, Bidfood, Swansea High Street Car Boot Sale, Admiral Life, Dr. Organic, Llansamlet Tesco, Gowerton Golf Range and Brynhyfryd CK supermarket for all the donations of food that were so vital in making so many little one's days. A final thank you goes out to all the partners who provide support and expertise to Everyone Deserves every year. You know who you are, and I thank you!

