

RAHILA HAMID

HERITAGE

Rahila Hamid was born in her great-grandparents' village in Pakistan and spent her childhood between village life and large cities.

Her nan and aunties raised her; strong, community-minded women who cared for others and instilled values of kindness, equality and respect.

WALES MEANS...

**DEDICATION COMMUNITY
TOGETHERNESS**

Wales became Rahila's home as she built independence here, navigating schools, hospitals and public services while raising her children.

Newport shaped her sense of belonging, and helping others understand systems and access support strengthened her feeling that this was where she truly belonged.



COMMUNITY

CONTRIBUTION

For years Rahila has guided people through health, mental health and social care - especially older residents and those facing language barriers.

Through roles with Age Cymru, Newport Mind and as Chair of Age Alive, she challenges service gaps and advocates for fair access for minority ethnic communities.

In 2022 she received a Black History Wales Community Award for her outstanding contribution.

STRENGTHS & JOY

Rahila draws strength from her faith and a deep commitment to service. She is passionate about empowering women and supporting older people, finding joy in helping others.

“ **BE PROUD OF WHO YOU ARE:
WHATEVER COLOUR FACE YOU ARE,
AND YOU WILL MAKE IT.** ”