

VERNESTA CYRIL OBE

HERITAGE

Born in Castries, St Lucia, Caribbean culture still shapes Vernesta; the food, humour, fashion and language she grew up with.

She still cooks rice and peas, mixing island traditions with Sunday roast and fish and chips.

WALES MEANS...

ACCEPTANCE GIVING - BACK VOLUNTEERING

Vernesta says Wales felt like home once she had a family, a profession and built friendships here.

As a Black woman she fought battles to succeed but those experiences made her stronger.

She adapted to the weather and culture, accepting Wales as home while the islands remain her second home.



HEALTHCARE

CONTRIBUTION

Vernesta served Wales proudly as a midwife, delivering more than 2,000 babies and caring for families at their most vulnerable.

Early on she faced racism, once told "don't put your black hands on me," yet earned the trust of countless families and hailed Most Promising Midwife.

She later represented the Welsh Office at the Department of Health and received Midwife of the Year and a Pride of Britain award.

STRENGTHS & JOY

A people person who loves laughter, dancing and community and meeting Nelson Mandela.

“ **KNOW YOUR WORTH:**

I DIDN'T ALWAYS THINK I WAS WORTHY, EVEN WHEN OTHERS BELIEVED IN ME. ”