

# NCPS REGIONAL CONNECTIONS

Cardiff – 21<sup>st</sup> May 2026

## Speaker Spotlight



### SELIMA BAHADUR

Selima works at Ethnic Minorities and Youth Support Team (EYST Wales) as the Race and Policy Lead. EYST Wales has a proven track record in supporting minority ethnic people to reach their full potential within Welsh society. Selima is passionate about anti-racism and committed to keeping the voices and concerns of minority ethnic communities/individuals at the forefront of all her work. Recent work-related highlights include

giving verbal evidence to the Committee for Elimination of Racial Discrimination at the United Nations in Geneva and being a panel member speaker at the Central Government “Delivering Change” Civil Society Summit in London.

## DO YOU SEE MY TRAUMA? THE LIVED REALITIES OF MINORITY ETHNIC INDIVIDUALS

A presentation focussed on the “Do You See My Trauma? The Lived Realities of Minority Ethnic Individuals” research. The cumulative impact of racial trauma is profound. As shared in their own words, the experiences of participants have left deep emotional wounds and reshaped their sense of self and belonging. Many spoke of feeling fundamentally changed by the exclusion, racism and discrimination they have endured and the lack of cultural sensitivity and understanding within counselling and therapies. This impactful session includes lived reality accounts, the often-missed signs of racial traumas in minority ethnic communities, the gaps in services and recommendations for improving health and wellbeing services, including counselling and therapies, so that they are more inclusive for minority ethnic individuals.

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### KATY THOMAS

I'm Katy Thomas, Founder and CEO of Mothers Matter. My work is deeply rooted in lived experience. After experiencing the loss of my son, 10 miscarriages and suffering with my own perinatal mental health journey, I found myself navigating a level of pain, isolation, and silence that no one prepares you for. In those moments, I didn't just need support, I needed to feel seen, heard, and understood in a way that bring validation.

Mothers Matter was created from that place of passion. It isn't just an organisation, it's a bridge to the gaps I experienced and the voices I knew were not being heard. We support parents through the perinatal period and beyond and through loss, offering one-to-one counselling, home support, and safe, welcoming spaces where people can come exactly as they are, without fear of judgement.

What we do goes beyond services. We sit with people and we are present in their darkest moments, we walk alongside them through trauma, loss, mental health, and crisis, and we hold space for the things that are often too heavy or too complex to say out loud. Our work is about connection, about rebuilding trust in self and others, and about reminding parents that they are not alone, even when it feels like they are.

I am passionate about bringing change and bridging the huge gaps in perinatal and bereavement service. moving away from surface level interventions and towards compassionate, person centred care that truly meets people where they are. Because when a parent is supported, it doesn't just change their life, it changes the future for their children and their family.

*Session details on following page.*



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## **PERINATAL MENTAL HEALTH – LISTENING, UNDERSTANDING AND EMPOWERING**

This presentation shares the story behind Mothers Matter, founded by Katy Thomas, lived experience of baby loss and perinatal mental health challenges. It highlights critical gaps in perinatal services, where many families fall through due to threshold-based assessments like GAD-7 scoring, leaving those deemed “not unwell enough” without support. The presentation explores why early loss is often overlooked, the challenges families face, and the importance of early, compassionate intervention. It emphasises the power of empathy over sympathy, and how truly listening can change and even save lives for parents navigating vulnerability.

