



Future Generations Newsletter  
September 2022



## Her Majesty Queen Elizabeth II

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*I was saddened to learn of the death of Her Majesty Queen Elizabeth II and was honoured to attend Her funeral in Westminster Abbey on Monday 19th September.*

*Her Majesty's devotion to public life crossed generations, through many decades of enormous change and she will be greatly missed.*

*I send my sincere condolences to the Queen's family as they mourn their mother, grandmother and great-grandmother.*

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## Foreword

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*On the 3rd of September, four alumni from my Future Generations Leadership Academy travelled to Manchester to attend [One Young World](#), a Summit convening the brightest young talent from every country and sector, working to accelerate social impact.*

*These incredible delegates included Ibbby Osman, Jia Wei Lee and Lloyd Harris.*

*Here's what they had to say about their time at the Summit.*

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Ibby Osman

I'm Ibbby Osman, I work at Public Health Wales and was sponsored to be a part of the Future Generations Leadership Academy 2021-22. I am passionate about health equity, and I hope to play a part in creating a Prosperous Wales that is equal, diverse and inclusive.

Earlier this month, I had the pleasure and privilege of attending the One Young World.

The Summit consisted of 190+ countries represented by over 2,000 young leaders from around the world who want to make a change. It was an incredible opportunity as it was such an exciting gathering of young, inspirational, future leaders from around the world.

It was truly fascinating listening to discussions on the biggest issues facing our world, from ethical-leadership, sustainability to health equality. I especially loved the workshop which heard from inspiring individuals on the topic authentic activism. It gave me great insights into how to use your skills and experiences to be an effective changemaker.

I met so great people during the Summit, including delegates from the Netherlands Council, and we all shared our knowledge and thoughts on the Well-being of Future Generations Act. There was a lot of international interest which was amazing to see!

I'm evermore inspired from this whole experience and knowing that there are many who believe we can make this world a better place and I'm committed to playing my part.

I left the Summit with a renewed sense of purpose and remain resolute in advocating for diversity, equity and inclusion - a social cause I am passionate about.

My main takeaways:

- Age does not define what you can or cannot achieve and being 'too young' should never hold you back.
- "Value experience but believe in your capability."

**The future ahead is bright!**





## Jia Wei Lee

The One Young World global youth summit was - to be honest - my dream!

I was the child who was and still is obsessed with spinning the globe, marvelling at all countries around the world and how to touch lives with each continent.

**To have more than 200 countries in attendance and meeting so many incredible, awe-inspiring people under one roof has truly lit my match in continuing what I do in life, which is about empowering, challenging and always seeking long-term sustainable, impactful solutions.**

I've met wonderful people for example:

- Dami from Nigeria who is breaking the stigma of voicing out sexual harassment ([@forbidden\\_topic](#))
- Lina from Colombia who empowers people with disabilities in teaching them skills to make their own radio show ([@abaincolombia](#))



- Mine from Germany who empowers refugees and asylum seekers through her community group [Give Something Back To Berlin](#)
- Harry from North Korea who gives awareness talks to others regarding the rescue of North Koreans from China to South Korea at [Liberty in North Korea](#)

And the list goes on! I will forever be thankful to have met these people and they have impacted me in many ways.

Now, as One Young World ambassadors, I will continue championing what I do, coupled with what I have learnt following the Future Generations Leadership Academy to make an impact in this world.

Now, we are even in the midst of building a trans-continental project together with delegates from Antigua and Barbuda, Mexico, Belize and many more!



**Lloyd Harris**

I'm Lloyd Harris (25) from Cardiff and I am a programme manager working in environmental and rural affairs in the Welsh Government. I'm passionate about nature recovery and restoration, and studying social inequality.



It's been an incredibly enriching experience to represent Wales and the Office of the Future Generations Commissioner at this year's One Young World Summit.

It was a motivating week with emotional stories and encouraging panel discussions on sustainable, social and political initiatives to tackle the challenges we all face. I met, and promoted future generations thinking, with some amazing people from around the World, including holding an impromptu workshop with the delegation from Rotterdam City Council on implementing future generations working into the public sector!

My personal highlight was at an action session where I met a group of inspiring young leaders from Loas, Canada, Thailand, Australia, France, Columbia and the Netherlands and we shared our experiences of combatting the biodiversity and nature crisis with people. I explained how Wales is using the Well-being of Future Generations Act to shape our nature recovery through the new Sustainable Land Management scheme.





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*Najma Hashi and Jacob Ellis from my own team also attended the Summit and hosted a workshop on the Well-being of Future Generations Act and how young leaders from across the world could engage with the future generations global movement as changemakers.*

*Find out more about their time at One Young World from our Twitter and Instagram where they each held takeovers for a day.*

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## The Kindness Project

Kindness should be at the heart of our government, communities and lives.

In 2020 [the Mental Health Foundation](#) found that 63% of UK adults agree that when other people are kind, it has a positive impact on their mental health. The same number also agree that being kind to others positively affects their mental health.

Which is why I've been calling for Welsh Government to instil the values of kindness at every level of government and in public policy since publishing our [Future Generations Report 2020](#).

We've said before that while the language of well-being is prominent in policy and legislation, Welsh Government and public bodies in Wales could go further in putting kindness and compassion at the heart of public policy and service delivery in Wales.

The Kindness Project is the beginning of this and is bringing together organisations to gather resources, organise compassionate meetings and to instil kindness at every level of government and in public policy.

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*The Project involves:*

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- [Academi Wales and Welsh Government](#)
    - [Compassionate Cymru](#)
    - [Compassion Practices](#)
    - [Meddwlgarwch Cymru](#)
    - [Fresh Air Fridays](#)
    - [Frazzled café](#)
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**Academi Wales and Welsh Government** are collating information for public bodies on how they can embed kindness into their culture and in public services. They have developed a web page with Quick Tips, information on co-production, mindfulness and kindness, and how to use the Well-being of Future Generations Act to enact real change: [Culture Change Manual](#).

[Compassionate Cymru](#) is a movement given life by families, individuals, communities and organisations throughout Wales. Its focus is on care and support at the end of people's lives, whenever that happens and for our nation to develop compassionate approaches to support people's health and well-being, including ill health, dementia, loneliness and isolation, grief, loss and bereavement.



[Compassion Practices](#) have begun a year-long international exploration into how to respond to a growing global demand for compassion. Themes include what is inhibiting compassion and enabling it to flourish, and the practical steps required to widen application of Compassion Practices. Health organisations across Wales have been working with Compassion Practices for many years, and this work has been featured in webinars, reports, journals, books and conferences.

Other organisations involved include [Meddwlgarwch Cymru](#), [Fresh Air Fridays](#) and [Frazzled café](#) who have begun to develop programmes in Welsh and English and increase opportunities to practice basic well-being and mindfulness practices.

**This includes:**

- Mindfulness development sessions for Welsh leaders and policymakers including ‘Mindfulness in the Health Service in Wales’, ‘Mindfulness and Diversity in Wales’ and ‘Supporting Mindfulness in Education in Wales’.
- Breathing Spaces, 30-minute virtual drop-in groups which provide people with a safe space to destress and breathe again. A Fresh Air Fridays Facilitator leads the groups in real time.
- Frazzled Cafe meetings where people can talk in a safe, non-judgemental space about what’s really going on for them. Opening and closing with a mindfulness session, during the meeting participants are encouraged to “explain what the weather conditions are like in your head” and are each given a chance to discuss whatever they wish.
- The , an online event with expert presentations, poetry readings, movement sessions and more, is an opportunity to share resources, experiences and help cultivate a sense of hope and belonging for a more sustainable future.



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"Breathing Spaces are a lifeline!

Each Breathing Space is packed with brilliant (evidence based!) techniques that I can transfer to other situations and yet they are also full of space, time, love and consideration. I am calmer and more effective in my work and more understanding of problems and challenges at home.

Breathing Spaces feels like a crucial element in my journey to becoming me."

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Not sure where to get started embedding kindness in your own life and work? Here are some suggestions:

- read a few resources from the [Culture Change Manual](#)
- join a free [Fresh Air Fridays breathing space](#) or
- sign up to the [Compassion Practices mailing list](#)

For more information and guidance on embedding kindness and well-being into your policies and culture, visit the links above or get in touch with Diana via [Sustainable.Futures@gov.wales](mailto:Sustainable.Futures@gov.wales).

## Creating a Movement for Change

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"Perhaps my foremost hope for the future is that the Act can continue to make such positive change for Wales and be central to a sustainable futures model of governance and policy globally."

*Tathan 'Tatty' Harding Lloyd*

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Over the summer I took on four young people as paid interns to work with me on two projects: my [Section 20 Review](#) around how Welsh Government are implementing the Well-being of Future Generations Act and my work with One Voice Wales to write-up examples of how Town and Community Councils, large and small, are implementing the Act.

These four young people were:

- Lowri, a Cardiff-based biology final year student at Southampton University.
- Sienna, a politics graduate and an Aberystwyth Town Councillor.
- Tatty, an international relations graduate from Cardiff University based in Narberth.
- Oyin, a Poet and law graduate who's taken the Bar based in Coventry.

We asked them what they're passionate about, what 'skills for the future' mean for them and what their foremost hopes are for the future of Wales.

This is what Tatty, Sienna and Oyin had to say.





Tathan 'Tatty' Harding Lloyd

I am from Pembrokeshire and studied 'A' Levels in Pembrokeshire College before coming to Cardiff University to study Politics and International Relations, where I graduated in July this year. I love to cycle, play guitar, read, learn, cook, eat, and go to pub quizzes.

I'm passionate about making a positive change to people's lives and pushing for improving our communities across Wales and the globe and my academic interest is in constitutionalism and governance.

When I hear 'skills for the future' I think about developing and researching skills that are going to be necessary to equip people and organisations for the future. Both in terms of the short-term future (e.g teaching people about sustainability and facilitating a move towards greener technologies) but also the long-term, where some of the necessary skills for the future are not yet defined.

We need to work together to prepare for whatever the future may hold, through making people, communities, and societies, more flexible, resilient and adaptable.

While working with FGC, I have been working on the Section 20 Review. This has been an amazing opportunity to get hands on experience. I have loved learning about the processes of the Office and the Welsh Government and specifically how these institutions are structured and run.

I hope that the office continues to grow and can continue to spread its positive sustainable development principles into more areas of life in Wales, in the public and private sectors. I would like to see some of the WFG Act's principles becoming more publicly salient, perhaps being taught as a section on the Welsh Baccalaureate or through some university courses.

Perhaps my foremost hope for the future is that the Act can continue to make such positive change for Wales and be central to a sustainable futures model of governance and policy globally.



Sienna Lewis



I am a graduate Politics student from Aberystwyth University who serves on Aberystwyth Town Council as Chair of the Finance Committee. As well as this, I've been involved in politics one way or another since the age of 17!

I am especially passionate about political engagement and education. With the importance of political activity being highlighted by the cost-of-living crisis, the housing crisis and tensions across the globe, the importance of education and engagement has never been greater. I am also incredibly passionate about local government, feeling that it is one of the best ways of involving and engaging with communities. Another one of the best ways is cooperative community ownership, another passion of mine, which empowers the community in so many ways.

To me, skills for the future means empowering people with the tools they need for their betterment, as well as the communities' and society at large.

While at FGC, I have been working on a series of case studies looking at how town and community councils have engaged with the Well-being of Future Generations Act. The biggest piece of learning since working with the Office has been just how much work is put onto town and community council clerks!

As the work of the Office continues, I hope that town and community councils become even more more engaged with the Act, even those that do not meet the minimum income to be required to do so.



## Oyin Makinde

I have lived my whole life in England but had many positive experiences in Wales. My personal favourite being when I was called to the Bar of England and Wales in 2021, which I celebrated with a trip to Cardiff.

I have worked as an Education Law Advocate representing pupils excluded from school, and for a social business which teaches students across the globe the art of debating. I am passionate about creative expression, sustainability and equity.

When I hear 'skills for the future' I envisage what a successful future looks like and then what necessary talent and behaviour should be nurtured to get there.

During my internship I have been working on deciphering and analysing interviews with Welsh Government. I started transcribing these conversations which at first, I was only able to complete on a surface level. However, as my insight and understanding of the work has deepened, I've been able to offer more support to the team. Now, I am part of ensuring the findings in the Section 20 Review are evidentially sound and demonstrable in the Report.

My biggest piece of learning while at FGC has been to not underestimate the value of your work. Everyone is assigned slightly different focuses and tasks, but whatever you are doing is significant and contributes to the final result.

As the Commissioner's work continues, I hope it maintains its ethos and drive. Especially, as the public need the assurance and support navigating the ever-growing challenges of the future.

## Connecting Hearts, Connecting Minds, Connecting Community

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*In Cardiff with an interest in achieving true social change and making a positive difference?*

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Get involved with Plan for Peace's new changemaker programme: Connecting Hearts, Connecting Minds, Connecting Community!

The programme is aimed at established and emerging community leaders and offers practical skills and tools in conflict transformation and support for people striving for social change in the places they live and work. It also aims to connect people across cities and nations and provide seed funding for new initiatives.

The programme predominantly takes place online and is free with all expenses covered.

Find out more about the programme and how to apply [here](#).

## Contact Us

Want to catch up on previous issues of the newsletter? You can find them on our website [here](#).

For more information get in contact here:

[futuregenerations.wales](http://futuregenerations.wales) / [futuregenerations2020.wales](http://futuregenerations2020.wales)

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