PHOTOGRAPHS BY FOTOGRAFFAU GAN JON POUNTNEY

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US HERE NOW

TESCO

CYFLWYNIAD

Mae **Us Here Now** yn ddathliad o bobl Dwyrain Caerdydd; eu straeon a'u grym. Mae'n daith i'r hyn y mae'n ei olygu i gael eich gweld a'ch clywed; mae'n herio'r naratifau negyddol sydd o'n cwmpas yn aml.

Ar ddiwedd haf 2020, ar ôl y cyfyngiadau symud cyntaf, bu'r ffotograffydd Jon Pountney a Common Wealth yn gweithio gyda'r bobl sy'n byw, yn gweithio neu'n dod o Laneirwg, Llanrhymni a Trowbridge i gyfleu ciplun o fywyd yn yr heulwen; us, here, now.

Cafodd 12 llun mawr eu harddangos yn y gofod dinesig ger Tesco Llaneirwg rhwng mis Tachwedd 2020 a mis Ebrill 2021. Daeth yr arddangosfa â gwên i wynebau llawer o bobl, gan godi eu calonnau ar ddyddiau anodd. Ar adeg pan na chaniatawyd i bobl ymgynnull oherwydd y cyfyngiadau symud, cawsom ein hatgoffa nad ydym ar ein pen ein hunain.

Mae'r cylchgrawn hwn yn cyfleu gweddill **Us Here Now** – y nifer fawr o bobl a gymerodd ran ac a rannodd eu hamser a'u safbwyntiau am Ddwyrain Caerdydd. Gallwch ddysgu mwy am eu straeon mewn ffilm ddogfen fer – ewch i YouTube a chwilio am "Us Here Now" neu i... www.commonwealththeatre.co.uk/us-here-now

INTRODUCTION

Us Here Now is a celebration of people in Cardiff East; their stories and their power. It's a journey into what it means to be seen and heard; it's a challenge to the negative narratives that often surround us.

At the end of Summer 2020 after the first lockdown, photographer Jon Pountney and Common Wealth worked with people who live, work or are from St Mellons, Llanrumney and Trowbridge to capture a snapshot of life in the sunshine; us, here, now.

12 larger than life sized photographs were exhibited in the civic space by Tesco St Mellons between November 2020 and April 2021. The exhibition brought a smile to many people's faces, brightening their days. At a time when people were not allowed to gather due to lockdown restrictions, it reminded us that we are not alone.

This zine captures the rest of **Us Here Now** – the many people who took part and shared their time and thoughts about Cardiff East. You can find out more about their stories in a short documentary film – go to YouTube and search for "Us Here Now" or visit... www.commonwealththeatre.co.uk/us-here-now





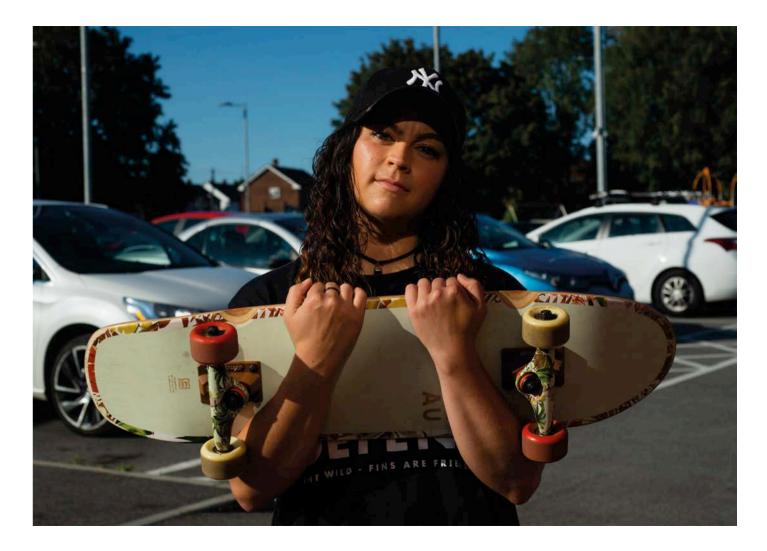
"A BEAUTIFUL INSIGHT INTO PEOPLE PROUD OF THEIR BELONGING TO A PLACE AND ENVIRONMENT THAT MEANS SO MUCH MORE TO THEM... STATISTICS DON'T TELL THE WHOLE STORY... DO THEY?!"

JUDE, TROWBRIDGE









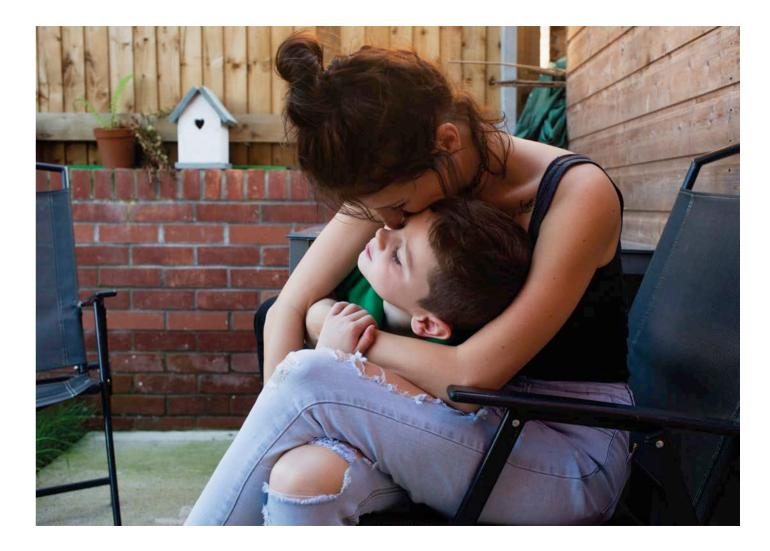
"PARENTING IS CHALLENGING ENOUGH WITHOUT THE ADDED WEIGHT OF STEREOTYPING AND STIGMA ASSOCIATED WITH BEING FROM ST MELLONS. I DIDN'T PLAN ON BEING A SINGLE MOTHER BUT BEING ONE HAS BEEN ONE OF MY GREATEST ACHIEVEMENTS. WE NEED TO CREATE OPPORTUNITIES NOT OBSTACLES."

BEV, ST MELLONS











"WE WERE MAKING A BODY OF WORK THAT SPOKE OF THE NOSTALGIA OF SUMMER."

JON, PHOTOGRAPHER

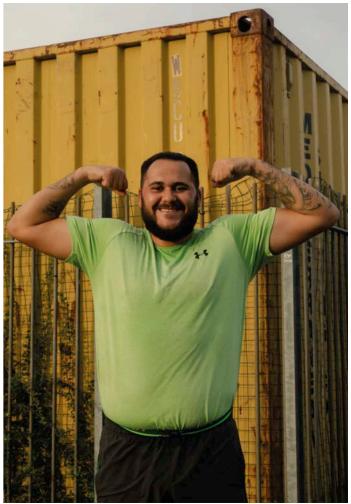
















"WHAT WAS IMPORTANT FOR ME WAS THAT SENSE OF BELONGING."

NICOLA, LLANRUMNEY









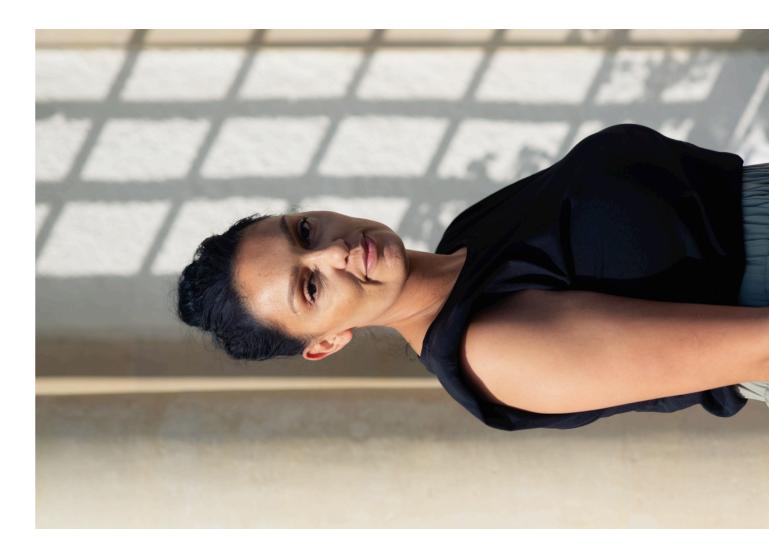


"I'M VERY PROUD TO BE FROM ST MELLONS. I ABSOLUTELY LOVE THIS COMMUNITY. **ALWAYS PULLS TOGETHER, ALWAYS HERE FOR EACH OTHER.** I'VE MADE A VARIETY OF LIFETIME FRIENDS. THERE ARE SOME **BEAUTIFUL FAMILIES** IN OUR COMMUNITY."

ADDIE, ST MELLONS







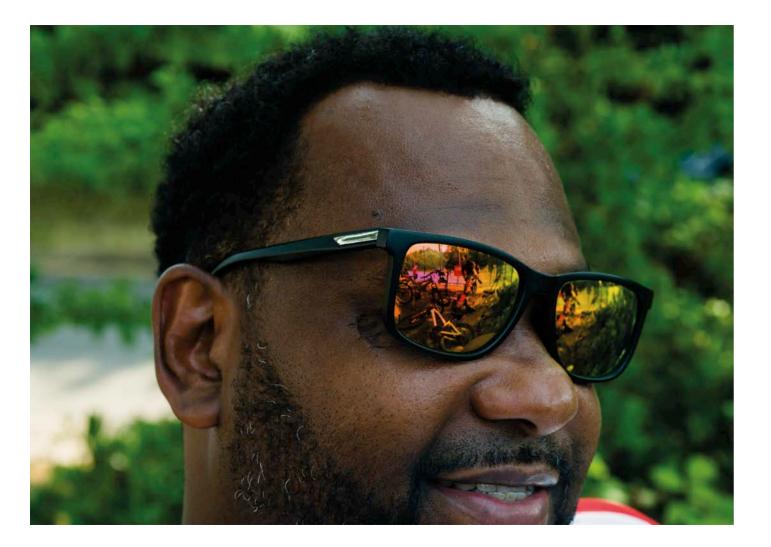


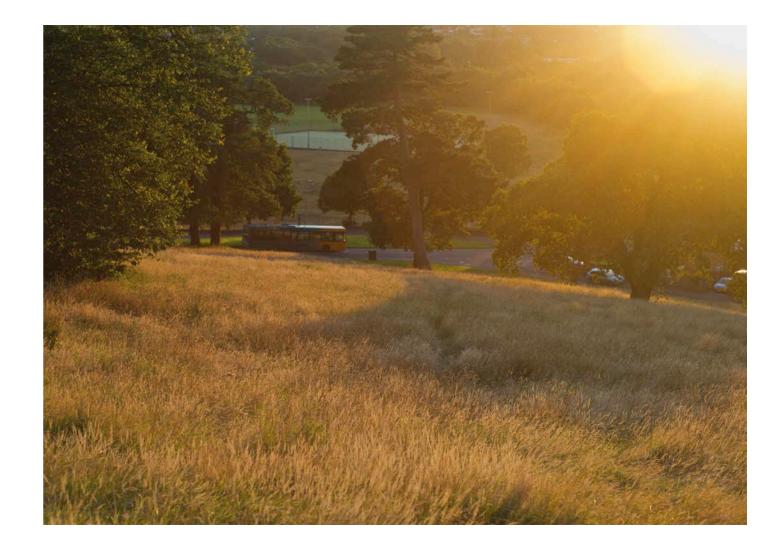


"OUT OF THE PEOPLE YOU TOOK PHOTOS OF, YOU CHOSE ME FOR THE EXHIBITION. I FELT LIKE THE CHOSEN ONE FROM HARRY POTTER!"

OCEAN, ST MELLONS



















"ST MELLONS ITSELF, IT'S A NICE PLACE, IT'S A NICE AREA... IT WAS GIVEN A BAD REPUTATION BY THE PRESS AND JOHN REDWOOD AND IT'S STUCK WITH US EVER SINCE."

REG, ST MELLONS

HATE BEING but SOMEONE GOT TO DI









"THE KIDS GET THE STIGMA OF BEING UP TO NO GOOD. IT'S JUST THEY HAVE NOTHING TO DO. WITH **PEOPLE TRYING TO FIND THEIR OWN IDENTITIES AND THEIR VOICES,** THEY JUST WANT TO BE HEARD."

SELVIN, ST MELLONS







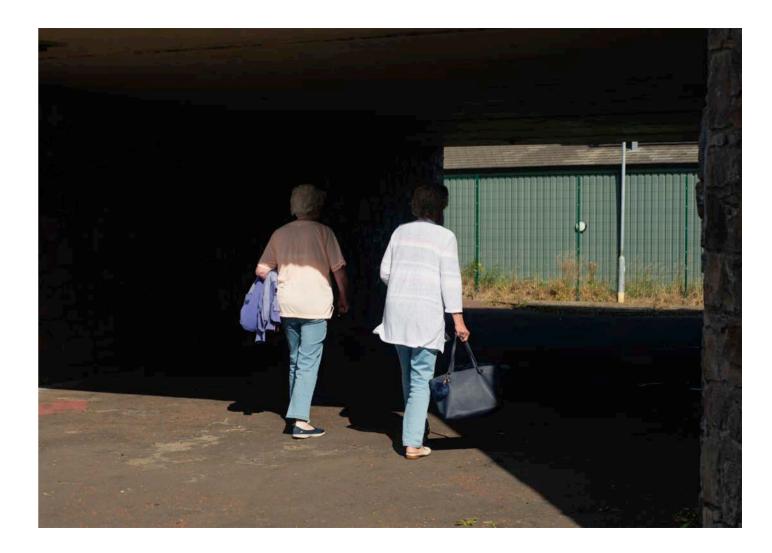












"JUST SEEING YOURSELF, YOUR BIG PICTURE UP ON THE WALL YOU KNOW, **IT'S GOING TO MAKE YOU FEEL GOOD,** YOU KNOW YOUR FRIENDS ARE GOING TO COME ALONG AND HAVE A LOOK AT IT, YOU'RE GOING TO WANT TO HAVE PHOTOS NEXT TO IT."

RODDY, LLANRUMNEY

















Jon Pountney is an artist and photographer known for his interest in people and stories, his ability to create a sense of place within his work, and to weave narratives through images. His work often champions working class people and captures stories and pictures with power and respect.

Mae Jon Pountney yn artist ac yn ffotograffydd sy'n adnabyddus am ei ddiddordeb mewn pobl a straeon, ei allu i greu ymdeimlad o le yn ei waith, ac i wau naratifau drwy ddelweddau. Mae ei waith yn aml yn hyrwyddo pobl dosbarth gweithiol ac yn cyfleu straeon a lluniau gyda grym a pharch.

www.jonpountney.co.uk @JonPountneyl

Common Wealth are an award winning theatre company based in Cardiff East and Bradford. Their work is political and addresses the here and now. They see their projects as campaigns, as a way of bringing people together and making change feel possible.

Mae Common Wealth yn gwmni theatr blaenllaw sydd wedi'i leoli yn Nwyrain Caerdydd a Bradford. Mae ei waith yn wleidyddol ac yn mynd i'r afael â newyddion perthnasol y dydd. Mae'n ystyried ei brosiectau fel ymgyrchoedd, fel ffordd o ddod â phobl at ei gilydd a gwneud i newid deimlo'n bosibl.

www.commonwealththeatre.co.uk @Common_WealthHQ

Creative Team Tîm Creadigol

Rhiannon White Artistic Director Cyfarwyddwr Artistig

Jon Pountney Photographer Ffotograffydd

Chantal Williams Community Producer Cynhyrchydd Cymunedol

Camilla Brueton Producer Cynhyrchydd

Russ Henry Hot Soup House Installation Gosod

Redbrck Documentary film Ffilm ddogfen

Common Wealth would like to thank... Hoffai Common Wealth ddiolch i'r canlynol...

Llanrumney Phoenix Boxing Club Clwb Bocsio Phoenix Llanrhymni

Llanrumney Hall Community Trust Ymddiriedolaeth Gymunedol Neuadd Llanrhymni

St Mellons Community Garden Gardd Gymunedol Llaneirwg

Llanrumney Hall Gardening Club Clwb Garddio Neuadd Llanrhymni

St Mellons Youth Centre Canolfan leuenctid Llaneirwg

Tesco St Mellons Tesco Llaneirwg

Hot Soup House

Redbrck

Bwtîc

And all these amazing people... A'r holl bobl anhygoel hyn...

Beverly	Selvin	Ocean
Gemma	Catherine	Becky
Claire	Serena	Alisha
Herman	Joely	Dan S
Alison	Wayne	Dan C
Abbie	Leigh	Harry
Lauren	Stephen	Lloyd
Olivia	Jake	Mike
Tadiwarashe	Jakie	Luke
Taymah	Ryan	
A Lewis	Andrea	
Sinead	Fariah	
Sophie	Leia	
Harrison	Chris	
Carly	Tonisha	
Lee-Jay	Lucien	
Helen	Luca	
Carl	Gareth	
Sian	Sienna	
Reg	Jude	
Evelyn	Jean	
Glenys	Sue	
Hannah	June	
Ava	Diane	
Grace	Sana	
Becky	Edward	
Chloe	Nicola	
Rebecca	Shirley	
Andrew	Dan	
Sarah	Roddy	

"WE ARE UNAPOLOGETIC, UNAPOLOGETIC OF WHO WE ARE, WHAT WE STAND FOR, UNAPOLOGETIC OF OUR ACCENTS OR THE WAY WE PRESENT OURSELVES. UNAPOLOGETIC FOR THE REPUTATION WE UPHOLD. WHY? BECAUSE WE HOLD OUR OWN. THEY MAY HAVE BUILT ON THE LAND, BUT WE BUILT THE HOMES, THE FAMILIES, THE FRIENDSHIPS, THE SUPPORT, THE GYMS, THE LOCAL, THE SPORTS, THE CHAMPIONS. THE COMMUNITY LABELLED AS COMMON, YET FILLED WITH AUTHENTICITY. WE ARE EAST CARDIFF AND WE ARE UNAPOLOGETIC. WE ARE US HERE NOW."

JOELY, ST MELLONS







