

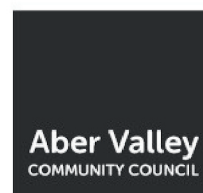
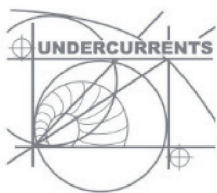
SWYNWRAIG

A DISPLAY OF ARTWORK IN DENIM
AND WORDS CREATED AND
INSPIRED BY THE PEOPLE OF THE
ABERTRIDWR VALLEY

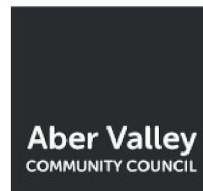
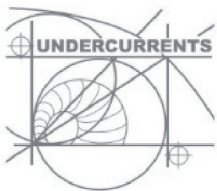
ARDDANGOSFA O WAITH CELF
DENIM A GEIRIAU WEDI'U CREU A'U
HYSBRYDOLI GAN BOBL CWM
ABERTRIDWR

DWELL COFFEE SHOP
83 COMMERCIAL
STREET, SENGHENYDD

2-7PM
EXHIBITION
CHWEFROR 28 FEB
ARDDANGOSFA



SWYNWRAIG



SWYNWRAIG

UNDERCURRENTS - ON OUR DOORSTEP

This is a partnership project between Undercurrents - Arts in the Aber Valley community group, Caerphilly County Borough Council and Addo. The project is funded by an Arts Council of Wales Connect & Flourish grant, with additional funding and in-kind support from Caerphilly County Borough Council, the Integrated Wellbeing Network Gwent and Aber Valley Community Council.

RUFUS MUFASA

Critically Acclaimed Poet, Mother, Artist.



Introducing your Swynwraig.

The Welsh word "Swyn" means spell, charm, or incantation, and "wraig" comes from gwraig, meaning "woman" or "wife." The direct translation of Swynwraig is "charm lady", "spell wife" or "woman who practises incantations". A Swynwraig was a charmer, healer, and diviner in the community; she used her skills and knowledge of healing herbs, divinatory techniques, and prayers to aid the community in numerous ways. The Swynwraig could help you heal from illness, heal your animals, protect your home, find lost objects, divine the future, or simply give you advice.

During the course of the project the Swynwraig team have been researching and exploring the role of a contemporary Swynwraig.

As Swynwraig Rufus has lead residents of the Abertridwr Valley and beyond through a packed program of activities combining language, heritage crafts, spirituality, connection, community, hip-hop and feminism.

SWYNWRAIG

PATCHWORK BANNER

Building on the stitching and upcycling work of local artists Rhian Anderson (Tea Towel Tales, Create with Rhian Anderson) and Marion Cheung (Jean Genies, Artings and Inklings), Rufus used the theme of sewing to bring people of the valley together to share skills and stories. Exploring the emerging themes of 'women's work', the emotional load and domestic abuse, the group learned about the double denim protests in Italy raising awareness of violence against women and girls. The group wanted to hold their own peaceful parade and planned to create a patchwork banner and denim costumes and to wear these whilst walking around the village, and especially to celebrate the Gather site that the other female artists working in the Valley had developed for the community to reimaging gathering within the community, and at the Gather site we also ran several storytelling sessions with Ceri John Phillips, who helped us explore further the role of what a contemporary Swynwraig could be.

The patchwork represents community cohesion, the bringing together of individual people, stories and words to create something bigger than the sum of its parts, it is the crafting of hope and love. It is a peaceful request for freedom from abuse in all forms.

During these sessions as well as sharing skills and stories, the groups explored language through the paradigm of Key Words. These key words were born from the conversations and the words we use in everyday contexts with roots particularly in Welsh language and culture but also from Italian, French, and others. This was truly a celebration of all indigenous languages.

Unfortunately, the parade was not allowed to go ahead but we are hopeful that the 'powers that be' will be able to support us in holding this celebration in future.

SWYNWRAIG

BANER CLYTWAITH

Gan ddefnyddio gwaith pwytho ac uwchgyrchu artistiaid lleol Rhian Anderson (Tea Towel Tales, Create with Rhian Anderson) a Marion Cheung (Jean Genies, Artings and Inklings), gwnaeth Rufus defnyddio thema gwnïo i ddod a phobl y cwm at ei gilydd i rannu sgiliau a straeon. Wrth archwilio themâu amlwg ‘gwaith benywaidd’, baich emosiynol a thrais domestig, fe ddysgodd y grŵp am brotestiadau denim dwbl yn yr Eidal ag amlygwyd trais yn erbyn menywod a merched. Bu'r grŵp yn dangos diddordeb i gynnal parêd heddychlun gyda chynllun i greu baner clytwaith a gwisg denim i wisgo wrth gerdded o gwmpas y pentref. Roedd yna bwyslais ar ddathlu'r man Gather, lle a ddatblygwyd gan artistiaid benywaidd eraill o'r cwm wrth geisio'i ail-ddychmygu casglu o fewn y gymuned. Gwnaethom hefyd cynnal nifer o sesiynau chwedleua gyda Ceri John Phillips a wnaeth helpu i ni archwilio cysyniad Swynwraig gyfoes.

Mae'r clytwaith yn cynrychioli cydlyniad cymunedol, cyd-glymi unigolion, straeon a geiriau i greu rhywbeth sy'n fwy na'r peth ei hun, a crefftio gobaith a chariad. Mae'n ofyniad heddychlun am ryddid rhag camdriniaeth ym mhob ffurf.

Yn ogystal â rhannu sgiliau a straeon yn y sesiynau yma, gwnaeth y grŵp archwilio iaith gan ddefnyddio cysyniad Geiriau Allweddol. Fe annwyd y geiriau allweddol yma wedi sgysrsiau am y geiriau a defnyddiwn o ddydd i ddydd a'i chyd-destun, ei Sylfaen o fewn diwylliant Cymru a'r iaith Gymraeg, ond hefyd gan gonsidro Eidaleg, Ffrangeg, ac ieithoedd eraill. Mi oedd hwn yn ddathliad ieithoedd cynhenid.

Na wnaeth ein parêd digwydd yn anffodus, ond gobeithiwn bydd y ‘powers that be’ ein cefnogi i'w gynnal yn y dyfodol.

SWYNWRAIG

CASGLIAD DENIM DŴBL

Doedd aros o fewn ffiniau sgwariau brithwaith ddim yn ddigon i griw siop goffi Dwell bu'n creu amryw o wisgoedd ac ategolion denim yn cynnwys ffrog priodas. Mae gan bob eitem ystyr, gyda straeon personol wedi'i mynegi yn ystod y creu, geiriau allweddol wedi'i ddatgelu, a hanes cyfunol wedi'i rhannu.

DENIM DŴBL COLLECTION

Not content with being confined to patchwork squares, the creative group at Dwell coffee shop produced a range of a denim outfits and accessories that even included a wedding dress. Each item has meaning, personal stories were expressed in and during the making, key words uncovered, collective histories shared.

SWYNWRAIG

HOTPANTS

Roedd rhan fwyaf o'r tecstilau ag gadawyd yn ddarnau canol, y gwysed, a'r caewyr - roedd yr 'hot-pants' yma'n lliwio'r sgwrs i fod am gyrff menywod, 'slut-shaming', diogelwch menywod, delwedd corff a diwylliant diet. Fe wnaeth yr artistiaid a'r cyfranwyr addurno'r siorts gyda'i syniadau ac ymadroddion a deilliodd o'r themâu blaenllaw yma.

HOTPANTS

Much of the offcuts from the patches turned out to be the waist, gusset and fastenings - these 'hot-pants' lead to discussions around the policing of women's bodies, slut-shaming, women's safety, body image and diet-culture. In response, the artists and participants decorated the shorts with the ideas and phrases brought to mind by these themes during the project.

W
B

SWYNWRAIG

“Hotpants gan Rufus Mufasa a’i theulu tynn o artistiaid a chyfranogion sydd wedi creu gwaith syfrdanol am bwnc rydym yn meddwl ein bod yn gwybod digon amdano, pwnc ein bod yn credu sydd wedi hen ddatrys. Cyflawnwyd hyn gyda dyfais syml iawn - gwniwyd dyfyniadau o dreialon trais i ddillad merched, gyda dyfyniadau oddi wrth lys y farn sydd yn amlygu’r gred bod gan fenywod bai am wisgo’n ‘bryfoclyd’.

Mae dedfrydon y treiswyr yn rhai ysgafn. Mae'n arswydus i weld natur dillad y menywod - mae'r rhain yn hollol normal. Mae'r rhywioledigrwydd yn glir dim ond ym meddyliau'r treiswyr a'r llys. Gan daflunio rhywioledigrwydd i'r dillad yn llythrennol, gyda geiriau'r llys yn llythrennol wedi'i wnïo yno, mae'r artist Marion Cheung yn pwysleisio sut mae baich rhywiol gyda'r dioddefwyr. Mae gosodiad testun ar decstilau yn drosiad pwerus ond cynnil o orfodaeth dynion ar fenywod yn gyffredinol, y troseddau ac yr iawndal tybiedig.

Mae'r darnau denim eraill yn y casgliad arbennig hwn yn ymgais i ddatgan anghyfiawnderau epstemig, i weld yr ymosodiadau micro, y gormes, a'r trais cynnil sy'n effeithio menywod wrth geisio llywio beichiogrwydd, byd gwaith, ac yn gyffredinol ym modolaeth fenywaidd. Mae'r darnau dwys hyn yn mynnu atebolrwydd ac yn eich gadael yn teimlo, yn union fel y profiad benywaidd, nad oes gennych unrhyw le i chi guddio.”

SWYNWRAIG

“Hotpants by Rufus Mufasa and her tight band of artists & participants created one of the most arresting and shocking impacts on subjects we think we know about, and on which we think the tide must have long since turned. It is done through the very simple device of sewing in quotations from rape trials into women's clothes, quotations from courts who clearly view the women as partly or mostly culpable due their 'provocative' clothing. The sentences of the rapists are correspondingly light. Yet what is shocking is that these are very ordinary women's clothes. Their sexualisation is wholly in the minds of the rapists and the court. By projecting this sexualisation onto the clothes in textual form, literally sewing the court's words in, artist Marion Cheung highlights the imposition of sexual culpability on the victim. The imposition of text on textile thus becomes a powerful but subtle metaphor for the imposition of men on women in general, both in the crime and in it's supposed redress. The other denim pieces that make up this spectacular collection on deciphering epistemic injustices capture the micro aggressions that bubble up the oppression & subtle violences that women endure when navigating pregnancy, professional spaces and just in the day to day of navigating womanhood. These profound pieces demand accountability

and leave you feeling, just like the female experience, that you have nowhere to hide.”

Dr Peter Morgan Barnes

SWYNWRAIG

“Fe wnes ddarganfod gwaith arloesol yr oedd Rufus Mufasa yn gwneud yn y gymuned gan fy nghydweithwyr yn y Brifysgol yn Hydref, 2023. Gwnes ei gwahodd a’i thîm Swynwraig Denim Dwbl I rannu’r prosiect mewn arddangosfa gydweithiol gyda GS Artists a Choleg Celf Abertawe: Indirect Direct Access. Roedd y gosodiad yma wedi’i gynllunio gan Rufus yng nghyd a thîm o arbenigwyr tecstilau a chyfranogwyr cymunedol gan ddefnyddio denim a thecstilau. Fe gneuwyd y faner clytwaith DENIM DWBL er mwyn parêd Hop-tŷ Denim Dwbl yr oedd wedi ei drefnu i ddigwydd yn Nhachwedd 2023.

Rhan o Swynwraig oedd hon, prosiect a phartneriaeth rhwng Undercurrents (grŵp cymunedol Arts in the Aber Valley, Cyngor Sir Caerffili ac Addo).

Roedd y gweithiau hyn yn cynnwys testunau'r disgyrsiau dilafar am brofiadau'r merched. Bu'r arddangosfa'n tanio sgyrsiau a meddwl dwys gan fyfyrwyr a staff y gyfadran yn UWTSD. Gwnaeth Rufus hefyd darlithio am brosiect Swynwraig yn symposiwm UWTSD: Are You Sitting Comfortably? Ethics of Speaking, Knowing, Looking, and Touching, a chaeth ei osod yng nghyd a'r arddangosfa. Mi oedd y symposiwm yn agored i staff, myfyrwyr, a'r cyhoedd gyda ffocws ar y celfyddydau, epistemiaeth cymdeithasol, sylwebaeth gymdeithasol, celf, barddoniaeth a cherddoriaeth. Roedd darlith Rufus yn gyflwyniad academiaidd a ddaeth a dynameg newydd, cyffroes i leoliad traddodiadol y gynhadledd. Gan blethu pynciau beirniadol i gelf, cymuned a barddoniaeth, mae Rufus wedi dod â gwybodaeth newydd i'r oriel a lleoliadau academiaidd ac mae'n gwneud gwaith arloesol ym maes celf, gweithrediaeth a mynediad a chynhwysiant.”

Dr Anna Stenina

SWYNWRAIG

“In October 2023 I found out about the pioneering work Rufus Mufasa was doing in the community through colleagues at the University. I invited her and her Swynwraig Denim Dwbl team to bring the project to the two-venue collaborative exhibition between GS Artists and Swansea College of Art: Indirect Direct Access.

This installation was prepared by Rufus and a team of textiles experts and community participants using denim & fabrics, and they had created a DENIM DWBL patchwork banner in preparation for the Hop-tŷ Denim Dwbl parade that was planned to happen in November 2023. This was part of Swynwraig, a partnership project between Undercurrents (Arts in the Aber Valley community group, Caerphilly County Borough Council and Addo).

The artworks contained text that referred to the unspoken discourses of the women's experiences. The installation provoked a lot of conversations and reflection by the UWTSD fine arts students and the faculty staff. Rufus also presented a talk & lecture about the Swynwraig project at the UWTSD Symposium: Are You Sitting Comfortably? Ethics of Speaking, Knowing, Looking, and Touching, which was organised alongside the exhibition. The symposium was open to staff, students and the general public with an interest in arts, sociology, critical social epistemology, social commentary, art, poetry and song. Rufus's talk consisted of accademic presentation and performance that brought life and dynamism to the traditional conference setting. Weaving critical topics into art, community and poetry, Rufus has brought new knowledge into the gallery and academic settings and is doing groundbreaking work around art activism and access in inclusion.”

Dr Anna Stenina

SWYNWRAIG

KEY WORD GLOSSARY

Exploring their role as contemporary Swynwraig in the Abertridwr valley, Rufus Mufasa has painstakingly collected cross generational conversations, histories, stories, prayers and songs and using Raymond Williams' keywords theory to unlock and tap into collective language as a novel approach to grow and nurture the Welsh language in communities. This work fuels feminist action in the unleashing of buried mother tongues. These words invite us to consider collective understanding in the shaping of our Nation of Sanctuary.

KEY WORD GLOSSARY

Rhestr Geiriau Allweddol

Yn sgil ei rhôl fel Swynwraig gyfoes yng nghwm Abertridwr, mae Rufus Mufasa wedi mynd ati i gasglu sgysiau aml-genhedlol, hanesion, straeon, gweddïau a chaneuon wrth ddefnyddio theori geiriau allweddol Raymond Williams. Defnyddiwyd y theori yma i ffeindio'n iaith gyfunol er mwyn hybu'r Gymraeg o fewn ein cymunedau. Mae'r gwaith yn tanio gweithred ffemenitstaidd wrth ryddhau mamieithoedd cudd. Mae'r geiriau yma'n ein gwahodd i gonsidro'n dealltwriaeth dorfol o sut i siapio ein Cenedl Noddfaol.

SWYNWRAIG

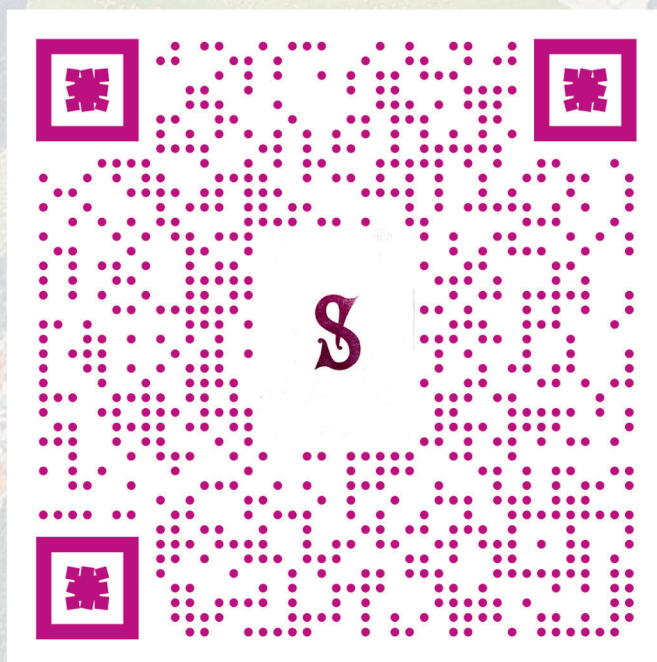
WHAT HAPPENED TO THE WOMEN YOU BANISHED?

Rufus is a primarily a wordsmith, her practice builds on the art of Hip-Hop and spoken word to document her findings, learning and experience. If you are in a room with Rufus, expect to be mirrored back by her work!

The pieces available here as print and audio (scan the QR code) are some of her response to the Undercurrents - On our doorstep project.

Geirwraig yn bennaf yw Rufus. Mae ei hymarfer gyda Sylfaen yng nghelfyddyd Hip-Hop a chelfyddyd lafar. Defnyddir y rhain i ddogfennu ei chanlyniadau, i ddysgu, ac i brofi. Os ydych yn ffeindio'ch hyn mewn ystafell gyda Rufus rhai i chi ddisgwyl cael eich adlewyrchu yn ôl gan ei gwaith!

Mae'r darnau print a sain ar gael yma (sganiwch y cod QR) yn rhai o'i ymatebion i brosiect Undercurrents - On our doorstep.

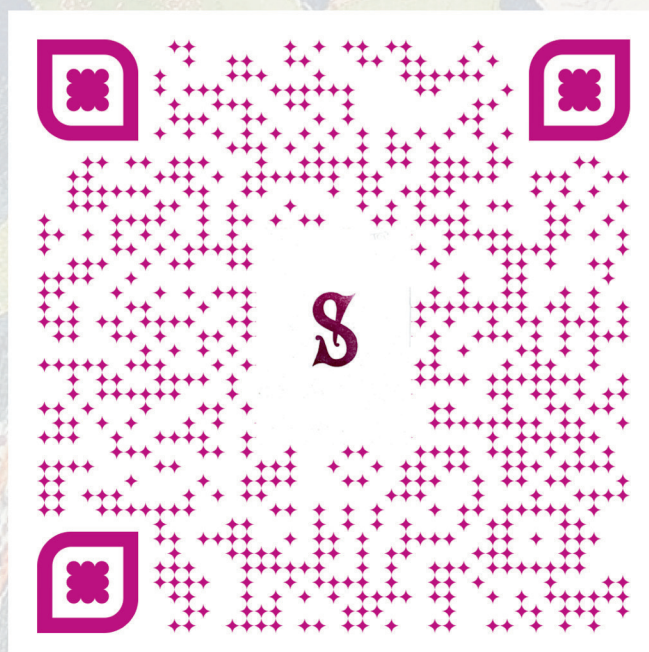


SWYNWRAIG

FOXGLOVE

In our earlier sessions we worked with Tea Towels, #ClecsClwtyn. This is in fact our third exhibition for this project. During these early stages, the word Foxglove was a key word that inspired our creative enquiries. There are many Welsh language variations of Foxglove. This inspired a song. Here's the music video we made, where you'll find Foxglove translated in all it's forms.

Swynwraig is now a female led record label, not funded by the project, but fuelled by the creative cooperative that we have created. Tri(ger) Warning(s) is the label's first album that launched in Chapter Arts Centre on the 24th February (the same day as Jemima Nicholas ended the Battle of Fishguard). We are all contemporary Swynwraigs, united in our understanding that change is coming.



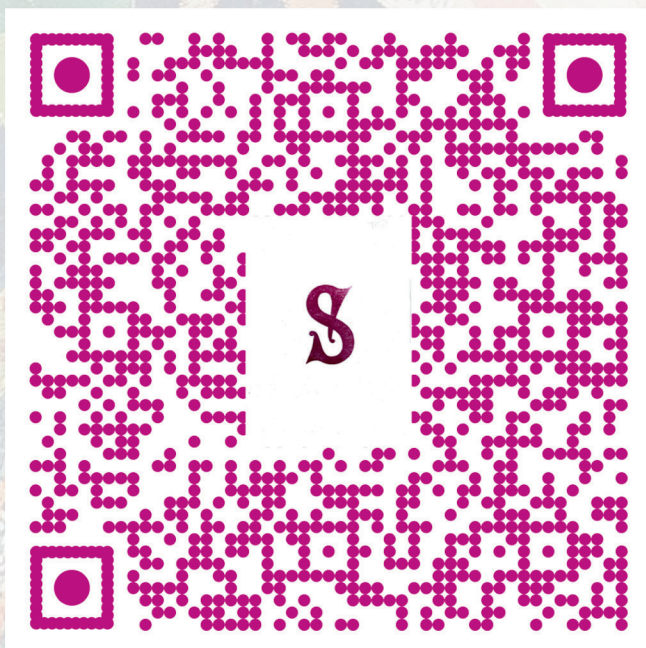
SWYNWRAIG

CLYTHIAITH

References, links, posters and photos from the project can be found on this digital patchwork, and you are welcome to add your own photos, words and links.

<https://padlet.com/bandorbeirdd/clytiaith>

Mae cyfeiriadau, dolenni a phosteri a lluniau o'r prosiect i'w gweld ar y clytwaith digidol hwn, ac mae croeso i chi ychwanegu eich lluniau, geiriau a dolenni eich hun yma:



SWYNWRAIG

ONLINE

We ran online Swynwraig sessions to ensure that there weren't barriers to those that struggled to attend in person and for those wanting extra sessions exploring language.

Caring responsibilities especially can mean that sessions are unaccessible and we particularly wanted to address this. We also wanted to share with wider Wales this innovative approach to feeling included in conversations around language and through these approaches we developed a supportive network that will continue when this project ends.

For Swynwraig members this is far from over and we have mentored one another and an abundance of opportunities have been made available to all, artists have been unskilled & feel valued and continued professional development has made us resilient and confident.

The Welsh language has been made accessible in sincere ways that has widened networks & created an abundance of opportunity for all.

SWYNWRAIG

AR LEIN

Fe wnaethom gynnal sesiynau Swynwraig ar-lein er mwyn sicrhau nad oedd unrhyw amheuaeth i unrhyw un i fynychu'r prosiect, ac i roi siawns i bobl cael sesiynau ychwanegol i archwilio'r iaith.

Mae cyfrifoldebau gofal yn gallu peri i fynychiad y fath prosiect i fod yn anodd, pwynt a theimlom yn frwd oedd angen sylw. Roeddem hefyd am rannu ein dull arloesol yn ehangach yng Nghymru i alluogi fod pawb yn teimlo'n rhan o'r sgwrs am ein hiaith. Gyda'r dull yma rydym wedi datblygu rhwydwaith cefnogol a fydd yn parhau pan orffennwyd y prosiect yn swyddogol.

Dydi hyn ddim ar ben i aelodau Swynwraig. Rydym wedi mentora ein gilydd, ac mae yna gyfleoedd helaeth wedi bod ar gael i bawb, gydag artistiaid di-sgil yn teimlo'n werthfawr, gyda'r datblygiad proffesiynol yn hybu pawb i deimlo'n wydn a hyderus.

Mae'r Gymraeg wedi cael ei gyflwyno mewn ffordd hygyrch a ddiffuant sydd wedi lledu rhwydweithiau, a chreu digon o gyfleoedd i bawb.

SWYNWRAIG

ONLINE

"As a dysgwyr, the Swynraig online space became a real refuge for me - where I could learn and speak with so many others across Wales about such a wide range of stuff, and I learned about me utilising the language I have right here, right now and not waiting until I'm rhugl to sgwrs efo ffrindiau!

Not being able to attend the Swansea exhibition, but having the virtual chance to meant so much! It was a real beautiful moment of seeing and hearing more about the work, with guests having the chance to chat also!

Dw i'n ffrind creadigol yng ngogledd Cymru' a mae gweithio gyda Rufus yn ysbrydoliaeth personified!"

Anastacia Ackers (Wrexham)

"For me the Swynwraig online project was about claiming our identities as indigenous Welsh women, connecting with the land, myth and culture and reweaving the language and finding and creating beauty and meaning through the lense of mothers, abuse survivors, single mothers, artists.

It was the first time I had been considered an artist and that my connection to the land and to the words that flow from it to me had value. I've been celebrated and celebrated with other women, invited to new spaces and places, and was given permission to invest in my artistry and have a network of women that I can grow with".

Jenny Wren (South Wales)