

## CASE STUDY: Women's leadership and community action: Mabel Chah, Sligo, Ireland

Mabel Chah is a Singer/songwriter, Project Coordinator for Sligo Global Kitchen & Business HR Graduate. "I am the coordinator for Sligo Global Kitchen, a project that brings people together over traditional meals cooked by people from different cultures.

"I am a business graduate from IT in the HR domain", says Mabel for Sligo live podcast:  
<https://www.sligo.life/blog/mabel-chah-singersong-writer-project-coordinator-for-sligo-global-kitchen-amp-business-hr-graduate>



Community is power.

I like to think I'm just one of those people who would rather not sit and ask what has the community done for me, but ask what have I done for my community, for my neighbour. I moved to Sligo in 2013, a new community, a new country, for a better life, most of my old life left behind, it was scary.

Coming through the asylum system is not easy, so many restrictions. But I thought - what is not restricted for me and found: music, so I joined the choir, which led to singing the national anthem in Irish. I sang for Prince Charles even and I kept giving to the community, and nothing got wasted.

It was a hard 2 years, but I started to suggest the same approach to others. I started a food project with a Sligo local Anne Spearman, we developed into serving for 500 people in a gorgeous gallery and cooking meals from our own countries for the community, bringing people together.

**Community is power.**

LINKS about Mabel:

<https://www.irishtimes.com/news/social-affairs/former-asylum-seeker-mabel-chah-to-launch-ep-in-sligo-1.3995515>

<https://www.independent.ie/regionals/sligochampion/lifestyle/global-kitchen-establishes-supper-club-38183968.html>

<https://cairdefestival.com/events/hands-across-world/>