

## Richard and Mary Johnson (couple)

### Participants – Elevenses



1. **Could you tell us a little bit about yourself and what life was like before you got involved at the Ffwrnes Fach?**

I spent most of my life away from home working on ships and in the end, I found Mary had changed so much, that's when we started to suspect the dreaded dementia. So I had to pack up work. I slowed down work wise and became a tutor to army guys in the repair of equipment. So yeah, in that I could see it was getting hard for Mary so I retired.

2. **How did you get involved in the Ffwrnes Fach? What did you hope might happen as a result of getting involved?**

It was through our daughter; she does social work and at the time was a nurse and she suggested it might be of some benefit and since then we have very much benefited from the group. In fact, it's the highlight of our week.

3. **As a result of participating, what do you think has been the most significant change for you personally?**

Meeting people. Where we live now is very quiet and we are not used to that as we are from Bristol and noise is a factor there that you just get used to, there's so much noise that you don't even notice. A big thing is to be welcomed here and the staff and volunteers are so caring. It's a joy to come here.

4. **What caused this change?**

Just talking to people that we did not know and it's all down to the willingness of people. It makes you meet people that you wouldn't otherwise meet in your life.

**5. If you were to tell other people about People Speak Up, what would you say?**

It's well worth coming, the social aspect is fantastic. We would say come along. We also go to the Carmarthen elevenses as well as here in Llanelli. I think the young people are making decent cups of tea and it's nice to see youngsters get involved .

The variety of stuff you do is great, there is so much going on.

**6. What title would you give your story?**

Friendship group.