

Pete Mosey

Participant – Volunteer – intern



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

I was living in England for 15 years and moved back to Wales in 2017 and found that I didn't have a big network. My mental health deteriorated over the next few years and I wasn't engaging in the things that I used to enjoy, I used to write a lot which stopped and I heard about story care and share, I didn't know what PSU was but I came along to a story care and share session and that was just before the pandemic so start of 2020. I found it gave me something to look forward to, a connection with other people and being creative. It made me want to write again and gave me confidence. The pandemic came, and my mental health was worse and if I didn't have the story care and share zoom, I think it would have been even worse. It was a good lifeline.

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

I didn't have any expectations before coming. The projects that I have been involved with are sing up, Story care and share, Spoken word Saturday, and then Arty Afternoon when I started volunteering and then volunteered with Street play as well. I have been writing the blog for a few years and now on an internship and have been doing home visits as well. I wrote a blog about volunteering and the benefits of volunteering and that made me think that I should do it to. I have had a lot from PSU and I could give back to people and that's helped my confidence as I was at a career slump and I didn't know where to go next and this gave me confidence and new skills.

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

My mental health is considerably better. I don't feel isolated or lonely anymore. I have more direction in terms of my career, it worked for me both socially and professionally.

4. What caused this change?

A combination of everything that goes on at PSU. There's been a shift in my outlook since it's less about me and my mental health and more about supporting others in doing that. I want to pass on the value I have had from it, it's been a big shift.

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

I think there's enough opportunities for people to be involved at any level. It's very inclusive and a welcoming space for people to come and get involved.

6. What title would you give your story?

A change in outlook!