

Stephanie Sims
Participant – People Sing Up



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

I had been through my second lot of cancer in 2015, and a friend bullied me into joining Tenovus choir, it was a very stressful and quiet time but when I joined the choir, Eleanor turned up one night and persuaded us to join a project that she was carrying out to tell our story. Which was a wonderful experience. It was very emotive but from that, I joined PSU and I have been coming ever since.

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

I didn't have a clue what would happen, I was going through a stressful time and through PSU, I was delighted to find new friends and to be able to discover things to do that were new and to be able to stretch my mind and imagination.

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

Going out more! A lot more. And meeting new people, and very importantly, I have got to know so many different people from all different backgrounds and I love them all! I like them all and get on with every person. They have taught me a lot about life.

4. What caused this change?

I think it was just throwing off my worry about getting involved in things. I am involved with the WI as well but here I get to meet so many people outside of who I would usually run into. I have met so many male, female others that taught me life is not just ordinary

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

People have asked me about PSU and I can't explain it in less than 200 pages. It is eclectic and I guess I end up saying, i will bring you a leaflet because there is so much to do here and I find it covers all ages, a range of people and I just can't explain it in a simple phrase.

6. What title would you give your story?

From the past to my future.