

Tom Lowther (Age 14)
Participant - YPSU



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

I was just in the house every day and I didn't go to school much either and didn't do much at all before coming here

- 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 school. My friend came here and I didn't want to come alone so I thought it would be cool to try it out, I knew someone here so that really helped.

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

I do a lot more now and even outside of PSU, It's given me motivation to do more than I was. I think it's helped my confidence; I have met new friends. I'm volunteering now too, which has been great.

4. What caused this change?

I used to spend every day in bed but now if I have a day of doing nothing, I get bored easy, so I think it's just doing stuff has helped me do more throughout the days. I just like keeping busy now and having things to do. It's nice being able to work with older people as well as the younger groups as I have been volunteering with the dementia group which has been cool.

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

It is really cool, it's very fun, they should definitely come, I try to get my friends to come when they're not busy

6. What title would you give your story?

Nothing to something!