

Irene and David Gladstone  
Over 50s participants – married couple



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

It was difficult because we came to South Wales due to a lack of work in our hometown, and Irene is from Llandeilo originally, so we were invited down by the family. There was not much work here but there also wasn't a shortage. We started a business as builders and worked on several properties in the Carmarthenshire area. So, our main aim was to move closer to family.

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

It was recommended through a friend who was already coming to the groups here, we didn't know what it was going to be like, so we didn't have any expectations at all for it. I originally thought it was going to be about having debates after I had heard that it was called People Speak Up and then found out that it was more arts based.

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

It's a place to come and have a coffee with friends, we have met people our own age who understand that as you get older, you need the company of your own generation. We are always ready to speak up and we go out often now because we started coming to this place. It's nice doing movement as a lot of us hear are struggling with mobility so it keeps us moving.

**4. What caused this change?**

Companionship. Hearing about health from friends is interesting and hearing about history and stories from other people is what we like about being here

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

We enjoy it, it's a place to come with people of your own age and to do different activities. It keeps us motivated and when we are here, we are happy, and we have a good laugh. I go home and it's quiet and when other people here go home, it's also quiet so it's nice for us all to come here and have a laugh. We have made our own little groups here.

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

**Going out!**