

“When Lorna first told me about the Lace programme, I felt very positive about it and felt that it was a good thing to do. I found the experience an amazing one. It was quite a discipline to follow which I enjoyed. I noticed that as I did more and more sessions, my abilities seemed to grow. It taught me a lot about the process of listening and I find myself consciously putting into practice what I’ve learnt. For example, I’ve noticed that I’m following conversations on the TV more easily.

Lace also offers advice on listening tactics e.g. where to sit when in a busy restaurant. I found myself putting this into practice recently. Some friends offered me a seat at a table which I refused because I knew by sitting elsewhere; I would be able to listen better. Because of LACE, I found new confidence to be able to ask for this and to explain my reasons to my friends.”

-Rita Davies