

## Our own life

My name is Mary Seymour, I am married to William Seymour. We live in 10c, Slip Heights, Bantry. We got married in 2005. It was a lovely day, my brother told me that my wedding was better than his own wedding.

Being married means an awful lot to me because I have somebody to share my life with. William is always there for me, he's always there to listen to me. One of the things that we do when we go home every evening, we sit down, with a cup of tea, and we discuss what we did during the day. I feel that if I'm a bit upset during the day that William has the time to listen to me and support me.

There are challenges about being married. When you are married you have to share your life, you cant always do what you want to do. There has to be give and take. There are times where you will have disagreements.....we wont call them rows! After a disagreement its important that you sit down and discuss things.

Sometimes when we have a disagreement I ask other people for advice, and when I get advice sometimes I don't like what people say. We get an awful lot of support from William's sisters. They are very good at giving advice. Sometimes I can keep telling my problem to so many people that I end up with too much advice.

We get support from CoAction. Sometimes we need hardly any support and sometimes, if something goes

wrong, we need more support. It is very important that when we need more support that it is there for us. Budgeting is a big thing we like support with, if we were deciding to paint the house or something like that we would like support. Neighbours were bothering myself and William and we talked to a staff in CoAction and they helped us to deal with it. This was a very upsetting time, I felt like leaving my own home. The support that we got from CoAction helped us an awful lot to stay in our own home and solve the problem. Sometimes someone just checking in to see that everything is going ok is enough. I like the support from CoAction but I feel that sometimes they try and take over my life.

Some of the people in CoAction need more support than we do. I think its really important that everyone who is coming to CoAction should be able to live their own lives, no matter how much support they need. It seems to me that it is the people who only need a little bit of support that get to live their own lives.