

Beat: Entertainment

## I shut myself away & didn't really associate with anyone for a long time

**Miss.Sexy UK2022 Contestant Mandy Riding**

London , 21.05.2022, 15:18 Time

**USPA NEWS** - My name is Mandy Riding.

I am 53 years old & live in a small town surrounded by beautiful countryside in North Yorkshire.

I have two girls who I have raised alone,my eldest suffers from many conditions & spends a lot of time in hospital,it's not always easy but we try to get on with our lives & try to live the best way we can.

I work in hospitality & have done for many years,I'm very much a people person & love to meet new people on a daily basis.

I would consider myself to be a fun person who loves to help other people & like nothing better than to see people do well in life.

A few years ago our life's were shattered after the passing of of both my parents so close together,I spent nearly every day surrounded with all my family. This had a massive impact on us all & for months I could not see a way forward in life,I shut myself away & didn't really associate with anyone for a long time..

Life became a struggle,it was my close friend & my girls that helped me through the bad times,I had practically stopped eating & lost nearly half my body weight ! I knew in my own mind it was make or break time but I didn't know how.

Whilst being at home In the winter I had a fall on some ice resulting in damaging my knee,I took time to rest & whilst laid one day I received a message from a lady asking me if I would like to take part in a photo shoot in a studio in Leeds..

I couldn't believe it I had never done anything like this before,I tried to get out of it but she was so lovely & said they would help me put a shoot together.

Still struggling to walk I decided I would go to the studio & see how I got on.

Everyone was so lovely & professional.

After a few weeks I received all the work from this shoot,I was so excited & happy & thought I had done really well!

It was then I decided I would share some of my work on social media,I could not believe the response I recieved especially at my age.

I was waking up to messages from photographers from all countries praising my work..

After this everything went crazy!

I was offered to do more shoots around the uk & even did a charity calendar a few years ago..

I did a sponsored walk wearing just a bikini in -3temp through snow & sold images online to raise money for a beautiful young lady who was suffering with a brain tumour!

I managed to raise a lot of money & was so happy but unfortunately a short while later she passed away & the funds were donated to the charity which still went on to help others!

I have a strong passion for fashion,art & design..

I've worked with my tattoo artist for many years now designing my artwork for my body.

I have also appeared on a TV show which hasn't yet been aired..

I've done film work over the last two years,first playing small roles then moving up,I currently have a short concept piece that's been forwarded to Hollywood so will see how far that goes..

I also work with Talent Image Entertainment,we are at the stage of now being ready to start filming in June.

Life is good & lots of doors have opened for me over these past few years..

I received a message a while back from Zarah Shah CEO & founder of Miss Sexy Uk asking if I would like to audition for her Beauty Pageant.

My thoughts were how will I fit it in with being so busy!

I agreed & went off to London to do a photo shoot with Zarah & the rest of the ladies from Miss Sexy Uk.

It was an amazing time we did the pre shoot for the beauty pageant at The Tower Bridge which is a fabulous location & we all had a fantastic day!

Many thanks also to the beautiful Deborah Jay Kelly who interviewed us all,I would like to wish all the ladies the best of luck,you are all amazing & beautiful people...

Zarah has put a lot of effort into this pageant & she has a strong passion for helping others & what I like is the fact that she has based this pageant around ladies of all ages & cultures & it definately works well!  
Each & every one of these beautiful ladies is very unique & are an inspiration to many!  
I look forward to seeing everyone on the next shoot before the pageant!  
The photographers,videographer & judges were also amazing & have done fantastic  
I have met some fabulous people in the past few years & wish everyone good luck in their future whatever they choose to do..  
Life is for living & Im certainly going to live mine .

Said : Mandy Riding  
Contestant Miss.Sexy UK 2022  
By ZARA SHAH  
London UK

**Article online:**

<https://www.uspa24.com/bericht-20830/i-shut-myself-away-und-didnt-really-associate-with-anyone-for-a-long-time.html>

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