Beat: Entertainment

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

Miss.Sexy UK2022 Contestant Mandy Riding

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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 & proffesional.
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

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