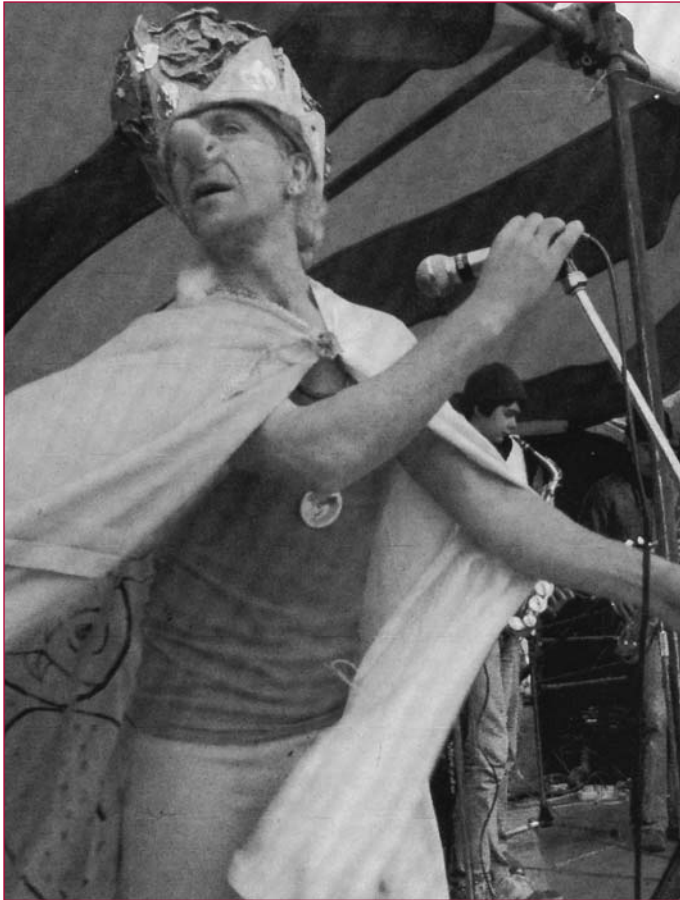


## My first realisation:

*'I felt as if I had been hit'*



*Tracy Walters performing with the T-Bone Boogie Band*

*'When I was at school, corporal punishment was still around. The teacher used to smack you around the head if you were out of order. Your ears would ring and your head would spin...*

*I remember walking up the hill towards Wolverton – there was no city centre or hospital then – and I was shopping, Saturday morning shop, and it hit me like that:*

*I am going to put roots down in this place called Milton Keynes.*

*I felt as if I had been hit. It didn't hurt. It was just my head spinning.*

*It was a realisation of self-belief and self-confidence which I hadn't felt in years...*

*Somehow this was the place where I could turn myself around. It was up to me.*

*I could either blow it or turn it into something that was a way of life.'*

**Tracy Walters**