

Group interview 26/3/23, London, UK

Please introduce yourself for this research, okay? I already think I've come in this country. In 1999, I'm a business director and I'm running a electronic business in a UK. Thank you. And were you from Afghanistan itself? From Kabul the capital. Okay, and yourself matter. Hi, I'm Jasmine.

00:25

I work as a cover supervisor. I'm from Afghanistan. Kabul, I came into this country in 1999. Okay, I cover supervisor and what I work in high school, special needs high schools. I work with autistic children. Fantastic. So, you are able to become a children teacher. Yes, at the moment, I'm just cover supervisor, and I'm school nurse, and it's autistic children.

00:50

And, yeah, I'm planning. I'm thinking about counselling or teaching. Fantastic yourself. So hi. It's me Saren Jeep, Sony, I came in UK in 2016 from Afghanistan, Kabul in 2018, Nagoma Visa and I started my apprenticeship as a dental nurse and I qualified in 2020. So, I'm working as a dental nurse since 2018.

01:15

And now, I've applied for university to be a dental hygiene in therapist. Fantastic. Congratulations. Thank you. And yourself sir. Hi, my name is Hames Incredia. I came in UK in 2016 and I'm, I work in post office over its, and now I'm got my own wine shop, and I'm running with my friend over there.

01:37

Yeah. And I'm from Jalalabad. Fantastic! Okay! Hi everyone, My name is Jitendu Singh. Chawla Premi known as Premi Singh. I'm a police officer currently serving in the Metropolitan Police. Also, my background is from Royal Air Force. I was the first seek selected in Royal Air Force. I arrived in United Kingdom in 1998 21st of December 1998, as a refugee Asylum.

02:01

Seeker landed in Dover port Thereafter. When I arrived in this country. No, no, command of English language was ever worked hard within a year got my GCSEs there after I never looked back one didn't do college did my graduation in aviation business management and aviation management BSE owners, got my two-one qualifications and then thereafter, my father felt in.

02:29

So came out of the Role, A Force went in to banking sector, and then thereafter property, and finance, I worked on a multi-level. He's been roles corporate roles working for lemons bank. Also, I worked with a corporation with metal inch bank. I walked with a lot of consultancy services and management services and a property world.

02:52

Apart from that, on the voluntary side, I'm a community representative for the Afghan six. I worked also correlationally with a British foreign office wherever as an advisory role, and with the UK home office. At the same time, I represent my Afghanistan community and the Guzara Guru, Randhawa to the external world.

03:10

I have represented the Afghansi community up to United Nation. European Parliament. And the Hague. Also, we are planning to hopefully, so in the coming to three years to have a correlation. Institution, academic institution, as these, all young guns of Afghanistan together. Today with yourself, Professor Malston to represent our Afghanistan community in transport planting, especially in America and other countries yourself.

03:45

Can even yeah. So before we were talking about the hard work, they had to put in when you came because your parents were very new to this different environment. So I wanted you to get talk about your experience of those first few years when you're here and the type of things you have to do.

04:04

So when we came into this country, we had to do lots of translation because we we only spoke minimum English, but we went with our cousins, with our mum and dad, doctors, hospitals, councils home office, and we introduced translation and we have to take time off from school as well.

04:23

So and when I joined the school English was my first language. So I did GCSE in the subjects, I was given but because I wanted to do something in future. So I went back and I did read my GCS because obviously I didn't get a to see back then because English being a barrier.

04:42

So I did my GCSE English last year, English and maths. Because I wouldn't further my career, but we had the responsibility of the parents running of the house, paying the bills. Everything we had to manage, I was only 14 15 then but all the responsibility came to us. And when your parents came

anyway, obviously, they were not only moving to a new culture environment, but they also had to start to work and a living.

05:12

So they must have worked, my guess is very hard indeed. And so what type of things did they do to and that you know, when they first came. So as I came recently in 2016, it was very hard time, you know, to leave your own country and come to a very new country where it's everywhere.

05:30

You see it's old English and which is not our first language as well. And as you know, in Afghanistan, there was no education. There was but we guys were not allowed to go out and study to the schools. What was the reason not a lot. So it was because the the Taliban they don't allow alike, we couldn't step out from our houses.

05:46

Try to go be used to when a polkas if even we want to go to the seek temple, we have to whether bullcash which is now in our culture, but we still have to just cover identity. We have to weather forecast and go out just for the work shape as well.

06:00

So you can imagine how hard it could be to us to go to the tools. Like we couldn't go to schools at all. So my mum, she used to teach me at home early of English math, because she was a teacher there in Afghanistan in our own time. So, when the things were very well settled, it was very good.

06:17

So she used to teach me. How, and when we came here, it was everything was new. So for first few days or like we would say months, we used to like cry where we are. And so after that we went to the home of phase then we apply for the visas and stuff so that that difficult time as he was saying us today.

06:38

If you see the hard time it's good for your future but if not, if you are if we chill our life now then if anything. How happens to us in future, then it's going to be hard for us, but I'm very grateful that we are in this country and it helps us a lot because I this country helped me.

06:57

I helped my mum and dad a lot in the language. As she said, we have to translate each and every single thing to them so we had minimum education over there. So I did my GCSE my, A levels, my dental lasting and everything. Now on that capable that I'm good.

07:13

I can go to the university and study and be a dental therapist. Yeah, the other thing. I just want to ask you strategy. Why? In Afghanistan? You couldn't go to the school. You had a schools there too. Yeah. As I just told them that yes, we do have schools but due to our religion, like, as we were seek, we were not allowed.

07:32

If we go, they are like, they tried to us kidnap and they wanted us to change our culture and they used to like, like, if I go with my dad outside, they like used to or spit on them and try. Like that tab and, and they want us to change our religions to Muslims.

07:50

So yeah. And and let's correlate between Afghanistan and in here. Should we say if we won? If we, if the home of his says, that the Afghanists are safe and Afghanistan and you should go back to your country, you should go back to Afghanistan. What will be your response to them.

08:10

So if the country is safe, yes, everybody would love to go to their back home to their country if it's safe. Then yes, I would definitely go. But now looking at the climate, no, but looking at now, I don't think so because now it's all under control of Taliban.

08:26

So I just understand. You know, what would you prefer to stay here? Okay, yeah. All right. Can I answer that one? Yeah, so saying it's unsafe on her not. We've had that issue before. Like my father-in-law who was here with us. He used to come here. He's travelled everywhere.

08:44

He is trying to Canada. He's gone back to Afghanistan because he wanted to do something for the community but instead he lost his life. There it was because there was a attack on the Sikh temple on. Yeah, goodwara on 25th of March 2020 while he was there. He was just visiting but he's lost his life there.

09:07

So how unsafe would be feel when we go back? Can you elaborate what happened on that day in? What could God are aware this could or was and how the attack occurred amor. Do you want to tell about us? Yeah. Yeah, it was on 25th of March 2020 and The community get together for the prayer for the co-with.

09:29

19 was started. Yeah, around around 7 o'clock. They are in a good horror guru harai step in show bazaar ensures as we discussed in faster. So certainly three governments turn up and they keep first, they shot the watchmen and then the people sitting in the right serve when they're doing a primer and they starting.

09:53

So nearly around 24, see peoples and one Muslim guy lost their life, including my father was down there, could you say a bit more about what motivates your father to? Because I know that he Travel to Afghanistan regularly. Then what was it? Why did he use together? Okay, my father-in-law first of all the Afghanistan a lot so the second thing he took a responsibility of the Gujarat because he wants to go down there and there was some building work need to be done.

10:26

So he took the responsibility and he went down there and the building work was just finished a day before and next day he just lost his life. So he went there really as an active diversion to, yeah. And act of devotion, and act of community service, and just not only served the six, but also the local Muslim community.

10:48

But secretly like, you know, when when the local by when poor family is they didn't have the food. The Russians, this gutwala used to just secretly, give them these all resources. So as I mentioned doing the good times when we talk about Zayasha, we had talk about About you know, Najib Allah those times the Afghan Muslims and seeks were very close and there was a mutual respect.

11:17

But the educated the intellectual ones there was a pocket of a prejudicial man racism, which we have faced, historically, that's predominantly, but after the fall of the earth, It became a jungle, and it became a monstrous place to be living in with the monsters. Where they do not understood.

11:37

They were killing Muslim was killing Muslim, let alone the Hindus and the Sikhs. But for the Sikhs, they bought in this new regulation, that you have to put the yellow clothes outside and everything,

while there are a lot of problems, but in every community, you get the goods and the bad but the suffering compares to the Muslims and, and other committee, we were very small numbers and the way we got targeted, because must not forget this happened in 2020, March 25th, then before 2018, we lost quite a lot of heavy people there in between in 2016.

12:07

We lost a young guy cheating, the children sings a brother and his body was basically buried without him letting him know. So this these are the things we felt and especially there was an attack in 1980s. When the first Jalalabad fell under the external powers where they had a I will tease and suffers these people were getting on the helicopters, the six and some of the six have fallen from the helicopters and died.

12:36

I think so he can tell you about the Jalalabad and the danger in Jalalabad it was through a lot of big community in Jalalabad and and things here, I heard like a few years ago, there was a tackle. I could war as well. Yes, it was. And the sig.

12:48

They have taken the Guruja to the other place. Yes. Because they've been into the wars with the guns and all that stuff and they put the grenades. Yeah, I think yeah. Outside the shops. Yeah. At the shops, and they went to the door of the guns, and we have seen the videos as well.

13:04

Yes, we still, that was basically the art complex of the Gurdwara, and the shops leading to it and the lot of shops was destroyed. But if you look at the comparison of the life in here, and there, I'll be honest with you, we were prisoners within our own house compounds, you were living in the basements.

13:23

There was no life for a young generations like from 14 plus and for a girl saying, It goes, if we go out, they might kidnap the girls, they just honour them, disrespect them, force them to get them married and then convert them to Islam. If it's a boys, they will take them out.

13:39

They will tell them to convert into Islam or give it just yeah I money or thereafter if not, then they will basically kill them and I'll tell them come with us and fight Jihad since you've come here, you've been able to do more activities for you and with your community.

13:57

Yeah so you were talking earlier about all of the things that you contributed to the Godwaller. Yeah. So I used to do work Monday to Friday at work and then Saturday, Sunday, mostly Sunday because I was the housework stuff, the Sundays to stay all day and go to our helping people to be.

14:16

I've done DBS for all the, the save, our doors. And the data protection forms that everything about that because we wanted to ensure that every community member who gets registered in the committee, they have a clear date of basically criminal records, DBS check there after her role was basically translating writing letters.

14:35

Also at the same time a lot of other things she can explain to you more than the school forms for the people. Anyone helping us English is still not first language for many of them. So you know, doing forms and like passport, passport stamps and stuff. We did severe this first one of the first to have safeguarding meetings.

14:54

We helped other parents to, you know, how to keep their children safe away from drugs away from criminality. Yeah, I'm grooming is a huge part as well, even in this country. So we trying, to make sure everyone's aware of how they can help their children. So, as a gurdwara community, we try, we're trying to get out there for people.

15:14

And so the, the congregation they will come to the good world of support in these areas. Like, I've got this form to fill in for school, can you help me? Yeah, we did that. And we did the stamps forms a passports. All sport, forms travel documents visa applications nests national assignment.

15:38

Secret support forms applications, we talk about schools are forms and application then thereafter out of that code, which court marriages forms and every applications for the local councils to the registrar. Doctors appointments, doctors letters references, for the universities. I did myself as a community representative or community leader. And then thereafter, I asked them to do the letters and everything all that because because I came in before them, I've been in the committee for eight years, they've been in the committee for last four years or three years and when they came in, my job was to recruit more women.

16:16

Before earlier, when I joined, there was only two women and there were elderly in the, in the committee. By the time we came and it was like 16 and fully enrolled like fully involved. And our aim was to take this to 30 next year by 32 or double it up, we could have done that but there is a still struggle between the older generation and the younger generation in and in every community you get it even in English in any community.

16:43

And as a community, we were trying to encourage to have seek for strings as well, because we've had issues where the children are being passed on to fostering. And obviously, because the religion, they can't keep up and they have to, you know, cut their hair and follow other religions and stuff.

16:58

So, we were trying to encourage other people to have a fostering physique children, especially but obviously welcome to anyone. But that was one thing. That was, oh, yeah, very close to the families. For example, it's becoming a problem now. It is because what it is. To mention in this country.

17:18

We've been given a lot of freedom in one go and our youngsters, don't know how to handle it. So there are a lot of problem coming up within marriage also so that the children's are separating and, you know, divorce are happening. Then the children's are left in there situation.

17:32

So we are not far away from was what has been happening to the English community or the British community, or any other community. But the main thing is really, I think so we all can learn and teach each other. That is very important that family to be kept intact and I think.

17:49

So in here, I will urge, you know, the scholars institutions and and research students to put some framework within the British civic society. That that family is very important because like, for example, as a police officer, if you go into a domestic it's very easy to separate a person but there is no element of like having a liaison family lives on officer who can visit them weekly or monthly and get the husband with a wife together.

18:15



Doesn't make sense. Is still done within our community by elders, but at the moment, I'm doing it alone, single handedly, I can the very interesting things that, you know, talking about the role of women in that can see. So, obviously in Afghanistan and restricted by the external and very much.

18:32

And also by one, would imagine hierarchies within families but here things have changed but before you also talk about how difficult it can be to maintain your religious and social commitments at the same time as the first year, Children or yeah, because there's quite a lot of pressure on you to go to the Goodwire particular times of day and I can be difficult.

18:56

Yeah, you won't answer so now like before they were restrictions, we couldn't go out. But now we are very free to our religion, to anything. There are no restrictions ahead and we know our boundaries were boundaries we have in our sacred religion so we can go to workshop every day or if you're quite busy.

19:13

Then yes, you can go once in a week or whatever, whatever time you get you can go anytime. There are no restrictions on the clothes as well. But as I said, we know our boundaries. So we have to dress appropriate as baby was telling us before that, you know, wherever you go.

19:27

There are some, you know, restrictions on the clothes, that way you can wear where you can't wear, I won't say resistance yet. Is that things ethics moral morals? Yeah, moral duties. So we are very free hair. The workshop to our religion. Like we go, every freedom hair. Yeah. Yeah.

19:46

For job, I would say, you know, how in Afghanistan we went we didn't have the freedom to where what we wanted, everything else. Now here we've got the responsibility, we can like you know she says we just rest responsibility but the I would say the seek women. Now from Afghanistan are representing as dentists as doctors as surgeons as a banker.

20:10

I've got my own sister-in-law who's running in a state agent, so they are, you know, shops lawyers. Yes, I am. They are, you know, way ahead of us. Like, you know, now I think because we've got the opportunity. Yeah. So many of them are using that and then going forward, but in of confident entrepreneurship, they've got their own businesses set up at the same time, civil servant, like, let me

introduce you with this interview, Jasmine, you want to just talk about yourself a little bit introduced.

20:44

Once again, you have given an interview before. About if you're not just in one of this. Yeah, sure. My name is Jasmine Grover as we spoke earlier at my specialist tax officer, and I own a business at the same time. Got three kids. I came to this country in 2000 and when I was 10, so I've spent most of my time in the UK.

21:05

Thank you, Jasmine. The other part I want to add in here to the element of it is basically is If you have a look at it, like I made 38, Jasmine, how old are you? She's my partner. By the way, for the record. Okay, hello. You Devin 33 33.

21:23

So, if you have a look at it, like the six years and five years, get gap has given the women much more opportunity than the male component of the Afghan six. The reason why is because they had more six years in United Kingdom, and then have flourished more it within that freedom.

21:42

So she's entrepreneur. She's doing the business. She's a housewife, Anna. Same guy looking after the children at the same time and a special and looking after the big KDs their husband, of course. Yeah, but I don't know well who is looking who but let's not go into a domestic life.

21:59

Okay, back to the interview, I think so jazz. I'll leave it to you. Do the justice, please. Listen because obviously this work but there's also, you know, family and then in addition there's a lot of time spent with the community like in Goodwill or in yeah, kinship and I was wondering how it's possible to about balance.

22:29

One of these. What you just got to manage. It really is that it's about what you give priority to. Obviously family is a priority and so is your religion at the same time. So, how you balance it out? I mean, I take my take my little kids to the good or twice a week but actually three times a week, Friday, Saturdays and Sundays, they go to Punjabi classes where they learn language, our native language, and then they learn how to play the instruments that we use, you know, in our shovels in which harmony and watcher.

23:00

Yeah. So we it, that gives me time to go to the good horror worksheet at workshop. At the same time, as you know, connect to my children, to our, to our religion, who are, you know, background. You are Sort of cultures. And so, yeah, there's ways of saying, yeah, there is a way of doing back to her like my kids, they're much more grown up news.

23:23

Yeah, but my older what my and just wanted her. She's been Joby last year and my younger ones doing it this year, but what we had we had the opportunity of doing the Punjabi in school, we did it as part of our curriculum. Yeah. Now that's apart, that's not happening because they have been taken away that has been taken away.

23:43

I think so, this is a very big setback because when was that taken away? Now it's been taken away locally from this region. The entire London, I don't know why, because the the education department has set, they haven't got a funding and they've taken their Punjabi GCSE and a level out of the way.

24:01

What there was a lot of protest against it also and a lot of sequencing because it's a skill language, is a skill. And I don't know what they're diminishing. For example, these individuals when they learn English, That on youngsters, there will be saving more costings in translation in the future for the country, like for doing for parents, their neighbours and loved one.

24:21

And we did not only did basically translation only to our parents, but our cousins, our families, and for extended neighbours, and everyone who came from Afghanistan, another part is yes. The ladies in here are basically, you know, blowing their trumpets really high that, you know, they can balance and jiggle, but not with this, without a stronger partnership.

24:47

So, in here, the evidence seek boys, also play a have to play a key role, isn't it? Would you agree? Amor. Would you agree? Yes. Yeah, exactly. So, yeah, I'm not gonna let them take all the coffees. Sorry one. That's all. Yeah. So it's, you know, it's after every strong woman is a strong man and and I think so we men are too strong.

25:11

Yes, it's a change now before just used to be a, there was a woman after a man we believe in equal opportunity. So they said we want to work us and I think that's your sort of change. But after the last thing. Exactly. Yeah. And I said, please, and then they said, like, okay, we want to be working drinking, both think I said I don't mind you, so professionals in today, I did the dishes, didn't I, I cook the meal for you didn't.

25:39

I think men back in the days in Afghanistan. Just did the house at the outside of work, where they earn the money. They with bread winners, where women were expected to be at home, put the family raised a children. Whereas here. Now, we do have the opportunity where husbands are sporting.

26:00

So when we both got to work, we both come. We both cook at the same time. We work clean at the same time and we go off to sleep. And then no, I agree with her, but not only 90%. There is a 10% remaining and I must add to that.

26:13

It depends on how much better it, excuse me, I think so. Is it coming from your side? It's not from my side. I would say that 10% is the man like my father, and my uncle, it dependant on how much they love their woman because prod Like, five, six, seven, eight, kids, it's not easy.

26:32

They used to. Yeah, 12. And the other thing is really, let's not go into thingy. They used to they are also support their partners in the housekeeping and cleaning but it used to be a kind of like a silent within the house. No one needs to know when the guests come in, then the man used to be.

26:49

Yes, I'm the tough cookie around on there, summon the Irish family. You know, the Queen is the grandmother, and everyone thinks the male is the main decision maker but it's not is the woman. Same with the English families. The same with the British families if we should, we say that.

27:06

But yeah, I'm sorry. Sorry, Jasmine. I have to take that 10% of Man United. Yeah, 10% granted. Okay. Professor Marston. You do the justice yourself, please on this note, I don't know what to say it would

be, like, no. Say your research is gonna be very useful. Probably. I'm just one thing about some you're saying earlier that there may be those a time when most families wanted to live around here.

27:42

But now people are young. People in particular have got different types of aspirations about where to live the future for their children and stuff. I think. I think they're moving out of the local areas reasons from Southport is because better schools better education. Because yeah, that's less than is traffic.

28:02

It depends where you are with your life at that stage. So if you've got kids you're thinking about a schooling and then if you're a single, you know, it depends where you are. Actually if you're elderly, you would probably want to stay here. Walking distance from the Gurgaon go.

28:18

Yeah I think it depends on where age age what. For example the weather also plays a key role in here because you know our older generation and us like if it's a sunny day that's fine but it's a dark cloud and rainy and something to for you for you to cheer up.

28:33

Coming to you want to see something bright places. And everything like Gurgaon, has a great refuge. It keeps you? Peace of mind. You go, there you change your, you see the community? You see the hustle and bustle. You see colourful gossame. Yeah, you see colourful south on Broadway and everything that holding that taste of the food.

28:51

The gold is right? The goldfish. There you go. For the elderly place, a big part of their social life. Yeah, because with us, we're going to work. We've got kids, we're running around. We don't our lives are so busy. We don't really, you know, get the elderly who I have to work the gist of it.

29:08

So that they, I mean, that's that's their main is made main place to that one like, you know, now there are gone community centres where they take, they go and pick up their elderly and then they spend the day together, they do yoga. There is so much that's because they will encourage the socialised and social, yes, aspect of elderly.

29:30

Yeah. Because we've had know, people put their elderly in the care room because they can't look after that. And then the depression and everything else kicks in. Whereas our community is trying to encourage each other, taking the elderly to these centres, where they're doing so much of them. My mum used to be a part of it.

29:50

So I know that I know if you want to clean do things and like you know, manicure, pedicure massage, all those things, just to be a little fingernail. Yeah. Have those centres established by yeah. Yes. They run in the houses or it's actual centre. Yeah. Yeah. The other part, I wanted to bring on this one and I want among them to disagree with me.

30:15

There are other people sitting in here and I in this room because I have a very different thinking policy. I talked about like, Things are changing, and of course, in our communities also thinking. But joint family, especially plays a key role in the upbringing of the child. Like, for example, my two oldest of the children are one is nine.

30:38

The other one is six, they're fluent in both languages, but the third child cannot speak Punjabi and then we have seen within our family because parents have been too busy, going out and work and doing a lot of things and hard earning making sure their future is secure and having the roof on the head, you know, and making sure that the education is the prime because we are giving value to the education for Afghan seeks.

31:02

The priority first is for a parent is education for the child because of this education is one of. We use this metaphor that our education is an ornament, which cannot be taken away from you. It cannot be stolen from you once if you got the degree, you got the degree.

31:17

So I've seen within our own family, basically, the young child, if their family has got three children or two children, a young one basically has an accent because of the work for work responsibility and everything about that can't speak. The language. Forget about even in Punjabi even English, they can't speak and now they require a speech therapist.

31:39

And some of them have become what we wanted. Total confusion, they can't pronounce the words properly. So they go for a special need school or special school for being able to speak words

properly. And, and that's basically now, the parents realise that should we have been with the mother-in-law or father-in-law, or grandparents, as a joint family, it would have helped us in the better of bringing of it because for an example, if you're in the house and just for our two days, half a day or two hours, three hours, mum and dad can have a free time and we can leave our children to our elderly community.

32:16

Basically, elderly generation, I parents grandparents. It gives us a time to, you know? Is off a bit, you know, take a step back, but some people think like easier stays, okay, living by ourselves, independent, and everything about that. Both things have got as cons and pros, but I I seen it more pros and cons being in the joint family.

32:39

And even a lot of educated and valedicated joint British families, they want to leave near to their grandparents children career and parents and, and be a joint family. Our act as a joint family because they have seen the value in that one. Would you say? Well, I say like the three is always been a strong with a lot of branches, not just on one branch.

32:59

So the families are more important, even elderly or sibling. That's what patients. It is, a more strongest I think families from Afghanistan. Generally, do have a strong family support, I've had friends at work and stuff and we always talk. They always praise how your family is. Like, you know, when you have funerals or you have, you know, Thing.

33:24

Yeah, they all come together to support each other. That's that's the good thing about seeking community, our community of community. They're all there for you, especially during the hard times. No. And it's such a same. Some of the people like, within our community. They are trying to erupt this by having a chair homes and everything in place or bringing which we are not like, with it, we're not full of it.

33:46

I think I think it's a good idea but I'm gonna disagree with that. I think it's a good idea. Yeah yeah I want to say I I will say care home is not a quick fix solution. I think. So we as a human the ones with the talking about was the daytime career.

34:04

I realised for an example, I will say professor. How would you feel like you look after your child to the age of 18? Look after them, broader, investor education. And when you go old and you're in need forget about there is no NHS forget about this support. You The child to come and say that you're okay.

34:25

Can I just make you a meal? That's the least. Listening is an expectation feeling after your elderly. Yes. But I, I will say, I think so is a two-way traffic and and this is I learnt from Royal A force officers, coordinator Perry. I name him because he used to say son, you can do many degrees but until you have done a family degree, you have done nothing in life.

34:49

You have not achieved anything, you become a millionaire multi-millionaire, anything you resource people's for other people jobs or you help them or anything like that but if you have not done anything for your own family and not look after your parents at the elderly age, your you're not even zero, your minus your negative figure.

35:06

And that's what I learnt from it. That is a two-way traffic. Like I'll be honest with you, I had our option to leave my parents and everything like that and me and move away with the children and everything that but I intact it. I said like we couldn't give you good or bad, we need to keep that intake in there.

35:20

Yes, there is a still struggle with that on younger generation will bring more And like in British society, it has been changed. But overall overall, you know, the care homes and everything dimension, and everything are that. Like, I've seen a doctor, I was talking to you. He was basically a dentist, he decided he said, no.

35:38

My father is not going into a care home. He looked after him at home while being a dentist. And while having his 110th practise is a big big achievement and a big struggle, you know, dentistry is one of the operation which is very stressful of patients. And the highest is rate in suicide.

35:54

Your mental health needs to be physical and imagining you. Your, your father has got a dimension, your father's got some other mental health and at the same time, being look after. And at the same



time, your mother is suffering from cancer. His mother was also suffering from bowel cancer, so is a devoted duty towards both ways and I strongly.

36:12

But yes, day centre care homes like day centre, basically, going there is, it's not even care. Home is a community. Centres they are they're not even day. Centres they're they open days until the midterm where they can go jo. They do the yoga. Yes of course is good for their joint ceremony.

36:27

Yeah, yeah that's all. But yeah, you must welcome to our student about anything else you want.