

# Inequality lives

**Past**

**Present**

**Future**



**Brighton & Hove  
City Council**

## Introduction



This is not the first public health document on inequalities and as is the case in most of them, it has been necessary to include quite a lot of technical data. This helps us measure the extent of inequalities, but it can make it all feel a bit distant and academic. It does not afford the same kind of insight as listening to someone who has been at the receiving end of a less equal life.

This pull out section of the report – **Inequality Lives** – is a short summary of the lives of several local residents who have experienced inequalities first hand. All the stories are true. They are based on face to face interviews and all the contributors have consented to their stories being printed. We have used drawings instead of photographs because some of them wished to remain anonymous; so not every picture is a true likeness.

Their stories have really helped in bringing this report alive, and they all have my gratitude and admiration.

Thank you,  
**Tom Scanlon**  
Director of Public Health

# Real life inequalities 1

## Domestic violence and racial abuse

### Krystal

interviewed by James Rowland

#### Past

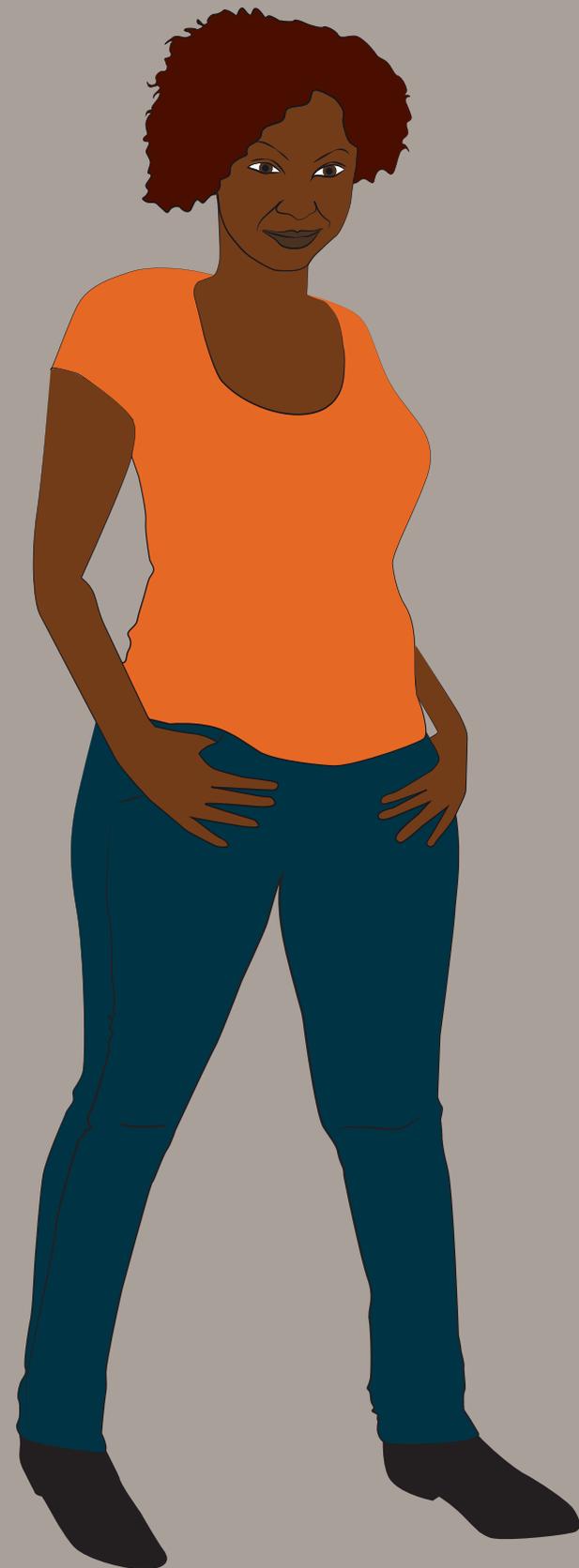
I fled to Brighton with my daughter. We ran away from a man who was violent. It wasn't easy when we arrived, it was like no-one trusted me. However, I eventually managed to find somewhere to stay and I got my daughter into school. But when she was at school, I would break down and cry for hours, I felt alone and frightened. I was scared that my partner would find me and with good reason, because once he did, and he was violent just like before. I remember that whenever I walked around Brighton I would think that people were looking at me and could see I was a victim of domestic violence. Then I wondered if it was because of the colour of my skin. I didn't want to believe that, but now I do. With all that is going on I started stealing small things from the shop where I worked, until I got caught, but that was just the start of a crazy journey.

#### Present

I got referred to Inspire instead of getting sentenced. Inspire really helped me, they work with lots of women in my sort of situation and they gave me a key worker. She didn't give me pity, she gave me hope and I realised that my life wasn't at a dead end, and that I could make changes. When the sessions with Inspire came to an end I decided to stay with them and I got more support from their mentors. Now I'm back at work. That means a lot to me; to know that my daughter has a mum who can earn her keep. I am also getting volunteering experience and I'm focusing on my daughter and making sure that she gets the best start in life.

#### Future

My goals are to get the best for my daughter and to go back to college and to study to be a youth worker. I want to help others to make better decisions in their lives by using my own experience. When I look back, I think that actually getting caught shoplifting was the start of a positive change for me. Inspire gave me my first bit of security, being listened to and seeing that I had options and that I could take control in my own life, has made all the difference.



## Real life inequalities 2

### Substance misuse and homelessness

#### Sarah and Stitch the dog, New Steine Mews

Interviewed by Sara McMillan

##### Past

As a child I was abused and later as an adult, I suffered domestic abuse. That was why I started self-harming and then using drugs. I've had five children, the oldest died just after birth. The best time was when I was living with my son, as he looked out for me and made sure that the people who were giving me drugs stayed away. But then he got sent to prison and when I was on my own again, things got worse. I ended up using more drugs and then got made homeless. I had to beg for pet food. Then there was an incident and I went to court on suspicion of dealing but I didn't get charged.

##### Present

I am a survivor. I'm proud that for the last 10 months I have been clean of drugs, apart from the odd little treat. I have a little dog called Stitch which has made it difficult to get a place to stay as very few hostels will take dogs. Stitch saved my life and she gives me a reason to get up in the morning. I

take her for walks and look after her health and her happiness. I love Stitch. But my health, physical and emotional has been affected pretty severely by the homelessness and Class A drug use. I have been hospitalised with an aneurysm and had a kidney removed. I've got Hepatitis C and I am waiting on some tests for abnormal blood results, anaemia and blood pressure problems. I lived in West Pier and St Patricks hostels, now I am living in New Steine Mews Hostel - this is the 14th place I lived.

##### Future

When I look back, I think I lost touch with normal life. Thinking about the future, I'm doing a Life Skills course at the hostel and that is helping me manage on my own again. I would love to be in a warden-assisted flat where I could be secure and sure that I wouldn't get bullied again. I wish more hostels would accept pets; they're often the only thing that keeps a person going, like Stitch has been for me.



## Real life inequalities 3

### Substance misuse and homelessness

#### Ross Wheeler, New Steine Mews

Interviewed by Sara McMillan

##### Past

My dad was a drinker and abusive and my mother suffered severe domestic abuse including hospitalisation. I didn't have any real love or care as a youngster though I remember enjoying being with my friends; the Boys Brigade and fishing. Then we moved to Canada and I wasn't happy there – I was bullied because of my accent. I started taking drugs at school because everyone was taking them; it was a laugh and I enjoyed it. My drug taking led to me getting kicked out of school. From the age of 14 - 21, I spent most of my time taking heavy drugs. Life didn't seem real, I had no plans for my life and did loads of different jobs including working on farms and in factories. I didn't really miss being in a stable family life because I had never experienced it.

My drug use and drinking got heavier, I was losing jobs and then I lost my place to stay with an uncle and aunt. From there I ended up homeless and in trouble with the law. I was in and out of prison for 20 years, living in hostels between prison spells. But being in prison was a bit of a relief as it meant I was off the drugs – in those days there was no help and you did it yourself. However, even when I managed to get clean in prison I started self-harming and all the feelings from the past came back.

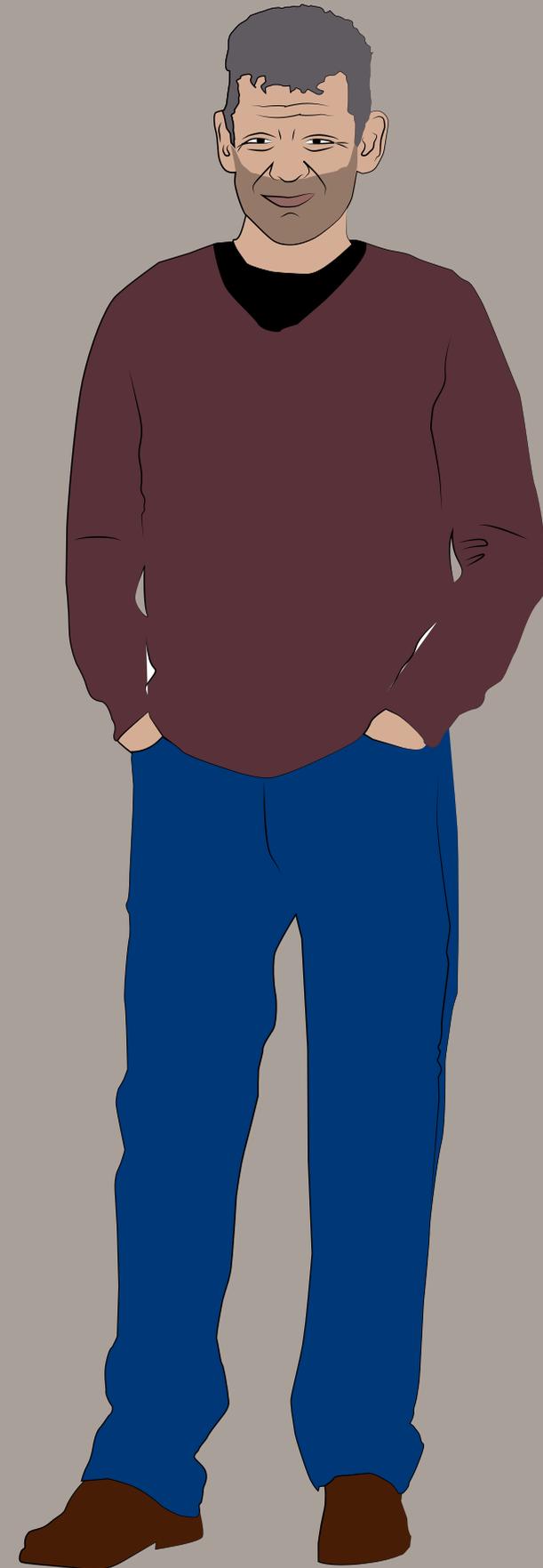
I seriously injured my back by rupturing a disc in prison from weight lifting. I had an operation in 2007 but it's never been the same and I'm in constant pain. I'm having joint pains and have physio and painkillers to help this.

##### Present

I've been abusing Class A drugs for most of my life but now I'm clean and on methadone. I recently lost a close mate in the hostel through drink and drugs and this caused me to look up my family after 30 years of not being in touch. I have a huge family in Canada and I'm finding it overwhelming keeping in touch with them all. I can't visit my family and see them face to face as I have to be clear of trouble for 7 years before I can get a visa and I've never managed this so far.

##### Future

I think Brighton & Hove Council do a lot for rough sleepers, it's my second time in New Steine Mews and I've been here over a year. No-one would recognise me from when I first came in with my long wild beard and very thin. I can't fit into any of my old clothes now I've stopped taking drugs and put on weight. Thinking about the future I would love to have my own family – children I could love and spoil and look after. I'm also looking forward to a visit from my eldest sister – she's never given up on me.



## Real life inequalities 4

### Mental health services user

#### Mary

Interviewed by Clare Mitchison

##### Past

I was diagnosed with depression and anxiety in 1985, around the time East Enders started on TV. I worked in banking. Then there was a raid at the bank and this triggered a severe episode. I was sectioned and admitted to Millview Hospital for several months. When I was admitted, it took ages to get my medication sorted. They've got their process, and the patient and the process don't always meet in the middle. A few years later, I fell and hurt my head. I had to wait all day for a brain scan, and then I was told that I was being transferred to Worthing psychiatric hospital. Again, it was like it was happening to me and I wasn't involved in any decisions.

##### Present

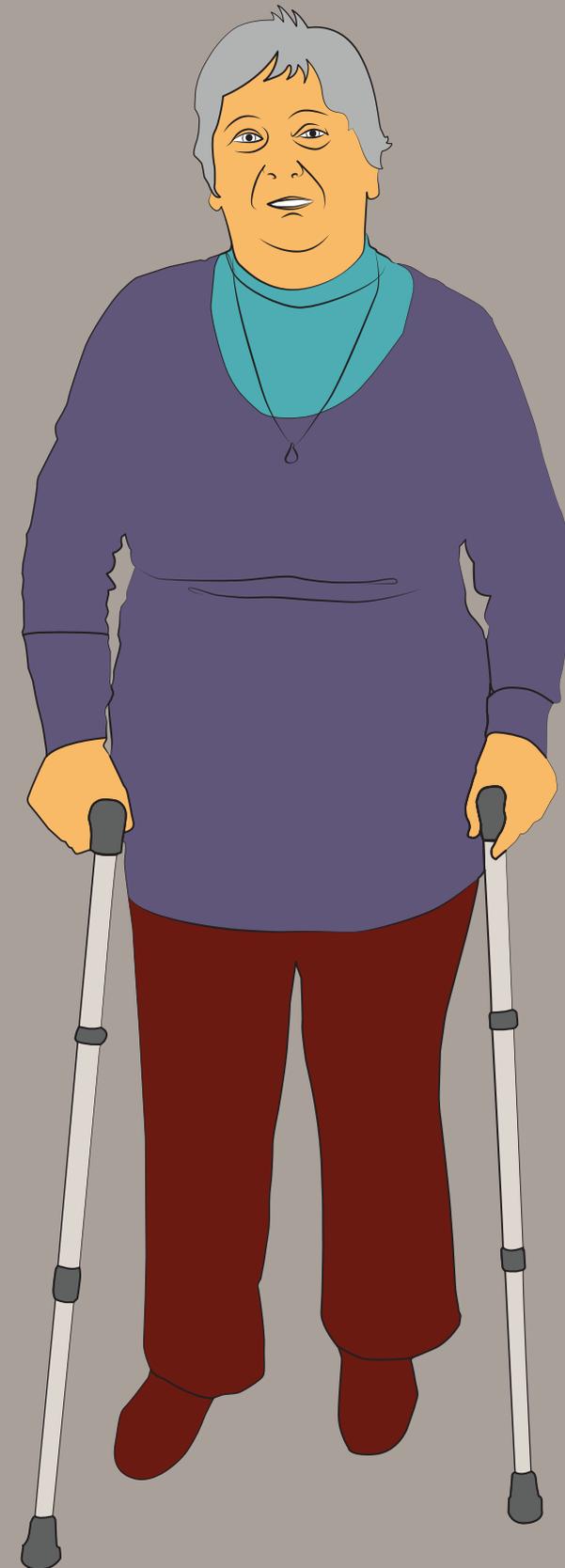
I have been under the care of mental health services for around 30 years. I remember when I first started going to day services. I felt really anxious and I didn't have any confidence. It took a lot of courage and determination to go somewhere new. I still get support from a psychiatrist, a psychiatric nurse and a care coordinator, and I go to Southdown Housing Recovery Centre. I'm retired now on grounds of ill-health though I still do lots of activities. I go to Knit & Natter, the Salvation Army, Singing for Better health, an Art workshop and I do mindfulness and

Recovery College courses, including a new one about Getting Older. I'm also a member of the Steering Group for Southdown Housing.

##### Future

I really value all the groups I attend. I need to keep active and have activities, to get out, to meet people I know. I think health services could be improved. For example, when you can see a GP, it's like, who are you going to see, is it going to be a locum, and what will they be like? They may not know your story. They might ask 'How is your mental health?' and that's difficult to answer. Compare that to the long-term relationship you can build up with a CPN or psychiatrist, who know your story and have more expertise in mental health. I think each practice should have a GP who specialises in mental health.

Getting back into mental health services can be difficult too. I had to get a new referral from my GP, but attending a GP surgery when you are unwell is very challenging. I think a lot of people who are in crisis don't find the GP surgery a good place to go. So people get dropped or lost, or end up all day just sitting in cafés. If you've got mental health problems, you need support right here and now, not in so many months' time.



## Real life inequalities 5

### Alcohol misuse and homelessness

#### 50 years old male resident of Brighton

Interviewed by Lara Morgan

##### Past

I had a rough up-bringing. Believe it or not my drinking started when I was 8 years old because my dad used to beat me up. Then, when I lost my mother and brother later, I hit the bottle more. I self-destructed. I lost my job, my home, my wife and children; they disowned me and me them. I was going downhill, and thought I might as well go with it, so I headed for the streets.

My best friend was alcohol, and I was always right, I blamed everyone else. I was rebellious, abusive. My head strategy was "I'm a survivor". The routine became addictive, I started to enjoy the streets and I knew that if I gave in, I would die. People said I smelled but I didn't notice or care; you live with your own smell. Sometimes I didn't eat for days and I lost a lot of weight. Then I was sectioned - for talking to lampposts the police said. Another time I was stabbed in the kidneys. The police picked me up and took me to hospital. I was operated on immediately and had a kidney removed. But one night I escaped from hospital in my gown to get alcohol from down the street. I was always getting pneumonia, which has left me with weak lungs.

##### Present

My first experience of rehab was not good. It was very strict, like school.

The staff didn't listen to me. So back to the street I went. Every time I went to court I hoped they would send me to prison to escape the street, but it never happened. My health eventually made me turn my life around; I don't want to die on the street. So I woke up - party over!

The second time in rehab was very different. St Thomas fund helped me a lot and CBT worked for me better than the 12 steps. The staff did listen to me and I didn't see them as authority. The environment was different; they cared. I started to connect with reality - it helped being sober! I've started to trust others, and more importantly I've started to trust myself.

##### Future

When you come back out into the community, society is in your face. That's why support after detox is vital to stay in recovery. You learn tools and you need to remember them when things get tough. St Thomas' fund and the Health Trainer service have given me great support over recent months so I can keep moving forward and stay in recovery. The St Thomas' service definitely needs to be part of the recovery deal. I think that people should be given the whole picture and told what rehab is really all about. People are still scared of rehab!



## Real life inequalities 6

### Physical ill-health

#### 45 years old male resident of Brighton

Interviewed by Lara Morgan

##### Past

I was 45 years old and working full-time as a sheltered scheme officer for elderly people when I suddenly noticed tingling sensations and dizzy feelings. I had been feeling tired for several months. In the next 10 days I went numb from the waist down and had to be admitted to hospital. Most of the next 7 months I spent in bed undergoing various tests. I became exhausted and waiting for a diagnosis was a nightmare. It felt like a lifetime, so stressful and depressing. I was eventually diagnosed with primary progressive multiple sclerosis. However, occupational Health said I was not ready to be retired on health grounds so I went back to work part-time for 6 months. But soon I was hardly able to look after myself let alone the people I was working with, and it was them who actually dragged me along, so eventually I took redundancy.

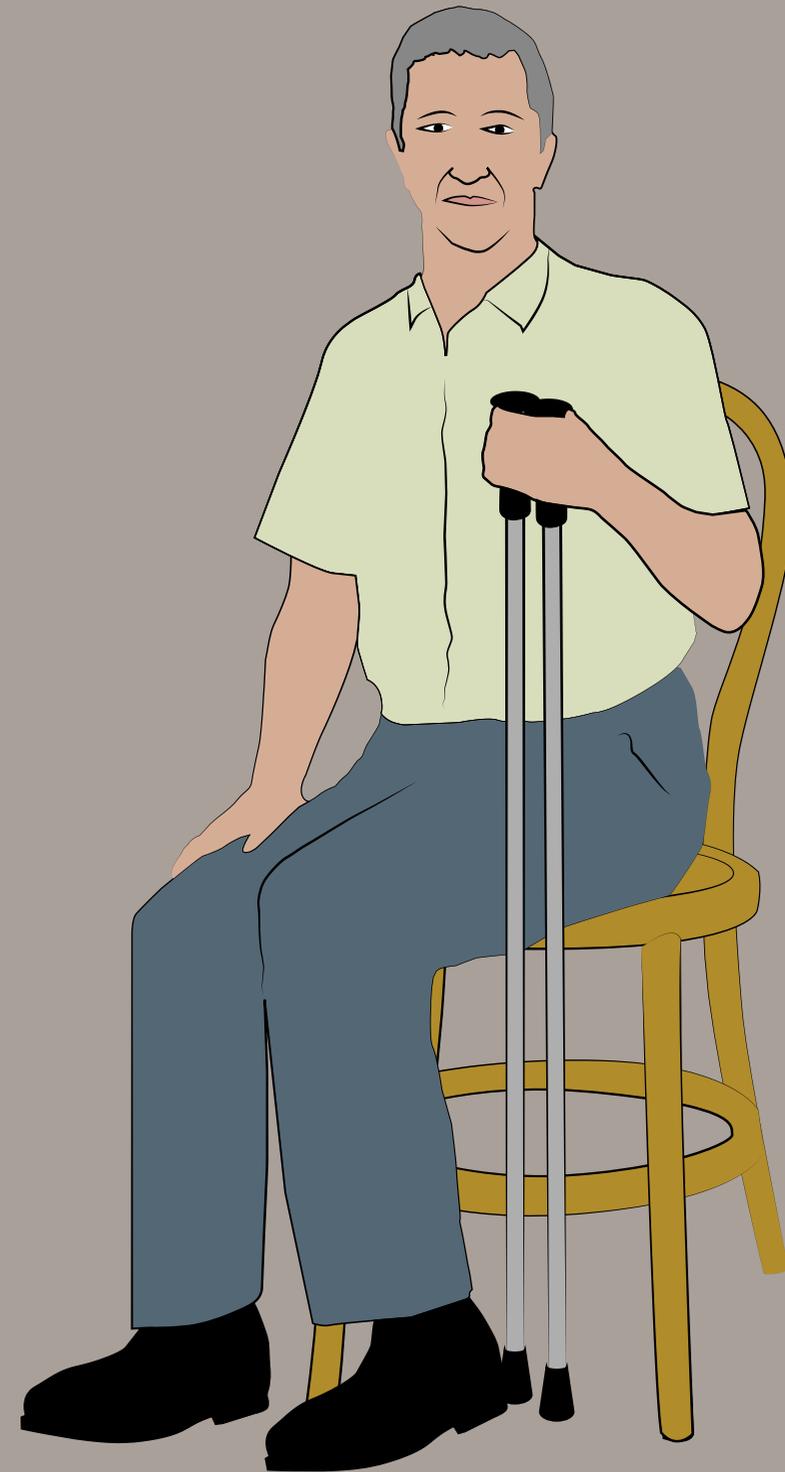
##### Present

Since then my life has completely changed. As well as my work-life, I've lost my social-life. I'm too tired to go out and so my friends deserted me. I've felt like I wanted to die, this isn't the life I wanted. My suicidal thoughts reached a peak last year when I got help from the mental health team with some CBT. My energy levels have deteriorated greatly; it exhausts me to do anything physical. I used to love walking and swimming

but it has become dangerous to walk - tripping over kerbs etc. The physios gave me a metal plate, then a walking stick, then crutches (which were very tiring to use) and finally wheelchairs. My world has shrunk, physically and time wise. Now I am on benefits - I need pre-cut vegetables, which are more expensive so I don't buy many. Everything is a challenge. I have to catheterize twice a day and sometimes still leak - which used to make me cry. Now I just stay in my wet clothes. I have developed social anxiety; I think people are always looking at me and laughing.

##### Future

There are some good services and there are people that can and will help, but there are also others that I have not found so helpful. I didn't have a very good experience with the Expert Patient Programme in Tower Hamlets which I found condescending and even rude. On the other hand I have found the peer mentor and advocate from Mind Out really helpful in getting me to go out and supporting me with meetings. The Cooking group from Mind has also been very good. The chance to have a Health Trainer to accompany me to an active-for-life class has made a difference, although I do feel like a baby again as I have to have my hand held.



## Real life inequalities 7

### Physical ill-health

#### Adult Brighton female

Interviewed by Lara Morgan

##### Past

I was in a house fire when I was 18 and the fireman had to pick me up and drop me down 3 flights of stairs to save me. The fireman said I should be thoroughly checked as the fall was so great but I was discharged the same night. Since then I have had back pain. Finally, when I was 32 I was referred to a specialist in Lewes who was surprised that I had not had a scan or x-ray. He discovered that due to an old fracture, my spine was split like a twig and that was why the medication was not touching it. Four years later, I tried to lift something and 8 discs came out. I suddenly became incontinent day and night.

##### Present

I am housebound and in constant pain most of the time. My mind whizzes and I lose track of time. Due to rude comments when I was out in the wheelchair, I suffer from social anxiety. I'm still a human being and I have to put up with more than the average person. The boredom is never ending, and like a shadow it never leaves you. I'm very frustrated; I would love to do decorating, go on holidays etc. but I can't. I have a cleaner but that makes me feel demoralised. I feel lonely even if the house is full of family sometimes. The relationship with my partner has changed; he now has his own

disabilities. We are more like brother and sister. I also have a personal assistant who sits up with me at night and helps me to shower for 2 nights. Sometimes I don't sleep well, other times, I get so exhausted that I drop into a deep sleep and don't know who I am. When the phone wakes me, I can't remember who I have spoken to. If I do try to go out for a social event it is such a struggle; hours of getting ready and organising transport, then trying to find a wheelchair-friendly restaurant where I will not have someone staring at me.

##### Future

Doctors don't seem to understand, they don't know how I feel, won't put me on separate anti-depressants. The occupational therapist has been very good. I could have done with having the health trainer at an earlier stage when I was still walking with a stick. Now going to table tennis helps mentally and physically. Brighton Housing Trust is a very good advocate. A Community Psychiatric Nurse once a month would have probably helped but I grew up in a working class household where you were taught to just get on with it and so I just put on a brave face.



## Real life inequalities 8

### A refugee from Ethiopia

#### Yared

Interviewed by Lucy Bryson

#### Past

I was a lawyer and judge in Ethiopia and helped draft my country's new constitution in the 1990s. But my knowledge of human rights abuses angered the government and I had to flee with my family in 2000, leaving everything behind. Living as refugees in Nairobi, we survived through my work as an interpreter and because I have a way of making friends with the right people. In 2006, the United Nations selected us for resettlement in the UK and we arrived in Brighton & Hove. It's difficult for refugees to find work which uses their experience. Despite studying a Masters in law at Brighton University, and numerous job applications, I haven't been able to earn anything from my legal expertise. I worked as a traffic warden for seven years. I have to support my family and send money back to Ethiopia to support two orphan nieces. There is always pressure on migrants to support families back where they came from. I hate to see food wasted here when there is so much need in Ethiopia. I've been diagnosed with diabetes and heart problems; I think this was due to the stress of my job.

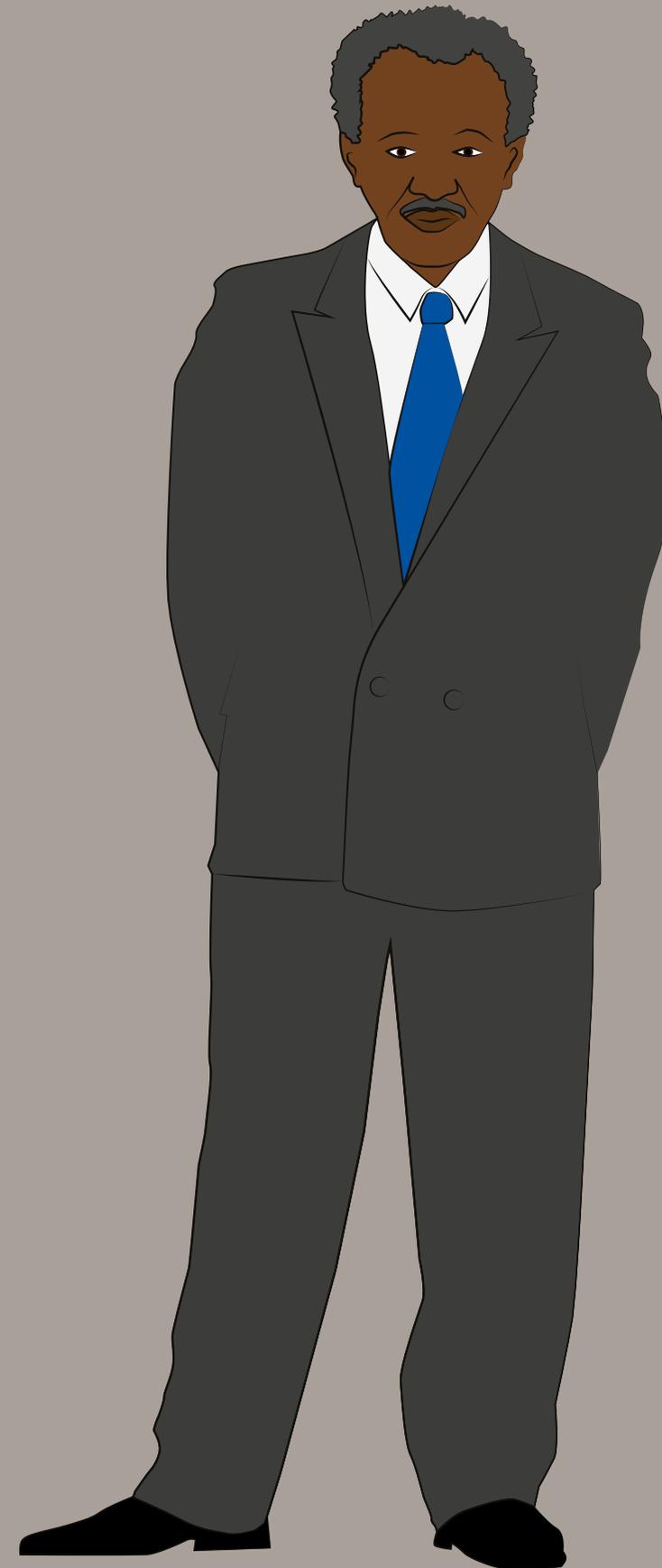
#### Present

I remember how difficult it was arriving in the UK; how isolated we felt living in a house far from others in our

community. My experience of working as a volunteer at the Cornerstone Community Centre has been great. I still work there once a week, and I am one of the centre's most long-standing volunteers. Working there has brought me companionship, a sense of community and purpose, as well as – especially in the early days – practical help and even food as the centre staff stepped in before welfare benefits came through. Angela from the centre says she is very grateful and that my presence attracts other refugees who have settled in the city. They benefit from my help and there are others, as well as a computer at Cornerstone so they get lots of advice. I think my volunteering has helped me and it benefits the whole community.

#### Future

It has not been easy, although my experience of the NHS has been very positive. I know that had my illness occurred when I was a refugee in Kenya, I would not have survived. Now that I am a British citizen, my hopes for the future are to get a job as a lawyer, and to continue with my community work, which has included being a member of the Police Independent Advisory Group.



## Real life inequalities 9

### Teenage mother

**Anita** (not real name)

Interviewed by Kerry Clarke

#### Past

My boyfriend and I had been together for 9 months when I fell pregnant. I had just lost my brother who was only 16 in a motorbike accident. So falling pregnant was like a gift. My mum also found out she was pregnant the day after he died. It was really hard for everyone. I couldn't stay at home because it would have meant sleeping in a small box room and my boyfriend couldn't stay.

#### Present

So, now I'm a mother aged 17, with a 20 months old son and boyfriend in supported teenage parent accommodation. Some people say teenage parents are always on benefits, but that doesn't bother me because I know I am a good mum and I've got a job. I work four days a week including weekends and my boyfriend works Monday to Friday. We still do quite a lot; visit family and friends, go for lunch and shopping.

I'm lucky I get support from my mum and step dad - not my real dad. When I told my real dad I was pregnant he invited me to see him but I was worried he would get violent so I didn't go. I did try and speak to him later, but he wouldn't answer. So I tried and he had his chance.

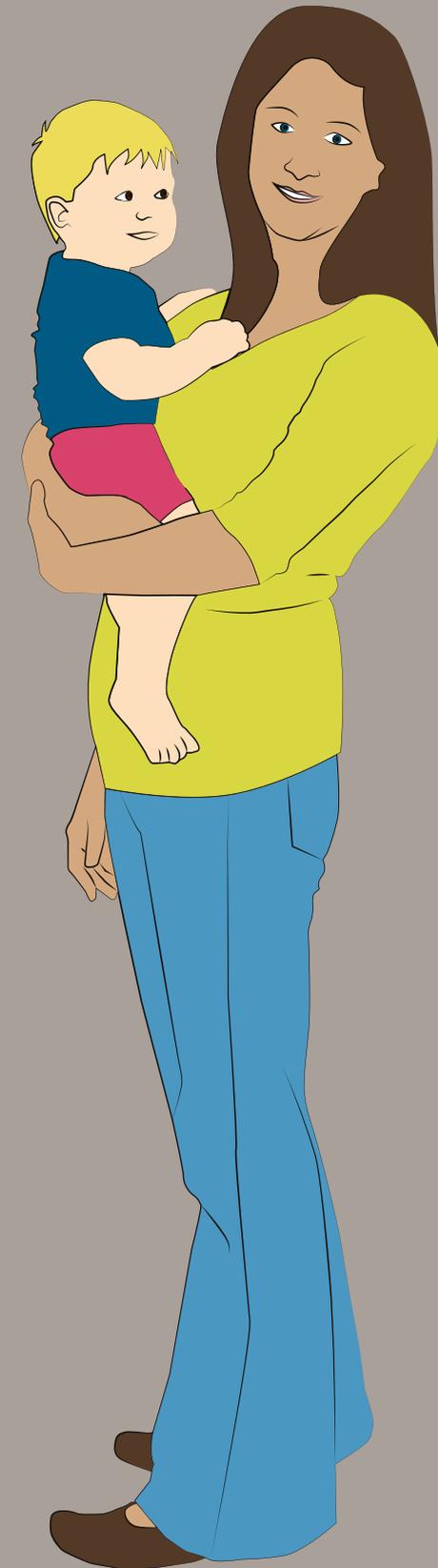
My mum and step-dad are so sorted. Mum sorted out a midwife for me,

sorted out this place, sorted my benefits and she babysits so I can go to work. My son and his uncle are only 8 weeks apart so they fight a bit but get on o.k. Being a mum has changed me for the better. Before, I was in with the wrong crowd, drinking too much, though I was never into drugs, thank God. I did rubbish at school because I just couldn't be bothered. I'm a much nicer person now.

#### Future

Apart from my family, it's the Family Nurse who has helped me the most. When my son was born she would take me out to the café to make sure I wasn't on my own. Care to Learn is a good thing too but it isn't advertised enough. Having a flat has helped, though getting up all those stairs with shopping and a baby is difficult – but you get used to it. The heating bills are expensive because the heating system is rubbish. I'm trying to change the energy company.

I would like schools to do more about contraception and why not to get pregnant. I would be annoyed if my child came home and said they wanted to be a young parent. I work hard on a low wage, I have no qualifications but I am going to make things better for us all and do things with my life. I'm working to get money for now, but when my son goes to school, I will go back too and do my exams again.



# Real life inequalities 10

## Sexual and gender orientation

### Cleo, Cameron and Lorcan

Interviewed by Clare Mitchison at Allsorts LGB&T Youth

#### Past

Experiences at school can be difficult; in a culture where 'you're so gay' is an insult. Transgender issues can also be compounded by things like dyslexia and ethnicity, if they are added into the mix. And because transgender is very new for most schools, the language and facilities have not yet adapted. Mental health services (CAMHS) sometimes insist that mental health difficulties are related to sexual orientation, so that's unhelpful. Families can be unhelpful too, and the interaction between school and family can be particularly difficult to sort.

#### Present

Brighton & Hove is seen as welcoming and accepting of LGBT people, in contrast to other areas where it doesn't feel safe even to hold hands. Moving to a new city where you can start fresh, where no-one cares what sexual orientation you are makes quite a difference. People are nice about it here, no-one bats an eyelid or tells you it's not OK.

However, explaining to health professionals about the complexities of sexual orientation and identity can be wearing. GPs and the Polyclinic look for simple gay or straight tick-box answers. Will they treat you differently depending on the answer? A real

answer might take 30 minutes, and why do they need to know anyway? Staff at the Claude Nicol Centre are more sensitive and always ask you what pronoun you prefer to use. But most forms including job applications are so inflexible, the Council allows for Mx as a title, but this is rare.

Allsorts Youth is amazing at providing support and making sure you've got people to go to; they care so much and they help by signposting events and organisations that are LGBT-friendly.

#### Future

This could be the decade of trans-awakening. Let's do away with titles – why do we need them? We can adapt language to be inclusive – use terms like partner/spouse/lover not girlfriend or boyfriend; ask about preferred pronouns. We should stop making assumptions – it should be OK to use whatever language a person prefers (queer, for example) and to allow for a range of preferences including non-binary choices. We need to educate doctors and professionals better; we also need to educate the kids. We should have free counselling and support. Maybe Brighton & Hove will one day float off to sea, its own little LGBT-safe community...



# Real life inequalities 11

## Antisocial behaviour

### Jamie

Interviewed by Anabel Carrington

#### Past

I started drinking at 15 with mates on a Friday night. We used to leave cans everywhere, litter, and smash bottles, cause noise in residential areas. Then this increased to more serious offences, but I was young and I didn't care.

However, being anti-social meant I lost accommodation, relationships and jobs. I ended up on the streets. I started drinking more and my anti-social behaviour increased. It was like I was drinking to block out all the negatives. I lost my accommodation due to anti-social behaviour and violence. The aggression makes it harder for me to be placed. I've been to housing and because I am not classed as vulnerable they won't house me. My alcohol dependence isn't seen as bad enough. This just means that I go back on the streets and drink even more.

#### Present

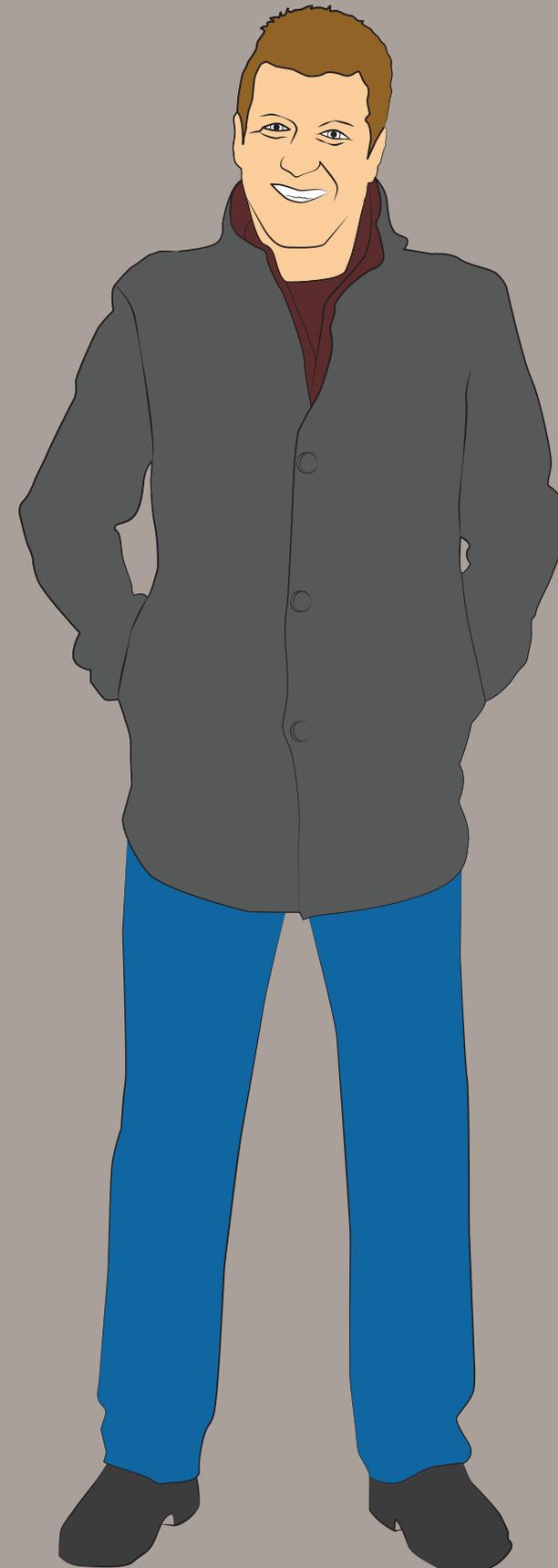
It's not a nice feeling committing anti-social behaviour. You don't know what you are doing; you don't go out with a mission. Next day it's a blank. When you wake up in a police station, you feel embarrassed and ashamed. You might have wound yourself up about a minor thing and you only stop when you pass out, or get arrested, or end up in hospital. The smallest thing can trigger a nightmare; you go from being

a happy drunk to a depressive drunk. I've lost jobs due to my behaviour so I get depressed and drink more.

#### Future

I want to stop and I am getting help from the Community Safety Case work team and Equinox. I know all the support has helped me. It was ideal, but for others it's too much to have all of these workers. I would also have liked my own tenancy, some form of voluntary work, for the council to recognise that I am vulnerable and that I was a risk to myself and other people.

People should experience what it is like for people who are service users. Otherwise, how are they going to get the facts? They should employ more people, the day centres are ok but they should be open for longer to delay people's drinking. I have been working with the Community Safety Casework Team for two years. With all the support I have been offered and taken, I realise that I have had a problem. That's why I decided on rehabilitation, which I have now started. I am in the programme looking at why I behave like I do. I am looking forward to travelling down the road to recovery.



## Real life inequalities 12

### Money poverty and the economy

#### Howard – part time cleaner

Interview by Sara McMillan

##### Past

I've lived in Hove since I was 3. I was unemployed for a couple of years when I was 18 and then got into the hospitality service industry. I was a head barman until I found I had osteoporosis and was signed off work. The Welfare Benefit changes meant it was decided I was fit for work and lost my benefits. I had no money for a month.

##### Present

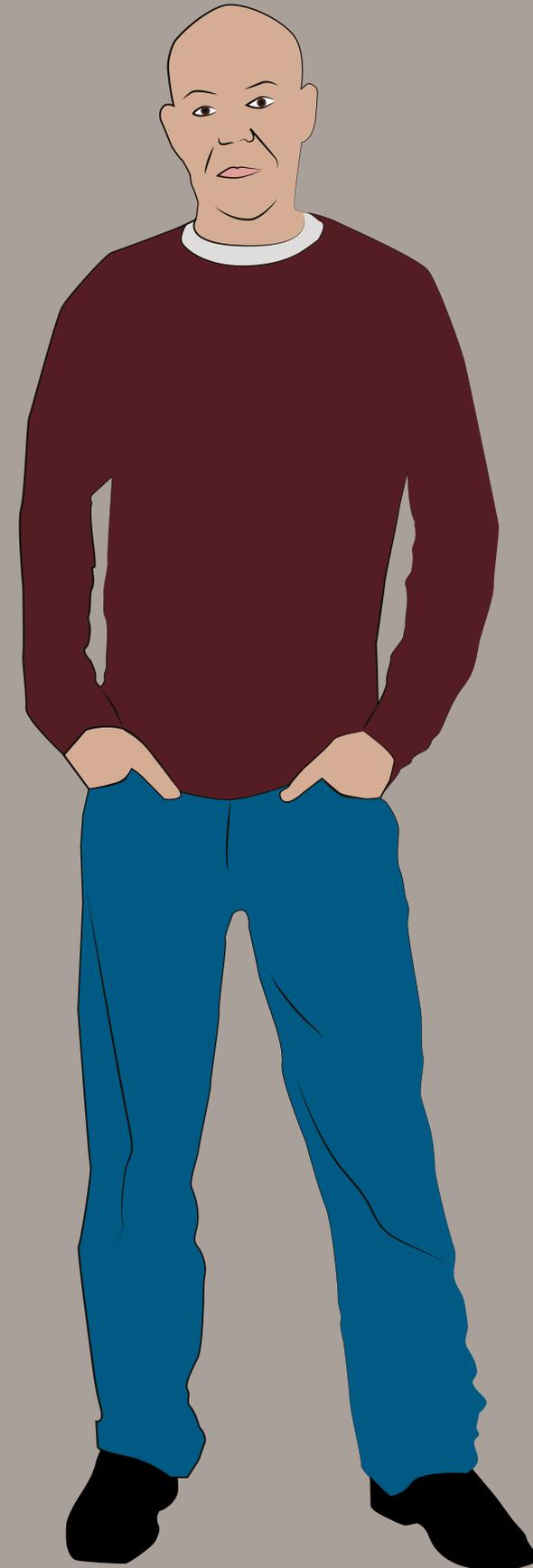
I took a part time cleaning job – I had been promised more hours but this didn't happen. I still have anxiety and depression as well as my back problems. I have a casual contract and don't get paid for bank holidays. I cleaned at the Town Hall until the building work there. I really want a better job, but Brighton & Hove is a low wage economy. It's hard to know what work I could do – it's difficult to sit for long periods of time because of my back and I like to be active and moving, although I can't lift heavy weights. When I earn more money my council tax shoots up – I'm nearly on full council tax and my income doesn't support this.

I'm at the Hove end of Portland Road and went to Portslade and did a computer course there which was helpful. Having more hours in my job would help as well. I walk long distances to work which means although I am out for 7 hours, I only work for 5 of these. In the summer it drops again to 3 hours, as one of my jobs is at a school which is shut in summer.

I had a counsellor for a while through the Wellbeing Service but now they do evidence based therapy and they told me I couldn't have anymore. I would like to find out what group support is available. I have a sister in Hove and see her twice a week.

##### Future

I don't have good feelings about the future. I don't feel we are going to recover economically and I worry about the impact that will have on me. I'd like to get back to my art work but I work evenings so it's hard to get along to stuff. What would help me would be to have help with my council tax and for transport to be more affordable.



# Real life inequalities 13

## Gendered violence, asylum and racial harassment

### Khadija

Interview by Nahida Shaikh

#### Past

I was born in Sierra Leone and had the best childhood and I loved school and playing with friends. Then when I was 14 years old I was going to be married to a 24 year old man. I cried, I didn't want to leave school, I wanted to be a doctor. But in line with African tradition, my father, respecting advice from his older brother arranged my marriage. I lived with my new husband and his large family but it was not a good time for me; I was just a child.

When the civil war came we escaped to Holland and at first lived in a refugee camp. We were given the right to stay after four years. My three sons were born in Holland, but my husband never helped. In fact he was mentally abusive. I couldn't report him to social services, with all the complications of the asylum process. After we moved to Brighton I asked for a divorce. But by this time, I was on anti-depressants, I wasn't sleeping at night and I remember just wishing I would die. After the divorce, I promised myself that I will never be a victim again.

#### Present

In Brighton we got a lot of racial harassment; my children were called names, threatened, beaten up and we were moved into emergency accommodation but the pattern continued. We moved many times over

the next few years. I would call the police and start the same old explanation, but we never got any real response and there was never sufficient evidence to prosecute, so we just moved. This needs to change. Social services never offered much help, even though my GP requested support. My children's schools were better, they were like my real social services, and my faith helped me cope. Recently, the chief superintendent invited me to speak to police and they heard the effects on my family, my pain and that is enough for me.

#### Future

It is very wearing, time consuming and expensive to keep moving. Housing procedures don't accommodate individual circumstances. The experience of temporary accommodation needs to improve for victims of racial harassment. We should feel like people care and are concerned about us. They cannot help us with everything, I know that, and some people do listen, but not everyone and being sincere and caring should not be something extraordinary.

I am a stronger person now and I am still optimistic, I always look for the good. I want this generation to be educated. I want to do something to help people in their loneliness, to show that there is somebody who listens, who cares, and who treats them like human being. That's what I want to achieve here one day with my charity S.I.W.A.CHARITY.

