A personal reflection. Coming over to UK during Windrush.

I was 19 when I came here to the UK. My reason for coming was to train as a nurse following a call from UK due to a shortage of people to work in the hospitals. I came to a town in the North of England called Harrogate. Because we were in hospital accommodation and there were mostly foreign nurses we were looked after quite well. The work was another story, the hours were long (42 hours a week), and the pay was poor. My first wage was £28 for the month. I hated being here! I was so homesick I just wanted to go back home to my family. I was in unfamiliar surroundings, and I had never worked in my life. It was a big adjustment.

Pat Poinen

Questions:

- What sort of adjustments have you had to make in life?
- I wonder what your dream job would be?

Task: balance



Pat had to work hard, long hours and wanted to go home but didn't. She needed to balance all the changes with her feelings and emotions. Do some balancing exercises – how long can you stand on one leg? Can you do it with your eyes shut? You may have an old-fashioned pair of scales, can you, using weights get them to balance?

Additional Questions:

- Have you ever felt you are having to balance lots of things at once?
- I wonder if you've ever felt called to do something like Pat was called to be a nurse.