



All-Party Parliamentary Group on Immigration Detention

Inquiry into quasi-detention

Oral evidence session with current and former residents at Napier Barracks and Penally Camp

Monday 5 July 2021, 13.30 – 15.30 (online via Zoom)

Part Two – Current Residents at Napier Barracks

Notes

The names of residents who participated in the session have been changed to protect their identities. References to the name of a resident's home country have also been removed for the same purpose.

A number of residents provided written testimonies which were read out by a third party.

“Victor” read his testimony in English and used an interpreter when answering questions.

Although both “Victor” and “Richard” both took part in the session for current residents, they were no longer residents at Napier by the time the session took place, having been transferred out of the site shortly before.

Attendees

Witnesses:

“Victor” – former resident at Napier Barracks

“Edward” – current resident at Napier Barracks

“Alexander” – current resident at Napier Barracks

“Oscar” – current resident at Napier Barracks

“Andreas” – current resident at Napier Barracks

“Richard” – former resident at Napier Barracks

Naomi Blackwell – Detention Outreach Manager, Jesuit Refugee Service UK

Maddie Harris – Director and Founder, Humans for Rights Network

Parliamentarians:

Alison Thewliss MP (SNP) – Chair

Paul Blomfield MP (Labour)

Mary Kelly Foy MP (Labour)
Helen Hayes MP (Labour)
Baroness Lister of Burtersett (Labour)
Anne McLaughlin MP (SNP)
Bell Ribeiro Addy MP (Labour)

Other attendees:

Idel Hanley – Medical Justice
Kate Hardman – Office of Richard Fuller MP (Conservative)
Elspeth Macdonald – Medical Justice / APPG Secretariat
Andy Murphy – Office of Alison Thewliss MP
Kathryn Sturgeon – Office of Wendy Chamberlain MP (Liberal Democrat)
Lauren Wards – Office of Alison Thewliss MP

Transcript

Alison Thewliss MP We'll move directly on to Part Two, which is testimonies of current residents at Napier Barracks. And this is slightly more difficult because we understand that some people within Napier Barracks have been discouraged from speaking out and have been discouraged from giving testimony. And so some of the testimony will be relayed by others.

This is our second session. So, we want to try and make sure we are getting evidence from people who are still there, because government ministers do like to tell us that things have changed and things are different. And I think it's important to see whether or not that is the case. So we're going to be joined in the second section by Maddie Harris from the organisation Human Rights Network with Naomi Blackwell, from the Jesuit Refugee Service. And we're also going to hear from "Victor", who was a resident at Napier until very recently as well. And we would particularly like to thank "Victor" for coming and sharing his experience with us this afternoon.

And I'll go to "Victor" first and take some testimony from the others after him.

And again, people as part of the sessions don't need to answer questions if they don't feel comfortable in doing so. And we will hear from Maddie and Naomi who will be able to share some other people's experiences as well, who don't feel comfortable coming on camera themselves to do that.

Naomi Blackwell If you could just not mention the names, that's all.

Alison Thewliss MP Of course, no problem at all. We'll do our best to make sure the people are anonymised. And also this second session is not being video recorded as well. So, that will try and protect those within the system currently.

So if we first go "Victor", just to give a bit more of his experience and to ask the extent to which things have actually changed within the camp

"Victor" Hi?

Alison Thewliss MP Hello. We can hear you.

"Victor" Yes, I want to apologise because my English language not very well, so I had thought I am going to say.

I am only able to speak now because it is all behind me. Even a few weeks ago I would not have been able to speak.

Firstly, I want to talk about what happened before I had even arrived at Napier Barracks. We were not given any notice, we were not given any information, we were told to pack our bags and that we were leaving the hotel. I tried to find out where we were being sent, no-one would tell us. I asked the hotel receptionist, they told me to speak to Migrant Help. I called Migrant Help, they said they didn't know. No matter how hard I tried to seek advice, no-one was able to provide us with any information. We were just sent. I only wanted to know where we were going, just the address would have been helpful. We got into the taxi and the taxi driver said he didn't know either. It was very unsettling. I only knew where we were once we had arrived.

I heard of one man, who, on discovering he was being sent to Napier, jumped out of the taxi somewhere in Kent and disappeared as he was so fearful of where he was going. We never found out what happened to him. I saw lots of people arrive at Napier in distress because they had not been told their destination. Some, on realising where they were, refused to enter the camp and security forced them to enter and then forced them to get out of the taxi when they again refused.

This lack of information and inability to treat us humanely, I find is undignified and I was surprised and scared at this treatment in a civilised society. When I arrived, the fear completely overwhelmed me. The design of the camp was oppressive, the high fences, the sheer numbers of people, the security who didn't look like normal security they looked like they were from the military. It was terrifying and I could feel it through my whole body. It reminded me of the military camps in [my home country]. I was in complete shock for the first few days. I did not sleep at all and I did not eat. I needed to know where I

was, why I was here and what was going to happen. I did not speak to anyone. I was in shock. My body was in shock. It reminded me of [my home country] and I could not function.

After a few days of not speaking, I forced myself to try and accept my lot. I stopped trying to find out what was going to happen to me there. I never accepted the fact that this is where they had brought me, and I never accepted that I should be treated like this, but I got comfort from knowing that all the people around me were in the same situation. And that we all shared in this.

Living at the barracks always felt like a health-risk. Initially there was an outbreak of a skin condition, everyone appeared to be suffering from an allergy and having allergic reactions, they were all itching and their skin changed colour. They were given medication and kept in isolation, away from others on the camp but we never learned what it was.

Covid testing was not carried out effectively. Staff would enter one block and if someone was sleeping, they would miss them. Firstly, not everyone took the tests, and secondly, when they issued testing kits and even when we completed the tests, they would sometimes forget to come back and get the results, so they would not even know if someone had tested positive. It was extremely careless and we had no faith in the system. We thought we were going to catch Covid, as there was no social distancing. It caused a lot of anxiety.

I did not complain to anyone about this system or any other system existing in the camp. It was all disorganised, nothing was clear. I just felt that it was in such disarray that going to speak to someone would not make any difference, it was so bad already. What was clear to me was that there was absolutely no pathway to share my observations and experience; there existed no clear way to pass on vital information.

While practical matters were chaotic, when it came to emotional and psychological support, there was a void. There were vast numbers of people who were in desperate need for mental health support and there was no provision at all. I felt this keenly and many around me also felt it and you could also observe it easily.

Most of the people in the camp had issues with sleeping. I would be woken up at night with people having nightmares, all of us suffered from severe sleep deprivation. The nurse on camp did not refer any of them for therapy, which is what they really needed. He just gave them pills to make them sleep, but he never referred them to the doctor or specialist mental health services. I went

to the nurse once and I never went again. I had a physical complaint which is brought on by stress, I know because I suffered from this in [my home country]. The nurse offered me medication, but I know from past experience that the medication does not work because the problem is brought on by stress. Eliminating the stress is the solution. I asked to see a Doctor as I wanted help, but he did not refer me to one. I never went back because I found it pointless and I could not circumvent the nurse to speak to another healthcare professional. My physical problem improved within 2 weeks of leaving the camp.

Another issue on the camp was the rooms. I should not even call it a room, because it was simply a piece of fabric hanging to create the illusion of privacy. When a member of staff wanted to speak to any of us, they would not knock or call, they would simply move the fabric and they were able to access our room without any permission so no privacy was afforded to us at all. I shared a dormitory with other men and, for a variety of reasons, noise levels were high and there was nothing to be done about this, despite people's attempts. It is hard to keep that many people quiet in such a small space.

We had shared bathrooms, only 2 between 25 people. Most of the time you had to queue to use the facilities. Some people had medical conditions that made them need the toilet more frequently, but there was no provision made for these people. The toilets were cleaned twice a day but due to the high numbers of people sharing, they did not remain clean for long.

Communication was a problem as I feel information was always hard to find. Once a week, they held a meeting with us and members of the Home Office and they would tell us that if we stayed at the camp we would definitely have our substantive Home Office interview. This information was proved not to be true; many people were there for months and never got an interview. I believe, and many thought the same, that they only said this so we would stay and not try and leave.

The interview process, like everything else, was chaotic. Interviews were being held and people were not given enough notice to find a lawyer or if they had the good fortune to have a lawyer, to even have time to speak to them prior to the interview. One of my friends was sleeping, the staff woke him up and told him he had an interview in the next 15 minutes. He attended the interview. I heard of others who were similarly given little notice.

Most people were not aware that it was important to speak to a lawyer before the interview. I only knew this because I had spoken to others in the camp. I did not find out from any official source. Most people did not know.

I noticed they started making little changes to the place. They suddenly improved the food, the meals became better and I was left with the strong impression that they were trying to convince people to stay there by making these little changes. It didn't change the core problem. It just modified it.

I just want to return to the emotional impact of the camp on me. This has had a lasting impact and although my mental health has improved a little now I have left, I am still left with that imprint. I am still suffering from the experience of being in Napier Barracks. One of the main reasons I became severely depressed on the camp was because of the environment. The look and feel of the camp. The fences, the gates, the security. I am terrified of military establishments. I felt depressed and the camp was making me depressed. I had no escape from this feeling of oppression.

I could not sleep as I was worrying constantly together with the noise and lack of privacy, everything was closing in on me. The most I slept would be two hours and even those two hours would be interrupted sleep. Each time I fell asleep, I suffered nightmares. This was daily. Day in, day out. It was relentless. I also suffered from flashbacks. Again, this was daily. It became worse and worse. Once I became scared, then I became more scared, I had flashbacks of the shooting in [my home country], of the military after me, shooting at me, and the memories and the security all around me.

I did not tell the nurse about this. I did not talk to anyone about this. I need to explain something to you. We come from a different culture in [my home country]. If anyone is suffering from a mental health crisis or any emotional issue, but especially if it affects your mental health, then people consider you insane. They say you are crazy. There is an enormous amount of stigma and shame attached to this. I got used to this being a secret, I did not know if it was ok to speak about these problems in my head because I did not want anyone to think I was insane. I kept it a secret and I never spoke to anyone about it.

I was not the only one suffering. There were definitely many people on the camp, some who had been in prison in [my home country] and who had been tortured, there were many people who should not have been on the camp. I do not know if the staff ever knew about our mental health conditions. Even the healthy men, became unhealthy in this environment.

Thank you.

Alison Thewliss MP Thank you so much for sharing that experience. I'm very grateful for you giving that, it was very powerful indeed. Thank you. And I should say that your English is far better than my languages at all. So thank you so much.

We'll move now to Maddie and Naomi, who are going to share some testimonies as well. Sorry – Elspeth?

Elspeth Macdonald Sorry, Alison. I think our speaker that we've just had was going to take some questions as well?

Alison Thewliss MP I was going to come back to questions afterwards, and give him a wee break if that's OK.

Naomi Blackwell OK, thank you. So, my name's Naomi Blackwell and I'm here with Maddie. I'm going to read a couple of testimonies. Maddie is too. And the thing that we wanted to say to you all is firstly is many, many thanks. We're extremely grateful for your time and interest. It's absolutely vital.

And the other thing was that we have had enormous amount of interest from the people we're working with on the camp to speak to you all. But as time has passed and this time has got closer, more and more people have voiced their fears and have decided not to attend person. And what I wanted to impress upon you, and I think it's quite telling, is that these aren't unfounded fears. And there's a reason why people do not want to speak out, and do not want to have their faces on camera. Because they are told consistently that speaking to NGOs or speaking to the media will affect their claims. We notice it in Napier, we noticed it across all the Covid hotels over the last year.

And also, I think it was Erfan [former resident who spoke in Part 1] who said that after they were spoken to, no one came out and protested again. And I think it's absolutely clear what's going on. The other thing is that people - again, this was noted by Erfan, Milad and Kenan [former residents who spoke in Part 1] - that people have actually lost hope and have been broken down and just feel that it's not worth raising their voices.

And the third point we wanted to make was that this has been incredibly hard – very, very powerful words by everyone who spoke today. But the fallout of that is immense. And as Baroness Lister has also pointed out, it's quite traumatising to go through this again. But luckily, we have some people willing to have their testimonies read and we have people here in attendance who don't want to show their faces. But we're grateful to you all. But just bear in mind - that if we silence dissent, then the Home Office evades scrutiny. And I think we have to think about that carefully.

OK, shall I start?

[Reading testimony of "Edward"]

There is too much noise here. Not only the constant noise but also the levels of noise, which creates conflict among the men. I suffer from extreme lack of sleep and everyone suffers from this. The lack of sleep causes more complex problems, it isn't only the lack of sleep. People are very stressed and anxious. There is a lack of privacy, there is no place to rest.

I watch other people on the camp who cannot cope and who are suffering from mental health problems. You can see the men suffer.

When I first arrived in the camp, I became very depressed. I did not leave my room for weeks. I just went out of the dorm to get food and I would go straight back to my bed. I did not leave the camp. I felt too depressed and hopeless. The beds are small and uncomfortable. I would close the curtain to hide my bed and I would lie there. I did not speak to anyone. I was overwhelmed with dark thoughts, it was a very bad time, I did not know what my future held. No-one noticed my depression. I believe that the majority of the people here feel like this.

There is nothing to do on the camp. All you can do is think.

People are also anxious as some people are receiving their interviews and others are receiving letters saying they Home Office want to return them to Europe. A very small minority are being called to interview and this is causing tension and further stress. Some people have been waiting for months for an interview.

I have a friend who cannot cope with being here any longer, so that he keeps telling me he wants to be deported so he doesn't have to suffer anymore. He is really unwell.

When I heard someone had tested positive for Covid-19, I thought I would get it. It would spread like wildfire as everyone is mixing on the camp here.

People come up to the fences at the barracks and film us inside. I have heard that they post the photos and racist comments on Facebook. This makes it all feel difficult. I now feel I am a prisoner and it is hard to cope with losing your sense of self when there is no real reason for feeling like this. It makes you think about your life a lot. And how bad it is.

Maddie Harris

So this is a testimony from another man who's currently in the camp.

[Reading testimony of "Alexander"]

The total lack of privacy is very uncomfortable. It doesn't feel safe. You have to be in the room where people fight all the time. You have to be in this environment constantly. Each person should have the right to a room to themselves so they have privacy.

I have not been sleeping at all because the dormitory is noisy. No one is sleeping. If I sleep at all, it is fitful. Because of not having a sleep pattern, I have headaches all the time. It feels like my bones are broken. I'm tired all the time.

I have been here for about one and a half months. The first day I got here, I didn't get to sleep until 5 a.m. and then I was stuck in a bad sleep pattern. If you're awake at night, there's nothing you can really do and you get into a circle.

I'm mentally and physically drained all the time, and this doesn't put me into the right mindset for engaging with my asylum claim. Normally, I'm a very calm person, but I'm worried if the situation continues, I might start to feel angry. For anyone, circumstances like this might start to affect your behaviour.

Access to medical care is a problem and no one explains anything. I have periods of pain lasting about an hour and the pain bad, about 6 out of 10. And I haven't been able to speak to a doctor about it.

Previously I was in a hotel and the situation was much better there than here. There you were in your own room. You have a key.

The day I came to Napier, somebody knocked on my door and told me they were transferring me somewhere else. They gave me 1 hour's notice. They didn't tell me I was coming to Napier. If I had known where I was going, I wouldn't have come. They know people don't like it here, and that's why they would tell people.

I don't want to talk to the APPG directly because I'm worried I might get different treatment from people working at Napier and I'm worried it might affect my asylum case.

Naomi Blackwell

This is another testimony from someone again who's present here in Napier.

[Reading testimony of "Oscar"]

I'm almost finished. The place is not good for me. It should be a good place, not this.

I can't sleep, there is so much noise at night. Everyone has their own problems, everyone is noisy, everyone is stressed, everyone is worried, everyone is tense. I sleep maybe 2-4 hours a night. I think about my life, I think about my wife and children. I think about why my life is so bad.

Some people are not good here. Two of the guards have been unkind to me and I avoid them now. If they are giving out food, I wait until their shift changes and then I go for food after, as I cannot cope with the extra stress of people being unkind to me. I am always polite. I don't want to cause trouble. I never cause trouble. I don't talk to people.

When I look at the fences, it affects me more. The fences and the camp look as bad as my life. It all sums up my life. I fear everything. I try not to talk to people, I am in constant fear and I know I have to be here as this is my only place but I do not feel well here. I speak to about 4 or 5 people in the camp. No more.

I told the nurse that I have been tortured. But nothing happened.

I have a letter saying the Home Office want to send me to Europe. Sometimes I just don't know myself. Sometimes my body does strange things and it is not me. My heart is dead.

Have you got one more Maddie?

Maddie Harris

Yeah, one more to read from a man who's also in the camp currently.

He said:

[Reading testimony of "Andreas"]

What is really disappointing is that the situation for some of the residents here has been going on for years, many of us here passed through other countries, unable to find safety and then came here.

What is really frustrating us is that you are going in a circle. You think this is the last resort, the last place of safety that you wish to be accepted in. But it doesn't feel like you belong here. It's very disappointing to find yourself in this place, in this country treated in this way.

You try to speak about this place, to advocate for improvements, and then you see that the Home Office don't listen to anybody. Even the judge himself, who found that the camp is unlawful. And it is still open and they plan to continue to use it.

If they won't listen to the judge, why would they listen to me?

They have destroyed the feeling I had about my right to speak out. They show you that it is not your place to do so.

Being here has forced me down, after seeing everything NGOs and former inmates are doing and that this is ignored, it puts you down. You have no confidence in yourself to effect any change.

You are not going to hear from us because we haven't seen any results.

Yes, no one else is moving in, but this is, I believe, because the Home Office don't want to put themselves at risk.

They are fixing the interview rooms, trying to make it less miserable, but they are continuing to use the camp. There are some practical changes, but this is not what we are here for. We are not advocating for small improvements. These cannot make this place right.

Why do I need to speak, what for? I have spoken many times and seen no changes.

You have the power to do something, even if you are listening. What action will you take? What will the response from you be?

Naomi Blackwell

I've got one final one from someone who left recently and again doesn't want to show his face.

[Reading testimony of "Richard"]

The place in itself, stripping away all the other issues, is really depressing. It feels like a prison.

I didn't get an interview at the camp. My emotional health suffered a lot as there is nothing to do all day. I also found it difficult to deal with the lack of reliable information, and the impact this had on me and others.

For example, the Home Office are constantly telling you that you'll leave soon. And the people around you believe they will leave soon. And nothing happens. The security staff are also telling people that they will only be here for a couple of months and will leave. This means I was, and the others around me, constantly dealing with false hope, which becomes very damaging for all of us, particularly the men who were already unwell.

I knew nothing about the process, all the information I gleaned was from my friends and from the internet. We were all in the dark, really. It is confusing. You get up, you have breakfast and the day stretches ahead. There is no-one to see apart from the other 12 people in your room.

I noticed my mental health declining. I noticed it decline in others around me. The lack of privacy is hard. There is no privacy at all, anywhere, at any time, ever. It is constant. And that is unhealthy. The constant noise is also damaging as it prevents uninterrupted sleep. I could not sleep at night and I could not catch up on sleep during the day for the noise. If people cannot sleep for a few days in a row, naturally their mental health starts to drop down.

At the beginning when you arrive, you don't really know what is happening, or why. And then after a few weeks, still nothing is happening and your depression starts to impact on you more heavily. Together with the lack of sleep, the uncertainty and the creeping depression, it is a very, very damaging environment.

I saw a man cut himself, the security called the police and they took him away. We did not learn what happened to him.

I did not see a lawyer, nobody spoke to me about needing a lawyer until I met Jesuit Refugee Service. If I had been given an interview, I would have completed the interview without a lawyer. I saw people who went for their interviews without speaking to a lawyer first. I thought it was normal, people were getting their interview letters the day before their interview, so they just did it. We didn't know any different. I am an educated person, and I didn't know. So you can imagine just what happens to others who are not so fortunate.

Alison Thewliss MP Thank you very much for sharing those testimonies. They were very powerful indeed and give a real impression of how things are for people within the camps. Thank you very much for that and for the work that you're doing to support people in those circumstances as well.

I think we'll move to questions from colleagues. I don't know if Paul or Ruth wants to go? Ruth?

Baroness Lister of Burtersett

Sorry, because I've got light shining in, I can hardly see my screen.

I'm not sure I do have any questions. I mean, I think one of the things that really, really struck me from this set of presentations – and thank you very much, Maddie and Naomi, for being interlocutors in a way - is the effect of lack

of sleep. Lack of sleep is a form of torture, isn't it? It is used deliberately. I'm not saying this is how it's being used now, but the effect – the lack of privacy, the lack of sleep, the constant noise. It just sounds utterly intolerable conditions in which to be living. I just hadn't appreciated that really I think, to that extent before. It just came over time and again. I know what I'm like when I haven't slept properly for a few nights. It's just awful.

So, I suppose one question I have is the same one I asked before. And that is whether there is anyone in the camps who are - and I don't know whether Maddie or Naomi know this, or "Victor" feels able to answer it - but whether there's anyone who shows humanity and whether anyone actually seemed to know what they were doing. Because what came across earlier in our session is the lack of training, knowing nothing about the asylum system. So they're totally ill-equipped the staff there to deal with people who have been in a terrible situation.

So I don't know if anyone wants to say a bit more about that everyday interaction with the staff?

Naomi Blackwell

I think my fear is always that every time we litigate or we put in complaints, little changes are made. And so maybe we will get superior training. But the point is that that environment - if the Home Office are wanting to open reception centres like these around the country – that these tiny improvements and better training will not take that away.

And I think it was clear from the testimonies that a lot of people in that environment – there's enormous amounts of research that people don't want to declare or share any trauma in certain circumstance, certainly not being in a quasi-detention environment.

Sorry Maddie – I don't know what you wanted to add?

Maddie Harris

I suppose the only thing I'd add to that – and I just thought it was worth flagging that both JRS and I are going to be giving evidence next week as well, so we'll have more opportunity to talk about what's happening here from our perspective. But the Home Office has been clear with us somewhat about what they would say are the list of improvements that they make. And one of them which I think speaks volumes – and this is improvements that they made since this particular group of men moved in, so that's from the 9th April – is that all the staff on site now have safeguarding training. And that's level 2 safeguarding training.

So I think the fact that that is something that they believe to be a significant improvement, to me is deeply concerning. Because prior to that, you had 6

months of 400 men in an accommodation and people haven't had that training.

Baroness Lister of Burtersett This isn't a question for now, but if we're seeing you next week is one I think it would be really helpful to have your views on. I'm clear that these places have to shut. But I think it would be good to talk about next week about what in their place? What would make suitable accommodation? But as I say, that is really just to flag it up for next Monday.

Alison Thewliss MP Thank you. Can I ask around the conditions within the camp and have there been much by way of improvements? In the first session we heard about lack of soap, lack of hand sanitiser, queues for food, queues for showers. Has any of that really improved? Perhaps if I can ask "Victor" if you would like to tell us anything on that?

"Victor" Yes, at first things were really bad. But after a few weeks they tried to improve in some areas. So they provided more of the stuff that we didn't have, like soap and other stuff. And also they started doing activities. So they were trying to convince people that this was a good place to be in. So, yeah, it did get a little bit better, but it didn't really change much.

Alison Thewliss MP OK. One of the things that I had heard about hotel accommodation being used for asylum seekers in Glasgow was that some of the food was not really appropriate and that during Ramadan it had been difficult to get food at the times that people needed. Has this been a problem?

"Victor" They tried to make it right about the timing. But then, because of the amount of people, there really were a lot of delays. So usually we wouldn't get the food on time. So at the time we had to eat, the food would be delayed. So, it wouldn't be on time.

Alison Thewliss MP OK, thank you. It was said that people often didn't want to leave the camp even though they were able to do so. Was that quite commonplace?

"Victor" There's definitely people around and they looked at us in a strange way and we didn't feel comfortable leaving the camp. There was this feeling of shame – so, every time we would go out, we would just feel like people were judging us. And it's also because of the place that we're staying in. We just felt a feeling of shame. And that's why they didn't leave.

Alison Thewliss MP OK, thank you very much. I'm sorry to hear that. That's a terrible shame as well, because it almost feels as if people become enclosed as well by that feeling of shame.

I don't know if any colleagues have anything else that they would like to ask?

OK, thanks very much. I know we're seeing you again soon for evidence, but I want to thank the three of you for coming, for providing the testimonies from others and to our speaker "Victor" for his evidence as well, which is incredibly moving and very helpful indeed, and will help us in putting together our report.

And if there's anything else that you wish to share with us, please get in touch and let us know. Or indeed, if any of the people that you're speaking to have evidence that they wish to share with us through photographs or through things that they've written down individually, they're very welcome to do so. That would be very helpful.

Please let them know that we are listening, and we will do everything that we can do to help, to raise their voices and to highlight their experiences. Because we don't believe that this is acceptable at all, the way that people have been treated here. We strive for better and we think that people deserve that dignity and that respect.

Thank you all very much for your evidence in the session today. I think that's all we have for this afternoon. Thank you so much to everybody, for coming along and for sharing your experiences. Thank you.