

## Rebecca

[00:00:00]

**INTERVIEWER:** As you already know, my name is Rebecca, I've been diagnosed since 1994, it's almost 23 years, in Holland, but I came here in 2006, in Manchester. And when I came, I didn't have enough medication, and I didn't know how it was going, so I got pneumonia, terrible pneumonia. So I was hospitalised for, I think, 14 days. I almost died.

[00:00:48]

**INTERVIEWER:** OK. I should have said at the beginning, I'm sorry- if there are any questions that I ask that you're not comfortable with, you don't have to answer them. And also if you don't need a break, you can have a break at any point. I'm just going to turn my phone off!

So... Jane says she's also running late, so that's fine. Umm... Oh, so that was you. [long pause] Sorry.

Could you say a bit more about your time in Holland? What was it like? Where did you live?

**PARTICIPANT:** I lived in the north of Holland, I just came and err... when I went to the [missed] [00:02:02], they have a system, so they put me in a certain house. A lady who was there told me - by then, I didn't know anything about it... she, because you know, there is an asylum system, so when you get a negative, then she'd say, you know what, go and test yourself. Yeah, if you are HIV positive you might get papers. I said, pff. Very innocent because I knew nah, no, I'm OK. So I went for a test. Back then it used to take two weeks. So after two weeks I went back to the hospital, and then this doctor told me, I have had news for you. I said, what bad news? So he told me that I was positive. So I kept quiet, and then after, he told me, and you are dying in a year. So I was only 25, 26 almost.

So I just looked at him. Because you know when you're processing, all those things are around your head saying, how, when? So I ask him, how did you know? He said, according to the blood tests and whatnot, you have been having it for ten years. I said, really? I was still a virgin, so how did [I get it]? [He said], that is not my business, but that's what I see. He was very, how do you call it... cold. Not even caring, like he's supposed to, because doctors are supposed to care. And then I ask him, are you God? Do you know that I'm dying in a year? So he said, that's what I know. I know you are dying in a year, so I was so upset. Didn't cry, just walked out. Banged my head on the door behind me, just thinking then I was walking like a robot, like, I'm dying in a year, but how do you know, OK God, if that's the way you work - you know, Africans, we would think there is always a solution, and that keeps you going.

And I went back home - so my friend told me, how was it? So I just said, you know when you don't even have a thing to hold - I said, oh, I'm positive. And she said, I'm positive too. So at least then I had a companion, all those years. So I didn't go back

to hospital, I was so upset, and then I got pregnant. So then I went back to the hospital. And there I ask, where is the doctor? To my surprise the doctor had died. I said, how? He gave me one year and I'm still around, and that was 2005, when I went back when I was pregnant. I said, he gave me a year, I'm still here and he died. I was very cold about it, I didn't care. So they say, yeah, he had cancer, very aggressive. Within three months he was dead. And I said, does he also die? I didn't know. Because he knows everything that would have prevented it. And the nurse just looked at me, just shaking her head like that.

And by then, there wasn't a lot of medication in 1995. There was a few, I think. I've had so many medications so I don't remember. So they put me on this cocktail, it was one three times a day for the baby, to be known to become negative, if it was born. But you know, you are not serious [when] you are young: I'll miss out, I'll take it tomorrow, I'll take it in three days. But thank God, we got there, the baby was born, I got a drip also of antivirals - by then there were more things on the market. And after one week I had to go back to hospital to test him. It was so, how do you call it... I cried when I saw him, I put him in that [?] [00:06:02]. They had to test, you know, they don't have veins, they have to- I think they pricked him on the heel. And they are squeezing his life out and he cried, so I said, you know what, let me go out. And they said, OK, it's alright.

So by then we have to go every- I used to go every three months, and they gave him also medication. But after six months, I said no. Because by then he was negative, so I stopped giving [him them]. When they used to give me the bottle and syringe, [I'd put] the bottle in the toilet, syringe in the bin, for one year and a half, because I used to take him every three months and they say he's negative, I say, why should I give him these chemicals? So he never took the chemicals a lot. Until 18 months, they say, oh he's negative, don't come back. But he used to give them hell! When they see the doctor, he'll run [missed] [00:06:52] four people. He was strong, [kicking noise], kick them. Yeah. Yeah, he's 21 now. He has just finished university, so.

[00:07:02]

**INTERVIEWER:** Great!

**PARTICIPANT:** Yeah, yeah.

[00:07:06]

**INTERVIEWER:** That's great. And how were you with the... you talked about the medication for yourself. How did you find the medication? Because for some people it has quite a few side-effects, but for other people it's not so bad.

**PARTICIPANT:** Because the cocktail, I think in ninety-... you know, the combinations. When was it? I think I had it in ninety-... I don't remember when, because by then they used to you give this... which comes in a [missed] [00:07:35] they'll give it to you. But the cocktail I was on was so bad, I had diarrhoea for six months, I lost I think, 12 kilos? But you don't know... people go, are you OK? And I'm like, am I so bad? So I visited my mum at that time, and my mum looked at me

and I can see tears coming, and I'm like, I think I look bad. So my brother took some photos and I'm like, wow, really, I look very bad. But thank god I survived that.

[00:08:09]

**INTERVIEWER:** Yeah. Looking healthy!

**PARTICIPANT:** Mm. But then after that time - because I was missing a lot of drugs by then, so I developed a lot of resistance [to] all those old medications. The problem I have now is, most of the old medication I integrated with the others, so I have to avoid a lot of medication. So most of the time I have the newest which comes on, because I can't take the old ones. I think I've taken almost, from the chart, I think [I've taken] 95% [of] all the medication.

[00:08:46]

**INTERVIEWER:** Wow. That's a good ratio. OK. So I know when we spoke last time, you were saying how there's been quite a few challenges accessing care, healthcare, in Manchester [and Salford], in terms of the ways maybe the staff treat you. I was wondering whether you could say a bit more about your experiences in Manchester?

**PARTICIPANT:** Yeah, OK. I told you at the beginning that when I came here, because I ran out of my medication, I developed pneumonia. So when I developed pneumonia, I was hospitalised in the high dependence unit. There they were OK. We had three people, we had two nurses, so they used to take my blood every 15 minutes, and check my oxygen every- because I was really bad, so they put on that oxygen mask, which I've never had. I said I don't want it, and she said, if you don't put it on, you'll die. So I had to put it on, but it was like giving you fire. You can't- but I just played to God, I said, you know what, give me sleep. So I slept through the fire. And when they came, they thought I was dead. But they said, how did she do that? But I'm lucky, all those years I've developed my mechanism to block things out, you know, the pain. So that helped. And I think I had it for four days, with an intravenous every... if this one finishes, they'll bring another one. I was not supposed to be off the thing. So I think ten days I lay flat, they just came and turned me around, turn this side. When they saw I was getting better, then they put me in another ward. By then I swollen up. If you saw me, I was like some fat woman, because of all the water I'd been taking for ten days and not walking, I couldn't move.

When I went downstairs, because by then I did [?] know what was happening, upstairs I just most of the time I closed my eyes. [missed] [00:11:02] are you dying, they were asking me, if you die, what should we do with the kids? I said, no, because I had already made a will when I was in Holland. So I told them no, if I die, just call this person. So there is one lady who I'd already- because I'd made a will at 31. So if I die, she knew she would take the kids. Because by then Raymond was 11 and Jack was 16, I think. Oh no, 15, I think.

So... but you are downstairs, so by then, the first day, they teach me how to walk. The second day they say, OK, you're alright now, you can walk on your own. By then they'd put me in isolation. And my kids used to come in with masks and

everything, but I didn't know that in front, they are put a chart, putting "HIV" on the door. So that means all my friends who came in, they knew. But when I started walking- so what I did, I used to move the chart, hide it under my bed, and they would come and look for it, they can't find it, they'd bring another one, when I see them go, I bring it, I hide it. That's the game I did until I left the hospital.

[00:12:19]

**INTERVIEWER:** Wow.

**PARTICIPANT:** Because in 2007, we had been going through... those are the 90s, when you put that person in isolation, and then you put that they're HIV with a big red mark, I think it was 28, it was really big, like that [indicates nonverbally]. So, I'm like, that is gone, those days, we are in new days, we don't spread it like that. So... I didn't have TB, I only had HIV.

[00:12:49]

**INTERVIEWER:** Wow. That's, yeah. How much support did you have from friends and relatives? Where did you access support during this time?

**PARTICIPANT:** [I had] not a lot of support, because nobody brought me food. Only they brought my kids to see me and go back, that is it. Until I finished, when I was well, when I came back to the clinic to get my medication, that's when I saw on the wall, George House Trust. So, oh [missed] [00:13:23] Body Positive by then, so I said, let me call these people because they say they'll give you this... I didn't have a house, so I didn't have- I was not on benefits, so I was nothing. And I have two kids. So I say, OK, I have to look for something, for somebody to help me, because they say they help with finance, so that's when I started contacting those two charities.

[00:13:49]

**INTERVIEWER:** OK. Was that... did you meet other people there, or through them, or how did you- because obviously I met you at the BHA meeting. How did it... so you started going to GHT, then you heard about the BHA?

**PARTICIPANT:** No, first I went to GHT, and then I met people there that said, there's another one in, well it was Whalley Range by then, they are closed now. So- oh no, it's BP. I say, OK. So you go there. Because I have nothing to do. I'm just getting on my nerves, I didn't have a single coin. I remember the first time this guy I walked with, I met him at George House, we were talking up to Piccadilly. I used to walk all the way from Whalley Range to here to George House, and then, OK, by then- because I didn't know you could ask for transport. And they said, how did you come here? And I said, oh, I always come walking. "Really?" I said, yeah. Then they said they would give me transport. But then you have transport, you don't have money. So one day I was walking with this guy [that I met] the African space. I was looking at the mangoes, and he said, do you want mangoes? I really wanted mangoes, but I didn't have a single coin. I said yes, so he gave me £1. I'll never forget that £1 up to now. Anytime I see him, "thank you for that pound". So I got two mangoes, I was so happy. Because the way I used to live, the guy was very cruel;

he didn't buy food, so I started begging. So I'd walk around and say, I need some money for rice for the kids. So people, my friends, started giving me rice and things, until I got some money from THT, yeah, then I started to get... I think I got... how much was that by then? I think two hundred fifty because of having kids, so yeah. But the first time, because I'd just come out of the hospital, no food- he used to not buy us anything, doesn't put on gas, nothing, and you are so cold and you are like [freezing noises] and I'm so tired, because I lost a lot of weight, I think I was forty-something kilos.

[00:16:05]

**INTERVIEWER:** Wow. OK. So did you manage to find a house, and get your kids in school and things?

**PARTICIPANT:** Yeah. You know when I was at the hospital, social services came, because they told them that she has got kids. So social services were asking, where are the kids, so they started going to the flat where they used to live. So they got them a school. And when I came out of the hospital, they told me you can get benefits. I said, really? Because I was here almost one year and a half without benefits. But the kids were still in Holland for, I think, nine months when they came back. That's when I got sick, in November. They came in October, I went sick into hospital [in November?]. So then the social services told me you can apply for benefits, then they sent me to the Citizens Advice Bureau. And that's where this kicking in, OK, then you can get that, you can apply for the kids... yeah.

[00:17:07]

**INTERVIEWER:** OK.

**PARTICIPANT:** And then BP, Body Positive, helped me with the house, there was a very good social worker there- no, there was a guy [missed] [00:17:15] social worker, at the town hall, Trafford Town Hall, and then they got me a house- it was not long, six months? Yeah.

[00:17:25]

**INTERVIEWER:** Great. And was Body Positive, was it... it was like a social centre, a space you could just go to and...

**PARTICIPANT:** It was like George House. Because both of them, they began- they started [George House] together, then they split, and the other one formed Body Positive.

[00:17:49]

**INTERVIEWER:** OK. And you mentioned there was an African space, was that at GHT?

**PARTICIPANT:** At GHT, yeah. Even at Body Positive. But at that one, we used to lead the service, they didn't interfere with us. So they'd give us the money, we'd pay

for the transport. There was a kitchen, so it helped me a lot when I was homeless. They used to have every day, but Tuesday and Thursday, we'd get supper, or tea, whatever you call it. [laughs] So when the kids used to come from school, we'd go there, have something to eat, then we'd go where we used to stay.

[00:18:25]

**INTERVIEWER:** OK. Great. Could you tell me a bit about the... when you first heard of Black Health Agency, BHA, and why you started going to that space?

**PARTICIPANT:** You know when you're not working, you're doing nothing. So when we went to GHT, somebody said, there is another one at Black Health... – back then – now it's BHA. So he said, come along. So we started coming. And it was only Africans, and the people who led it were also Africans, so it was more comfortable than at GHT because there it is people who don't understand us. So [we?] used to cook, every Tuesday, we went, we would come. We'd say, OK, this one they would give you money, this one is cooking, and they used to give us £10 if you cook. So that one, everybody's fighting for! "I'm cooking next week!" So they used to put a rota so that not everybody cooks every week. It was, I think it was more relaxed than in George House, because you don't have "don't go there, don't go there" – we used to enjoy it. And then I started volunteering with them in 2008. Up to now I'm still volunteering with them. And I also got a job by then.

[00:19:47]

**INTERVIEWER:** OK. So could you tell me more about your volunteering and also your job?

**PARTICIPANT:** Yeah, we started with helping out with the group, because sometimes the support workers were busy. So because I used to lead a group in Holland, I had experience. So I tell him, no it's alright, you give me the money I use to pay transport, and then if we finish we'll clear everything. And because I have experience, I used to talk to a lot of people who were newly diagnosed, and some of them, they are young like me, and they say, oh we can never get kids. I say, yes you can, I have Raymond, he's 11. "Oh really?" So even now, that lady, she has two kids now, every time she said, oh thank you, because I had lost hope. She was only 25. She had lost hope and you were like, [sad noise] uhhh. But, it helps. Because when you talk, and the people just starting medication, you have been already there almost ten years, you have experience. You say, no it's alright. Don't miss anything because I have already resistance. Yeah, so.

[00:20:57]

**INTERVIEWER:** OK. What kinds of... in those groups, what kinds of... I mean, you've mentioned some of them, but people are obviously, maybe scared and anxious. What kinds of problems were you helping them with as well?

**PARTICIPANT:** Just to get the... you know, to tell them they are not there on their own. I was there before, but because me, I'm lucky, I have a strong heart. I was young, but I didn't care. Back then it was bad, people used to die. In Holland twice a

year we'd come together, but when you come you're like, oh, where's the one that used to have a stick? "Oh, that one passed away." So we lost a lot of people in those years. And I tell them, you're lucky, you people, because now you have medication. Back then you didn't have medication, and I'm happy I'm here. Maybe if I was in Africa I'd be dead. Then you give them assurance that it's not the end of the world, life goes on. You can get married, people have there get married, I have seen people get married. Because, with "who you'll get?" – as long as you're honest with the person you meet at the first time, because if you hold it so long, you might cause trouble. And sometimes I used to visit them if there's somebody in hospital, we used to go. Even though you have a small thing, you buy some drinks, you take to them. And you see, they're so happy. And the nurses look like, ew.

[00:22:35]

**INTERVIEWER:** How has it shaped, do you think, or not - maybe it hasn't made any difference - your own relationships? Because you mentioned then people coming to you and saying, can I get married? And you're giving them advice. In terms of your relationships, how do you think it's affected your relationships? Or maybe it hasn't affected-

**PARTICIPANT:** At the moment I have a positive person, so it's easier. I met him at George House. So it's easy, it's not a... But then I used to have negative people, what I used to do, I tried to use a condom. Because it is the easiest thing first. And then - but if I don't like you, I'll tell you right away, I am HIV. Some people, they say, are you sure? [laughs] There was one I met at the market, he said, ah, thank you very much for being honest! So OK, see you soon! [laughs] So off he went, but that was 2007, so. But, you know, when you are like that, because I have two kids, I didn't want to get in a relationship - you don't want to bring kids in and then you break up, so. I didn't have a lot of relationships. But I was advising other people, because they are looking for kids, so you need a relationship.

[00:24:01]

**INTERVIEWER:** OK. So you talked a little bit about the BHA. In terms of looking towards the future, how do you see your future, and how do you see the future of people living with HIV in Manchester, and maybe the kinds of people that you work with when you volunteer?

**PARTICIPANT:** Oh, the future. Yeah. Which side am I going to look at it? With the medication? Yeah, the future is hope. It's getting better and better. But with the relationship with other professionals, I don't think it is getting better, because they think, yeah, you have the medication so all the worries are gone. But the HIV stays there, with all the stigma, with all the side effects, in case you have side effects, I don't get side effects anymore. But services, the professionals are not treating us very well. And we're like, is it because they don't care anymore? That's what I think sometimes. And me, I tell them openly, I hate you people. They say, why? I say, because I have a bad experience with you. No matter, Holland, here, I haven't had a good experience. So do you think I will say, I love you people? No no no. So me, when I go to doctor: hello how are you, you have been alright? "Yeah." You have medication? "Yeah." In five minutes I'm gone. Nurse says I don't talk to them.

Yeah, because I have a bad experience with them. I just put my hand, mmm, blood pressure, well, I finish with you, how many bottles? Six or seven. I go. I don't have time for them.

[00:26:01]

**INTERVIEWER:** What do you think needs to change for that to get better?

**PARTICIPANT:** I think... telling them that we are people, we are not just people with a condition but we have feelings. Don't just treat us... anyway. Like one time, the nurse shouted at me because I was not agreeing to take a smear test. I said, it's my life. If I want to take a smear test, I'll take it. Even with medication, if I want, I'll take it. "Yeah but you you know you're HIV positive." So, I said, I wouldn't be in this clinic if I wasn't HIV positive. And I say, are you HIV positive? So since then, that lady, she knows me well, when she sees me she just walks the- if I'm coming this way, she'll just walk that way. Yeah, you can't ask me if I know- I know that I'm HIV, but it's my choice to take the medication or to take a smear test, or to take- we have sexual health things they do every year. It's my choice, if I want to take it. You can't just remind me that, because you're HIV positive you have [to] take it. No, no. So since then...

One time they ignored me. I stayed for two hours. I came, my appointment was 5, I was still there at 7. They closed everywhere, they ask me, what about you? I say, I'm still waiting for an appointment. They say, what? I say yeah, look there, my 5 o'clock. I've been here, you have been there. So they have to call the doctor to come back from home. [laughs] So I left the clinic at half seven. When I left the clinic, the nurse asks me, when do you want to come back? No, let me see. So I say, if you make an appointment, make sure that the doctor's around. [She said], what do you mean? I said, I'm not going to stay another two hours here because I'm a person [who is] positive. I'm a human being, not to be ignored because I don't have a choice. So she was... what did she say? She was rude. So I said, you know what, it's alright, I don't have to come back, if you don't make sure there is a doctor here. So then she's like, [angry noise], she said OK, I can see there are student doctors, then you will be seen. So I said, OK, I will come. But I will not wait longer than half an hour now anymore. So now know me, when I come, within 15 minutes, they come. [laughs] Yeah, because, that's always, I tell them, we are human beings. I know we don't have degrees in medicine, but we are human beings. At least say so when you are late...

But when *you* are late... One time this guy, how do you call it? Threatened me. "You missed your last appointment." I said, yes, I've called. "It doesn't matter, you missed your appointment. Next time you miss your appointment I won't give you medication." That is a doctor, a consultant. He said, because when you don't attend your appointment, it's £1000. I said, for what? For the five minutes I spend here, is that for the top person at the-? [He says], it is the heating, it is this, it is not [missed] [00:29:12] I said, really... OK. I will see you in the commons. I will go to the commons and that's where everybody will know that I'm HIV positive. You can't threaten people, I'm not a baby. I was so mad that day! [frustrated noise] [laughs].

[00:29:33]

**INTERVIEWER:** Wow.

**PARTICIPANT:** But now they make sure they send you text. Because by then they were not so bad. Now they give you a reminder the day before, that you have an appointment, if you want to cancel it.

[00:29:44]

**INTERVIEWER:** It's better isn't it, that system?

**PARTICIPANT:** Yeah. But you can't just threaten some people: if you don't come next time, I don't give you medication. I just looked at him, I said, are you for real? "It costs us £1000 if you don't come." That's why I don't... you see where I come from? I don't like them at all. Because every time, something, it's usually something like that, it was I think 2015. So, who are you to decide that? I told him, I pay taxes and I pay NHS and whatever national insurance. So who are you to say you don't give me medication?

[00:30:25]

**INTERVIEWER:** OK. You mentioned before that you were volunteering, but you also mentioned a job that you started working.

**PARTICIPANT:** Yeah, when I stopped volunteering for BHA, there was a poster of bank staff to advise people on their sexual health. It used to be funded by the Department of Health. Now they have moved it to Scotland. But it was for some time here. Because for us, we are positive, so sometimes they will be very happy if I'm there, if somebody [wants to] talk to a real person who is positive. They used to help [missed] [00:31:01] that's good, because this this this, and then you can signpost where you have gone: I've done this, you call them, they can advise you with the medication. So it was helpful, until we were made redundant.

[00:31:19]

**INTERVIEWER:** Oh, you've been made redundant?

**PARTICIPANT:** [laughing] Yeah. But I remain as a volunteer. Because I was first a volunteer, so I remained there.

[00:31:28]

**INTERVIEWER:** OK. Is there anything that we haven't talked about that you'd like to talk some more about? Anything we haven't covered, or mentioned?

**PARTICIPANT:** Mm. I think I want to talk about, you know, the support services we have in Manchester, which are a bit going down. OK, I understand, the government does have money to fund everything, but the services are going down, because they will tell you, we don't have that funding anymore. Even, so... I don't go to support, only the BHA, but I don't go to George House anymore, because people there are so

hostile. They just say, because of no funding, but it is not our problem... they will ask you, why are you here? As if they are... When I go there, if the heater is on, I'm going to take some of the heat. Even though I'm not there, the heater will be on. So I wish they could fund people where like, you know, like BHA, if we can get our own funding... because George House took all the funding, and there funding [for] women – we used to have a women group, it's gone. We used to have 20-25 women, and African Space that was 30 people, maybe on a bad day, 18. But they have all gone, and you ask, why did you close them? Well, because they have been here so long. But what is the problem when, if something is working... people, they are meeting people now. People now because... we have, our culture is a bit complicated. Because most people think that gay people are... they don't want to associate with them. But it's not right. Me, I'm used to that, Holland is a society where you know like, in the group we had, we had gay people, and they are the most helpful ones. But people, you try to explain to them, you know what, they are not bad people... but they want really to be on their own, not to associate with them now, like the coffee morning. People don't go there anymore, because... African people don't go there anymore. And when we used to go, you can see they go on their separate tables, which is not right. Me, I used to go and mingle. And they say, why are you sitting there, come and sit here! And I said no, I didn't come here to sit with you, I come to sit with everybody. So... I wish there was more funding, maybe to [have an?] African group, which is a combination of men and woman, yeah.

[00:34:14]

**INTERVIEWER:** OK. So if that's everything, are you happy to finish there, or...?

**PARTICIPANT:** No, if you have any questions, because I talk too much, I don't know what I've missed now.

[00:34:27]

**INTERVIEWER:** No, it's been really good. I guess this project is looking at sexual health and safer sex... So, I don't know if you had a message, maybe, for other people... if you had to summarise or give a message in terms of your experiences, what you would say...?

**PARTICIPANT:** I think I have been having... I've thank God, because my head has been there. Because when they just told me, OK– with my son, I'm sorry to say that the condom broke, but I'm happy that he was born. Because I have tried always to use a condom, even though I don't tell you about condoms, I always have a condom, and I always advise people, please. I used to have condoms – in Holland, I used to have condoms in a bag, I would give out to people. I'd say, please, try to protect yourself. Even though you know you're HIV positive, you don't want to get other sickness which might be worse than this one. At least you can manage this one. So even up to now, if I get condoms when I go home, I tell my nephews, please – because their dad and mum died of HIV – I say, please, I don't want you to die, I know what your mum died of. They're always, thank you auntie. Even when I'm sending them, I'll say, ohh, my mum knows, so this one is for Brian! I say yeah yeah, you no give in! [laughs] [missed] [00:36:10] This is a nice one.

Because I used to work with BHA, we used to go in the communities, so I used to have condoms at home, because sometimes at the weekend we'd go out, so then [I talked about] sexual health with my son. I say, Raymond, you are 16- mama, I'm moving out. I say, oh, wow. At 16? "Yeah, I'm going to get a house with my friends." Oh, OK, I wish you the best! And then I say, be careful with the women! He said, mama, I know, I know. I said, what do you know? He said, ah, you use a condom, not to get pregnancies. I said, OK, that's good, and sexually transmitted diseases. He said, OK. But do you know where to get the condoms? "Yes, I know. From you!" [laughs] So I said, not only from me, you can go to the GUM clinics, you can go to the GP, and you can order online, there are some people who can send you condoms. It was a laugh, I will never forget!

Yeah, but I try to advise people. Because you know some people, they are just daft. That's what I'm going to call it. "Because I'm HIV positive I don't care." Some people, they just sleep around without a condom. But this is not right. It's not right at all. I know now we [missed] [00:37:30] you never know. Me, I've been careful, thank God. I think until I met this guy, I used condoms even when I used to have a positive in Holland, but we used protection because he was a drug addict before. So I said, I don't know what you have. "No no, there's medication-" I said, alright, we use some medication, so what? I don't know when you put drugs, what you meet on the street. So we used to have a lot of arguments until we broke up because of that. I'm like, we're done, that is it. What's wrong with a condom? Oh, they are too tight on me, they are too...! But I always try to advise people, yeah. Safe sex is the best, even though you are positive, but it's the best for you and for the others. Because you don't know what they have.

**[00:38:21] End of transcript.**