

1 My name is Ruth Chuchu.

2 This is my testimony of what happened to me in the detention, I was detained in February 2014- till May 2014 in Yarlswood Detention Centre. I am a woman in my early fifties.

3 They picked me where I lived. When I arrived there I was not on medication. The HEALTH CARE SYSTEM IS NOT VERY GOOD and the way the things are done is not good, even the food. The frequent checking. My bad experience was the low standard of health care.

4 I went to health care as I was not feeling well my blood pressure went up, from normal to high, 215/100 or above this. I could not sleep at night. They wrote this on the report. I was given medicine for high blood pressure and it causes me to have a deep sleep that I would even miss my lunch or dinner, I even got so confused, distressed mentally.

5 They dont really care about about our health. They will toss us around. When I complained about pains I was given paracetamol. They even booked me to be deported even in that kind of conditions of health. Which was really disturbing. When I go to health care we stand up for too long as we go there everyday. All of this has caused some other sickness in as I have swollen leg, I have been booked for an operation.

6 The food in the detention centre is not really good, we eat almost the same thing most of the time. We dont have a lot of choice to choose from, so you are oblige to eat what you are offered.

7 We are limited to access the internet and that is a disadvantage for my case.

8 I felt that all this has a long side effects on us. I am not iin a right state of mind. I felt like I was in prison.