



FAITH AND CULTURAL GUIDANCE

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The Handbook is designed to help staff by increasing awareness and understanding, but by necessity, it includes a number of generalisations. We are all different, whatever our background; it is therefore crucial to ascertain the needs and wishes of each individual as people will differ in the extent to which they practice the faith or behaviour associated with their ethnic community. Some will strictly adhere to all or some of the tenets, while others will choose not to practice at all.

As with any human interaction, genuineness and good intentions are what matter. Hence, staff should not fear giving offence if their knowledge of a particular faith or ethnic community is not comprehensive.

In social situations, staff will most certainly be received with respect and friendliness and any questions or curiosity regarding faiths or ethnic communities or particular traditions would be welcomed.

You will find the Handbook divided into:

- **Faith Communities**
- **Ethnic Communities**

The sections are in alphabetical order so you can easily find what you are looking for. The information has been presented on a page design easy to use for staff handouts.

BUDDHISM

Background	The religion takes its name from Gautama Siddhartha, a Hindu prince born in Northern India in about 500 BC. He became convinced that the secret of understanding, or enlightenment, lay in the middle way between the extremes of sensual pleasure and self-denial, a path leading to a state of supreme happiness and peace known as Nirvana. Gautama came to be known as the Buddha, or Enlightened One.
UK Community	An estimated 152,000 Buddhists live in the United Kingdom
Beliefs	The essence of the Middle Way is a view of morality which prohibits the taking of life, lying, theft, sexual misconduct and the use of intoxication substance. This is supported by meditation aimed at clearing the mind so that it can rise beyond everyday preoccupations. Buddhists do not acknowledge the existence of a god or creator, but neither do they deny it.
Places of Worship	Buddhist temples are designed to symbolise the five elements: fire, air, water, earth and wisdom.
Prayers	Buddhists may worship in a temple or at home. They may set aside a room or part of a room as a shrine, with a statue of Buddha, candles and incense.
Religious Festivals	The dates of the festivals vary from country to country, and between the different Buddhist traditions. The main festivals are: <ul style="list-style-type: none"> • Wesak: the most important festival occurs on the full moon, in May. • Dharma Day: marks the beginning of the Buddha's teaching. • Sangha Day: Celebrates the spiritual community. • Losar: the most important festival for Tibetans as it marks the Tibetan New Year.
During Healthcare	There are no particular considerations for most Buddhists.
Diet	Buddhists are vegetarian, because of the precept about not killing.
When entering a Home	There are no set rules for visitors to observe. Buddhist homes will generally have a statue of the Buddha. Buddhists decorate their homes with lamps and flowers. Light is very important for Buddhists as it lights up the darkness in the same way that the Buddha's teachings light up their lives.
Death	The dying person is believed to need peace and quiet, for meditation. A monk may attend. There are few formal traditions around death, and funerals are generally seen as non-religious events. Tibetan Buddhists believe that the spirit of the dead person will be reborn after a short time. Buddhists may be cremated or buried.

HINDUISM

<p>Background</p>	<p>Hinduism has developed over five thousand years, under the influence of different cultures and civilisations. It is a way of life as much as a set of beliefs. It is very different from Christianity, Islam and Judaism. It has no single founder or prophet, four main holy books, no organised church or hierarchy of spiritual leaders.</p>
<p>UK Community</p>	<p>There are around 559,000 Hindus living in the UK</p>
<p>Beliefs</p>	<p>Hindus believe that there is a Creator or Supreme Spirit, which is neither male nor female, and is too complex for ordinary mortals to understand and worship, so it is worshipped through different images. These three images symbolise the fact that everything in the universe is being created, preserved or destroyed. Hindus may worship these images or human manifestations of them. Rama and Krishna are manifestations of Vishnu.</p> <p>Hinduism teaches that each living body is built around an eternal soul (Atman) that comes from the Supreme Spirit. It is the ultimate desire of each soul to return to the Supreme Spirit some day, but to do so it must be clean.</p> <p>The purification needed is hard to achieve in one lifetime, so each soul has to be born over and over again, gradually improving itself each lifetime until it is finally clean enough to return to its Creator. This is the basis of the Hindu belief in re-incarnation.</p> <p>There are four main holy books, the Vedas. They are The Bhagavat Gita, the Ramayana, the Gita, the Upanishads and the Mahabharata. The Bhagavat Gita is the most sacred, but Hindus expect all four texts to be treated with respect.</p>
<p>Places of Worship</p>	<p>Some Hindus visit a Temple (Mandir) to worship. Certain rules should be observed when entering a temple. Everyone should remove their shoes before entering, and women should cover their heads. Non-Hindus are welcome in the temple, provided they show respect.</p>
<p>Prayers</p>	<p>Hindu worship (Puja) is usually individual rather than communal. Many homes have a family shrine with statues or pictures of the gods worshipped by the family. The part of a home reserved for worship should not be entered without an invitation. Hindus pray at least once a day and must purify themselves by showering or washing before prayer.</p>
<p>Religious Festivals</p>	<p>Holi – is the Spring Festival and is usually celebrated in March with bonfires and dancing.</p> <p>Diwali – is celebrated in October/November marks the beginning of the year. I.e. New Year on the Hindu calendar.</p> <p>Both festivals are marked in India with holidays and family celebrations like Christmas in Britain.</p>

During Healthcare	Some Hindu boys wear a “Sacred Thread” over the right shoulder and around the body. None of these items should be removed or cut without the permission of the patient or next of kin. If the Thread has to be cut or removed it should be retained and given to the patient later.
Diet	Hindus regard the cow as a sacred animal and therefore they do not slaughter cows or eat their meat. Many Hindus, particularly those from Gujarat, are vegetarian, and for them eggs, being a source of life, are also prohibited. Alcohol is not permitted and most devout Hindus do not smoke.
When entering a Home	The Hindu greeting is ‘ Namaste ’, pronounced Namastay, with the accent on the second syllable (I greet you respectfully). This is normally said on meeting or leaving, with the hands held together in front of the chin, as if in prayer.
Death	<p>If possible, it is useful to ask the family about the procedures they wish to follow, or get advice from the local temple. Where this is not practicable, the following should be observed:</p> <ul style="list-style-type: none"> • Do not remove jewellery, sacred thread and other religious objects. • Cover the body with a plain sheet without any religious markings. • Avoid washing the body since this is part of the funeral rites carried out by relatives.

JUDAISM

<p>Background</p>	<p>The early years are recorded in the Hebrew Bible, which Christians know as the Old Testament. Under the Roman Empire, Jewish people were sold into slavery and their descendants created Jewish communities throughout the world: dispersal is called the Diaspora.</p> <p>Members of Britain’s Jewish communities speak English, so there should be no communication problem. However, because of the strong sense of history, Jews use many words and phrases from Hebrew, the language of the Old Testament and of modern Israel. There are two versions of Hebrew: Ashkenazi, the western style, and Sefardi, the eastern style, which is the official version in Israel. For centuries, Jews in Eastern Europe had their own language, Yiddish, which has much similarity with German. It is little used today, although it is still the language of one community, the Chassidim.</p>
<p>UK Community</p>	<p>There are about 267,000 Jewish people in the UK. Jewish history goes back 5,000 years.</p>
<p>Beliefs</p>	<p>Jews believe in one God, all-powerful, but remote from the world. Every morning and evening Jews recite a prayer declaring that there is only one God. The prophet Abraham’s family was chosen by God, who made an agreement (or Covenant) with the family’s descendants: the nation of Israel must remember God at all times, and God will remain faithful to the nation of Israel. So the Jewish people, descendants of Abraham, believe that they are God’s chosen people.</p>
<p>Places of Worship</p>	<p>The word “Synagogue” comes from the Greek and means “meeting place”. Traditionally, it was a community centre as well as a place of worship. Synagogues are built so that they face towards Jerusalem.</p>
<p>Prayers</p>	<p>Prayers are held three times a day in the Synagogue. Additional services are held during festivals. The prayers said in the Synagogue follow set forms according to ancient tradition, but Jews believe that they can pray to God anywhere and at any time.</p>
<p>Religious Festivals</p>	<p>There is a series of festivals in the autumn. Each day is considered to run from sunset to sunset, so festivals begin on the evening before the given date.</p> <ul style="list-style-type: none"> • Rosh Hashanah (New Year). This is celebrated over two days by Orthodox Jews, and on one day by Reform Jews, in September or October. • Yom Kippur (Day of Atonement). This occurs 10 days after the New Year, and is the most important festival in the calendar. Many people fast for 24 hours (and there is a risk of people fainting). • Succot (Feast of Tabernacles). This is a very joyful festival and occurs five days after Yom Kippur, which lasts for seven days. • Shmini Azeret and Simchat Torah are the last days of Succot. • Chanukay (Festival of Lights) occurs over eight days near Christmas time.

	<ul style="list-style-type: none"> • Purim in March /April. Another joyful feast. • Pesach, or Passover: occurs in March/April.
During Healthcare	Jewish people generally have considerable trust in doctors, and are ready to consult them when necessary. Orthodox families will generally have a Jewish GP. In Jewish culture, the need to preserve health takes precedence over other rules, so consulting non-Jewish doctors is not generally a problem.
Diet	<p>According to Jewish dietary law, food is either Kosher (Meaning ritually acceptable) or Treif (meaning unacceptable). Treif foods include pork, shellfish and foods which have not been prepared according to the dietary law.</p> <p>All meat and fowl must be slaughtered in a way which removes as much blood as possible.</p> <p>Preparing, cooking or eating meat and milk or milk products together is forbidden and separate sets of utensils are kept for each.</p>
When Entering a Home	<p>A mezuzah is a small parchment scroll, on which are written two passages from the Bible. Many Jewish houses have a mezuzah, usually inside a protective case, fixed to the right-hand doorpost, and on the doors of each room except the bathroom and toilet. There are no particular customs to observe.</p> <p>The Hebrew word 'Shalom', (Peace), is used as a greeting by some Jewish people. 'Shalom Aleichem', (Peace to you), is used as a welcome.</p> <p>Orthodox Jewish men will not shake hands with a woman, and vice versa.</p>
Death	<p>Jews hope for enough strength to be able to say the last prayer (Shema) before they die. The last rites and funeral arrangements are carried out by the Chevra Kaddisha (holy society) which is a group of members drawn from each synagogue. Their responsibilities include washing the corpse and preparing it for burial.</p> <p>Jewish law does not permit cremation. It is considered disrespectful to delay a burial, which should take place within 24 hours of death, other than in exceptional circumstances. It is also considered disrespectful to leave a dead person alone and someone will stay with them until the funeral.</p> <p>Jewish custom recognises four periods of mourning:</p> <ul style="list-style-type: none"> • The time between death and the funeral when the mourner is released from all other obligations. • The week after the funeral (shiva) when the mourner is expected to stay at home, receiving fellow synagogue members to pray. • The first month (including shiva) allows for a gradual return to normal life. • A further period of mourning continues for the next 11 months.

	<p>Each morning, male mourners recite the Kaddish (a prayer praising God).</p>
<p>Social Aspects</p>	<p>The Sabbath (Shabbat or Shabbos) is the Jewish day of rest. It begins at sunset on Friday and lasts until Saturday night. After the Kiddush, a prayer welcoming the Sabbath, the family enjoys a special meal.</p> <p>Special prayers and readings from the Sefer Torah take place during the Sabbath and work is forbidden. For Orthodox Jews, in this case, work includes writing, travelling in a car, cooking, using a telephone (except in emergencies), even switching a light on or off, carrying money or keys. Jews may not buy anything or take part in activities such as fishing or playing football on the Sabbath.</p>

CHRISTIANITY

Background	<p>Christianity is based on the teachings of Jesus Christ, who was born in Palestine. The Western calendar divides time into years BC (before Christ) and AD (the Latin Anno Domini, or Year of the Lord); so his birth is taken to be the year 1 AD. Christianity spread throughout the Roman Empire and into Egypt and Ethiopia. Later, Western colonisers introduced Christianity to the countries they conquered, especially in Latin America and Africa.</p>
UK Community	<p>Forty two million people in the UK describe themselves as Christian</p>
Beliefs	<p>Christians believe in one God, shown in three forms: as God the Father, Jesus, his Son, sent to earth in human form, and the Holy Spirit, Christianity has elements in common with Judaism (the Jewish faith) and Islam. The old of Christians – includes the five books, which Jesus Christ as the Messiah (the Hebrew work for anointed; ‘Christ’ is the Greek form) predicted in the Old Testament. Muslims see Jesus as one of the prophets, of whom Mohammed was the most important.</p>
Places of Worship	<p>Anglican, Roman Catholic and Orthodox people worship in churches and cathedrals (the main church for an area). Other Protestant groups may have churches or chapels. Quakers call their place of worship the Meetinghouse.</p>
Religious Festivals	<p>Christmas celebrates the birth of Jesus. In Protestant and Catholic churches it is celebrated on the 25th of December; in Orthodox churches it is on the 7th or 8th of January.</p> <p>Easter Sunday is on a different date each year, according to the lunar calendar. The season of Easter recalls Jesus death and resurrection.</p> <p>Good Friday, the Friday before Easter, remembers the day of his crucifixion, and Easter Sunday the resurrection.</p>
Diet	<p>Traditionally, Christians limit what they may eat in Lent, the forty days leading up to Easter. This may mean giving up meat and rich food, or simply giving up one thing for the period. For example, it is common these days for treats to be given up – such as chocolate, alcohol or smoking. In some churches, meat is not eaten on Fridays and fish provides the traditional alternative.</p>
When entering a Home	<p>The most common symbol of Christianity is the cross, representing the cross on which Jesus died. Only very devout Protestants are likely to have a cross in their home. Many Catholics and Orthodox people have a crucifix: the image of Jesus on the cross. Catholics may also have a statue of the Virgin Mary, Jesus’ mother. There are no particular considerations.</p>
Healthcare	<p>There are no particular issues for most Christians. However, Jehovah’s Witnesses do not accept blood transfusions, or the storage of blood. Some Jehovah’s Witnesses may have doubts about undergoing blood tests, dialysis or transplants.</p>

<p>Death</p>	<p>A priest or minister may be called to say prayers for someone who is dying. Catholics and Orthodox people may want to confess to a priest before they die. Funeral services may be held in churches and chapels. People may then be buried or in some cases cremated. Many Catholics oppose cremation, because of the belief in resurrection of the body and soul at the second coming of Jesus.</p>
<p>Social Aspects</p>	<p>Christian churches vary in their attitude to various social issues.</p> <p>The Roman Catholic Church is against divorce, the use of contraception and abortion, and homosexuality.</p> <p>The Orthodox Church acknowledges that divorce is sometimes necessary, but opposes abortion.</p> <p>Some Protestant churches disapprove of gambling in any form, and others of dancing. Other Protestant churches have a more liberal line on social matters</p>

ISLAM

<p>Background</p>	<p>Most Muslims in Britain were born here, of Pakistani or Bangladeshi origin; but there are also sizeable communities of Yemeni, Somali, Iraqi and Iranian Muslims, as well as people from Afghanistan, Bosnia, Kosovo and other countries.</p> <p>Islam was founded early in the seventh century by the Prophet Mohammed who was born in Mecca, now in Saudi Arabia. Muslims believe that Mohammed was the last and most important of the prophets who also included Abraham, Moses and Jesus. God (or in Arabic, Allah) gave to the Prophet Mohammed the principles by which mankind should live and ordered him to act as his messenger. These principles were later recorded in the Holy Book of Islam, the Koran (also written as Quran).</p>
<p>UK Community</p>	<p>There are 1.5 – 2 million Muslims in the UK</p>
<p>Beliefs</p>	<p>Muslims believe in one god, who is worshipped without images or symbols. Mohammed is god’s messenger, not a God himself. The Koran guides Muslims on how god wishes them to live. All believers in Islam are equal, regardless of race or class: religious piety is the only attribute that makes one Muslim superior to another. Mohammed and the respectful treatment of women. Muslims may wear jewellery-containing verses from the Koran as a form of protection and may be upset if this is removed.</p> <p>Muslims believe that God has offered guidance to people from different nations at different times, across the centuries, through various prophets who taught people about God and the nature of existence. In this way Muslims acknowledge that the essence of most of the religions today contain the same truths, having come from the same source.</p> <p>Muslims believe the Torah and Bible to be divinely inspired books and believe the Prophet Moses and Jesus (Peace be upon them) to be very important and respected messengers of God. There is therefore a very strong and respected link and continuity between Islam, Judaism and Christianity.</p>
<p>Places of Worship</p>	<p>The Mosque is the centre of religious and community life. Few mosques in Britain are specially built, but most communities have their own local mosque, where religious services and classes are held. Each mosque will have an Imam or spiritual leader who reads the Koran and leads prayers.</p>
<p>Religious Festivals</p>	<p>The other four pillars of Islam apart from prayer are:</p> <ul style="list-style-type: none"> • Faith (The Kalima) Muslims are required to confess their faith: ‘I bear witness that there is no God but Allah and that Mohammed I his Prophet. • Fasting (Roza) – Muslims must fast from dawn to dusk during Ramadan. It was during Ramadan that the Prophet Mohammed first received his revelation from Allah. Ramadan is the ninth month in the Islamic lunar calendar. The end of Ramadan is

	<p>marked by one of the main religious festivals, Eid-ul-Fitr.</p> <ul style="list-style-type: none"> • Charity (Zakat) – Muslims are required to give 2.5% of their income anonymously to the poor each year. • Pilgrimage (Haj) – All adult Muslims must make a pilgrimage to Mecca at least once in their lives provided that they can afford it. The pilgrimage is performed during the twelfth month of the Islamic calendar and its end is celebrated by the festival Eid-ulAdha. Anyone who has made the pilgrimage is entitled to add Haj, Hadji or Al Hadji to his name, and gains great respect in his community.
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Diet	<p>Traditionally, Christians limit what they may eat in Lent, the forty days leading up to Easter. This may mean giving up meat and rich food, or simply giving up one thing for the period. For example, it is common these days for treats to be given up – such as chocolate, alcohol or smoking. In some churches, meat is not eaten on Fridays and fish provides the traditional alternative.</p>
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When entering a Home	<p>The Muslim greeting is ‘Assalaam Alaikum’ (peace upon you), to which the reply is ‘Vaalaikum Assalaam’ (peace be upon you also). The right hand is used for both shaking hands, greeting, and for passing or receiving things.</p> <p>The internationally recognised symbol of Islam is the crescent moon and star. It is normal to take off your shoes when entering the house. In an emergency, it is courteous to explain why you haven’t time to do this. A Muslim woman alone at home may be reluctant to answer the door to a male caller. Mutual hospitality and courtesy are of great importance. A formal style of conversation is seen as respectful. Visitors should address the father of the family first, and then speak to whoever leads the conversation. As a sign of respect, it is best to avoid eye contact while speaking.</p>
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Healthcare	<p>Islamic law forbids physical contact between a woman and a man other than her husband. This can lead to problems, for example, where a medical examination is necessary and no female healthcare worker is available. Most Muslims understand emergency situations, but healthcare staff should be sensitive to their concerns.</p>
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Death	<p>The Islamic faith places a great deal of significance on death and funeral rites. Muslims believe that the soul leaves at the point of death and that the body does not belong to the individual but rather that it belongs to God. They also believe that unless the body is buried within 24 hours of death, the soul will be unable to progress to Heaven. Islamic law also decrees that a body must not be interfered with once the soul has departed. These laws and beliefs mean that a delay in burial, like a post-mortem examination can be deeply distressing for a bereaved family. If this is unavoidable, the reasons should be carefully and tactfully explained. Many Muslims do not wish to be cremated, as again, this would prevent the soul from reaching Heaven.</p>
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Social Aspects of Islam	Islam emphasises the equality of all people and consequently women and men have equal rights. However, their roles and duties are also different and clearly laid out and this may conflict with Western ideas of equality. Men must protect and respect women, and a Muslim woman is always under the guardianship of her father, husband, or her sons if she is a widow, particularly in dealings with world outside the family. Women are the centre of the family, and the more traditional Muslim fathers and husbands may be reluctant for their daughters or wives to go out to work. Some professions including medicine and education are more acceptable. Muslim women keep their bodies covered, for reasons of modesty.
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RASTAFARIAN

<p>Background</p>	<p>The Rastafarian religion developed in Jamaica as an expression of the African identity of Black people in the West Indies. It is based on the ideas of Marcus Garvey, a Black Jamaican who founded the Universal Negro Improvement Association (UNIA) in the 1920s. It sought to restore the dignity of Blacks lost through many years of domination and colonisation by Europeans.</p>
<p>UK Community</p>	<p>No specific UK census figures available. There are about a million Rastafarians worldwide.</p>
<p>Beliefs</p>	<p>Rastafarianism is based on the Christian faith, but it rejects the European image of God as white, believing that it is equally valid for Blacks to believe in a black God. Rastafarians believe that the Bible provides evidence that the Israelites were black, and that Rasta's now living in exile in Jamaica are their descendants.</p> <p>Rastafarians share the moral values of Christianity but they also believe strongly in the power of nature. They believe the human race should live in harmony with nature and that the destruction of the environment by the developed nations is wrong.</p>
<p>Places of Worship</p>	<p>Some communities, in London, Birmingham, Manchester and parts of Yorkshire, have permanent meeting places, and Rastas from across the country gather at these places for festivals.</p> <p>Generally, however, the Rastafarians are a poor community in material terms, and many groups have no regular place to meet. Some people attend Ethiopian Orthodox churches in this country.</p>
<p>Religious Festivals</p>	<p>For the major celebrations, people come together to chant, recite psalms, sing hymns and pray. Drumming is a fundamental element of worship. There is also discussion and debate..</p> <p>The major festivals are:</p> <ul style="list-style-type: none"> • Birth of Tafari Makonnen (Haile Selassie) 23rd July • Birth of Marcus Garvey 17th August • Ethiopian New Year 11th September • Coronation Day 2nd November • Ethiopian Orthodox Christmas 7th January • Anniversary of the Battle of Adawa 16th March • African Liberation Day 25th May
<p>Diet</p>	<p>A preference for natural foods is to be expected from Rastafarian beliefs, and although there are no formal dietary restrictions, a vegetarian diet is preferable to meat. Rastafarians will not eat pork, or foods containing pork or its by-products. Many Rastafarians do not believe in drinking alcohol but may use marijuana (or 'ganja'). This is controversial in some parts of Britain. For the Rastafarians the practice is believed to assist prayer and meditation and to have medicinal properties.</p>

<p>When entering a Home</p>	<p>There are no particular rules to observe. The colours red, gold, green and black have special significance. Red symbolises the blood of the race shed in the past, gold symbolises sunshine, green the promise of a new life in Africa, while black symbolises pride in the black skin.</p> <p>The name of the ancient city of Babylon has been adopted by Rastafarians to embody the whole concept of white domination and conditioning, which presents Blacks as inferior. It has become a sort of code-word, particularly for young Blacks, who use it to symbolise the racial prejudice and social injustice which they experience in Britain</p>
<p>Healthcare</p>	<p>Some Rastafarians do not accept blood transfusions. Rastafarian women may prefer to be seen by a female healthcare worker, but it is not a problem if this isn't possible.</p>
<p>Death</p>	<p>At present, it is a matter of individual choice how mourning and funerals are conducted.</p>
<p>Social Aspects</p>	<p>Traditionally, the father is the head of the household, but Rasta's are increasingly acknowledging the important role of women and want to ensure equality between men and women.</p>

AFRICAN-CARIBBEAN

<p>Background</p>	<p>The description 'Afro-Caribbean' or 'African-Caribbean' reflects the fact that in Britain, most people from the Caribbean are originally of African descent. In many cases, their ancestors were forcibly removed from their homelands in West Africa and transported to the West Indies until the 1830's, to work on the cotton, tobacco and sugar plantations as part of the notorious slave trade. Even after slavery was abolished, the Caribbean islands continued to be exploited by the European countries that controlled them, and their peoples have looked for work in other countries ever since.</p>
<p>UK Community</p>	<p>There are around 800,000 people of African-Caribbean origin in the UK.</p> <p>Several thousand people found employment in Britain during the First World War, when the government encouraged them to come here at a time of labour shortage.</p> <p>Similarly, after the Second World War, many arrived in the 1950's when they were recruited to fill jobs in the transport industry and in other sectors where labour was scarce.</p>
<p>Language</p>	<p>As a consequence of colonialism, most of the languages spoken in the Caribbean are European. The three most common are Spanish, French and English. In the islands where Britain had a presence there developed a distinct difference between the English spoken by the Whites, and the 'patois' spoken by the ordinary people. It has been adopted and adapted by Britain's young Blacks as a badge of identity and used in Rap and Reggae music.</p>
<p>Religion</p>	<p>Christianity is the main religion the Britain's Afro-Caribbean communities. In addition, a significant number of Britain's African Caribbean community are Muslims. Rastafarian Movement is also a religion that is practised.</p>
<p>Family Structure</p>	<p>Traditionally, the extended family is closely involved in a support network for its members. Women have the dominant role within the family and make the important decisions.</p>
<p>Food and Drink</p>	<p>Many African-Caribbean people don't eat pork. If someone is ill, relatives will often prepare traditional food such as yams.</p>
<p>Health Care</p>	<p>African-Caribbean people tend to be very suspicious of healthcare professionals, and use the health service as a last resort after trying traditional remedies. They are likely to be seriously ill by the time they go to the GP or call an ambulance, and may be reluctant to go to hospital.</p> <p>Many people in this sector of the community find British people are still hostile to their presence in the UK. This sense of rejection and exclusion means they tend to prefer their own community organisations, such as sports, social clubs and cultural centres. Establishment and uniformed figures may become a focus for the</p>

	<p>general hostility that Afro- Caribbean people feel they are experiencing.</p> <p>African-Caribbean people are often very aware of the stereotypes that other people may have of them. Care staff can build up a better relationship by treating people respectfully as individuals.</p>
Death	<p>There is a great deal of support from the community when someone is dying. In the Caribbean, the traditional attitude to death is a healthy one, accepting it without fear.</p> <p>People are generally buried rather than cremated, though this is changing to some extent.</p>
Greeting	Ordinary British formal greeting.
When entering a Home	Older African-Caribbean people prefer to be addressed as Mr, Mrs or Miss, rather than by their first name.
Dress	Western Dress
Naming System	Normal British system i.e. women change their name on marriage and children have their father's surname.

BANGLADESHI

<p>Background</p>	<p>Bangladesh was formed in 1971 when it achieved independence from Pakistan after a civil war. Previously, it had been known as East Pakistan. Ninety-five per cent of Bangladeshis in Britain come from the Sylhet region of Bangladesh, which has one of the wettest climates in the world.</p>
<p>UK Community</p>	<p>There are more than 300,000 Bangladeshis in the UK.</p> <p>The majority live in Greater London, with the largest concentration in London Borough of Tower Hamlets. There are also communities in most urban areas.</p> <p>Men from Bangladesh (then East Pakistan) first began to settle in Britain in the 1950's. A large number of Bangladeshi men were invited to come to Britain through the Employment Voucher Scheme to work in the textile industry.</p> <p>With the decline in manufacturing industries, the community has branched out and established catering businesses in many British towns. More than 75% of Indian restaurants are actually run by Bangladeshis.</p>
<p>Language</p>	<p>The official language of Bangladesh is Bangla. Britain's Bangladeshis speak the Sylheti dialect of Bangla.</p>
<p>Religion</p>	<p>The majority of Bangladeshis are Muslim, but there are also Hindu, Christian and Buddhist minorities. Generally, Bangladeshis celebrate the Muslim festivals and, in addition, their own national days. Festivals days other than Muslim –</p> <ul style="list-style-type: none"> • Shaheed Day or Martyrs' Day: 21st February • Independence & National Day: 16th December • Bengali New Year (Pawhela Boishakh): 26th March • Bijoy Dibosh (Victory Day) 16th December
<p>Family Structure</p>	<p>The extended family is extremely important in Bangladeshi culture, both in Bangladesh and here. Members of the family will assist on another and will share responsibilities.</p>
<p>Food and Drink</p>	<p>Muslim Bangladeshis eat halal food, and do not drink alcohol. Hindu Bangladeshis do not eat beef.</p>
<p>Health Care</p>	<p>The Bangladeshi community has adapted in many ways to British customs, and women will generally accept being helped by male healthcare staff.</p> <p>People rarely use traditional remedies, which in any case are hard to find in this country.</p>
<p>Death</p>	<p>It is usual for the body to be buried rather than cremated. Muslim Bangladeshis have a period of up to 40 days of mourning after bereavement, when the immediate family is supported and fed by friends and relatives. Hindus have a 30-day mourning period.</p>

<p>When entering a Home</p>	<p>The usual greeting is ‘Apni kemon achen’, (How are you?). If you know the person’s religion, you can also say ‘Salaam’ if they are Muslim or ‘Namaskar’ if they are Hindu.</p> <p>Bangladeshis are hospitable people and will usually welcome guests with tea or cold drinks.</p>
<p>Dress</p>	<p>Many Bangladeshi women wear the shalwar kameez or sari, though some younger women choose to wear Western dress. Most men wear Western clothes, except for religious or cultural events.</p>

<p>Naming System</p>	<p>Males and females have different naming systems so members of the same family may have completely different names. Women do not adopt the husband’s name on marriage.</p> <p>Men usually have one or more names: a religious title, often Mohammed, then a personal name eg. Mohammed Iqbal. A Muslim should never be addressed by his religious name alone, since this is disrespectful and likely to cause offence. The personal name can be used alone but the full name is the polite, formal mode of address. Some men do not have a religious title and use two personal names, eg. Abdul Rafiq, Salim Malik. In this case the second name is usually, but not always used as a surname. If in doubt, use the full name as a form of address, or ask which name is to be used.</p> <p>Some men may also have a family name. Where there is one, it should be used as the formal mode of address: eg Mohammed Jabar Chaudrey, or Mr Chaudrey.</p> <p>Most Muslim women traditionally have two names – a personal name, followed by a female title (eg. Begum, Bibi)), which is similar to Mrs or Miss: eg Amina Begum. A woman would be addressed informally by her personal name or formally by her full name – but never as Mrs Begum or Mrs Bibi.</p> <p>Some women may have two personal names and not title, for example Nasreen Akhtar. Some may have a family name as well, eg. Nasreen Akhtar Khan.</p> <p>Names in the family might then be:</p> <table border="1" data-bbox="469 1637 1075 1865"> <thead> <tr> <th></th> <th>Given Name</th> <th>Surname</th> </tr> </thead> <tbody> <tr> <td>Father</td> <td>Mohammed</td> <td>Iqbal</td> </tr> <tr> <td>Mother</td> <td>Amina</td> <td>Begum</td> </tr> <tr> <td>Daughter</td> <td>Nasreen</td> <td>Akhtar</td> </tr> <tr> <td>Son</td> <td>Mohammed</td> <td>Omar</td> </tr> </tbody> </table> <p>It is now more common between some second and third generation Bangladeshis settled in Britain to have a shared family name following a personal name, as in the British system and for wives to take the family name on marriage.</p>		Given Name	Surname	Father	Mohammed	Iqbal	Mother	Amina	Begum	Daughter	Nasreen	Akhtar	Son	Mohammed	Omar
	Given Name	Surname														
Father	Mohammed	Iqbal														
Mother	Amina	Begum														
Daughter	Nasreen	Akhtar														
Son	Mohammed	Omar														

CHINESE

<p>Background</p>	<p>China has the world's largest population of approximately one billion people. Britain took control of Hong Kong after the first Anglo Chinese Opium War in 1843. In 1898, China leased a further 365 square miles to Britain. This area is known as the New Territories. In 1997, when the lease on the New Territories expired, Hong King reverted back to China.</p> <p>Hong Kong is one of the most densely populated areas of the world with a population of almost six million in an area roughly the size of Greater Manchester.</p>
<p>UK Community</p>	<p>Approximately 247,000 members of the Chinese community reside in the UK.</p> <p>Most of Britain's Chinese communities originated in Hong Kong and the New Territories. Others come from Chinese communities in Singapore, Malaysia and other countries.</p>
<p>Language</p>	<p>China has a range of dialects; but the two main languages are Mandarin and Cantonese. It is important to establish which language people speak. The written form is the same, but pronunciation is very different. Mandarin is used by people from mainland China. Cantonese is the language used in the Guangdong province of mainland China, and also by the majority of Hong Kong Chinese, and therefore, by extension most of Britain's Chinese population.</p>
<p>Religion</p>	<p>There are three main forms of religion practiced in China and the Far East: Buddhism, Confucianism and Taoism. Chinese communities in Britain have tended to combine the three religions as a basis for their way of life.</p> <p>Confucianism Confucius was born in the Shangtung province of China in 551 BC. Confucianism promotes the worship of ancestors and the view that the morals and cultures of past generations must be maintained in the present. It suggests that events are determined by fate. Confucianism, more a moral and social code than a religion, is at the heart of many aspects of Chinese culture.</p> <p>Taoism Taoism is based on the teachings of Lao Tzu who lived in the same era as Confucius. His early followers were involved in the search for immortality and their ascetic lifestyles, involving alchemy and natural remedies, gave the religion a mystical reputation. Taoism promotes the qualities of gentleness and unassertiveness as the means of achieving one's aims and the spirit of Tao has been described as being like water: following the low ground, passive, yielding yet powerful precisely because of its ability to flow around obstacles in its path.</p> <p>The main celebration is the New Year festival (late January – early February). New Year's Day is the start of several days of public celebrations. Other festivals are:</p>

	<ul style="list-style-type: none"> • The Dragon Boat festival (June) • The Mid-Autumn festival (September) • Chung Yung (October)
Family Structure	The family is very important in Chinese culture. The family is not just the unit living now, but stretches back through generations of ancestors and forward to generations yet to come. Ancestors are held in great respect. So an individual's behaviour reflects not only on himself and his immediate family, but also on the reputation of his ancestors and on future generation
Food and Drink	The Chinese community in the UK is not homogenous, and dietary customs vary according to the country of origin. Muslim Chinese people do not eat pork. Chinese monks are generally vegetarian. Few Chinese people of whatever origin eat cheese.

Death	Once dead, an individual becomes an ancestor to be respected. Chinese bury their dead close to the family home, and as quickly as possible, because leaving the body above ground is thought to allow the spirit to interfere with the living. The funeral is a time to celebrate the wealth and strength of the family and offerings are given so that the spirit can continue to give guidance to the family left behind.																				
When entering a Home	<p>The usual greeting is 'Lei ho', pronounced layee ho (How are you?)</p> <p>The male head of the family should be accorded respect and addressed politely. It would be wise, where possible, to approach him initially rather than young or female members of the family.</p>																				
Naming System	<p>The surname, or family name, is traditionally written first. Surnames often relate to a particular village or area where the family's ancestors originated. After the surname there are usually two personal names. People from the North of China, however, have only one personal name. Women do not generally change their name on marriage, and children take their father's surname.</p> <table border="1" data-bbox="469 1451 1481 1644"> <thead> <tr> <th></th> <th>Surname</th> <th>Personal Name</th> <th>Personal Name</th> </tr> </thead> <tbody> <tr> <td>Father</td> <td>Chan</td> <td>Kwok</td> <td>Onn</td> </tr> <tr> <td>Mother</td> <td>Wong</td> <td>Piu</td> <td>Ling</td> </tr> <tr> <td>Daughter</td> <td>Chan</td> <td>Jiang</td> <td>Li</td> </tr> <tr> <td>Son</td> <td>Chan</td> <td>Ah</td> <td>Choi</td> </tr> </tbody> </table> <p>Some Chinese people have adopted the British system and will have a forename followed by the family name: eg. Kwk Chan. It is also common for people in this country to use a British given name: eg, Janet Wong.</p>		Surname	Personal Name	Personal Name	Father	Chan	Kwok	Onn	Mother	Wong	Piu	Ling	Daughter	Chan	Jiang	Li	Son	Chan	Ah	Choi
	Surname	Personal Name	Personal Name																		
Father	Chan	Kwok	Onn																		
Mother	Wong	Piu	Ling																		
Daughter	Chan	Jiang	Li																		
Son	Chan	Ah	Choi																		
Health Care	Most Chinese people here register with a GP. However, for many older people there is a severe language problem, and they may look for a doctor of Chinese origin, if necessary paying to see the doctor privately. Some people retain their faith in Chinese traditional medicine, and consult a practitioner first rather than a GP.																				

CONGOLESE (ZAIREAN)

<p>Background</p>	<p>The country gained independence in 1960 from Belgium. In 1965 the elected government was overthrown, and Mobutu Sese Seko declared himself president. Mobutu's rule became increasingly corrupt and violent, and in 1997, while Mobutu was in Europe being treated for cancer, Laurent-Desire Kabila took over.</p> <p>Around 3.5 million people died in the civil war, which began the following year, and officially ended in July 2003. Kabila was assassinated in 2001, and his son Joseph Kabila was declared head of state.</p> <p>The Democratic Republic of Congo was known as Zaire from 1971 – 2001 and some Congolese still refer to themselves as Zairean. The country is called the Democratic Republic of Congo to distinguish it from the neighbouring Republic of Congo.</p>
<p>UK Community</p>	<p>There are between 10,000 – 15,000 Congolese people in the UK.</p> <p>The majority of Congolese population in the UK live in London, but there are also communities in Birmingham, Manchester and some smaller cities. People began to arrive in the UK in 1989, after the massacre of students at Lumumbashi.</p>
<p>Language</p>	<p>The main languages of the DRC are Lingala, Kikongo, Swahili and Tshiluba. In addition, those who have been to school speak French. The majority of Congolese people in the UK are educated and speak French as well as Lingala or another local language.</p>
<p>Religion</p>	<p>There are a number of religious groups in the DRC. Around 50% of Congolese are Roman Catholic, 20% Protestant, of various churches, and 10% Muslim. In addition around 10% are Kimbanguist, followers of Simon Kimbangu, who founded his Christian church in the 1920's.</p>
<p>Family Structure</p>	<p>Many Congolese people still live in extended families with cousins and grandparents.</p>
<p>Food and Drink</p>	<p>Muslim and Kimbanguist people avoid eating pork and drinking alcohol. Most Congolese here eat African foods – dried or salt fish, dried meat and cassava. Most people only drink alcohol on social occasions.</p>
<p>Health Care</p>	<p>Most Congolese people here are registered with a GP, and generally trust doctors. Some prefer to use traditional medicines, particularly for minor complaints.</p> <p>There is a fear of HIV/AIDS in the community, and while people who carry the infection don't tell their community, they will tell healthcare staff.</p> <p>Some Congolese people who have recently been abroad may have malaria or other tropical diseases endemic to the DRC. These are not</p>

	always readily identified in the UK.
Death	<p>Small groups within the community, such as people from the same church, take the place of the extended family when someone becomes ill. Many people visit the sick person in hospital. If someone dies, people will visit the family before the burial, and stay for a week or more to comfort them.</p> <p>Children and those who were born here are likely to be buried in this country. With adults, many families would prefer to send the body home, but for some this it too expensive. Cremation is not practised.</p>
When entering a Home	<p>The usual greeting in Lingala is 'Mbote'</p> <p>Congolese people are likely to be welcoming. there is no need to address the father of the family first.</p>
Dress	Women often wear traditional dress, particularly in summer. Men tend to wear Western dress.

Naming System	<p>Traditionally there is no fixed surname in Congolese families, only given names. This means there is generally no name in common between members of the family. Children may be named for grandparents or friends. Women do not change their name when they get married. However, some more educated families now adopt the Western system, and children born in this country may have their father's name.</p> <table border="1" data-bbox="469 1167 1481 1357"> <thead> <tr> <th></th> <th>Given Name</th> <th>Surname</th> </tr> </thead> <tbody> <tr> <td>Father</td> <td>Ntima</td> <td>Kasiwa</td> </tr> <tr> <td>Mother</td> <td>Kiya</td> <td>Matuwidi</td> </tr> <tr> <td>Daughter</td> <td>Kabu</td> <td>Kiwa</td> </tr> <tr> <td>Son</td> <td>Zola</td> <td>Makiese</td> </tr> </tbody> </table> <p>In colonial times, all Africans had to have a Western name as well as their African names. This system was abolished by Mobutu, and today only African names appear on official ID. However, many people continue to use a Western name socially: for instance, Kiya Matuwidi may be known as Marie, even though that name doesn't appear on here documents.</p>		Given Name	Surname	Father	Ntima	Kasiwa	Mother	Kiya	Matuwidi	Daughter	Kabu	Kiwa	Son	Zola	Makiese
	Given Name	Surname														
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ERITREAN

<p>Background</p>	<p>Eritrea, in the Horn of Africa, was colonised by the Italians in 1890, and was under Italian rule until the Second World War. In 1941, Britain occupied Eritrea, and after the war administered the country for the United Nations.</p> <p>In 1952 Eritrea entered into a federation with Ethiopia; but in 1961 Ethiopia colonised Eritrea. For the next 30 years, Eritrea fought a way of independence with Ethiopia. In 1993, Eritrea became independent. However, from 1998-2000 Eritrea and Ethiopia fought a war over the disputed border. Thousands on both sides were killed, and 250,000 people displaced.</p>
<p>UK Community</p>	<p>It is estimated that between 10,000 and 13,000 Eritreans living in the UK</p> <p>The majority live in London, but now there are also communities in Manchester, Birmingham, Newcastle and Leeds. Recent asylum seekers are being dispersed around the country.</p>
<p>Language</p>	<p>There are nine ethnic groups in Eritrea, each with their own language. The principal languages spoken by Eritreans in the UK are Tigrinya, English and Arabic.</p> <p>Until 1974, English was the medium of secondary education, and around 60% of Eritreans here speak good English.</p>
<p>Religion</p>	<p>There have been Christians in Eritrea since 400AD, and Muslims since the sixteenth century: there are now equal numbers of Christians and Muslims.</p> <p>The majority of Christians are Coptic (the ancient church of the region, similar to the Orthodox church). There are also Catholics and Protestants. The Jehovah's Witnesses were expelled from Eritrea in 1994-5.</p>
<p>Family Structure</p>	<p>The family system is patriarchal, with men traditionally making the decisions. However, in exile many women have become more confident and expect to be treated more equally.</p>
<p>Food and Drink</p>	<p>Muslims observe the normal restrictions on food and drinking alcohol.</p>
<p>Health Care</p>	<p>Most Eritrean people here are registered, culturally it is unusual to use preventative medicine, and many people don't have check-ups or take part in screening programmes. Female genital mutilation is now outlawed, but most adult Eritrean women who were not brought up here will have been through this procedure.</p>
<p>Death</p>	<p>Traditionally, the mourning period after a death is 40 days, but in this country it is often reduced to 3 days. In Muslim families, the body is buried here; Christians, especially Orthodox, have the body sent home.</p>

<p>When entering a Home</p>	<p>The usual greeting in Tigrinya is 'Kemay Alekom', (How are you?). People who don't speak Tigrinya as their first language will still understand this.</p> <p>It is normal for a guest to take off her/his shoes when entering the house. In an emergency this is not essential. It is polite to communicate with the father if her is present.</p>															
<p>Dress</p>	<p>Most Eritreans wear Western clothes except for special occasions.</p>															
<p>Naming System</p>	<p>There is no common surname in Eritrean families. Everyone has their own given name, and their father's given name as a second name. Women do not change their second name on marriage.</p> <table border="1" data-bbox="470 577 1481 761"> <thead> <tr> <th></th> <th>Given Name</th> <th>Surname</th> </tr> </thead> <tbody> <tr> <td>Father</td> <td>Mehretab</td> <td>Afeworki</td> </tr> <tr> <td>Mother</td> <td>Torhas</td> <td>Yohannes</td> </tr> <tr> <td>Daughter</td> <td>Sara</td> <td>Mehretab</td> </tr> <tr> <td>Son</td> <td>Stefanos</td> <td>Mehretab</td> </tr> </tbody> </table>		Given Name	Surname	Father	Mehretab	Afeworki	Mother	Torhas	Yohannes	Daughter	Sara	Mehretab	Son	Stefanos	Mehretab
	Given Name	Surname														
Father	Mehretab	Afeworki														
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Daughter	Sara	Mehretab														
Son	Stefanos	Mehretab														

ETHIOPIAN

<p>Background</p>	<p>Ethiopia is a country with an ancient, independent culture. Unlike all other African countries south of the Sahara, it was never colonised. It has had a written culture for two thousand years, and the ancient alphabet is still used for the main Ethiopian languages.</p> <p>Ethiopia was ruled by the Emperor Haile Selassie from 1930 until 1974, apart from the five years from 1936 – 1941 when Mussolini occupied the country. In 1951, the UN set up a federation of Ethiopia with Eritrea; but Haile Selassie took over Eritrea in 1961. From then onwards, the liberation movements in Eritrea fought a civil war to gain independence.</p> <p>In 1974, Haile Selassie was deposed in a military coup; he died in 1975. The new government of Mengistu Haile Mariam was a much-feared military dictatorship, where opponents were imprisoned and tortured. In 1991, liberation movements within Ethiopia eventually forced Mengistu to leave, and the new government agreed to independence for Eritrea.</p>
<p>UK Community</p>	<p>There are an estimated 20,000 – 30,000 Ethiopians in the UK, most of whom left their country while the Mengistu government (the Dergue) was in power. The Ethiopian community is based mainly in London. A small number of people have arrived more recently, and they, like other asylum-seekers, have been dispersed outside London.</p>
<p>Language</p>	<p>The main languages of Ethiopia are Amharic, Tigrinya and Oromifa. Amharic has been the official language for many years.</p>
<p>Religion</p>	<p>Around 50% of Ethiopians are Christians and 50% Muslims who live harmoniously together, there is little fundamentalism.</p>
<p>Family Structure</p>	<p>Traditionally, Ethiopian people live in extended families, with elderly and disabled people cared for at home. In this country, they are more likely to live as nuclear families, unless older people came to the UK with their grown-up children.</p>
<p>Food and Drink</p>	<p>Muslim Ethiopians generally eat Halal food and avoid alcohol. Christians eat most food that is acceptable in this country, and may drink wine, but not other kinds of alcohol, and only in moderation.</p>
<p>Health Care</p>	<p>Ethiopians in the UK go the GP for most health issues. There is a tradition of great respect for doctors. The majority of women who were born in Ethiopia have been through female genital mutilation. The action is outlawed in the UK.</p>
<p>Death</p>	<p>Serious illness and death are taken very seriously in the Ethiopian community, and felt deeply, even where the person is not a friend or relative. Many people visit when someone is ill, even if the disease is known to be communicable. The period of mourning is up to a year. There is preference for taking the body back to Ethiopia, unless the children are going to be here to visit the grave.</p>

When entering a Home	It is traditional for a stranger to address the parents rather than the children. However, where children speak English better than their parents they may be more involved.																						
Dress	Ethiopians in the UK generally wear traditional clothes for cultural events and holidays, and Western clothes for every day.																						
Naming System	<p>Ethiopian people have two names: their own given name, and their father's given name, in that order. However, Ethiopian official documents require the grandfather's given name to be added. This is sometimes mistakenly treated as a surname by officials in the UK. Women do not change their name on marriage.</p> <table border="1" data-bbox="470 577 1444 797"> <thead> <tr> <th data-bbox="470 577 805 645"></th> <th data-bbox="805 577 989 645">Given Name</th> <th data-bbox="989 577 1197 645">Surname</th> <th data-bbox="1197 577 1444 645">Grandfathers Name</th> </tr> </thead> <tbody> <tr> <td data-bbox="470 645 805 689">Father</td> <td data-bbox="805 645 989 689">Mulat</td> <td data-bbox="989 645 1197 689">Tadesse</td> <td data-bbox="1197 645 1444 689">Heregot</td> </tr> <tr> <td data-bbox="470 689 805 723">Mother</td> <td data-bbox="805 689 989 723">Zenebach</td> <td data-bbox="989 689 1197 723">Abebe</td> <td data-bbox="1197 689 1444 723">Lemma</td> </tr> <tr> <td data-bbox="470 723 805 763">Daughter</td> <td data-bbox="805 723 989 763">Aster</td> <td data-bbox="989 723 1197 763">Mulat</td> <td data-bbox="1197 723 1444 763">Tedesse</td> </tr> <tr> <td data-bbox="470 763 805 797">Son</td> <td data-bbox="805 763 989 797">Abraham</td> <td data-bbox="989 763 1197 797">Mulat</td> <td data-bbox="1197 763 1444 797">Tadesse</td> </tr> </tbody> </table>				Given Name	Surname	Grandfathers Name	Father	Mulat	Tadesse	Heregot	Mother	Zenebach	Abebe	Lemma	Daughter	Aster	Mulat	Tedesse	Son	Abraham	Mulat	Tadesse
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Daughter	Aster	Mulat	Tedesse																				
Son	Abraham	Mulat	Tadesse																				

FORMER YUGOSLAVIA KOSOVAN, BOSNIAN AND CROATIAN

<p>Background</p>	<p>Yugoslavia was formed in 1918. It united Slovenia and Croatia with Serbia, Bosnia-Herzegovina, Macedonia and Montenegro. After the Second World War, Josip Broz Tito, who had led the resistance army, became the head of the independent communist state, and remained president until his death in 1980.</p> <p>In 1991, Slovenia and Croatia declared independence from Yugoslavia. The immediate result was war; first in Slovenia, then in Croatia. When Bosnia-Herzegovina declared independence the next year, the fighting spread. The war in Bosnia ended in 1995 with the Dayton accord.</p> <p>Kosovo was an 'autonomous province' of Serbia, but in 1989 the former President of Yugoslavia, Slobodan Milosevic, severely reduced the civil rights of Kosovan Albanians.</p> <p>In 1998, the government in Belgrade responded brutally to attacks by the Kosovo Liberation Army, and by the spring of 1999 large numbers had been killed and almost all Albanians forced to leave the country. NATO responded in April 1999, by bombing Serbia. The Serb army withdrew. Since then Kosovo has been a UK protectorate, though it is still officially part of Serbia.</p>
<p>UK Community</p>	<p>During the Second World War, large numbers of Serbs came to the UK, escaping the Nazi puppet state of Croatia and the occupation of the rest of the country. Other groups arrived during the wars of the 1990's.</p> <p>There are now around 15,000 Bosnians, and around 20,000 Kosovans in the UK, with communities in the major cities and some smaller towns.</p>
<p>Language</p>	<p>The official languages of Yugoslavia were Albanian, Slovene, Macedonian and Serbo-Croat. The majority of people are literate in their own language. However, some Roma People, and some older people from the remote mountain areas are not literate.</p>
<p>Religion</p>	<p>Religion was suppressed under the communist regime, particularly in Bosnia, and the majority of people from all communities are still not religious. Some Bosnian and Kosovan Muslims are becoming more observant now.</p>
<p>Family Structure</p>	<p>Families from rural areas, particularly Kosovan and Bosnian people, are generally patriarchal, with the father making all major decisions.</p>
<p>Food and Drink</p>	<p>Bosnian and Kosovan Muslims generally don't eat pork, but only the most religious restrict themselves to halal food. People from the former Yugoslavia are very hospitable, and are likely to offer all visitors food and drink. In some cases, they may be offended if at least a drink of water is not accepted.</p>
<p>Health Care</p>	<p>Most people register with a GP, and are used to a similar system at</p>

	home. There is a stigma attached to mental illness. However, in the UK this is changing, and increasing numbers of people are accessing psychotherapy services.															
Death	If someone dies, most families will want to take the body back. Cremation is rarely chosen.															
When entering a Home	The usual greeting in Bosnian is 'Dobrar jutro', (Good Morning), or 'dobrar dan', (Good day). In Albanian, 'Mire dita', (Good day) pronounced meer deeta.															
Dress	Western dress.															
Naming System	<p>For Kosovan, Bosnian, Croatian and Serbian people, the naming system is similar to the British one. The following is a Bosnian Muslim example:</p> <table border="1"> <thead> <tr> <th></th> <th>Given Name</th> <th>Surname</th> </tr> </thead> <tbody> <tr> <td>Father</td> <td>Fadil</td> <td>Muksimovic</td> </tr> <tr> <td>Mother</td> <td>Dzulsa</td> <td>Muksimovic</td> </tr> <tr> <td>Daughter</td> <td>Lejla</td> <td>Muksimovic</td> </tr> <tr> <td>Son</td> <td>Almir</td> <td>Muksimovic</td> </tr> </tbody> </table>		Given Name	Surname	Father	Fadil	Muksimovic	Mother	Dzulsa	Muksimovic	Daughter	Lejla	Muksimovic	Son	Almir	Muksimovic
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Father	Fadil	Muksimovic														
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Daughter	Lejla	Muksimovic														
Son	Almir	Muksimovic														

INDIAN Gujarati Hindu, Gujarati Muslim and Anglo Indian The Gujarati Hindu Community

Background	<p>The first Gujarati Hindus to come to Britain were students in the late 1800s, including Mahatma Gandhi, who came as a law student and later led India to independence.</p> <p>The major growth of Gujarati communities in Britain came after the Second World War, when their experience in the textile and steel industries was welcomed at a time of labour shortage in Britain.</p>
UK Community	The main communities in Britain are in Birmingham, Leicester and London
Language	The first language of people from Gujarat is Gujarati; though people from the Kutch region in the north speak a dialect called Kutchi. People will be more or less familiar with Hindi, the official language of India. People from East Africa generally speak English more fluently than those who came direct from India. Older women are the least likely to speak English.
Religion	Hindus believe that there is a Creator or Supreme Spirit, which is neither male nor female, and is too complex for ordinary mortals to understand and worship, so it is worshipped through different images. The three main images of the spirit are: Brahma the Creator, Vishnu the Preserver and Shiva the Destroyer.
Family Structure	It is generally best for a visitor to start by addressing the father of the family.
Food and Drink	Hindus do not eat beef. Many Hindus are vegetarian, and do not eat eggs either. Hinduism prohibits alcohol. Many Hindus, especially women, fast regularly. This is a matter of individual choice, rather than prescribed.
Health Care	Women may not want to discuss a gynaecological matter in front of male family members or with a male healthcare worker; though this may be different for younger women.
Death	<p>Hindus, like all religious groups, have procedures and rites which must be carried out when someone dies. The following should be observed:</p> <ul style="list-style-type: none"> • Do not remove jewellery, sacred threads and other religious objects. • Cover the body with a plain sheet without any religious markings. • Avoid washing the body since this is part of the funeral rites carried out by relatives. <p>Post-mortem examinations are not prohibited by Hindu belief but the idea may be distasteful to many Hindus. All adult Hindus must be cremated, not buried; infants and young children may be buried, and it is usual for this to be done as soon as possible; preferably the same day.</p> <p>Traditionally, the eldest son has the responsibility for making funeral arrangements.</p>

When entering a Home	The Hindu greeting is 'Namaste', pronounced Namastay, with the accent on the second syllable., it means 'I greet you respectfully'. This is normally said on meeting or leaving, with the hands held together in front of the chin, as if in prayer.																												
Dress	Hindu women may wear Western or traditional clothes: usually a sari. Men generally wear Western dress except for special occasions.																												
Naming System	<p>Gujerati Hindu generally have four names:</p> <ul style="list-style-type: none"> • A given name, used by family and friends; • A complementary name, used with the given name as a polite form of address, not on its own; • The father's personal name; • And the family or caste name, which is used as a surname. <p>On marriage, a woman takes her husbands personal name and family name. The children have their father's personal name and family.</p> <table border="1"> <thead> <tr> <th></th> <th>First Name</th> <th>Complementary name</th> <th>Fathers personal name</th> <th>Family name</th> </tr> </thead> <tbody> <tr> <td>Father</td> <td>Naresh</td> <td>Lal</td> <td>Mohan</td> <td>Patel</td> </tr> <tr> <td>Mother</td> <td>Lalita</td> <td>Devi</td> <td>Naresh</td> <td>Patel</td> </tr> <tr> <td>Daughter</td> <td>Madhur</td> <td>Lakshmi</td> <td>Naresh</td> <td>Patel</td> </tr> <tr> <td>Son</td> <td>Jayendra</td> <td>Kumar</td> <td>Naresh</td> <td>Patel</td> </tr> </tbody> </table>					First Name	Complementary name	Fathers personal name	Family name	Father	Naresh	Lal	Mohan	Patel	Mother	Lalita	Devi	Naresh	Patel	Daughter	Madhur	Lakshmi	Naresh	Patel	Son	Jayendra	Kumar	Naresh	Patel
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INDIAN

The Gujarati Muslim Community

Background	A large section of the Indian Gujarati community in the UK is Muslim, rather than Hindu. Gujarati Muslims and Hindus have a common heritage but also some key differences in religion and language.
UK Community	The main communities in Britain are in Leicester, Gloucestershire, West Yorkshire, Manchester and Birmingham.
Language	Gujarati Muslims may speak Urdu, Hindi, Gujarati or Tamil.
Religion	A simple declaration of faith and a commitment to follow the principles of Islam is all that is required to become a Muslim. See the section on Islam within the Faith section.
Family Structure	It is generally best for a visitor to start by addressing the father of the family.
Food and Drink	Muslims must not eat pork, or anything containing pork. All other meat is acceptable provided that it has been killed in a certain way (halal). Drinking alcohol is forbidden.
Health Care	Healthcare staff should be aware that Gujarati Muslim women may not want to discuss intimate issues in front of male family members, or with male staff.

Death	As with other Muslim communities, burial should take place within 24 hours of death. Cremation is not practised.
When entering a Home	<p>The Muslim greeting is 'Assalaam Alaikum' (peace upon you) to which the reply is 'Vaalaikum Assalaam' (Peace upon you also). The right hand is used for both shaking hands, greeting, and for passing or receiving things.</p> <p>It is generally best for a visitor to start by addressing the father of the family. It is usual for a visitor to take off her/his shoes.</p>
Naming System	Gujarati Muslims may have a Gujarati family name but with a Muslim given name: eg. Given name: Hasan, family name: Patel. It is important to remember that although individuals may have a traditionally Hindu surname they may not necessarily be Hindu.

INDIAN Anglo-Indian Community

Background	Anglo-Indians are persons who have descended from a mix of British and Indian parentage. Anglo Indians are usually recognised by their light skin, fair hair and British surnames.
UK Community	<p>They began to come to Britain from India in large numbers in the 1950's and 1960's. There are Anglo-Indian communities in most large cities in the UK, particularly London, Cardiff, Leeds and Manchester.</p> <p>Anglo-Indian people generally identify strongly with British culture. They are proud of their heritage, and wish to be recognised as a distinct cultural and ethnic group.</p>

IRANIAN

<p>Background</p>	<p>Until 1935, Iran was known in the West as Persia. The country has an ancient and sophisticated culture, with outstanding literature, music, art and architecture going back thousands of years. Some British people make the mistake of thinking that Iran is an Arab country. In fact Iranian ethnicity, language and culture are all quite distinct.</p> <p>In recent times, Iran was a monarchy under the Shah, Mohammad Reza Pahlavi, who encouraged the adoption of a more Western lifestyle, and emphasised Iran's historic pre-Islamic roots above its Muslim culture. In February 1979, the Shah was overthrown in a popular revolution.</p> <p>The religious leader Ayatolla Khomeini returned to Iran from exile in Paris, promising social and economic reform, and a return to Islamic values. He declared Iran an Islamic republic, and was appointed leader for life. Since his death in 1989, political life in Iran has continued to be based on a strict interpretation of Islamic teaching.</p>
<p>UK Community</p>	<p>There are around 70,000 – 80,000 Iranians in the UK.</p> <p>At the time of the revolution, some wealthy Iranians with close links to the Shah's regime come to the UK as exiles. The greatest number, however, came after 1983, when all political parties were declared illegal. There has been a steady flow of Iranians seeking exile ever since.</p> <p>The majority of Iranians – around 40,000 – are based in London. There is also an established community in Edinburgh. However, with the dispersal of asylum-seekers, there are now communities in Glasgow, Newcastle, Birmingham and Manchester.</p>
<p>Language</p>	<p>Farsi is the official language of Iran and the mother-tongue of a least half its citizens.</p> <p>There is a strong cultural link with the UK, and most Iranians here have learnt about British culture in school, and speak some English. Some elderly people, however, do not know English.</p>
<p>Religion</p>	<p>Most Iranians are Shia Muslims. Iranian Kurds however are Sunni Muslim, and there are other Muslim groups as well. There are also Iranian Christians, Jews and Zoroastrians (the ancient religion of Iran). A small proportion of Iranians in the UK are strict Muslims. They are easily identified as women wear hijab (headscarf) and men don't wear ties.</p> <p>The majority of Iranians practice a less strict form of Islam. It is rare to find religious symbols in Iranian homes here, unless the family is very religious.</p>
<p>Family Structure</p>	<p>In Iran as well as the UK, the tradition of grandparents living with the family is dying out, so that most households consist of one or two generations.</p>

Food and Drink	Iranians like to eat at home rather than out, and spend time preparing food for the family. More religious Muslims eat only halal food. For most there are no dietary restrictions. Alcohol is accepted even in the present society in Iran.
Health Care	Iranians in the UK use the NHS and are generally quite familiar with its workings. In strict Islamic families, it will be easier for a female health professional to assist a female patient. However, a male professional will be accepted in an emergency.
Death	<p>Traditionally, the whole family, friends and neighbours will visit when someone is dying.</p> <p>For three days after the death, people come for lunch and dinner at the family haome, with the aim of helping the family deal with their grief, and not leaving them alone. People visit again after one week and on the festival of Eid after the death. Most Iranians who die in the UK are buried here. (Islam does not allow cremation).</p>

When entering a Home	<p>A typical greeting in Farsi is 'Dorood', (Greetings). Devout Muslim women will not shake hands with a man, but other women may do.</p> <p>The majority of Iranians take off their shoes when indoors. In strict Islamic households, a stranger will be expected to address the father. Iranians are very hospitable, and generally offer tea, fruit or a meal to guests. There is a traditional respect for guests and a desire to do everything possible for them. However, it is not rude to turn down hospitality. There are few cultural problems with the British way of life.</p>															
Dress	Mainly western dress. A small proportion of women choose to wear the hijab here.															
Naming System	<p>Women do not take their husband's name when they get married. Children have their father's surname.</p> <table border="1"> <thead> <tr> <th></th> <th>Given Name</th> <th>Surname</th> </tr> </thead> <tbody> <tr> <td>Father</td> <td>Soroush</td> <td>Abadi</td> </tr> <tr> <td>Mother</td> <td>Shrin</td> <td>Paidar</td> </tr> <tr> <td>Daughter</td> <td>Parveneh</td> <td>Abadi</td> </tr> <tr> <td>Son</td> <td>Reza</td> <td>Abadi</td> </tr> </tbody> </table>		Given Name	Surname	Father	Soroush	Abadi	Mother	Shrin	Paidar	Daughter	Parveneh	Abadi	Son	Reza	Abadi
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Father	Soroush	Abadi														
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Daughter	Parveneh	Abadi														
Son	Reza	Abadi														

KURDISH

<p>Background</p>	<p>There are 25 million Kurdish people in Turkey, about one third of the population. There has been a long struggle for Kurds to be recognised as a distinct ethnic and cultural group. Until very recently it was illegal to speak Kurdish or to refer to oneself as Kurdish rather than Turkish. Between 1984 and 1998 there was an armed struggle against the Turkish regime.</p> <p>Now the majority of Kurds in Turkey want to see the democratic transformation of their country and the other nations where fellow Kurds are living.</p>
<p>UK Community</p>	<p>There are around 180,000 Kurds from Turkey in the UK.</p> <p>The majority live in London. There are also communities in Glasgow, Doncaster, Nottingham, Manchester, Swindon, and parts of Wales. More recent have been dispersed around the country. The majority of people arrived between 1985 and 1997, during the period of armed conflict in Turkey.</p>
<p>Language</p>	<p>The majority of Kurds from Turkey speak Kurmanji, one of the two dialects of Kurdish. Turkish is the official language in Turkey but many people speak little or no Turkish.</p> <p>Because it is illegal to declare oneself Kurdish at home, many Kurdish people here do not feel able to say no if asked if they are Turkish. It is safer to ask first if someone is Kurdish.</p> <p>Many Kurds from Turkey are illiterate in any language. This is especially true for women.</p>
<p>Religion</p>	<p>The majority of Kurds from Turkey in the UK are Alevi, a branch of Islam, which is influenced by the original Zoroastrian religion, a religion that arose from the teachings of the devotional poet Zoroaster (known as Zarathushtra to ancient Iranians), who is regarded as the faith's founding prophet. This influence means Alevis are relaxed in their interpretation of Islam.</p> <p>Alevi people don't generally go to the mosque, and women are not required to cover their heads. For many people, to be Alevi has more cultural than religious significance.</p> <p>Kurdish people celebrate Newroz, the New Year, on 21 March. There are also political festivals on 15 August and 22 November. Alevis observe Iman, a twelve-day fast.</p>
<p>Family Structure</p>	<p>Young people traditionally stay living with the parents when they get married. In the UK, this happens as long as there is enough room in the parental home; otherwise, couples move out, but visit frequently.</p> <p>Traditionally a visitor addresses the father first; but in this country the first contact in most families will be the most fluent English speaker in the household. If young people speak English, the visitor should address the father through them.</p>

Food and Drink	Alevi Kurds do not keep to halal food, though older people generally don't eat pork or seafood. They may drink alcohol.
Health Care	Generally people go to their GP for health problems. In London, some people who can afford it go to Turkish doctors privately.
Death	<p>In the Alevi community, the body of the dead person is taken to a community centre or other suitable place, and members of the community come to mourn. Women weep and improvise laments in praise of the dead person.</p> <p>After one day, the body is buried, but for one month visitors continue to come in large numbers and offer condolences.</p> <p>Many families have the body sent back to Turkey. Otherwise, the person will be buried here.</p>

When entering a Home	<p>The usual greeting in Kurmanji is 'Rojbas', pronounced Roj-bash (Good Morning).</p> <p>Visitors are generally expected to take off their shoes. Visitors are generally offered tea when they come to the house. Where possible it is good to accept, though it is not considered rude to refuse.</p>															
Dress	Kurdish people from Turkey wear Western dress, with traditional dress for festivals such as Newroz (New Year)															
Naming System	<p>The system is the same as the British one. People have a given name, generally Muslim, and a surname, in that order. Women change their name when they get married, and children take their father's surname.</p> <table border="1" data-bbox="469 1301 1425 1491"> <thead> <tr> <th></th> <th>Given Name</th> <th>Surname</th> </tr> </thead> <tbody> <tr> <td>Father</td> <td>Ibrahim</td> <td>Dogus</td> </tr> <tr> <td>Mother</td> <td>Zeynep</td> <td>Dogus</td> </tr> <tr> <td>Daughter</td> <td>Ayse</td> <td>Dogus</td> </tr> <tr> <td>Son</td> <td>Yesim</td> <td>Dogus</td> </tr> </tbody> </table>		Given Name	Surname	Father	Ibrahim	Dogus	Mother	Zeynep	Dogus	Daughter	Ayse	Dogus	Son	Yesim	Dogus
	Given Name	Surname														
Father	Ibrahim	Dogus														
Mother	Zeynep	Dogus														
Daughter	Ayse	Dogus														
Son	Yesim	Dogus														

KURDISH – Kurds from Iraq

<p>Background</p>	<p>The former President Saddam Hussein pursued genocide policies against the Kurds. In particular, in 1988, 183,000 Kurdish civilians were killed. The same year, 5,000 people were killed and many more wounded in gas attacks on the town of Halabja. Thousands of Kurdish people were displaced from their homes.</p> <p>After the first Gulf War in 1991, the Kurdish region became effectively self-governing, under the 'No-Fly Zone' protection of the coalition. Kurdish parties are now involved in debate about the future structure of Iraq., as they are not keen to lose the measure of independence they have recently experienced.</p>
<p>UK Community</p>	<p>There are around 50,000 Iraqi Kurds in London; others have been dispersed across the country.</p> <p>People started arriving in large numbers in 1984 and continued to seek asylum up until around 2002. The majority of new arrivals are single young men.</p>
<p>Language</p>	<p>Most Iraqi Kurds speak Sorani, one of the two main Kurdish dialects. Those from near the Turkish border speak the Kurmanji dialect, but understand Sorani because it is the official dialect used in schools.</p>
<p>Religion</p>	<p>The majority of Kurds in Iraq are Muslim; mostly Sunni, with some Shia. There are also Christian and Jewish Kurds, and followers of the pre-Islamic religions: Kakacy and Zardashet.</p> <p>Kurdish people celebrate Nawroz, the New Year, on 21 March, as well as the Western New Year. They also observe Ramadan and celebrate the tow Eid festivals.</p>
<p>Family Structure</p>	<p>There are few extended families of Iraqi Kurds in this country. People generally arrived on their own or as a nuclear family, and this is how most people live here.</p>
<p>Food and Drink</p>	<p>People generally eat halal food. The majority avoid alcohol, though some do drink with friends.</p>
<p>Health Care</p>	<p>Most people consult their GP. Some get herbal remedies sent from their homeland, but this is not common.</p>
<p>Death</p>	<p>Relatives and close friends visit someone who is ill. More people attend mourning ceremonies for the dead.</p> <p>The bereaved family welcomes people to their home, or the mosque or community centre, and most people in the community expect to attend during a period of one or two days.</p> <p>Some families have the body taken back to Iraq; others have burials in Muslim cemeteries here.</p>

Naming System

People have a given name and surname, in that order Women do not change their name on marriage. Children take their father's surname.

	Given Name	Surname
Father	Adnan	Shaswar
Mother	Fazilya	Aziz
Daughter	Lara	Shaswar
Son	Mashkall	Shaswar

NIGERIAN

<p>Background</p>	<p>Nigeria is one of the largest countries in Africa, with a population of around 120 million. It is very diverse, with around fifty major tribal groups, and over 250 languages spoken. Even within the larger tribal groups, there are considerable differences of culture, religion, lifestyle and economic status.</p> <p>The British ruled Nigeria for ninety-nine years, from 1861 until independence in 1960. Since independence, the country suffered under military dictatorships from 1966 –79, and again from 1983 – 99. There was also a civil war from 1967 – 70, when the Eastern region of Biafra declared independence from Nigeria, but was finally forced to surrender. Nigeria has now a civilian government.</p>
<p>UK Community</p>	<p>Estimates for the number of Nigerians living in the UK vary widely; but it seems likely that there are between 50,000 and 100,000. The majority of these are Yoruba.</p>
<p>Language</p>	<p>The main languages spoken by Nigerians in this country are Hausa, Yoruba, Igbo and Edo.</p>
<p>Religion</p>	<p>Nigerians in the UK may be Christian or Muslim. Muslim Nigerians generally belong to the Ansarudeen sect, which adopts a liberal interpretation of Islam. The majority of Christians belong to evangelical Protestant churches. Some attend spiritist Christian churches, which include some traditional pre-Christian practices.</p> <p>Yoruba people observe a forty-day celebration after the birth of a child. Birthdays, particularly milestones such as the fortieth, fiftieth and seventieth birthdays are also celebrated. Igbo people have a New Yam festival for the beginning of the harvest, in September.</p>
<p>Family Structure</p>	<p>Generally, Nigerian people do not live in extended families in the UK, as they would at home.</p> <p>Nigerian families are still patriarchal. Men are seen as the main provider, even when women go out to work.</p>
<p>Food and Drink</p>	<p>The traditional Nigerian diet is high in meat and oil. People generally drink in moderation, and few Nigerians smoke.</p>
<p>Health Care</p>	<p>Nigerians who are settled in this country register with GP's, though many complain that their GP doesn't understand them. Appointment systems are unfamiliar in Nigeria and deter some people. People who belong to spiritist churches often consult their church if they are ill. They may be advised to pray, burn candles or incense, or to fast. People who have been fasting may become dehydrated.</p>
<p>Death</p>	<p>Nigerian people rally round if someone is seriously ill. This will include visiting and phoning, contributing money to support the sick person and the family, and giving support. The community also gives money to the family when someone has died. Most people have the body of the deceased relative taken back to Nigeria for burial. Cremation is not generally practised.</p>

When entering a Home	It is respectful to address the man of the family first if he is present. Yoruba people generally remove their shoes at the door when entering a house.				
Dress	Most				
Naming System	Nigerian people have several given names, which may include the grandmother or grandfather's name, a name reflecting the circumstances of their birth, and a religious name. Children have their father's surname. Most women take their husband's surname when they marry.				
		Given Name	Given Name	Given Name	Surname
	Father	Ekene	Orie	Oji	Nkwo
	Mother	Chidi	Adaeze	Ijeoma	Nkwo
	Daughter	Mary	Ijeoma	Adjoa	Nkwo
Son	Valentine	Ejike	Isonto	Nkwo	

PAKISTANI

<p>Background</p>	<p>The present country of Pakistan was created as West Pakistan in 1947 when India became independent.</p> <p>The partition with India was made because most of the population was Muslim, whereas the majority of Indians were Hindu. The dividing line that created the two countries went through Kashmir. The division of Kashmir was bitterly disputed at the time, and it has remained a source of conflict. Many people from Mirpur (Mirpuris) lost their homes as a result of the conflict, and also in the 1960's when the Pakistani government built a massive hydroelectric dam, the Mangla Dam, in the area.</p> <p>Mirpur is a hilly farming area in the foothills of the Himalayas with a dry climate, and most of Britain's Pakistan community originates from this small area.</p>
<p>UK Community</p>	<p>Around 747,000 people in the UK identify themselves as from the Pakistani community.</p>
<p>Language</p>	<p>The majority of Pakistanis speak Punjabi, although those from the Mirpur area will speak the Mirpuri dialect. Pakistanis from the North West frontier province speak Pashto. The official language of Pakistan is Urdu.</p>
<p>Religion</p>	<p>Pakistan is one of only two countries – the other is Israel – created for the followers of a particular religion. Islam is at the heart of life and culture for most Pakistanis in this country.</p> <p>Festivals</p> <ul style="list-style-type: none"> • Sibi (Balochistan) Festival (February) • Mela Chiraghan – Festival of Lamp (March) • Joshi or Chilimjusht – Spring Welcoming (May) • Utchal – Harvest Festival (July) • Lok Mela – folk festival (October)
<p>Family Structure</p>	<p>The Pakistani 'family' involves distant relatives, in a grouping, which exists to provide support for its members. Indeed its widest form is the idea of the 'Biraderi', a kind of clan organisation, which is one of the basic foundations of society in much of Pakistan as well as in India and Bangladesh. It is culturally accepted that the man is the provider and decision-maker while the woman is the centre of the family.</p> <p>The importance of family loyalty is instilled in children from an early age and it is a matter of family honour that older or vulnerable members are supported. Divorce is permitted but is frowned upon.</p>
<p>Food and Drink</p>	<p>Pakistani cuisine is based on curry or masala (hot and spicy) sauces accompanying chicken, lamb, shrimps and a wide variety of vegetables. The national drink of Pakistan is Tea, drunk strong with milk and often very sweet.</p>

	Pakistani people observe the Muslim dietary laws: they don't eat pork, require meat to be halal and don't drink alcohol.
Health Care	Pakistani families generally register with and consult a GP. Doctors practising traditional medicine may be consulted. Women may prefer to see a female GP and female healthcare staff.
Death	<p>Most mosques have mortuary facilities. Usually, the body is taken to the mosque for ritual washing and prayers.</p> <p>Traditionally Muslims are not buried in coffins, the bodies being wrapped in cloths. In Britain, however, it is more usual for the body to be placed in a (flimsy) coffin before being returned to the home for viewing followed by immediate burial. Women do not attend the burial service. Men wear white clothing as a sign of mourning and purity.</p>
When entering a Home	<p>The usual greeting for Muslim people is 'Assalaamu aleikum' (Peace to you). The reply is 'Waleikum assalaam' (Peace and Allah's Mercy be upon you). Pakistani Christian people often use English greeting.</p> <p>It is appropriate for a man to shake hands with a man, but generally not with a woman.</p> <p>Some Pakistanis prefer a visitor to take off their shoes, for hygiene reasons. It is courteous to knock, even if the door is open, to allow time for women to prepare to receive a visitor.</p>
Dress	Women may wear the shalwar kameez (long tunic and trousers), Western dress or a sari for special occasions. Younger women are less likely to wear traditional dress for every day. Some men wear the shalwar and skull-cap; other wear Western clothes for work but traditional at home.
Naming System	<p>Males and females have different naming systems, so members of the same family may have completely different names. Women do not adopt the husband's name on marriage. Men usually have two or more names.</p> <p>First is a religious title, often Mohammed; then a personal name. A Muslim should never be addressed by his religious name alone as this is disrespectful and likely to cause offence. Some men do not have a religious title and use two personal names, for example Abdul Rafiq, Salim Malik. In this case, the second name is usually used as a surname. If in doubt, use the full name as a form of address, or ask which name is to be used as the surname, -but do not ask a Muslim for his Christian name! Some men, Particularly from urban areas of Pakistan, may have a family name. Examples are Khn, Haudrey and Shah. The family name, where there is one, should be women traditionally have two names – a personal name, followed by a female title (eg. Begum, Bibi), which is similar to Mrs or Miss. A woman would be addressed informally by her personal name or formally by her full name – but never as MRs Begum or Mrs Bibi.</p> <p>Some women may have two personal names and no title, eg Nasreen Akhtar. Some may have a family name as well, eg. Nasreen Akhtar</p>

Khan.

	Given Name	Surname
Father	Mohammed	Rafiq
Mother	Shamina	Begum
Daughter	Nasreen	Bibi
Son	Mohammed	Iqbal

It is now more common among some second and third generation Pakistanis settled in Britain to have a shared family name following a personal name as in the British system, and for wives to take the family name marriage.

ROMANY AND TRAVELLERS

<p>Background</p>	<p>This section covers three groups of people: British Roma, Roma people from other European countries, and other Travellers, who also have a traditional nomadic lifestyle.</p> <p>There are more than 12 million Roma people in many countries around the world. The Roma people came originally from India over a thousand years ago and dispersed throughout Europe. Roma people have been persecuted throughout their history. At various times they were kept in slavery in countries including the UK. The Nazis systematically killed around 1.5 million Roma from across Europe during the Second World War.</p> <p>The term 'gypsy' is seen as an insult: the correct name is Roma.</p>
<p>UK Community</p>	<p>There are between 250,000 and 300,000 British Roma and Travellers in the UK.</p> <p>Eastern European Roma in the UK are mainly from Romania, the Czech Republic and Slovakia. They began to come to the UK in large numbers after 1990. It remains difficult for Roma to be granted asylum in the UK. Numbers living in the UK have fallen since 1996.</p>
<p>Language</p>	<p>The Romani language is derived from old Punjabi or Hindi. There are different dialects in different countries, but a core of common words. There is no universal written Romani language. Literacy and numeracy are rare; there is a strong oral tradition of transmitting information from one generation to the next. The majority of Roma also speak the language of the country where they have settled or spend most of their time.</p>
<p>Religion</p>	<p>The traditional Roma belief system is pantheistic (believing in many gods), and based on magic forces and taboos which are believed to preserve the true Roma way of life. For the most part Roma have also adopted the religion of their country of residence. The best known Romani festival is the pilgrimage to Saintes Maries de la Mar in France, between 24 – 26 May.</p>
<p>Family Structure</p>	<p>Togetherness of the family is important. In a balanced family, the man and the woman do not compete against one another. The man is the head of the family and the woman is the heart of it: both are important for its well-being. Men make decisions on behalf of the family. It is typical for all the members of the community to take part in the upbringing of children. Traditionally marriage takes place when the girl is between 12 and 15, and the boy 14 to 20.</p>
<p>Food and Drink</p>	<p>Roma people eat most foods, as long as they are prepared in the traditional way: washed in running water, prepared by women who were suitable clothed, and not touched by a woman when being served.</p>
<p>Health Care</p>	<p>Many British Roma and Travellers in the past have used the Accident and Emergency department as a way to access health care. This may be through lack of knowledge of the area, or because GP practices</p>

	have refused to register them. European Roma women will not remove any clothing in front of a male professional, in front of male family members. It is important for health Professionals to realise that most Travellers do not feel comfortable on their own and usually there can be one or more escorts during treatment or journeys.															
Death	Death is experienced strongly and deeply. Sometimes the family will move to another place so as not to be reminded of the deceased. Close relatives of the deceased will take care of the funeral arrangements. However, bigger numbers may arrive to visit the dying or deceased. Personal items may be placed with the dying or deceased. Family and community meals are organised as offerings to the spirits of the dead.															
When entering a Home	It is normal to take off one's shoes when entering a house. It is traditionally a very serious offence to refuse hospitality when it is offered; but these days this is less of a problem if the guest is not Roma.															
Naming System	<p>Roma children are usually given names from the country where they are born. Women change their name on marriage, and children have their father's surname.</p> <p>The following table is for a family from Romania</p> <table border="1"> <thead> <tr> <th></th> <th>Given Name</th> <th>Surname</th> </tr> </thead> <tbody> <tr> <td>Father</td> <td>Vasile</td> <td>Fieraru</td> </tr> <tr> <td>Mother</td> <td>Maria</td> <td>Fieraru</td> </tr> <tr> <td>Daughter</td> <td>Loredana</td> <td>Fieraru</td> </tr> <tr> <td>Son</td> <td>Sfantu</td> <td>Fieraru</td> </tr> </tbody> </table>		Given Name	Surname	Father	Vasile	Fieraru	Mother	Maria	Fieraru	Daughter	Loredana	Fieraru	Son	Sfantu	Fieraru
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SIKH

Background	<p>The majority of Sikhs live in the Punjab, in Northwest India, where the religion began. Other Sikh communities exist where people have migrated from India.</p>
UK Community	<p>There are 500,000 Sikhs in the UK: the largest Sikh community outside India.</p> <p>In the early 1950's and 1960's many Sikhs settled in the inner city areas of the North and Midlands. They were later followed by several thousand Sikhs from East Africa who, in spite of being better educated and skilled than their Pujabi brethren, still had to contend with discrimination and accept jobs driving buses or working as manual labourers.</p>
Language	<p>The first language of Sikh people is Punjabi. People may also be more or less familiar with Hindi, the official language of India.</p>
Religion	<p>The Sikh religion is relatively new, its founder Guru Nanak was born in 1649. Guru Nanak was opposed to the caste system and to the rituals surrounding religion. He tried to combine the best features of Hinduism and Islam in the new religion. There were nine Gurus after Nanak (the title Guru means religious leader), the last being Guru Gobind Singh who died in 1708. The Gurus are revered as saints by Sikhs, but not worshipped. Their teachings are recorded in the holy book, the Guru Granth Sahib. Modern Sikhism owes its form to the last Guru. Gobind Singh founded the Khalsa, or brotherhood, at a time when Sikhs and Hindus were under threat from the Moghul Emperor, Aurangzeb, who had executed the previous Guru for refusing to convert to Islam. The Khalsa was a brotherhood of fighters who would dedicate themselves to the Sikh cause.</p> <p>Sikhs believe in a single, all-powerful God, who created the universe. For a Sikh, it is essential to live one's life according to the teachings of the Gurus, to meditate on God and the faith's holy book and to work to the benefit of other people. Sikhism emphasises equality between men and women and within society as a whole. It accepts other faiths, believing that it is not the only way to God. There are no priests in Sikhism, because of the belief that everyone can be in touch with God. Sikh temples are known as Gurdwaras and the most famous Gurdwara (also known as the Golden Temple) is at Amritsar.</p> <p>There are both individual and community prayers. Individual prayers may be said anywhere. There are also services which are said every day of the week at the Gurdwara temple. Both individual and community prayers are recited morning and evening.</p> <p>All religious festivals except Baisakhi are based on the lunar calendar and have different dates each year.</p> <p>The main festivals are:</p> <ul style="list-style-type: none"> • Birth of Guru Gobind Singh (January/February) • Hola Mohalla (February/March)

	<ul style="list-style-type: none"> • Baisakhi (14 April) seen as the first day of the Sikh year. • Martyrdom of Guru Arjan (May/June). • Diwali (October/November) Also a Hindu festival. • Birth of Guru Nanak (October/November). • Bahadur (December/January). 																				
Family Structure	Similar to other south Asian communities, grandparents often stay with the family. Recently there has been a growing independence among the younger generation who purchase property and move away after marriage.																				
Food and Drink	Sikhs eat beef and or meat, which has not been slaughtered in the halal way. Alcohol and smoking are forbidden.																				
Health Care	Sikh women generally feel free to talk to either male or female healthcare staff.																				
Death	Considerations similar to those for Hindus apply. Sikh dead are usually cremated rather than buried and the ceremony should take place as soon as practicable. There is no religious objection to post-mortem examination.																				
When Entering a Home	Some Sikh families have a prayer room where the holy book is displayed. It's unlikely that any healthcare staff will need to enter this room; but if they do, they will need to take off their shoes off and cover their head.																				
Naming System	<p>The Sikh system is similar to the Hindu one, with a personal name, a complementary name and a caste or family name. Sikh men and boys have the complementary name Singh, which means lion. Sikh women and girls have the complementary name Kaur, which means princess. The same first names may be used as male or female. Some Sikhs have dropped the caste name because of Sikh objections to the caste system.</p> <p>It is polite to use the first two names together, the family name as a surname. Some families, particularly from East Africa, use Singh as the family name. Women take their husband's family name on marriage, and children have their father's name.</p> <table border="1" data-bbox="469 1581 1482 1845"> <thead> <tr> <th></th> <th>Personal Name</th> <th>Complementary Name</th> <th>Caste Name</th> </tr> </thead> <tbody> <tr> <td>Father</td> <td>Jaswant</td> <td>Singh</td> <td>Dhillon</td> </tr> <tr> <td>Mother</td> <td>Indarjit</td> <td>Kaur</td> <td>Dhillon</td> </tr> <tr> <td>Daughter</td> <td>Manjit</td> <td>Kaur</td> <td>Dhillon Dhillon</td> </tr> <tr> <td>Son</td> <td>Jaswinder</td> <td>Singh</td> <td></td> </tr> </tbody> </table>		Personal Name	Complementary Name	Caste Name	Father	Jaswant	Singh	Dhillon	Mother	Indarjit	Kaur	Dhillon	Daughter	Manjit	Kaur	Dhillon Dhillon	Son	Jaswinder	Singh	
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Son	Jaswinder	Singh																			

Dress

Sikh women may wear Western or traditional clothes: usually the shalwar kameez (long tunic and trousers). Younger women generally only wear traditional dress for formal occasions. Men generally wear Western dress except for special occasions.

There are five distinctive features, or symbols, which identify Sikh men and boys. They are:

- Kesh or Keshas – long hair, to symbolise holiness.
- Kancha – the comb, to symbolise purity
- Kirpan – a small sword symbolising readiness to fight oppression.
- Kara – the steel bracelet, worn on the right wrist to protect the sword and symbolises eternity.
- Katcha or Kacchera – shorts worn as an undergarment, to symbolise modesty.

The long hair is kept up in a knot at the top of the head and is covered by a turban, which has also become a religious symbol. After years of campaigning, Sikhs secured exemption from the Act requiring motorcyclists to wear crash helmets. A similar situation arises with the Kirpan (sword), which is considered to be exempt from the prohibitions on the carrying of offensive weapons.

SOMALI

<p>Background</p>	<p>The Somali people have a history which dates back thousands of years. More than three thousand years ago, the capital Mogadishu was known to Egyptian traders. Muslim traders from Saudi Arabia reached Somalia in the seventh century and the country became one of the major centres.</p> <p>At the height of the British Empire in the last century, Britain controlled northern Somalia, but during the Second World War, Italy occupied the country until defeated by the British in 1941-2. ~In 1949, the United Nations granted the Italians trusteeship of their part of the country for 10 years. When preparations for independence for the Italian territory were being made in 1959, Britain came under pressure to grant independence to their territory and the two became independent in July 1960 and united to form the Somali Democratic Republic.</p> <p>A series of multi-party governments followed but with increasing levels of corruption and inefficiency, the army under Major-General Mohammed Siyad Barre took power. The country became a socialist one-party state with Barre as president and turned to the Soviet Union for support. In the 1990's, Barre's government was defeated by rebel forces, and the northern part of the country, which had been British Somaliland, broke away from the rest. The resulting civil war is still continuing and many people have been killed. Others have fled as refugees to countries including Britain.</p>
<p>UK Community</p>	<p>Britain's Somalis originally come mainly from the northern part of the country which was British Somalia. As a result of the British connection, some served in the Royal Navy and settled in Britain after the First World War, working to support their families back home in Somalia.</p> <p>However, the major influx has been in recent years with people fleeing from the civil war. When they arrived in Britain, they tended to settle in areas where other Somalis were already living or where there were established Muslim communities.</p>
<p>Language</p>	<p>The official language of the country is Somali. It had no written form until 1972. Word of mouth communication is still preferred over paper.</p>
<p>Religion</p>	<p>Most Somalis are Sunni Muslims. They observe Ramadan, including the fast; the hajj, or pilgrimage to Mecca, and the Muslim festivals, Eid-ul-Adha and Eid-il-Fitr. They also celebrate two independence days, on 26 June and 1st July.</p>
<p>Family Structure</p>	<p>Living without family is very difficult and lonely for Somalians. Friendship is important as friends compensate to some extent for the absence of family.</p>
<p>Food and Drink</p>	<p>Somalis observe Muslim dietary laws, not eating pork or drinking alcohol.</p>
<p>Health Care</p>	<p>Somali people generally register with a GP. Most women who did not</p>

	grow up here will have been subject to female genital mutilation and possibly in the UK, although it is illegal.																				
Death	Somali people believe that illness and death are sent by Allah, and will occur when he decides. The funeral usually happens the day after death, unless relatives are arriving from a distance. The body is buried, not cremated. Some people wish to be buried in Somalia, and the family will arrange this if possible.																				
When entering a Home	Male visitors will not be invited into the home if no male family member is present. Women may enter. There are westernised second or third generation Somalis, who do have mixed traditions and are comfortable in many settings.																				
Naming System	<p>Somalis use three names: their own given name, their father's given name and their grandfather's. Women do not change their name on marriage</p> <table border="1"> <thead> <tr> <th></th> <th>Given Name</th> <th>Fathers Given name</th> <th>Grandfather's Given name</th> </tr> </thead> <tbody> <tr> <td>Father</td> <td>Ahmed</td> <td>Omar</td> <td>Khalid</td> </tr> <tr> <td>Mother</td> <td>Hodan</td> <td>Abdi</td> <td>Adam</td> </tr> <tr> <td>Daughter</td> <td>Faduma</td> <td>Ahmed</td> <td>Omar</td> </tr> <tr> <td>Son</td> <td>Mohammed</td> <td>Ahmed</td> <td>Omar</td> </tr> </tbody> </table>		Given Name	Fathers Given name	Grandfather's Given name	Father	Ahmed	Omar	Khalid	Mother	Hodan	Abdi	Adam	Daughter	Faduma	Ahmed	Omar	Son	Mohammed	Ahmed	Omar
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SOUTH AMERICAN

<p>Background</p>	<p>The countries of South America were colonised by Spain and Portugal, but fought for their independence and achieved it in the early nineteenth century. The present-day population in any one country may consist of people of Native American (Indian) origin, the descendants of Black slaves, people of Spanish or Brazilian origin, and the descendants of migrants from other parts of Europe, including Italy, Switzerland, Germany and Britain.</p> <p>In the 1970's and 80's, there were military dictatorships in Argentina, Chile, Uruguay, Paraguay and Brazil. Many people seem to oppose the regimes were imprisoned, tortured and 'disappeared' by government forces; many others were forced into exile.</p>
<p>UK Community</p>	<p>There are now between 60,000 – 80,000 South American people in the UK.</p> <p>The majority of South Americans in the UK live in London, with other communities in Leeds, Newcastle, and Liverpool. The largest group now in the UK is Colombian.</p>
<p>Language</p>	<p>Brazilian people speak Portuguese. In all other South American countries, Spanish is the official language. Many South Americans in this country are highly educated, and almost all are literate in their own language.</p> <p>Some people who can get by in everyday English may still need an interpreter to deal with a complex health situation.</p>
<p>Religion</p>	<p>Most South Americans are Roman Catholic. There are also various Protestant churches.</p>
<p>Family Structure</p>	<p>In South American families, the father traditionally makes all major decisions; but this has changed. People generally live in extended families as far as possible.</p>
<p>Food and Drink</p>	<p>South American people enjoy their food and love cooking well at home. Elderly people from South America frequently suffer in hospital or residential care in this country because they find the food inedible.</p>
<p>Health Care</p>	<p>People settled in this country generally register with a GP. However, students, young people, and people living in temporary accommodation often have difficulty in registering.</p> <p>Children and elderly people often have a strong attachment to some object, and will want to take it to hospital with them. This might be a toy for a child, or a picture or religious object for an adult.</p>

Death	Many South American people find the delay between death and the funeral to be very long here. Some families send the body of a deceased relative home to South America for burial but not all can afford to.			
When entering a Home	The usual greeting in Spanish is 'Hola', (Hello), and pronounced OLA. South American people tend to keep their home spotlessly clean, and are fussy about cleanliness.			
Dress	South American in the UK generally wear Western clothes.			
Naming System	Most South American people have two given names and two surnames. They will often be called by both given names – eg. Pedro Juan, or Ana Luisa – rather than just the first. The surnames are the fathers and mother's in that order. Children have the surname of each of their parents, with the father's first.			
	Given Name	Given Name	Fathers Surname	Mothers Surname
Father	Francisco	Luis	Martinez	Bravo
Mother	Maria	Cristina	Gonzalez	Mendoza
Daughter	Diana	Clara	Martinez	Gonzalez
Son	Carlos	Victor	Martinez	Gonzalez

TAMIL

<p>Background</p>	<p>Almost all Tamil people in the UK are from Sri Lanka, where they form around 25% of the population; the other 75% are Sinhalese.</p> <p>Sri Lanka, formerly known as Ceylon, was a British colony from 1815 until 1948, when it gained independence. Under British rule, many Tamils were highly educated and held significant posts in the majority of government offices.</p> <p>After independence, Sinhalese nationalist governments promoted Sinhalese as the official language and Buddhism as the official religion, leaving the Tamil minority marginalized. In 1983, conflict began between the armed separatist movement, the LTTE or Tamil Tigers, and government forces. At least 65,000 people died in the nineteen years until the ceasefire agreement in 2002.</p>
<p>UK Community</p>	<p>An estimated 125,000 Tamils live in the UK.</p> <p>The majority of Tamils live in London, but others have settled in Liverpool, Manchester, Birmingham and Newcastle. Many people began to arrive in Britain in large numbers in 1983, and continued during the years of civil war.</p>
<p>Language</p>	<p>All Tamil people speak Tamil as a first language. Some may also speak Sinhalese and English.</p>
<p>Religion</p>	<p>The majority of Tamils are Hindu, though there are also Christians, both Catholic and Protestant, and Muslims.</p>
<p>Family Structure</p>	<p>In Sri Lanka, grandparents generally live with their children. In this country this is generally the case; although families are finding it increasingly difficult to maintain the same system here and older people are finding their own homes.</p> <p>Widows have a particular position in Tamil culture. Traditionally, widows wear a white sari or dress, and have no bindi, or coloured mark, on their forehead.</p>
<p>Food and Drink</p>	<p>Most Hindu Tamils are vegetarian, and even those that aren't don't cook meat on a Friday as it is the day that they go to the temple. Hindus also don't eat beef. Most Tamils do drink a small amount of alcohol.</p>
<p>Health Care</p>	<p>All Tamils register with GPs and use the health service. Very few use alternative treatments or traditional medicine</p>

Death	Hindus have special prayers for the time of death, and ceremonies after the death, to enable the soul to leave the body and be reincarnated. Hindus are cremated, not buried. Catholics do not permit cremation.															
Dress	Tamils wear both Western and traditional dress. Men generally wear Western clothes for work, and traditional dress to go to the temple, for weddings and festivals. Women may wear either a sari or Western dress for everyday, as well as wearing a sari on special occasions.															
When entering a Home	The usual greeting is 'Vannakam', (Greetings). Traditionally, a stranger should address the father first. It is good manners to take off your shoes when entering a home. Visitors are generally offered tea, coffee and a cold milk.															
Naming System	<p>Men have their father's given name and their own given name, in that order. Women have their own given name and their father's name, in that order. Married women do not generally take their husband's name, though some now choose to fit in with the British system for convenience.</p> <table border="1" data-bbox="470 869 1406 1052"> <thead> <tr> <th></th> <th>Father's Name</th> <th>Given Name</th> </tr> </thead> <tbody> <tr> <td>Father</td> <td>Savrimutti</td> <td>Stanislaus</td> </tr> <tr> <td>Mother</td> <td>Stanislaus</td> <td>Ravi</td> </tr> <tr> <td>Daughter</td> <td>Priya</td> <td>Sathesh</td> </tr> <tr> <td>Son</td> <td>Tushendi</td> <td>Stanislaus</td> </tr> </tbody> </table>		Father's Name	Given Name	Father	Savrimutti	Stanislaus	Mother	Stanislaus	Ravi	Daughter	Priya	Sathesh	Son	Tushendi	Stanislaus
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VIETNAMESE

<p>Background</p>	<p>Vietnam was a French colony from 1885 until 1954, when the country was divided into North and South. The Vietnam War began as a conflict between the South Vietnamese government and Vietcong guerrillas supported by the North. The United States was involved on the side of the government for many years. A cease-fire was signed in 1973, and the US withdrew; but the war only ended in 1975 when North Vietnamese troops took Saigon, the Southern capital. The country was then reunited under a communist government. Millions of people left Vietnam in small wooden boats, afraid of reprisals by the new government. They lived in refugee camps in South East Asia and in crowded detention centres in Hong Kong, sometimes for many years, awaiting resettlement in other countries.</p>
<p>UK Community</p>	<p>There are around 30,000 refugees from Vietnam in the UK. The majority of Vietnamese people in the UK came from North Vietnam. Of these, 60% are of Chinese rather than Vietnamese ethnic origin.</p>
<p>Language</p>	<p>Ethnic Vietnamese people speak Vietnamese. Vietnamese people of Chinese origin speak Cantonese as their first language. The majority of young people who were educated here speak English, but their knowledge of their mother tongue may be limited. This can be a problem if young people are asked to interpret for their parents.</p>
<p>Religion</p>	<p>The majority of Vietnamese people are Buddhise; though around 20% are Roman Catholic. People celebrate the Chinese New Year. There is a superstition that one should not see a doctor or go to hospital during the first three days of the new year, or one will be ill during the year.</p>
<p>Family Structure</p>	<p>In many Vietnamese households, there are three generations living together. Both sets of grandparents may live in the same household, since younger people are traditionally expected to look after them.</p>
<p>Food and Drink</p>	<p>Vietnamese food is based around rice as the staple diet. Families with young children will also eat British food.</p>
<p>Health Care</p>	<p>Vietnamese people go to GP's for their general healthcare needs. If the practice does not have an interpreter, older people will take their grown-up children to interpret for them. For many conditions, many people also use Chinese herbal medicine.</p>

Death	Some Vietnamese people prefer to die at home rather than in hospital; but this varies from family to family. In Buddhist households, a monk will preside at the funeral ceremony, which may be at the funeral director's premises or at home. In the first days after a death, family members stay up all night to read from Buddhist scriptures.												
When entering a Home	The Vietnamese greeting to a man is 'Chao ong', (How are you, sir?) and to a woman 'Chao ba', (How are your Madam) It is a sign of respect to communicate with other members of the family through the father. Guests normally take off their shoes before entering the home.												
Naming System	<p>The naming system is complex and it is best to ask which name people want to be called by.</p> <p>Vietnamese people have three names: a surname, a middle name and a given name, in that order. For instance: The following table is for a family from Romania</p> <table border="1" data-bbox="470 683 1406 763"> <thead> <tr> <th>Surname</th> <th>Middle Name</th> <th>Given Name</th> </tr> </thead> <tbody> <tr> <td>Nguyen</td> <td>Van</td> <td>Tam</td> </tr> </tbody> </table> <p>The middle name denotes gender, for example Van (Male), Thi (Female)</p> <p>In some cases the middle name and surname have to go together for the sake or meaning, effectively creating a double-barrelled surname:</p> <table border="1" data-bbox="470 981 1406 1061"> <thead> <tr> <th>Surname</th> <th>Middle Name</th> <th>Given Name</th> </tr> </thead> <tbody> <tr> <td>Nguyen</td> <td>Van</td> <td>Tam</td> </tr> </tbody> </table> <p>Married women do not generally take their husband's surname, though some choose to, now that they live here. Children take their father's surname.</p>	Surname	Middle Name	Given Name	Nguyen	Van	Tam	Surname	Middle Name	Given Name	Nguyen	Van	Tam
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