

Blood + Water Podcast Miniseries

Episode 2: Why is Family important

SPEAKERS

Tanaka Fuego, Becksy Becks, Sarah, Juke

Ident 00:00

You're listening to Blood and Water, brought to you by the Fi.ELD 2020 Cohort as part of their MESA Festival. Thank you for tuning in. [music]

Becksy Becks 00:22

Hello, Hello, Good Evening, Good Day, Good Light and welcome, welcome welcome back to part two of Blood and Water podcast, a brand new podcast miniseries that seeks to challenge the traditional ideas of family. Thank you all once again for tuning in and rocking with me. I am your host of Becksy Becks. I am a poet by purpose, dancer by daydream only, and awesome by everything else. If you are tuned into the last episode, you would know that when I say awesome, it is merely, merely just a fraction of the talent that we have coming up for you on this miniseries. This time around, we have another amazing three brilliant individuals joining me in our online studio because yes, a day later COVID is still most definitely a thing.

So in our online studio today we have Dr. Sarah Foley from the Center for Family Research, University of Cambridge, interested in child development and different family relationships. We are also joined by Juke who is a A&R representative for Universal, a booking producer, free spirit Youth Ambassador for Roundhouse and a queer, black drummer. Lastly, but never never leastly we have the amazing and wonderful to Tanaka Fuego. He is a black queer artist, whose poems cross leaps of boundaries throughout his identity, a multi-published international spoken word artist and Roundhouse slam finalist whose accolades include Edinburgh Fringe, Vault Festival, British Vogue, and many, many more. But before we delve into the beautiful minds of our wonderful guests, let me tell you once again, a little bit about what we have in store for you and what we're all about.

Now, Blood and Water is part of a wider collaborative event called MESA Festival and it was produced by the amazing multidisciplinary artist Lucine, and the wonderful dance artist Kim Chi, and they are both part of the 2020 Future Innovators of East London Dance. As always, we want to give a huge thank you to East London Dance for helping to make all of this come to live, make some nice kiss and clap for East London Dance. Like that, I can hear the bass, based on the enthusiasm. [laughter] So, Blood and Water podcast miniseries consists of three parts episodes infusing mindfulness exercises, great discussions, and an interactive creative task that we will be doing live as we are recording. Each episode tackles the traditional ideas of family with a unique question for each chapter and today, guests and I will be attempting to answer the one and only question: why is family important? Just a quick

disclaimer, due to the nature of the discussions there may be some sensitive topics discussed. So please take precaution for any trigger points, or when listening with young children. Also, as always, you might hear some random sounds in the background as we speak. Do not be alarmed. As part of the series we will be carrying out creative tasks while we're chit chatting away. And today's task is to make a decoupage which personally is kind of one of my favorite words, the decoupage photo frame for family and friends. I think I saw a Mariah Carey meme the other day, letting me know that Christmas is like two months away. So if any of my family and friends are listening, please know that you will be receiving a decoupage for Christmas. I don't know who's gonna be which lucky person it is. But you're gonna get it. And all of the items made by myself and the guests will be made available to see online after each episode. So keep an eye out for those. My beautiful guests. How are you feeling? How you guys feeling? Good? I want to hear some noise. [guests applauding and cheering] We can't do that, like that. So yeah, I love that energy. We are going to channel that energy and try and focus it. I'm doing a mindfulness exercise. As always, we kick off with a short guided mindfulness exercise. And this is basically to give us a moment to whoosah before we enter these deep discussions. This mindful exercise we're going to be doing is called mindful, mindful posing. Now, don't worry, we're not going to be like asking you guys to do like a catwalk or walk the runway. It's very, very simple. I know right? So disappointing. I had my heels on and everything.

Juke 05:03

Me too.

Becky Becks 05:03

For the listeners, you can do this where you are, you can find a more quiet space or private space if you want to. If you aren't already, make sure you are standing, ensure you're standing feet shoulder width apart. I want you to take a deep breath in through your nose and hold it for a couple of seconds. Then breathe out through your mouth. Now, clench your fists and raise both your arms above your head to reach the sky. Stretching as tall as you can. We're going to hold this pose for a few seconds. How does it make you feel? You all feel powerful.

Juke 05:49

I feel powerful, tall.

Becky Becks 05:52

Amazing. Do you feel like you needed to stretch because I did. [laughter] If you get distracted, simply focus on your breath. And continue holding that pose. Now slowly bring your left arm down. Placing your left fist on your hip. Now, bring your right arm down. Placing your right fist on your head. Remaining tall and upright. Take a deep breath in through your nose. Hold... and breathe out through your mouth. I just want you to sit in that moment. Become aware. Think about how that pose made you feel? Was it comfortable? How did it compare to the first pose? Now you may or may not have noticed that those poses are two very famous superheroes, Superman and Wonder Woman. So think of yourself as a superhero. And how would you pose and how would it look like what you might wear? Do you have a superhero name and take on that pose that you imagined and hold that pose while you take deep breaths in and deep breaths out? So [sighs], remember, not all superheroes wear capes? There's something like heroic in all of us. So anytime you feel less than or incapable remember you are

a superhero for the end, and just just do that exercise. Like that's what I do. First thing I get out of bed. I just stand there like Wonder Woman.

Ident 07:48

Blood and Water.

Becky Becks 07:50

So does anyone want to share how that mindfulness made them feel? Does anyone even have an alter ego superhero? Because, I'd be like I do. I feel like her name is Starlight.

Tanaka Fuego 08:02

Starlight? I feel like my one is Fuego.

Becky Becks 08:07

Come on.

Tanaka Fuego 08:07

I feel like Tanaka is, you know me, you know, my mother calls me Tanaka, and then Fuego is the person that gets on stage, Fuego is the person that writes the poems and I'm just the vessel that you know, it's chosen by. You know?

Becky Becks 08:25

I love that.

Tanaka Fuego 08:27

Yeah.

Juke 08:28

That's beautiful.

Becky Becks 08:32

Maybe I should call myself Becky Starlight Becks. I love the way you incorporate into your stage name. So you're reminded every time that people say your name, like, superhero, in the building.

Tanaka Fuego 08:42

No, really, like it really is a difference between if someone says get ready for Tanaka, I'm gonna come out on the stage as me, right. And as me I'm not be appropriate for the same. You know I mean, if it's in front of 500 people, I have to be elevated version of myself. So it's kind of like you know, calling up that manifestation of that person, you know.

Becky Becks 09:08

Manifestation is my favourite word. Absolutely love that. [laughter] Brilliant. So do you guys have your creative tasks with you? Do you have all of your equipment?

Juke 09:20

Yes, I do. I started already a bit.

Tanaka Fuego 09:24

I haven't even opened it.

Becky Becks 09:25

Okay, come on purple. So, as we're having this discussion, we're going to kick off the first topic. I feel like, our first topic, our first question is to really try and understand why is family important. I think from my personal point of view, like family to me has always been, has always been like a correction base. So like I grew up with like, if you were listening to the last episode, had like 5011 cousins, every elder was an artist. An elder, like, literally everybody was your family. So it's very much community base, that it takes a village to raise a child mentality. So say if my mum wasn't around, it was kind of like a relay race, if she wasn't around, my aunt would pick up that discipline stick. And she would just like run full force with it and just... right. So family in my world was very much to keep you in line to keep you corrected to keep you on the right path to let you know where you're going wrong. So, Tanaka, will direct this question to you, maybe you can chime in, um, why is family important to you? What, what really makes you tick when it comes to family?

Tanaka Fuego 10:47

Um, I think family is important to me, because, you know, I was raised kind of the same way, you know, super community based, I think, my whole life has really been tailored and created by I think a lot of black women that have, you know, raised me and always steered me in the right direction. And also I think the idea of like family that isn't blood related, right water. I think they hold just as much standing in my life as blood, maybe even more. So at this point in my life. You know, I think I think, you know, more than ever, it's so prevalent that a lot of us have a lot of different views from our, you know, from our parents, you know, from their parents and from their siblings, you know, our aunts and uncles. And so I think now more than ever is a time where stepping away from blood family sometimes, if it's not in your best interest, right, but to keep your mental health sane, is what people are forced to do. You know, and I think that's what we find sisters and brothers and uncles and aunts. And, you know, I mean, people who step into those mother and father figure roles when there are people you love in your life that aren't helpful to success. You know.

Becky Becks 12:11

Yeah, know, so true like, it's interesting that you said that, because in our previous episode, we were talking about what is family and who is family, and there was very much a split decision about family will always be blood. And even though the water connections that you make their family by proxy, whereas I feel like, especially as a creative, I've found my creative soul tribe, I found my creative family in that sense. And they're just as important to me as my blood relations, who some I might not even talk to sometimes. [laughter] So there is that distinction.

Sarah 12:53

Yeah, I just wanted to jump in on the whole blood thicker the water thing, because actually, if you trace it back, it used to be the other way around. So actually, it was a blood brother, that was stronger than

the brother that you shared the water in the womb with. So somewhere along the line, it's twisted, which I think it's quite an interesting thing.

Becksy Becks 13:16

Um, Dr. Sarah, you have actually just blown my mind. [Sarah laughs] Like, this whole time I thought water meant just like people that you drink with. Honestly, I thought it was like literally tap water. Like, these are the people that I drink with. And I did not even associate it with womb of being stronger and water... wow.

Juke 13:37

We are learning today.

Sarah 13:37

Yeah, so like, sorry, it's like the blood you bond like is [inaudible] for brother or like the blood you shared like in battle. So the people that you went out with. And so there was ones maybe stronger than the bond but that you have with somebody who just happen to share that womb.

Becksy Becks 13:56

So when they say Blood is thicker than water, they're actually saying...

Sarah 14:01

It's the logical family. Not the, yeah, yeah. Logical, not biological.

Tanaka Fuego 14:09

I have a I have a poem where I wrote people forget, you know how blood is so easy to clot. Right? Like, like, if you get a blood clot, you can die. For me is this essential... A lot of your family, right? Love they have for you, can even make you break you, right? Like the opinion of let's say a parent can really change the way you go about your life. So I think it's worth remembering that like, as much as people might assume, friends, right that you consider family on aren't as great and as wealthy as blood would be. I think we forget that you can have outstanding amounts of love from people that we don't really know. You know I mean compared to people that known us our whole life don't care for us the same way. You know, aunts and uncles didn't always care about you. Just because they are the uncle, is the title.

Becksy Becks 15:11

No, I 100% completely agree. So when it comes to terms of family, what would you say... If there was like a mantra, or a motto that really resonated you with family, what would you say was... Is there one? Everybody have one?

Tanaka Fuego 15:34

That's a good question. Right. Um, I haven't thought of a specific mantra before. But I think, I think for me, I don't know if this would be a mantra, but I think it's for me something when it comes to family in general, is who is telling them how much I'm in love with them? Right? I mean, I think the word I love you is really nice. But like, I'm in love with who you are as a person, your spirit, your your energy, what

you bring to me, as a person, even though if you had nothing, I would still love you. I think to me with family, it's always saying I'm in love with you. So maybe that's a mantra use and give out.

Juke 16:21

And also accepting you for who you are. Family should always accept this for who you are. And sometimes, like a lot of people can say I will, I will love you for who you are, no matter what you're gonna do. But also family means to tell you what is wrong, like to try to point you to the right direction. And also for accept for who you are. But on the other side is like, you don't want a person that tells you you always perfect, you're always good, you're always like this this and don't tell you like the right things in life. And who you really are. You want like a personal push, like, in the right direction, I would say because I wanted to say straight but there's nothing straight in this world. Really?

Becky Becks 17:05

Fact, absolutely fact. [laughter]

Juke 17:09

There's nothing but I mean, yeah, put you in the right direction. You don't want a person that always... So many people have like friends, they consider as friends or family. And they will say because of their, I forgot the word, but like, but yeah, you just want to write person near you, who you can trust no matter what it is, and come to. That's it.

Becky Becks 17:33

I mean, like I'm, I'm so glad you said that point. Because when we first started this podcast, I was under the assumption of, obviously, this, this podcast is called Blood and Water. So in my head, I'm thinking of the quote, Blood is thicker than water, in terms of familial bonds will always be stronger than bonds of friendship.

Juke 17:54

Yeah.

Becky Becks 17:55

But as we go, like deeper into the conversations, and I do more research, and we listen to Dr. Sarah Foley. The quote, actually, for all of our listeners, the quote comes from the blood of the covenant is thicker than the water of the womb. This actually means that the blood shared in battle bonds soldiers more strongly than simple genetics. So actually, Blood is thicker than water, it's not talking about blood and DNA. It's talking more of battle bonds and what you guys have been through your relationships within family and love. So on that basis, I just want to move on to Dr. Sara Foley, maybe you can shed some light from a research point of view. Could you tell us how maybe how is family important in terms of development from childhood through adulthood? And can a familial bond through friendship and love be just as strong as that from blood and genetics? And does that even have an effect on development as a whole?

Sarah 19:09

All big questions. [laughter]

Becksy Becks 19:13

We only have 10 minutes, guys, and go. [laughter]

Sarah 19:17

Um, so but I guess it's the first part of the question is, why is family important for child development? Is that right? Yeah. And so I guess in terms of if you're thinking about differences in the quality of family relationships, so how and you know, the way in which parents act and the way in which they behave towards their children or the attitudes they hold, and those types of things are really important in terms of shaping children's outcomes, so developmentally maybe how they get on at school or like their mental health. So I guess families are those family relationships that can help children both like flourish and thrive. Or they might have more of a negative impact as well, I guess. And so you know, really early on, it's important that parents are able to, like tune into children's sort of, you know, what they want their thoughts, their feelings, their desires. And if you help pick up on that, then that sort of helps set the stage that I can trust that person, therefore, you know, I can go on to maybe have those trusting relationships with other people. And, but I guess it's important to think about that the other things that influence children and families.

So I don't know if you think about a child in like the middle of an onion. And they're influenced by, like the family that's like the first layer of the onion, but then they're also that family might be in a neighbourhood, or at the child might go to a school and in larger society, and all of those things both act, know, directly onto the child. So I guess if we think that parents influenced children, but also other relationships within the family influence children, so sibling relationships, and then if we go outside of the family unit, and whatever that looks like for you, you know, the child might be influenced by things going on in their school. So they're friends, it could be the teacher, or other people in the neighbourhood. And if you go sort of wider than that, obviously, larger things in society are going to be affecting you. So you know, if the differences in regards to think about maybe poverty, or other things are going on first, and families, they're obviously gonna have huge impact on the way that you do family and the way that you can, and I guess interact. And so I guess, yeah, there are lots of things that make up an individual but families are like one part of the puzzle that is important for children's wellbeing.

Becksy Becks 21:48

Like, it's like you kind of like triggered something in my head while you were talking, like in terms of actual development, because like, obviously, society has this. [sighs] What's the what's the nicest way to put it, this... This idealistic vision of family, so anyone that's born outside of that idealistic view, as a child, say, maybe an orphan, they've lost their parents, or they don't know their parents or they're strange, even if they have familial relationships with their peers or their friends, just knowing that that idealistic vision of a family doesn't exist? Does that impact that development? Does that play a part and a factor?

Sarah 22:49

I guess if you think about in terms of like, stigma is that type of things that you're... So I guess you might be impacted by that sort of more implicitly. So maybe you've taken on this or internalised this idea of what family should be. So therefore, if your family differs, anyway, from the ideal, which every

family does, because there isn't a, what is the normal family. Then I guess that, you know, you might have, yeah, that might affect the way that you're feeling and the way that you go on to interact with other people. And but I guess, also more directly, you know, people experience prejudice and discrimination because the way that their families differ. And we know from research conducted at the Center for Family Research, that differences in family forms, so if family looks at me it's not the heterosexual married 2.4 child, family unit, maybe that's maybe your family differs from that maybe you have two mums, maybe you have one mum, maybe you have one dad, maybe you're adopted, whatever that is, and is the quality of those family relationships that matter. But when children are exposed to maybe homophobic bullying or you know, attitude, negative attitudes from other people, that's when the issues might you know, come about.

Becksy Becks 24:16

No, is, yeah. Love that. [laughter] Answered my question, completely.

Sarah 24:24

Oh, good.

Becksy Becks 24:26

So it says you are a doctor that is interested in different family relationships. Can you explain family relationships, like in the briefest of terms, like what does that actually...

Sarah 24:41

What is the relationship?

Becksy Becks 24:45

No when you say different family relationships.

Sarah 24:48

Oh, okay. So I guess I'm interested and from a psychological perspective, and I'm from the research that's often been conducted looking at the influences of parents on children. That's often assumed to be biological mother on biological child. And so I guess I'm interested in, you know, roles of father relationships, or the roles of the couple relationship if you're in a couple on the child. I'm interested in those co parenting dynamics and how that affects other relationships, sibling relationships, and I guess, other different types of caregivers as well. So whether that's grandparents, or aunts, uncles, and we know pet relationships are really important for children as well.

Becksy Becks 25:37

Adults right, adults.

Sarah 25:40

[inaudible]

Becky Becks 25:44

I have a fox that comes to my window. And we have a love hate relationship. And it's very important to me, if I don't see it in the morning, I get very upset.

Ident 25:53

This is the Blood and Water podcast.

Becky Becks 25:57

Brilliant. So it's actually great. It's actually great that you mentioned... that we touched upon the different family relationships. Yes, like during the meet and greet section. Like all four of us, we have completely different family backgrounds in different dynamics. And I know during the meet and greet, Juke, you shared the diversity of your family background. And how there was a lot of conflicting views. So when you have such strong influences from two different sides of the family, how do you reconcile as a person, do you, do you tend to lean towards one side of the family? Does one have a more influence? Or do you have like a general understanding of family.

Juke 26:45

So for me, it was very hard, because I didn't know I was more on my mother's side than on my father's side, but still was involved on my father's side on the black culture. But I wasn't accepted from both sides. So but still, and I was female, and then my parents didn't accept me for who I was. So I tried to go lean more into the direction that I didn't want to be dressing more girly, and everything even though I felt didn't feel comfortable. And it was like giving up. So I was very unhappy, I gained a lot of weight, I didn't have any friends. Because as we said, like before I changed eight times schools, I was probably in eight different schools. And I was only for like, like eight months there. And every school I was for eight months, probably in one school I was for two years. But I never felt comfortable with other students or felt comfortable in that school environment. And I did good at learning for myself, learning with myself, doing research and all of that, but I definitely schools definitely something like an environment that I love to be at still, and just learning other people. It's a great environment, because now I did homeschooling when I was 15, or 14, and it was, it was awful. Because I never met anyone. I was always by myself. And it wasn't fun. And I didn't get any rules, um, to be like, strict just like sit down and learn something like in school, and you don't get to meet new people, like new... Yeah, new types of people. And it's always was like the same. Same timing, same wake up, like same people that I was around, it was, it was boring. And it was, it was like awful too because my family didn't have any, um, all the schools that I was, I was like, probably the only black people, two black people in school. And every school, like eight schools that I was, so me and another black person. And that's it. And I was mostly with my mum. And there were only like white people. And it was just like, I didn't know who I was. So I definitely have both sides of racism. My mother tried to make me more white than I was. And my father made me more black than I was. And exactly right now with this black life movement stuff. And with all of this, it's even harder. It was still harder because when I went to my father's side, he said, You don't talk about white people like all of that. And then when I went to my mum's side, you don't talk about black people. It's like that. But on the other side, she had two other children, like my brothers have Mongolian, my sisters have Greek and she talked about all the things that were bad but still had a relationship with other men who weren't in her. Like in her group, let's say like that they weren't white. And so it was hard for me to see her as a role model or see her as a person like she tells me things and

don't believe them herself. So it was difficult to try and find who I was. And so I found my laptop. Who never leaves me alone.

Becksy Becks 30:15

Amazing. So would you say... So how would you...

Juke 30:22

Oh, and the other thing is about elderly, like, you know, when sometimes grandfather or grandmother, especially in the black community probably say like, oh, look up to your, like elders, like be nice to your elders and always treat your elders right. Like you're always right. Like you, your older people and stuff. Like that's not true. That's not even true. Like, for me at the beginning, it was like, oh my god, my grandmother has always right, like, she can tell me anything good. But it's not true. Like I found in the UK when I moved here. Like much better people, and especially with the blood thing, related. It's about my parents cheated me horrible. The family that I was we have a lot, I have 16 siblings, 16 from my father's side, and like, five with my mother's side. And she has other children too. So it's like a big family, and then my cousins and all of that we live together. And it was just like, it was nice to have a lot of people but they didn't accept me for who I was. And so yeah.

Becksy Becks 31:21

So with such such a... coming from such a big family background. For you, what would you say, what, why is important to you? See, do you now feel like you have an understanding of what family is?

Juke 31:35

Oh, hundred percent hundred percent. I feel like, probably not enough yet to talk about to really feel... Um, I don't know. What is family love? What can we can like, say about family love? That's for me? That's a hard question. Because on the other side, I met a lot of people in my life, like, in those three years, let's say that I feel like family and they treat me well. They love me for who I am. And I can be myself. So that's definitely family love. And I appreciate everything like they do for me. And yeah, that's an honour to say that they are my family. On the other side, I feel like I'm still going to find other people, like still find more love that I can say, okay, that's family love.

Becksy Becks 32:30

100%. So like, I love the point in that you've touched on families where you can feel home, and where you can feel like you're yourself.

Juke 32:39

Yeah.

Becksy Becks 32:40

Yeah, that's an amazing point to make.

Sarah 32:43

And the research supports that as well like parent's acceptance and warmth, and is what's associated one of the sort of positive outcomes for children, it doesn't matter who's doing that. And what parental figure it is, or you know, what family looks like. It's that feeling that you've been seen and that you are.

Juke 33:05

Oh, hundred percent.

Becky Becks 33:07

Yeah, amazing like, there was so much to digest there. [laughter] So beautiful.

Ident 33:18

You are listening to Blood and Water.

Becky Becks 33:22

We touched on a lot of amazing points there. I don't think we're gonna ever condense what why families important into 30 or 45 minutes at all. Um, but we are still going to push the boundaries. And we're going to try and get a summary out of all of you. [laughter] So in summary, like for me, after listening to all of your points, and from what I started with, from the corrections, from a correctional point of view, I still believe like family is important to me, because it's there to guide you, and to make sure you're following your purpose and to keep living your path. But based on the conversations, I think I definitely put a lot more emphasis on the fact that family is also there to give you a sense of belonging and sense of comfortability to allow you to relax and actually be who you are, in a space... in a space away from a world that is telling you that you're not who you think you are.

Juke 34:34

Yeah.

Becky Becks 34:36

If that makes sense.

Juke 34:37

It makes sense, it makes sense.

Becky Becks 34:38

So I love that you guys got me to reach there. And Dr. Sarah Foley. How would you summarise why families is important to you?

Sarah 34:47

Why family is important to me? I guess...

Becky Becks 34:52

Is family important to you? That should have been a question too. [laughter]

Sarah 34:57

I mean, I've dedicated most of my life to understand it more, I think yeah.

Becky Becks 35:01

I would say yeah. [laughter]

Sarah 35:04

Yeah no, family's really important to me both in terms of, I guess the family who raised me and the family that I've created around me, I think. Yeah. That logical family of people you bring closest.

Becky Becks 35:18

Yeah. And those people who support you, and what does family, I think family that is the quality of those relationships that's really important. Not the structure or the form of the family, I guess it's really important to support those processes. So you support parents in terms of their mental health, you know, make sure that they're supported, and emotionally and financially and practically, really, to help support their children's development. Yeah, that makes a lot of sense. Love that. Um, Juke?

Juke 35:54

Yes.

Becky Becks 35:54

Do you have a little summary of why family is important to you?

Juke 35:58

Some reason, important to me, um, mostly... Family is important, as I said before, about like, be, like being seen. And then also, having like, gatherings together, I never really had that, like, just sitting down all the people together and just don't argue with each other. Or don't yell... Yeah, just don't argue with each other. But I mean, have a nice conversation. Speak with each other and accept each other for who you are. And just have a good time really. That's, that's for me.

Becky Becks 36:39

I love that. amazing. Has anyone actually started their decoupage? [laughter] Cause like I could see Juke scribbling away like, you look like you were on it.

Juke 36:50

Yeah look.

Becky Becks 36:50

Oh my god.

Juke 36:51

Yeah.

Becky Becks 36:52

Oh my god that is so cute!

Juke 36:53

Yeah, no but.

Becky Becks 36:53

Hold that up.

Juke 36:54

Yeah, it's my, one of my she's definitely make me feel she's one of the first people when I came to the UK, Eve is her name, and I was, I was homeless, like, for one year, legit. I was living in Clink hostel. And I was in a Roundhouse and she was also there. And she didn't... she came from China, like Japan. And she was also working in the music industry. She was always working at Roundhouse, me also and we just connected really, she's also queer. And we just found each other like we found and she, her family is also split up. She has was like from a strict Japanese family. Her parents didn't speak with each other at all. So she was always... she run to a father side to a mother side. And she was, she couldn't cry because the mother said that was weak. Like with me. And it was like, we understood each other. And then we spent a lot of time, we talked about things. Just being in this environment. She was queer a long time, but she always needed to wear like girly clothes like me. And she was also in like, a... how do you call it in the UK? Like where people put you in? Because you're queer. So they put like, take it out of you. Like, like a hospital where you get treatment because you gay or lesbian or whatever.

Becky Becks 38:24

Oh, like a correctional therapy.

Juke 38:26

Yeah yeah yeah. And she and like, even I, we had the same experience. Mine was in Belgium. But her was like in Japan, or like China somewhere. And she, yeah, we really connected with each other about that about like, having, being finally... I wouldn't say free, but just like being yourself and having a good time in life.

Becky Becks 38:49

So it's so beautiful that you did that picture frame for her. All I did was like decorate the outsides of mine, so I'm definitely gonna have to work on it.

Sarah 39:00

I've got my my little sister. I found this the other day. I don't really you see it. It says..

Juke 39:07

It's beautiful.

Becky Becks 39:08

I really wish I was listening. [laughter] Absolutely cute.

Sarah 39:14

It's very cute but there's a big age gap, I guess between... I'm the eldest and then I have two sisters. And so there's a gap. There's only 15 months between me and my sister Laura, who's a teacher, so he's also very interested in family. And then my younger sister is at uni. But when she was very little, she made us made me this card that I found at home the other day, and it says to my sisters, and it's spelt wrong. It says do you like it?

Juke 39:47

Do you like it? That's so cute. That's beautiful.

Sarah 39:50

But I'm very close to my sisters. So that's.

Becky Becks 39:54

I love that so much.

Juke 39:55

That's beautiful.

Becky Becks 39:58

Thank you all amazing people. For a beautiful, great episode and a very deep episode, I feel like I've changed a lot of my views from the beginning to my summary. So thank you guys for giving me your input and allow me to learn and to grow. And I have been able to chat with you directly because I'm famous now and I have all of the Instagrams. But if you can let the listeners know [laughter] where they can find them, follow you. So Dr. Sarah Foley, if you just want to give your details or your Instagrams where people can follow you and find some more about your research, that would be awesome.

Sarah 40:32

Yeah, great. So you can follow me on Twitter, I'm at S-E underscore Foley, F-O-L-E-Y. And you can also follow the work of the Center for Family Research on Twitter. And that's at C-F-R underscore 32. Or you can have a look at our website which is thecenterforfamilyresearch.cam.ac.uk.

Becky Becks 40:55

Amazing. Thank you very much. And Juke, what about yourself where can people find you and follow you?

Juke 41:02

So you can find me on Twitter, jukebox underscore management and then Instagram jukebox underscore management. Yeah.

Becky Becks 41:13

Also you can follow Tanaka Fuego, our international spoken word artist, you can find him on Instagram at Tanaka dot Fuego, that's T-A-N-A-K-A dot F-U-E-G-O. And as always, I am Becky Becks so you

can follow me on Instagram at bedroom poetry underscore and this amazing wonderful podcast and miniseries has been brought to you and curated by wonderful Fi.ELD producers, Lucine and Kim Chi. [cheering and applause] You can also follow them on Instagram at L-I-S-F-O-R-L-U-C-I-N-E and Kim Chi Le which is at K-I-M-C-H-I double underscore that's underscore underscore L-E. Don't forget to follow at T-H-E-F-I dot E-L-D and East London Dance for the rest of the amazing creative online festival. Thank you guys so much for listening and we are looking forward to have you back for our third episode which is going to be...

Juke 42:20

Amazing!

Becky Becks 42:22

...climax and an absolute banger guests. Can we get some drumroll please. Thank you for coming. [cheering] Make some noise, make me feel special. Thank you guys so much.

Sarah 42:37

Thank you for having me it was really nice.

Juke 42:38

Thank you too.

Ident 42:41

This podcast programme is part of MESA Festival, a week long, multi-arts festival that aims to engage young artists, elevate underrepresented voices and provide a seat at the table for those without one. It is produced by the Fi.ELD, a unique programme from East London Dance to develop the future innovators of dance, equipping them with the skills and resources to make their ideas happen. Thank you for listening. [music]