

Hope, Love, Peace: Positive Health and Economy for a Growing Community

Junfei Hu

Board of VOX (Voice Of eXperience), Glasgow, UK

Email address:

matt_hu2002@hotmail.com

To cite this article:

Junfei Hu. Hope, Love, Peace: Positive Health and Economy for a Growing Community. *Science Journal of Public Health*.

Vol. 10, No. 1, 2022, pp. 29-32. doi: 10.11648/j.sjph.20221001.14

Received: December 15, 2021; **Accepted:** December 30, 2021; **Published:** January 26, 2022

Abstract: During the past 20 years, there has been a huge increase of international students to the UK, impacting the growth of community and economy. A review of the literature reveals few published papers focused on positive mental health and economy relating to this area. In particular, the relationship of positive health and economy to a growing community is not covered. The case study of this paper is drawn from the individual experience of Prof JUNFEI Hu whose mental health and wellbeing is not related to religion, drugs, alcohol, nor smoking. The outcome of his mental health challenges has been his contribution to the application of hope, love and peace developed, in part, from different parts of various world knowledge structures. This paper addresses the relationship between health, economy, and community based on the case study of life experience from Prof JUNFEI Hu. It develops a conclusion that the individual who is facing the challenge of larger community survival with positive health and economy is based on the following: hope, a motivation for positive mental wellbeing; love, a safe, strong connection within a larger community; and peace, a healthy lifestyle practiced in a safe environment. Each individual is different, but we are similar in our desire for HOPE, LOVE and PEACE. In the UK, we are proud to have the NHS and a superior education service. It is the basic human right of everyone to access the NHS and its education services; and the right to resolve challenges and controversies through community problem-solving as well as through the law. Health economics respects an individual's quest for HOPE, LOVE and PEACE. These are non-exchangeable with money and inflexible legal restrictions.

Keywords: Health, Economy, Community, Hope, Love, Peace

1. Introduction

In the summer of 2004, Prof Hu was diagnosed with a disruption to his mental health wellbeing. Despite his mental health challenges, he successfully completed a Ph.D. in Engineering, and managed to work for universities and companies. Unfortunately, he was also denied employment because of his mental health challenges. However, he continued to stay positive and make a contribution to his community. As a champion of the Moray Wellbeing Hub, he suggested a brand-new project idea: "Peace Loving Moray-Family WRAP (Wellness Recovery Action Plan)" to promote self-management for families, a project which received £3,000 in support funding. In addition to his volunteer work, he joined a creative writing group in Elgin, and with the kind support of the group's facilitator Dr. Michael Williams, he published a booklet entitled "Life story, Letters and Poems of Hope, Love

and Peace". Despite the many challenges, Professor Hu still believes in hope, love and peace and cherishes the connection with his local, national and international community. As a poet and writer, he keeps writing to promote his dream of peace and has published in the web's largest resource "Poets, Poems and Poetry" Poetry.com [1, 2].

2. Case Study

Mr. JUNFEI HU was born and raised in mainland China; In September 2003, after taking the IELTS test, Mr. Hu successfully obtained a British student visa. Subsequently, he arrived in Leeds on December 1st with the intention of studying for a PhD in Engineering. He was accommodated in a university dormitory. The accommodation office thought he was married, so it arranged for a Chinese dormitory with family members.

Then, in the summer of 2004, his sleep was disrupted for 5 consecutive days. Although his consciousness was clear and his thinking coherent, he wondered why he had been so lucky to study in Leeds, pondering what his purpose in coming to the UK might be. He'd lost his parents in China. He had this new opportunity in Britain where he would undertake a post-graduate degree. But what was his ultimate purpose in life? Then it came to him in a clear vision: he concluded that his life mission would be for world peace. His roommate noticed a change in his nature and reported him to the school authorities. The Head of the School arranged for him to see a psychiatrist, who arranged for him to go to the community's mental health day clinic.

His first birthday in the UK was spent in the community clinic. The nurse arranged birthday cakes and candles. There wasn't a lot of connection at the time, but in retrospect he was grateful for their hard work.

On January 1, 2005, Hu officially registered with the University of Leeds. The church at the University of Leeds had an international students club. He attended their Wednesday event and met the preacher Miss Freeman. From then on, she invited him to celebrate every Christmas with her.

At the end of 2006, he participated in Vodafone's *Great Ideas Competition*. He once again put forward his thoughts on world peace. At that time, London had obtained the right to host the 2012 Olympic Games. He proposed that London and Jerusalem share the right to host the Games for the world peace. He also advocated the idea of a large self-management community. Since his English was very poor, he was very nervous about delivering a speech, and he didn't completely understand the judges' questions. But when the judges shook hands with him, he could feel their warm encouragement.

In March 2007, he returned to China for a month's vacation. Shortly after returning to the UK, he fell ill again during the summer. He contemplated returning to China to help prepare for world peace at the 2008 Olympic Games in China. The price he paid for this was three months in the hospital in Leeds. Thankfully, Miss Freeman came to see and support him. From March 2007, he was appointed as a governor of Spring Bank Primary School, Leeds for 4 years.

After 2009, he began searching for employment by attending job fairs. The interviews were carried out all over the Britain. It was not until 2010 that he got his first job offer in the UK: a post as a laboratory manager at the University of Birmingham. He had just finished his PhD thesis although he hadn't taken the VIVA. Nevertheless, he started his new job on June 1, 2010. In September, he returned to school to complete his VIVA. He passed, but the panel asked him to complete their thesis revisions as required within three weeks.

His student visa expired at the end of October. The University of Leeds only renewed his visa until November 15. He promised the University of Birmingham that there would be no problem with his graduation. He went back to Leeds to visit Miss Freeman, and she wrote him a note and gave him the name he uses today – Matthew JUN FEI Freeman. He applied for a naturalization visa, but the Home Office quickly

returned all his documents because he did not include the fee. Not completely understanding the situation at the time, he took this as meaning that he should return to China. And at the end of October 2010, he returned to Shenzhen to attend a job fair, and soon accepted a professorship at a Chinese University.

At the end of October 2010, he was appointed as governor of Clifton Primary School. As he was in China at the time, he apologized for his absence at the board meeting.

In February 2011, the University of Leeds passed his thesis review and agreed to support his Post Study Work visa. In April, he received a 2-year Post Study Work visa. He returned to Leeds on June 7, and in July was offered an engineering job at a Durham company.

In January 2012, he had another vision, a call to go to the London Olympics proclaiming world peace. This time, he was not only hospitalized for 3 months, but lost his job with the company in Durham citing a failure of his probation. At the end of October, he managed to secure another engineering job with a Scottish company and moved to Scotland. But the good times wouldn't last long. One year later, in October 2013, he had a subsequent vision that he could completely solve the problem of world peace by solving the Syrian war. He wrote to the United Nations and copied his letter to his GP. The GP issued him a sick leave and referred him to a psychiatrist the following week. The psychiatrist read his letter and admitted him to hospital. A month later, before he was discharged from the hospital, the company asked him for an interview, and he was told that the contract had been filled. He'd lost another paid employment.

At the end of 2013, he had been in the UK for 10 years. He applied for permanent residence but the processing time at the Home Office was 6 months. All he could do was wait. He spent most of his time in the local library and taking English language courses. This was around the time of the Scottish independence referendum. The "Yes" group had rented a room on his local High Street. Their slogan was "Yes, please". One day, he went to meet them and showed them a card which read, "Yes, peace, please". Two days later, they withdrew his card, saying it was not suitable for their campaign.

In May 2014, his lease expired, and the landlord did not renew his contract. Hu found the owner of a buffet restaurant in Elgin High Street and lived in one of his vacant rooms. However, the restaurant owner went bankrupt. One day, at the end of the September, the executor came to close the door. Hu realized that something was up. He became homeless. He reported to the local Council and their Office gave him a place to live. They asked him to return and fill out a form the next day. He reported accurately that he had his parents' flat in China, so the Council decided to move him out. Fortunately, he discovered his current landlord on the Internet and moved to Lossiemouth at the end of October 2014.

In summer 2016, he met Heidi Tweedie. She was facilitating two courses: Living Life to the Full [3-11] and Wellness Recovery Action Plan [12]. These two courses

helped his understanding of mental health. They worked together and set up a company called the Moray Wellbeing Hub CIC. Since Hu is Chinese, the company encountered trouble in opening a bank account. After the application for permanent residence was rejected again, he had to resign as a director of the company.

Then, in 2017 he met Dr. Michael Williams and Douglas Ross MP.

Dr. Michael Williams had been invited by the Scottish Recovery Network to offer a writing course at the Elgin Library. Hu took part and benefited a great deal. They became very good friends and Dr. Williams has become Prof. Hu's personal writing mentor. Eventually, Dr. Williams left Scotland for Canada, but they still maintain close contact. Dr. Williams supports Prof. Hu and encourages his creative writing.

Both Dr. Michael Williams and Douglas Ross MP have been enthusiastic in helping Prof. Hu has applied for permanent residence and Williams and Ross have written supportive letters on his behalf to the Home Office.

On December 3, 2018, Prof Hu was elected a director at the annual general meeting of VOX Scotland.

Prof Hu's visa situation during the past eight years has been a pattern of refusal, appeal, rejection, re-appeal, re-rejection, re-application, refusal, re-appeal. The lawyer and Home Office seem to play word games with one another. Hu has felt as if he has been caught in the middle.

He made a fresh visa application for permanent residence on August 21, 2019. When he submitted his documents in person, the staff informed him it would take 4 to 6 weeks before he would receive a decision. After two months, he asked again and this time they said it would take 5 to 6 months! Then in early February 2020, the Home Office posted a letter stating that his case was complicated and indicated he might have a result by June 1.

After nearly a year, his application of 21 August 2019 for Indefinite Leave to Remain (ILR) was refused on 29 June 2020. However, he was not immediately notified. The Home Office apologized that when the decision was issued on 29 June 2020, it was sent to the wrong email address. It was not until 8 September 2020, that the Home Office reissued the decision to the email address specified in his application.

Meanwhile, on 27 August 2020, he submitted a further application for ILR on compassionate grounds, outside of the Immigration Rules. On 22 December 2020, the Home Office wrote to him to explaining that his most recent application was not yet valid. It noted that he had sought a fee exemption on the basis of Article 3 of the European Convention on Human Rights (ECHR) [13]. However, the Home Office explained that the basis of his application was in respect of Article 8 of the ECHR and as such, a fee of £2408.20 was still payable. He received the letter and paid the fee on 29th December 2020. Several weeks later, on Thursday 21st January 2021, the Home Office rejected his application and cancelled his right to appeal.

On Sunday, 24th January 2021, he published a petition entitled, "Hope, Love and Peace, after 17 years where is my

HOPE?" on the website change.org. Within two weeks, the petition attracted more than four thousand signatures supporting him. His local MP Douglas Ross raised his case with the Home Secretary in the House of Commons, and she agreed to a meeting with Mr. Ross to discuss the details of his situation. On Friday 19th March 2021, the Home Office reconsidered his application and issued a limited leave to remain for 30 months to 18th September 2023.

He was so grateful that he was awarded Employment and Support Allowance with the support of his doctor and social worker from 2014. Since then, he has been doing full time voluntary work for Moray and Scotland. He loves his community and using his head, heart and hand to serve it. However, his ESA was stopped from May 2018. He has no income and lives on savings.

3. Discussion

Despite many claiming that Prof. Hu's ideas of "hope, love, and peace" [14, 15] are delusional and unrealistic, they are not harmful. In fact, compared with other impacts to the economy, [16, 17] it could be argued that his ideas have been key to his survival. Is he not deserving of the same compassion as anyone else with mental health challenges? Is he not deserving of respect as anyone else admitted and discharged from hospital?

Prof. Hu's contribution to hope, love and peace keeps him healthy while struggling with his mental health challenges.

Community support is key for the migrant to settle in a new culture and society. People need connection and support.

Keeping a positive mental mindset is key for wellbeing and a healthy lifestyle.

Prof. Hu's life is unique. Everyone's life is unique. All are worthwhile for further study and research.

4. Conclusion

Hope is a motivation for positive mental wellbeing. Love is integral to a safe, strong connection to a larger community. Peace is conducive to a healthy lifestyle.

Each individual is different, but we are similar in our desire for HOPE, LOVE and PEACE. Everyone is unique. Laws need to reflect this diversity. In the UK, we are proud to have the NHS and a superior education service. It is the basic human right of everyone to access the NHS and its education services as well as the right to resolve challenges and controversies through community problem-solving and legal channels.

Health economics respects an individual's quest for HOPE, LOVE and PEACE. These are non-exchangeable with money and inflexible legal restrictions.

Acknowledgements

I would like to thank Dr. Michael Williams, Douglas Ross, Richard Lochhead, Wendy McAuslan, Karen Munro, Carolle Ralph, Carol Casburn, Jill Byrne, Pat Harwood, Heidi

Tweedie, Lee McGrath and Louise McBride for their special support.

References

- [1] Hu, J. (2020) *Hope, Love, and Peace: From Dream to Practice Through Self-Management*. International Conference on Integrated Care ICIC 20 Virtual Conference 9th, 16th, 23rd, 30th September 2020.
- [2] Hu, J. (2018) *Life Story, Letters, and Poems of Hope, Love & Peace*. For the Right Reason, Inverness, Scotland, UK.
- [3] Williams, C. (2008) *Write all over your bathroom mirror: Living Life to the Full* (LLTTF) Series, Five Areas Ltd, Clydebank, Scotland.
- [4] Williams, C. (2014) *10 things you can do to feel happier straight away*, LLTTF Series, Five Areas Ltd, Clydebank, Scotland.
- [5] Williams, C. (2014) *Are you strong enough to keep your temper*, LLTTF Series, Five Areas Ltd, Clydebank, Scotland.
- [6] Williams, C. (2014) *The things you do that mess you up*, LLTTF Series, Five Areas Ltd, Clydebank, Scotland.
- [7] Williams, C. (2014) *How to fix almost everything*, LLTTF Series, Five Areas Ltd, Clydebank, Scotland.
- [8] Williams, C. (2015) *I'm not good enough*, LLTTF Series, Five Areas Ltd, Clydebank, Scotland. Ltd, Clydebank, Scotland.
- [9] Williams, C. (2014) *Why does everything always go wrong?* LLTTF Series, Five Areas Ltd, Clydebank, Scotland.
- [10] Williams, C. (2014) *Why do I feel so bad?* LLTTF Series, Five Areas Ltd, Clydebank, Scotland.
- [11] Williams, C. (2015) *I can't be bothered doing anything*, LLTTF Series, Five Areas Ltd, Clydebank, Scotland.
- [12] Copeland, M. E. (2002) *Wellness Recovery Action Plan*. USA: Peach Press.
- [13] European Court of Human Rights (2021) *European Convention on Human Rights*.
- [14] Anandarajah, G., Hight, E. (2001) *Spirituality and Medical Practice: Using the HOPE Questions as a Practical Tool for Spiritual Assessment*, Am Fam Physician 2001 Jan 1; 63 (1): 81-89.
- [15] Siegel, B. (2016) *Peace, Love and healing*, Random House.
- [16] Aldridge, A., Barbosa, C., Barocas, J., etc. (2020) 'Health economic design for cost, cost-effectiveness and simulation analyses in the HEALing Communities Study', *Drug and Alcohol Dependence* Volume 217 (2020) 108336: 1-8.
- [17] Hubble, S., Bolton, P., (2021) *International and EU Students in higher education in the UK FAQs* Briefing Paper, Library, House of Commons, UK, Number CBP 7976.