

What does migration bring?

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Well personally I think it's a great thing. It has brought about a lot of changes in my country, but many of them, for me at least are real benefits.

I know it's a bit of a stereotype that English food isn't very good, but nowadays the UK is one of the best places to eat out and you get a huge diversity and range of food to choose from. Even in quite small cities these days you can still usually find a good Chinese restaurant, and Indian, Italian and probably a Thai or even Japanese restaurant. I think that's great.

I also like that the school that my kids go to has kids from a huge range of different cultures and religious backgrounds. I think it's great that all these kids go through school together learning about and accepting each other's culture and differences. The world is a very diverse place and with the increase of globalisation I want my kids to be able to understand and accept other cultures and work alongside people from other countries. I think it's really important for their future and to keep them open minded.

One of the other things I like is the way the British high street in many towns has been transformed. Nowadays you can go shopping and find stuff from all over the world. I live in Manchester and I can go and buy a Bollywood movie or a sari from a shop just round the corner. I think that's terrific when I walk out in the street and see people wearing colourful clothes from all round the world. We British can be pretty conservative, so it's nice to have a change from the grey. Now I don't need to travel. It's like the world is coming to me.

The other important thing for the country's economy is that a lot of the people coming here are young. When I go to some parts of the UK where there isn't much immigration, I realise how our population is aging. We have good health care and pensions which means we have a lot more healthy older people who are retired, and that's great, but we also need more young people who are working and paying into the system still to help support it and keep our economy going. I can't understand it when I hear people complaining about immigrants coming here and taking away 'our' jobs. A lot of the immigrants are young people who come to the UK with valuable skills and really make a contribution to our society and our economy and I for one think that is great.