Jan - Lived religion and belief

[Christianity] gives me a reason for living, to help other people and do your best for people. In my life, that has involved looking after my grandmother as her health got worse and worse, which started the moment I left university. And then I supported my uncle over the next 20 years as his health declined. It's been very much a life of service in that respect. Then my mother went the same way. So you do everything you can do for somebody. It may damage your own physical or mental health, but that's just one of those things.