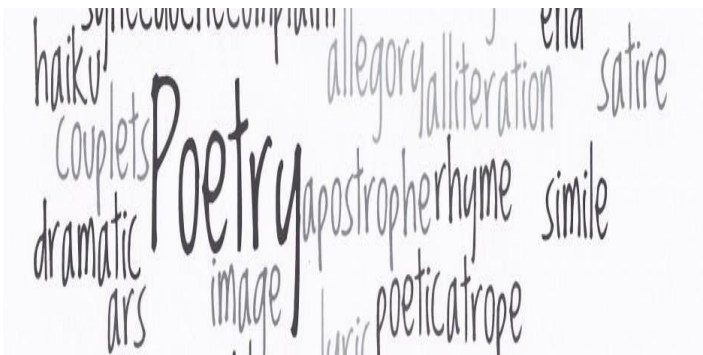


A collection of poetry from 2016 Creative Writing Group.



Future Living Hertford
Health & Wellbeing Centre

Graham Foster

Graham is 50 years old, lives in Hertford and a recovering heroin addict. He has been sober for 4 ½ years and says that coming to Future Living is a “beacon of hope and light”

Finegan begin again

Rumble, tumble through
Rough top gent, now I see you.
1000 mirrors smashed, turned to dust
Every week my face is seen, now I know it must.

Rumble gire, tumble now, rumble tumble through
I swim to shore, through to see you
Inside out, like tropical fruit.
Swinging in the breeze, tree of life suck me in
With limpet lips smack sweet air
Tumble, rumble you.

Untitled

Sleepy jaws of dawn open wide
War torn kid, black eyes cry
Western quiet, people flow through time filled with
waves of woe.
My heart fills again, eyes spill and flow again.

Dance Shaman Dance

Pearls of wisdom, pillowed dawn,
Dreams awake of long lost love,
Shamans rattle still my thoughts,
No run!!

The clean water flows through,
Me another yesterday, another me,
Twisted face of time now here,
Run with me again my dear,
Run with me again.

Don't smoke in bed

On my quilt are many holes,
Don't smoke in bed.
Full of holes and body blows,
Swing in the breeze,
Powder keg glories,
Sleepy dog stories,
DON'T SMOKE IN BED
Lucky, daft, stupid, harsh,
Like old Billy said in his solemn voice.
DON'T SMOKE IN BED

Theresa Chalkwright Age 55

“From the day I walked in to Future Living it changed my life. I’ve been attending for six months and it feels like home.

Future Living has helped me become a hands-on grandmother and has given me a purpose. During my time, I’ve attended creative writing and the outcome are these poems. Previous to this I’d never put pen to paper; I’ve found new inspiration and enthusiasm.”

Untitled

Sea's so green and skies so blue,
Excitement, laughter and playful fun.
Shiny boats with captain and crew,
Tranquil beaches drenched in sun.

Flowers blowing in the breeze,
The lovely house watching,
Fields so green to explore,
Peace and tranquility in abundance,
Freeing my inner spirit.

Obsession: Grant Nicholas

Oh, to see you on stage.
I feel my heart has turned a page.
You have given me the strength to carry on.
When all I wanted to do is run.
Obsessed with your music and your song,
In my eyes you can do no wrong.
I know that you are just a beautiful fantasy.
But you are life enduring for me.
I look at you so self-assured.
But wonder where it all came from.
In my heart your songs are to be treasured
& I anticipate, what is still to come.
I love you like a summer's day.
& dread the day you go away.
You to me are everything,
Looking forward to the pleasure that you bring.

Moving on

I have spent winter into spring.
Learning to live and a new life to begin.
I have been lonely, sad and blue.
But like Spring I have felt my soul renew.

I have laughed and cried with friends both old and
new.
And I know there's things I can do now.
I look forward to happier times that surely must
come,

Leaving behind the sadness that made me so numb.
I have my hopes and dreams and a life to live.
Suddenly realising I can now forgive.

My spirit has awakened and full of awe.
Cautious but strong and wanting more.
I have lots to give and know that I must
Most of all myself to trust.

I will look forward and not look back.
And I will get my life back on track.
So moving forward moving on,
I will let the bygones be gone.

Who am I?

Who am I to say our love has died.
Through it all we have laughed and cried.
The hurt has gone now far too deep.
Silenced, only when we sleep.
Good times and bad we have been through.
Although I feel our love was true.
There's been much happiness and heartache.
There is only so much hurt our souls can take.
We've both done harm beyond repair.
It does not mean that we didn't care.
Fond memories of our love remain.
Darker times have staked their claim.

Who am I to say goodbye
Does it mean our love was a lie?
We've both done wrong, you and I.

Perhaps we'd lost the will to try.
Now is the time to lay all to rest,
Knowing that we have tried our best.

Who am I to bring this to an end?
I feel like I have lost my best friend.
Time and tide waits for no-one.
We can't undo the past and what we have done.
We could remember but choose not to,
There really is just one thing to do.
Be kind to each other and refrain,
From hurting each other all over again.
We must say goodbye even if love remains,
Stop wondering down those memory lanes.

Who am I to do this thing?
For only heartbreak it will bring.
We must cherish the past and look ahead.
For all too soon, we may be dead.
Life is too short to dwell on pain.
So let us be the ones to gain.
I wish you well may good fortune follow you.
There will be a time & a place for me too.
In our hearts we'll hold a place.
& let our love die with grace.
Depp down inside you will be there.
& you will know that I still care.

Who am I to say that we must now part?
Having the courage to make a brand new start.
Part of me wants you to stay.
I never wanted you to go away.
Let's agree to still stay friends.
It doesn't have to be a final end.

I know that I must set you free,
It is the best for you and me.

Who am I? I'll tell you it's true
Who I am is me and you.

Poetry by Lyndsey Ollard

Untitled

That time has come and I'm getting the suitcase to
pack.
Looking forward to the rest and not coming back.
The sunshine, the beach, to relax, eat and drink.
Making memories with the family, taking time out to
think.

Cover my body in coconut lotion.
It is the time of the year to have fun and let go.
Excited as a child and just go with the flow.

Untitled

I sit here in beauty surrounded by flowers and a
warm summer's breeze.
Peaceful and rested in body and mind, looking into
the future leaving the chaos behind.
Rolling hills go for miles, a canny retreat.
This is a feeling that will be hard to beat.

Untitled

Warm, thirsty, dry and beautiful
It makes me think of ancient times
But also I want to explore it, touch the rocks, climb a
tree, and walk the land.

It makes me relaxed, it makes me calm.

Like I want to jump in to cleanse myself in the
water, lay on the warm rocks and sunbathe at peace,
listen to the running water and meditate,
Smell the scent of the trees.

Untitled

Hurt, pain, lonely inside, internalising the hurt,
feeling sad, angry and emotional.
How by hurting yourself you hurt others.
Damaged, someone hurt my feelings.
Taking things the wrong way can hurt,
Hurting by myself, not being kind.
Not loving yourself enough.

Heaven and hell

I was born on the day of heaven and hell
Born of emotion that I know so well
Trying to decipher what's right and what's wrong
I try to express this through writing and song
An angel a demon that's dwells from within
Making mistakes trying hard not to sin
Walking round in a black cape and hood
Judging myself more than anyone could
After years of walking through darkness and pain
I'm seeing the sunshine stepping out of the rain
Where my feelings are tranquil and my mind is at
ease

Away from the darkness content in peace
My mission's to help people gain understanding
Through courage and wisdom the love is outstanding
Get lost in the feeling the one we call love
Experience the magic from the stars up above
We all have a purpose find out what is yours
Could be teaching or healing or dealing with law
What makes you happy? Puts a smile on your face
It's time to get out of the busy rat race
You don't have to live in a world of misery
If only we could all have the courage to see
Life's what you make it keep positive thoughts
True inner wisdom cannot be brought
It comes when your mind is quiet and still
No one interrupting, your body's able feel
It's the voice that's inside its gentle and kind
It sits right between your heart and your mind
I know it as spirit mind body and soul
Balance all three loose the need to control
Nurture yourself and love who you are
The journey we travel is long and far

Poetry by Gary Martin

Untitled

Love is precious and lasts forever.
Love is special and can change the world.
Love is pure and makes us happy.
Love is lives ecstasy for everyone.
Once I love myself others will follow.
Loving starts with ourselves.
If we do not love ourselves, nobody else will, which
could be quite a bitter pill to swallow.

Heartbreak

Love is special; I know that for sure, being with my
princess was never a chore.
Love is something that gave me purpose, passion and
excitement, joy every day.
Passion and purpose is what love is about, I had lots
of that, and that's no doubt.
Calm and relaxing for every minute inspired and
thoughtful every day.
Every week feeling the care from my love and feeling
like I had been given a wonderful gift from above.

Untitled

Sun, sea and swimming.
Excitement on the beach.
Raving until the light...
With the ladies of the night insight.

Untitled

A big house in an area quiet as a mouse.
Lovely green spaces makes many happy faces.
Beautiful red flowers that look like they have magic
powers.

Untitled

I went to work and was given a cue.
I asked my friend and he said it's true.
The cue is true and it's at the door, which is blue.
I told my friend and he already knew.

Spring

Looking forward as I see the new green leaves
growing on the trees, blowing in the lovely spring
breeze,
I feel alive with the warmth of the sun shining on me,
energetic feelings inside me, whistle looking at the
clear blue sky.

Celebrations all around now Easters come back
around, excited for everything, ahead of me, all the
new beginnings I see.

The blossom of the cherry blossom, bluebells
glistening is the spring, sunny breeze; spring is such a
wonderful time for me.

Christmas

Christmas makes me feel happy because I get to see
my Nan and Granddad.

Who I only get to see at this time of year.
I look forward to Christmas dinner and pulling my
Christmas crackers, also presents and games.
What can be quite exciting and watching Christmas
movies on TV, overindulging in Quality Street and
every year, hoping it snows for that Christmas feeling.

Mark Maynard

Written whilst in residential rehab and detox at
Passmores House

Today 1

Today I have decided that it's time to take control

There won't be no more sitting

And waiting – this is my goal.

Today I see so clearly

I am all that I have

If I want to get something done

It's up to me to pave my own path

Today I will set my goal

And work to see it through

I'm tired of being afraid

It's time for my dreams

To come true!!

Today I'm quite happy

And confidence has made

It's way too!!

I have a thought

I have grown

From now on to me

And to others

I'll stay true.

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