

## GIVING

They say it's better to give than receive.

If that was true I would probably be the best person in the world.

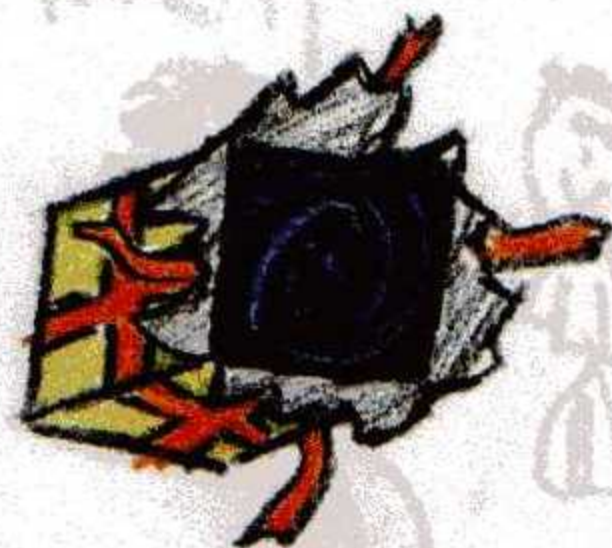
But it isn't so, no one notices me.

People only say that because they always get what they want.

And have never had to give more than they want

I can give and give but my only

reward is knowing I'm doing the right thing.



## Today

Today I'm like the sunset

Today I'm seen more clearly

Through the Project I've been noticed

And know I'm not alone

Life can still be hard

I can still feel tired and sad

But now I have good listeners

And friends who understand







## BULLYING

When people are bullying me I  
feel sad  
Because bullies are bad  
When my friends are nice to me  
It makes me feel happy

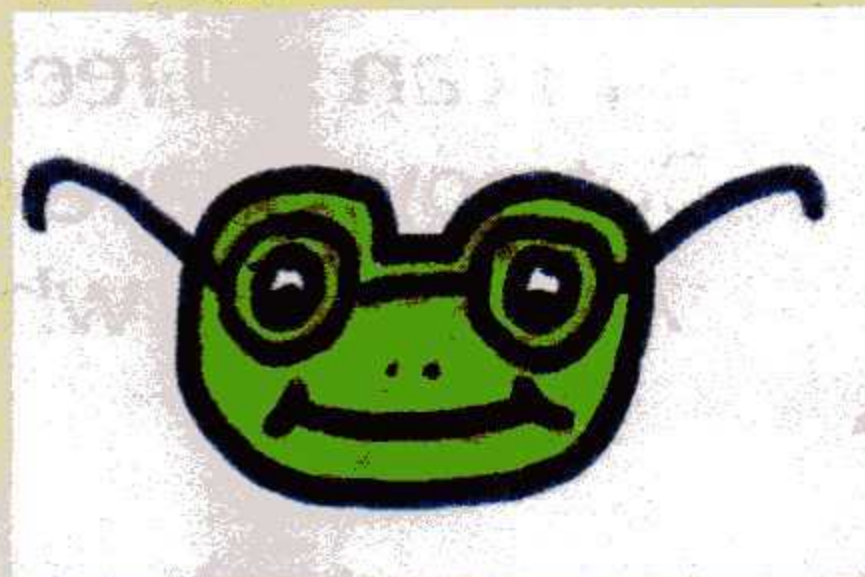
## FRIENDS

A friend in need

Friends would never  
take to hurt your  
feelings  
A friend can help you  
every time you hurt.  
You have fun with  
friends all the time.  
We laugh and play and  
have such fun.



## WHO AM I

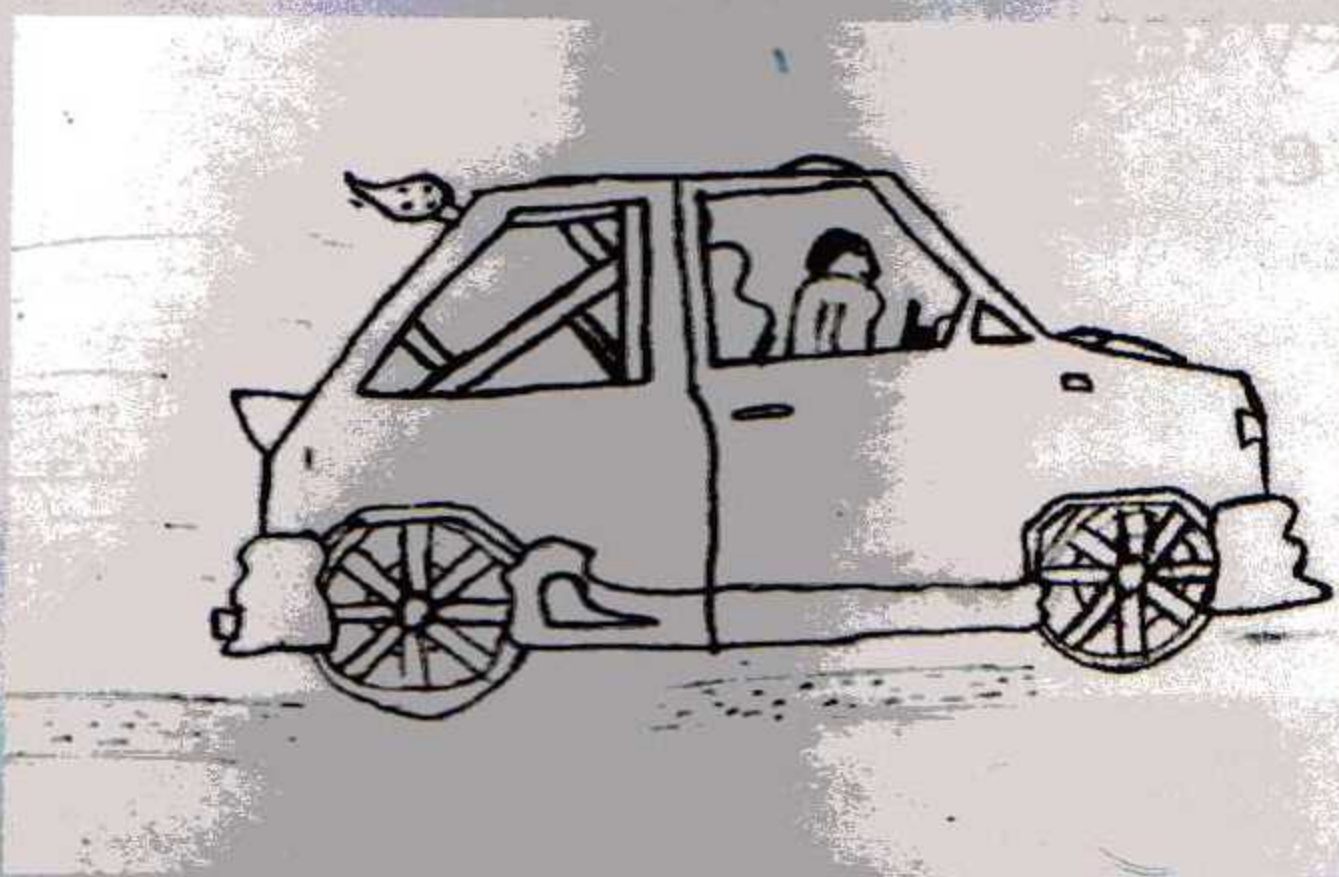


Faceless  
Anonymous  
Unnoticed  
Needed



## HOMELESS

Out on your own isn't easy  
Especially in a B&B without a breakfast  
Even harder without having money  
It's like having a car you want to drive  
But there's no keys  
And when you get food it all goes off  
As quick as the keys come out of the ignition  
It's sad and stressful how you've got to get fuel through  
other people  
But it's got to be done to keep the car going  
Sometimes it's like you won't know how many more  
miles I can get out of this motor.



SAD  
I feel sad  
I need someone  
To talk to when I feel bad  
My name is John  
People say I'm mad  
I'm not though  
I just like to show my feelings.

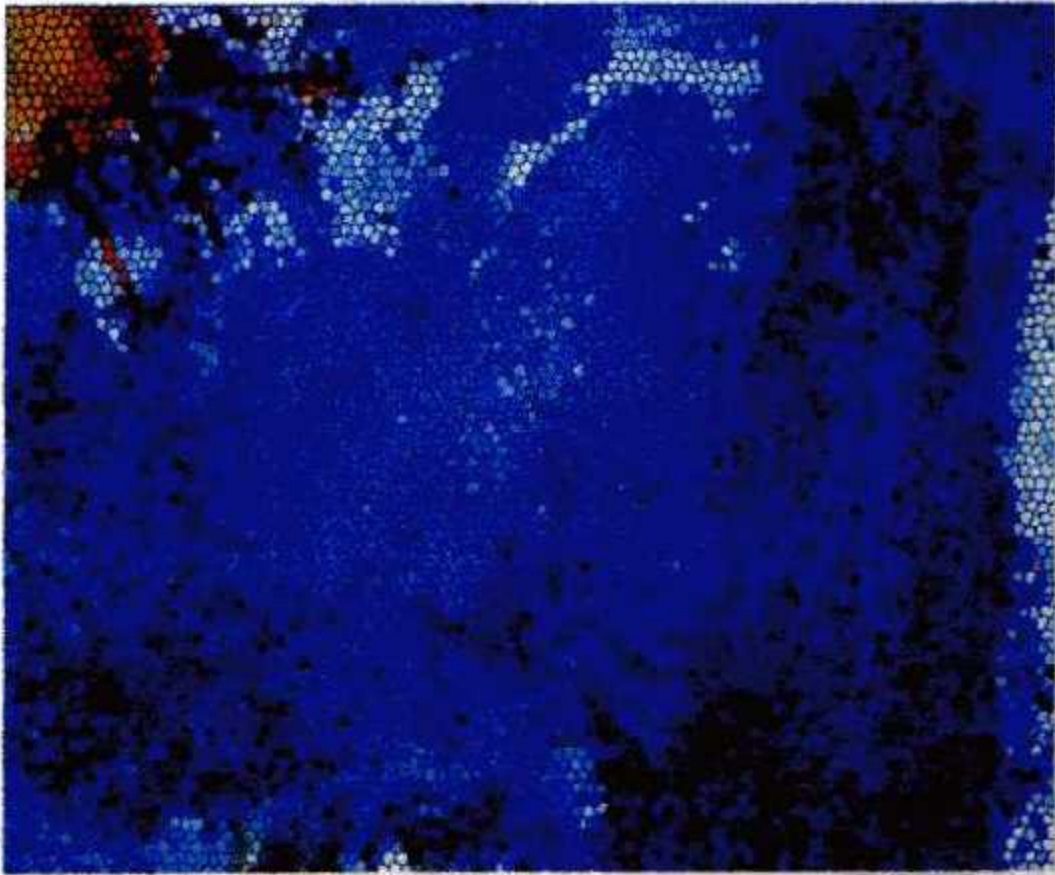


## SHARE AND CARE

Tomorrow I go to school  
Where I share and care  
I need to remember on Tuesday  
I go swimming and have PE  
Sometimes I get angry when I can't do things  
But I need to remember I share and care  
I like summer  
I like rainbow colours, red, blue and green  
I like the evening light, the sun set  
And the shivering grey sea.  
I like to share and care.







## THIS IS A STARRY SKY

It is warm and it is silent  
It is soft like a furry cloud  
It is too delicate to touch  
It is so colourful like a rainbow  
With all the colours it is so  
magical

It is worth more than jewels  
Sometimes you see it in the evening  
And the moon makes it shine as the stars float in the sky.

## The Wee Girl

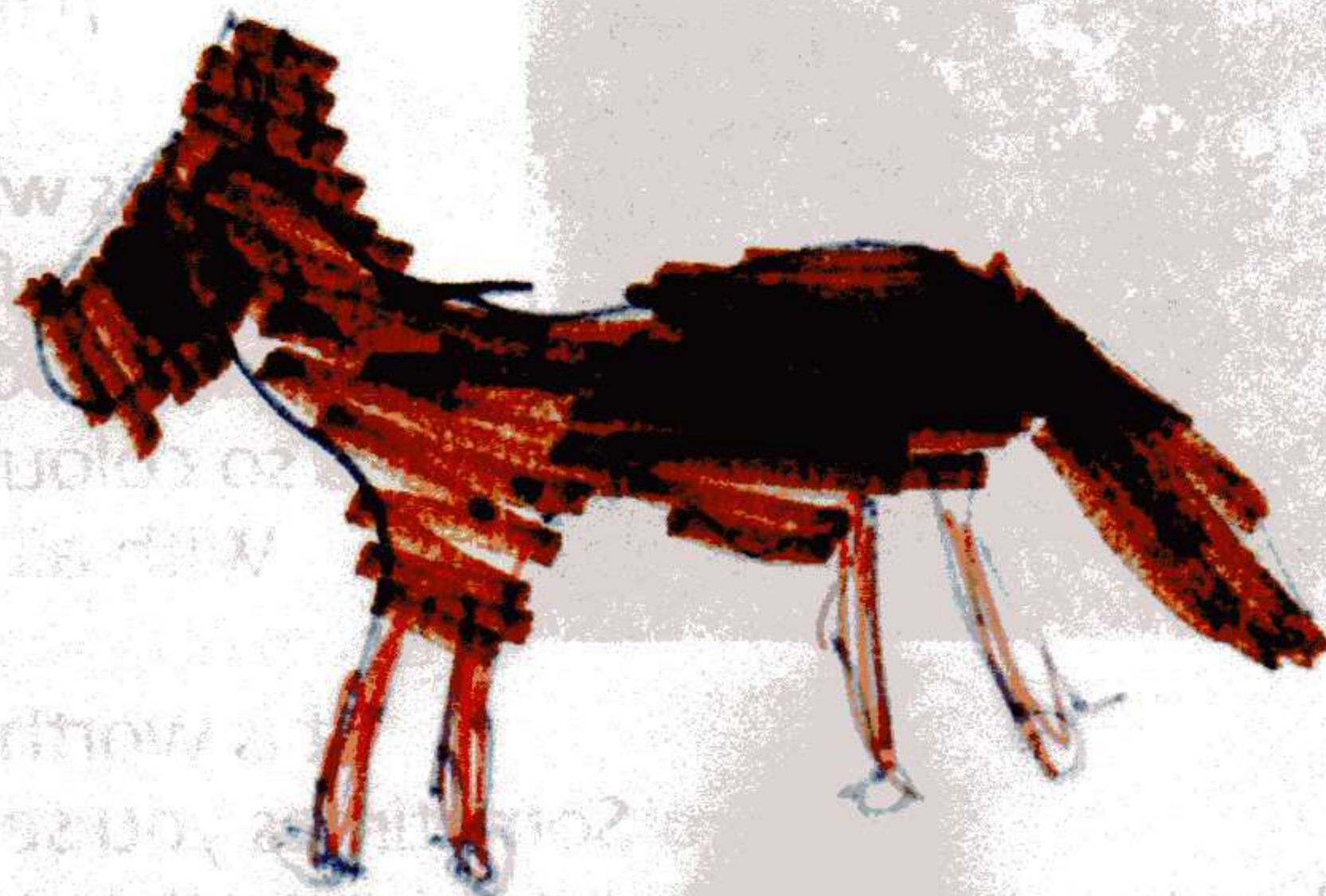
This wee girl was happy  
Until mum and dad came  
back  
She went down to the  
kennels  
And got a puppy to stroke  
But it chased her all around  
And the little girl got sad  
Because she thought  
She must be really bad.





## MY HORSE

My home is like  
a horse  
It's fun and I  
make it strong  
To make it  
work I help  
look after it



They are both  
big  
They keep me safe  
They keep me warm  
They give me love.

## MY HOUSE

My house is cosy  
My house keeps me safe

My house is like a lovely cover  
I really love my house  
Just like my family  
I don't want to leave it alone





## DEPRESSION

Early cold, bitterness  
Shivering awake  
6 stone 2  
Trapped 12 feet of room  
And the echoes of a thousand broken nobodies  
Sinking feeling sets in  
I'm still alive  
And I didn't cry in the morning.



## I LIKE

The cold darkness is spooky  
The shadows and echoes are cool  
I like climbing  
I am not scared of storms  
I like the noise of the wind, rain and lightening  
The sun is hot, I close every single curtain  
Jewels are smart, crystals are cool too  
I remember the cold darkness is spooky



## A DOGS LIFE

A dog looked in a window  
And saw a guy  
With a steak and kidney pie  
With a fork  
Made of cork  
And a knife  
From another life.

He finished his meal  
And started to keel  
And fall to the floor  
With a crunch  
He landed in his lunch

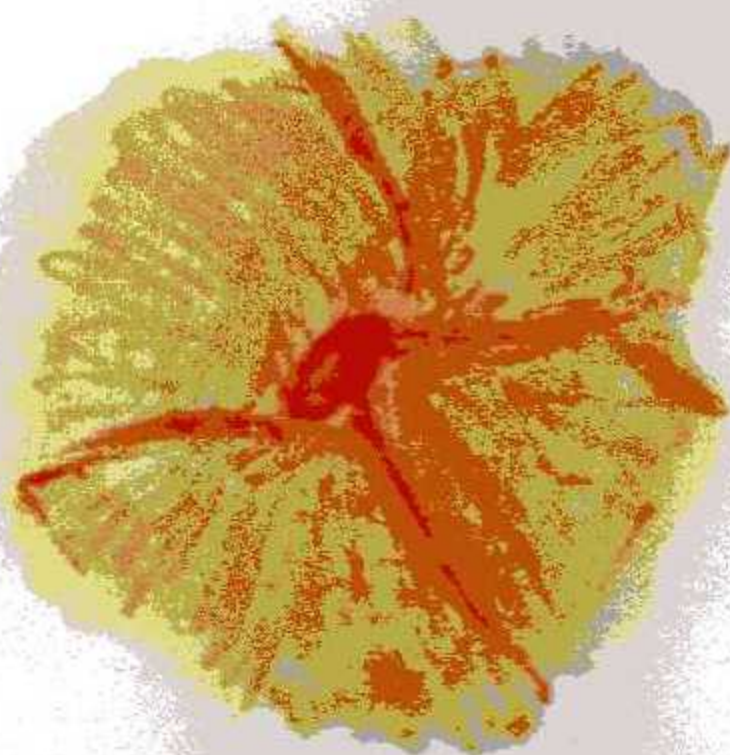
The dog did a flip  
Then had a kid  
When it woke  
It had a smoke  
They turned around  
And dug in the ground  
He found a bone  
To use as a phone





## ROCKS

Rocks are useless  
But you find them everywhere  
Young Carers are useful  
Valuable and rare.



## CARING

Caring for mum can be hard  
My life is stained and marred  
But life goes on  
Even when it's wrong.

## MUM

She has stressful times  
And happy times  
Sad times  
And laughing times  
But it doesn't bother me  
Because I'm full of glee.





At Rachel House, Children's Hospice we work with children who experience the extremes of life and we encourage the children who come to us, either as a result of their illness or as siblings, to express the many conflicting feelings that they have. We do this because we believe it helps the children and young people to cope with what can be overwhelming circumstances. Your poetry book, combining words and art is a heartfelt expression of these feelings and is indeed humbling to read. You have touched the difficult and private feelings often hidden from those of us who strive to help.

Kate MacLeod, Social Worker - Family Support