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Second Chance

Supporting Mental Health in Performing Arts

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Second Chance You may need it next Extract only

Dedications

I owe my ability to recognize and adhere to inspiration and creativity to dear friends. My own self and some very admirable projects that are going on around us, Sometimes just there, ticking on in the background.

THE BACKBONES THAT MAKE SENSE WHEN SENSE SEEM FAR FETCHED

Thank you for being my rock
Thank you for letting me try being a rock to some of you too

Survivors
Crisis
Hillcroft
Tottenham Chances
Second Chance
Vivienne Bornemann
Peter Duncan
Mr P Monty
Paul Byrne
Marta & Kurt Ringel

Everyone involved with RAW poetry events. Everyone associated with Voodoo CiTi/Rocky Voodoo

WE ALL MAKE A TEAM

Ombrophobia

OMBROPHOBIA = 'The fear of Rain'

Red 'n' Yella - Auntie Ella

Lose your umbrella to free your writing hand

At a poetry convention in St Andrews, UK, I tried to gather as much advice as a novice possibly could. The one advice that sticks most in my mind was rather simple:
'Always carry pen and paper'
oh, and use it...

My title might be confusing. That is not intentional but it is a reflection on how thoughts can spring to mind in any shape or form. My belief is that words have souls and as such they need to be heard, told and considered. Words are not there to be swallowed. They are there to fearlessly open gateways.

However, back to what spooks and speaks under my umbrella:

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We think of demons so much that we ignore the angels

THE LITTLE TROTS OF RAINDROPS

(One night after the break-in)

My window was open to darkness Stains of greedy fingers remain on the frame Now rain is pounding - I wish it could wash in to cleanse my fears away

How calming it falls to the ground Even the cat sits quiet for once Not knowing why his gateway will stay closed My imaginable fence against the unknown

I sit awake waiting - peering passed the glass Hoping to find wet foot-prints A head forcing its way through the pane I picture my hand rise - as I smash it in

There are no alley-cats out when it rains
I rest in my arms - dream of nothing
My world has been grabbed and shattered
It will take time to feel free again

MORNING BLUES

Early they come - early they go
The rucksacks and trolleys of Gray's Inn Road
They wriggle their way at five in the morning
en route to a station or on their way home
I blink in my sleep as I hear them pass by

There is life in the street and I am inside having nightmares of being a child in the play-ground watching other children play

Never asked to leave - never asked to stay

Inside screaming

HELP me

to get out of my self

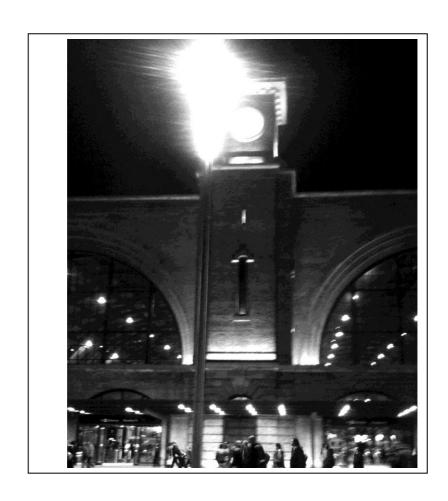
I rise and waddle to the window

to watch the world go by

as it always does

MY STREET

The man in the shop Greets me I buy his product He asks me 'How are you today?' I smile and nod Tongue stuck to the top of my dry mouth Get home Pour a drink Thinking I am loved Recognized by the workers around me Accepted and qualified to live in this street Wherever I come from



THE CITY

I like the anonymity of the city Its choice of shops and bars Some who will remember you yet never take you for granted

Nobody dare presume knowing more about you than what you choose to put on display

The city is not for getting lost or away Its riches are there for the taking Places of green when skies turn grey A safe corner or an adventurous maze

Choice of madness A touch of sanity Some say nothing Some share happily

The city offers few hinders There are as many ways out as there are ways in Product Details ISBN 9781326113018

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