

Keep Calm and Light Will Come

Poetry by the patients at Lakeside

Foreword

Hello and welcome to Lakeside's poetry anthology,
Keep Calm and Light Will Come.

Our patients are exceptionally talented poets who express their ideas in their own unique way.

Each patient has contributed a substantial amount of time, both individually and as a group in order to create our "Keep Calm and Light Will Come" poetry book.

We hope that you will enjoy reading our poetry as much as we have enjoyed working together to write it for you all to read.

Enjoy!

Shara Mills

Therapy Assistant



Authors

Abigail

Adam

Amy

Christopher

Danni

Gary

Georgina

Godsent

Jade

Jason

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Joanna

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Katherine

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Nathan

Paul

Peter

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Robert

Samantha

Samuel

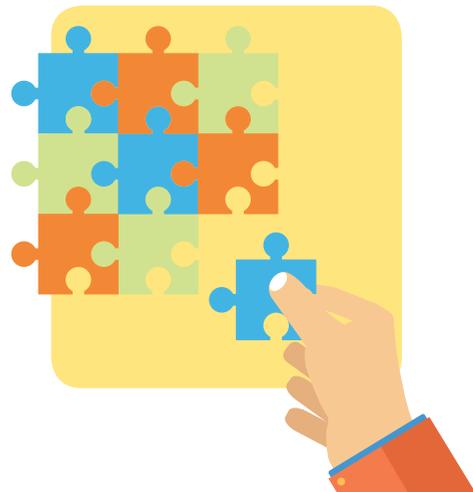
Shara



Pieces

Everything we think we know
Or we want to believe
Is a piece of the puzzle
An unfinished picture
Leave me in pieces
With no resolution
I've the strength and skill
To put myself back together
We like parts of ourselves
And to see these traits in others
But when the best pieces are small
The image is tarnished
Piecing together stories
Believing who I choose
Knowing who I trust
I solve puzzles my way
Any decent piece of you
Would help to restore faith
But this piece is missing
Or more likely, non-existent
Some puzzles are completed
Without unimportant pieces
Which is how my life will progress
While you fail to fit in

By: Abigail



Respect

Respect is a great thing to think about
We think of each other
And give each other
A bit of dignity
These are people that are above us
And we need to follow them
And give them a hand
To what they need
Some people have respect for animals
As they are cute and cuddly
And have much love and praise for their owners
And each other
They are mans best friend
And they need plenty of walks
And then go out and about
They like to be cared for
And give them what they require
And to have a try
At everything we are asked to carry out
Look after your peers and friends
And give them a little bit of encouragement
And space to do what they want to do
Give them some guidance as it is what they strive for
And we will give them help along the way
They help me along life paths
And guide me to the things that I desire
And what I really want to do about it

By: Joanna

Being me

You don't have 2 be mad to work here
But it helps if U R
We all have our strong points
And this we must follow to
Get better and get on with life
We should all respect each other
What we don't need in life
Is the whole world going round?
Being more important than everybody else
& no-one realising how thoughtless of them

By: **Peter
Joanna**



The Mighty Wind

The mighty wind
Got up to 150 watts of power
Doing a cookery course with self-raising flour
Flour spilt all over the floor
It even got behind the door
Then there was a hurricane up above and a downpour
And it was wet on the kitchen floor
We had to do all the mopping up and down
Before we bought a nice cake in town
And ate it down
Wearing a costume that looks like a clown
The clown took the cake and placed it in someone's face

By: **Jason
Christopher**

Christmas

Perfume, after shave, Christmas presents I like to buy
Before we buy we like to try
Others like vouchers to choose
What they prefer to buy
Buy, cry didn't get a present and that
I didn't forgive my mum and that
Cos she can't afford a hat and that
So she decided to get a cat
Sitting around the Christmas tree
Remembering the best things in life are free
So make the most of Jesus' birth
Bless you at Christmas
Eat lots of food to make it on this earth.

By: **Samuel
Joanna
Shara**



Death of

The lies and infringements
Bullying self-promotion
Mitigations implying confession
No bravery even traffic infringements forgotten
Narrow boasting and whispered writings
A heart that threw up
An art funded periodical

By: **Nathan**

Identity

When I was a little boy
I learned to swim, read and write, Maths and English
Then as a person you can achieve
Without having to keep trying what you want out of life
I like going to the seaside
And going on the dodgem cars and swimming
There is much to get
Plenty of bike rides around
I like Elvis, Love Me Tender and Blue Suede Shoes
Singing these songs makes me happy and funny
My Drama and Singing gives me
Lots of pleasure and potential
And I am happy

**By: Robert
Joanna**



Going on a journey

I pack my car and off I go
Where we are heading I do not know
Our destination is back to visit a place
That makes you want to put a smile on your face
Whatever my destination good or bad
I am going with the flow that makes me glad
Driving along the road I see lots of animals and hills
all around me
And the beauty of the sea I see
Flowers are blossoming all around my side road
Makes my heart beat where I like to belong
As the day turns to night I don't feel so strong
The journey I have had has been lovely but long

By: Joanna

Together

I like my little doggie
He spends his life being a happy animal
Me and my doggie are always together
Even for walks in all weathers
The sun shines down to make us happy
By Harlem Bay, it's Tilly's favourite hobby
Together we go for big adventures
And when we return I look after his dentures
Through the citizen chats about my pet
I learn better ways to care needs of dignity
Warmth and worth make for happiness and love
Over the moon and off the lead
He goes to go for a wander
Together we make such a lovely team
I even see him in my dream
He loves playing football on the grass and barks
And is glad to have such a good chance

**By: Joanna
Nathan
Shara**

New happy families

I wish them all well
Hope they get on well
And make them swell
Hope they live happily ever after
And there will be laughter
And pure happiness with love from all
And make their family have a ball

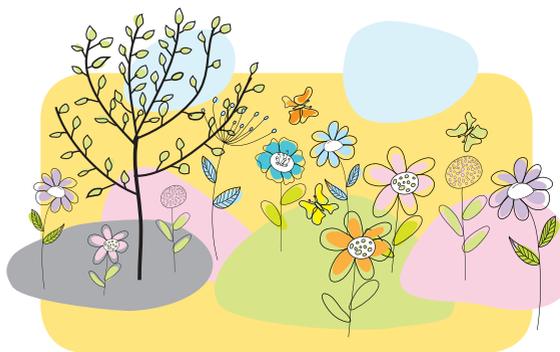
**By: Paul
Christopher**



Ashwood

Being on Ashwood can be great fun
There are things to look forward to
And things to be done
Staff members always try to help us out
On Ashwood we all communicate
We don't yell or shout
The garden is beautiful, peaceful and serene
The views of the fields, houses
There is lots to be seen
At times we all play games with staff and peers
We also put films on that gives us good cheers
The walls on Ashwood are colourful and bright
This is a nice sight and delight
We are encouraged to be as independent as we can
Cooking our own food is part of the plan
We sometimes listen to music together
We even do this when it's not great weather
On Ashwood we like to work as a team
Everything is beautiful
And everything is green

By: **Joanna**
Shara



Raindrops

Tip tap, rain on the window pane
Freshening the plants
It's spring again

By: **Samantha**



Elstow 1

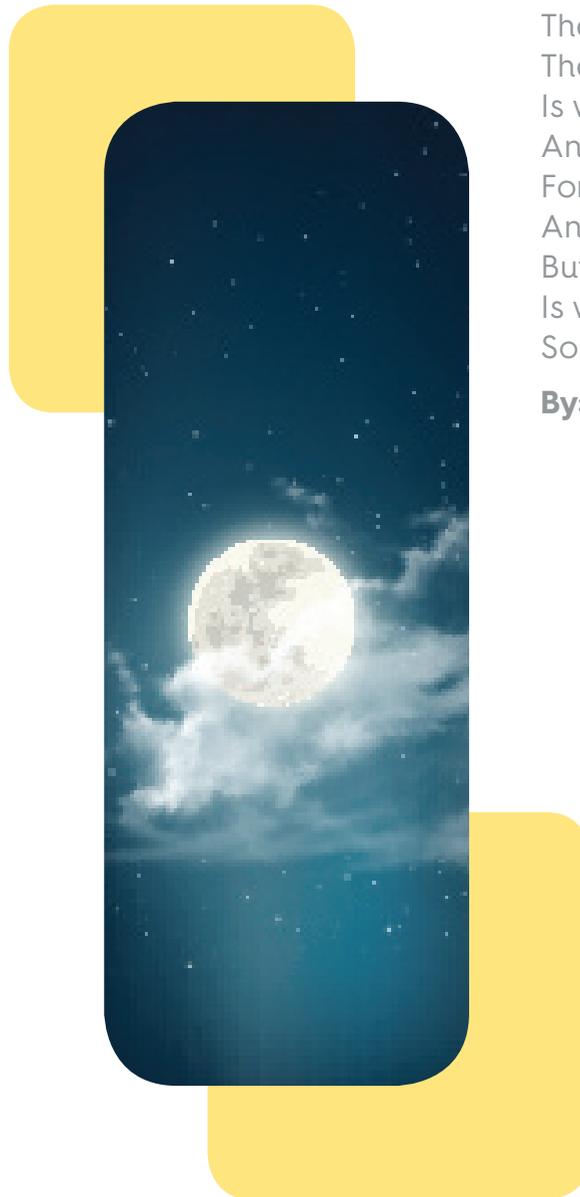
On Elstow 1 we get involved in activities
Such as Art & Crafts singing and playing games
We cook in our kitchen and try not to
Put it up in flames
We play football and try to have a laugh
And patients usually beat the staff
Staff encourage us to attend to our personal care
But we sometimes don't fancy washing our hair
We at times sit outside each other's rooms
To have a chat and laugh
Before we have our bath
We go on the grounds on a 1-1
But it depends on the staff if this is fun 😊
We go to the Star Centre for sessions and fun
But we are not keen to go for a run
We respect our staff and peers on Elstow 1
At times this proves difficult but it can be done
We are approaching the end of our rhyme
So we would like to thank you for your time

By: **Danni**
Amy
Katherine
Shara

The Voice

Sir Tom Jones isn't on top form
His reflexes are slow
His ears are not so sharp these days
He let a good one go
Olly Murs just wants to flirt
When will he ever learn?
Some girls aren't into guys at all
And he won't make them turn
J. Hud is so self-obsessed
She'd be her only choice
With all the others coaching her
That's why it's called The Voice
Will I Am, Will he was fun
But what else can he do?
Let's shake the panel up
Bring back Danny O' Donohoe

By: Abigail



Respect

I like the nights
The nights of nights
The dark of dark
The lights of lights
Is what I like
And all I like is one more light
For one more day
And one more night
But the nights of nights
Is what I like
So I give my all respect to you

By: Joe

Justice

Justice is what we require
From being positive
Life isn't always fair but we should take responsibility
For fighting for our rights to the best of our ability
We have to show other people
Our capability
And to do things for people
And to enjoy sport, singing, drama and our mobility
Justice should extend to the entire community
But we must correct decisions that we have made foolishly
I meet a dwarf and she looked beautifully
I knew that this had been on display most gloriously
We can't change the past
Or always move on effortlessly
But as we had close to justice
We feel the positivity

By: **Jade**
Abigail
Joanna



Cooper 1

On Cooper 1 we are a great bunch
We go to the Star Centre to eat some lunch
In the mornings we like to MC
We go for a walk to Mac A Dee
Just before lunch we like to hang out
Look up at the sun
And see what could be done
We could have some great old fun
Danger can be done
We go to the Star Centre to have a game of pool
When we lose a match we look like a great old fool
In our bed space we listen to some banging music
The lyrics are ACE
They put a smile on everyone's face

By: **Samuel**
Shara

Writer's Block

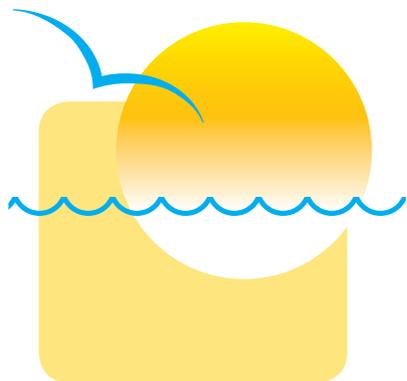
Sheet of paper so crisp and white
What on earth should I write
I've wished all night I've wished all day
This writer's block would go away
Perhaps in time I'll see something
So good my ideas will take wing
And from my pen the words will flow
Creating a tale everyone will know
For now I think I'll sit and wait
When an idea comes it will be great

By: **Samantha**

Elstow 3

On Elstow 3 us guys like to sleep a lot
This sometimes means our sessions go to pot
Staff encourage us every day
But we don't come out to play
Instead we prefer to be in our beds to sleep
The staff keep checking us by having a peek
We like to watch lots of TV
This goes down well with a nice cup of tea
Some of us like to watch Doctor Who
Others don't have a clue
We play games with staff and peers almost every day
"I don't want to join in" some say
We like activities and having fun
And we can't wait to see the sun
In the summer we have a summer fayre
Sometimes we get ice-cream in our hair
In the evening we are all tired out
So this was our Poem
Over & Out

**By: Robert
Shara**



Phobia Lakeside Centre

Speech, therapy and responsibility
Is a strange name for a building
If it is an acronym
Spelt as always sadly
With audio speaking of random words
Some are within the rhyming verse
Many are not unlike a new Mick Jagger lyric
Such a shame the world is two tier
That's why patients are here

By: Nathan

Snacks

When looking forward to my crisps in the shop
I appreciate how lucky I am eating them
I love to eat chocolate drops
I am happy because yesterday I had chocolate
ice cream
With chocolate sauce and flakes
Then I got out a recipe book to enjoy a cake
Filled with carrots, cream, marshmallow's and flakes
Then we headed for the beach and got our surf board
To have a picnic which includes happiness and a load
of tea
That's why life is fulfilling and great
Pot Noodles, I think they taste good
Because they are so delicious
They up my mood

**By: Joanna
Jason
Philip**

My Transition

Conflicted in this time of change
Afraid that failure has a chance
Worn down by days without structure
Unnerved by unmade future plans
Trying to stall at this crossroads
No longer fleeing current stress
Loath to approach imminent risks
Not seeing guaranteed success
Here I distinguish my allies
From those with a different view
Everywhere our bonds shall differ
No comfort while we have forged few
Feelings of rejection taunt me
While acceptance hangs its head
This change will be for the better
Once acceptance reigns instead

By: Abigail

Easter Time

Praise the lord and be thankful
To Jesus for dying for us
So that there is hope
That if we live good lives
There is hope of reaching heaven
Let us cheer up
He has arose from the grave
And now helps every time we do kind things
And lives and reigns with us

By: Gary



“Sincerely Autism and Literal Meaning”

Raining Cats and Dogs she said,
So I wore jackets and boots instead
Whilst I stared around she said
What you looking for Ted
Looking for Cats and Dogs like you said
Sorry you misunderstood me dear Ted
But I believed every single word you said

By: Godsent



Cooper 2

On Cooper 2 we like to go for lunch with this great bunch
At times we like to go bowling with staff and peers
It never ends up in tears
We like to be polite and ask for things
If they are given we feel very driven
We like to go on outings with peers and have lots of laughter
Not to mention the staff who can be dafter 😊
We like to go for walks down the lane
When it rains this drives us insane
In our bed space we like to read magazines and
read the papers
Whilst eating a pizza with capers
We like animals because they can be cuddly like us
They like it when we give them a big fuss
This rhyme has come to an end
Farewell for now my friends

**By: Philip
Shara**

Full English

If you can't fit in a full English
And don't think you can hack it
There's a solution in your grasp
Inside a mere crisp packet
Whatever's left in your fridge
You can always have a roast
Or another Walker's favourite
Yep, you guessed it - cheese on toast!
Imagine family Christmases
No turkey, sprouts or pud
Instead, some small potato snacks
Less filling, just as good!
Whatever next, we wonder?
Would a cheesecake be too much?
Or a new way to take our meds?
Please, Walkers - get in touch!

By: Abigail



Hello Poem

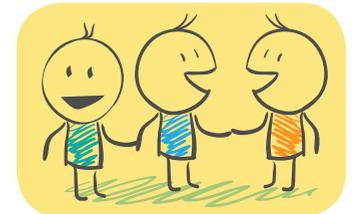
We welcome you with open arms
And want to say hello to you
We always laugh and play with all
But when it's time we say goodbye
But we say our final bye
All we mean is see you soon
And when we see you one more time
All we want is to say hello

By: Joe

Collaboration

Oogh here we come
Working together, hand in hand
We create a thought of something grand
We have been busy
All day long
And this will make our hearts strong
And the day will belong
In peaceful calm, keeping us from strife and harm
It brings us all a sense of joy and laughter
Hopefully a happy ever after
Hooked together like a locomotive
Nothing will set us apart
Everything is not impossible
As everyone was talented and smart
We are one at Lakeside
And we won it for the Star Centre
In happy unity
We made our piece to enter

**By: Chistopher
Georgina
Joanna
Shara**



Therapy

It's been a long time coming this poem
Elstow 3 is where I stayed
With its med routine and activities
Discussions about life and its impact on survivors
Music, Creative Writing and Cookery
Thanks to the Star Centre and Elstow 3

By: Nathan

Hold your family dear

Hold your family dear
I'd like to keep them near
Far away every day
March has come and gone
I wait and wait
But cannot wait
I know where they are
Very far

By: Macca



There was an old fella called Ted

There was an old fella called Ted
Who spent half of his life in the shed
He called "Leave it with me and I'll fix it for free!"
But most still paid the builders instead!
Ted always was good with his hands
And at meeting his neighbours demands
But in his large white van
He was deemed a strange man
Of the sort no one quite understands
With his toolbox, old Ted preserved
So what if the kids thought he was weird?
In his drab dungarees
He was still the bee's knees
Even without the flamboyant beard!
So tonight as you drift off to sleep
For once, try not to count any sheep
Spare a thought for poor Teddy
For the world he's ready
But everyone thinks he's a creep!

By: Abigail

Keep Calm And Light Will Come

So that you can find what makes life's journey easy
From place to place and end up in utter space
Being bright and light
Stars, planets and so much more
Would you like to take a tour with me and explore
The outer hemisphere and other galaxies, planets
And signs of other life beyond
Perhaps we will meet James Bond

**By: Joanna
Christopher
Robert**



Nowhere to Hide

We have nowhere to hide
In a world of connections
Swamped by support
As we run from rejections
We can take time out
But it will be known
Behind paper-thin walls
We share a comfort zone
We create our differences
We banish common ground
We bypass buried gold
Fearing the land where it is found
We have nowhere to hide
But that's not such a raw deal
If we are proud of who we are
What have we to conceal?

By: Abigail

Valentine's Day

Today we celebrate our love
With our loved ones
Young, Old, Age doesn't matter
We spend it with loved ones
And have a great natter
I celebrate at a party
With singers and dancers
And after much buffet
We have a go at our great prancing
I'll be singing along
Tho I'll get the words wrong
When we get home from this brilliant party
I can't stop noticing my bottom is farty
And then we announce this presentation
Of a gift of thanks
And everyone gets up
And has jokes and pranks
It's just as well
We get on so well

**By: Joanna
Samantha**



Respect

Respect works both ways
Respect is when I am not alone
Respect when people are considerate
Respect is when it is shown
Respect is nice and satisfying
Respect is peaceful and quiet

By: Jennifer

Xmas

Christmas is fun
There is lots to be done
There's things to be seen
There's crackers and poppers
And treats for everyone
Dogs like Christmas carols
He barks whenever he hears them
And he barks for joy
He loves this time of year
Full of good cheer
We can give to each other
And lots of surprises round the corner
And to look for the New Year and so on

By: Jennifer



Sky is the witness

Sky is the witness
Sky sees it all
It's really for what I have got to tell
As I walk on eggshells
To the gates of hell
As I get to the gates on time
Because of my Asperger's I'm never late
I arrive at the gates line
Look up at the sign
Of the demons in my mind
Sky is my witness
Reminds me of my fitness
Pulls me back down into reality
I'm floating through gravity
And remember that actually
It's just the demons in my mind
And this is my time to shine
The sky is my witness

By: Adam

Fab!

You guys are truly amazing and fab
I believe you all deserve a big clap
Each and every one of you do such a good job
Your persisting creations mean a lot
I'm sure everyone will enjoy reading this book
They might even take a second look
So a FAB, big credit to you all
Keep writing your poetry
No matter how big or small
Well done!

By: Shara Mills





We set the
standard to
bring out
the amazing
in people

