

18th October 2019 at my Mums house

To all my friends who have been thinking of me...

I am good, I am free.

I've been to hell along the way,

But I am back it is fair to say.

As I sit on the step having a fag,

It's hard to believe that I was so mad!

For once when I look in the mirror who do I see,

A beautiful lovely version of me xx



Time returned

*I bought a watch instead of drink,
So now when I look at it I stop and think,
My time is back for me to have,
And now I can't tell you how glad*

XX



Time without drink

It's been a while since I have had a drink,
Let me know what you think.
Some people thought it could never be done,
but look at me, I am having fun.
My panic attacks are no longer here,
I use to dread them with fear.

xxx

(23th August)

My Angels Looking after me x

A feather I found on my floor,
It was in my kitchen as I walked through the door.
Now a feather to me is a sign from above,
The angels are letting me know they are pleased I've been good.
It gives me peace to know they are there,
To have them looking after me because they care.
Thank you angels for all that you do,
My life is back on track because of you.

Xxx

(31st August)

Withdrawal

When you withdraw from drink.
It's hell on earth and pushes you to the brink.
The sweats, the shakes, it's hell on earth,
But I got through it that I swear.
To wake up fresh and full of life,
Is a wonderful feeling that I like.

(31st August)

Visit to my Workplace

I'm going to work to see everyone today,

It's been a while since I was away.

The last time I was there was way back in June,

But I have been told that I can go back soon.

Work have supported me throughout this trip,

It's been 21 years since I have been sick.

Sometimes you have to step back and look at yourself,

Be honest and truthful and never doubt.

The world can be a beautiful place if you let it,

I can promise you that, and I'd even bet it xxx

(3rd September)

Ber's poem

A lady at work looked at me,
She said "Debbie you need help can't you see"
She said lets look at your problems and see what we can do,
I thought don't be silly this isn't for you.
I struggled through for a few more weeks,
I tried to fight it , I **WAS NOT WEAK!!**
But the day came when it became too much,
I couldn't fight it, I had had enough.
So we started on a journey together,
Getting support that would help me forever.

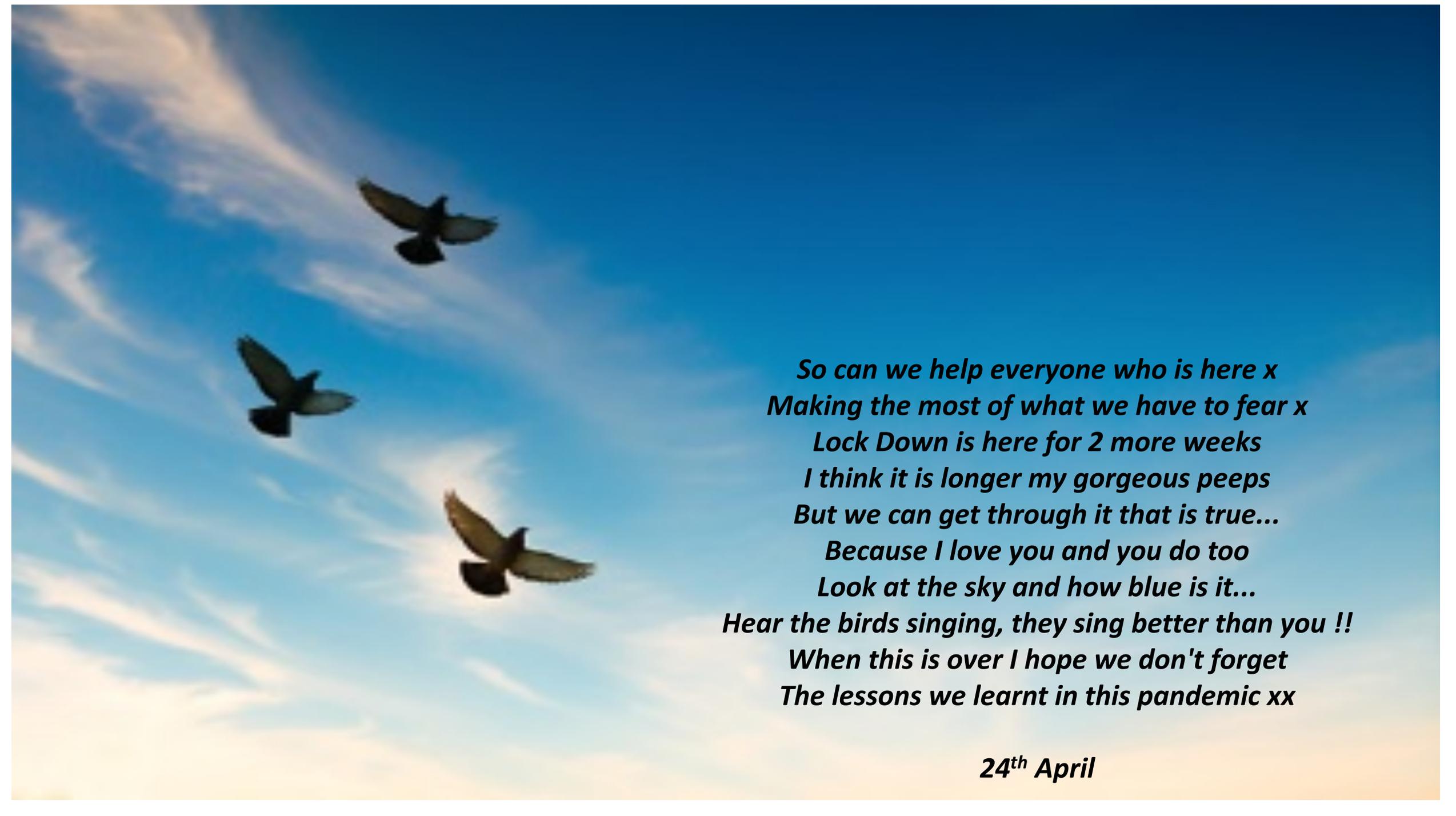


*This is my poem for tonight, to be honest they are doing
my head in and give me a fright,, I wish they would stop
coming into my head, but if they help others then that is
alright...*

*I speak to my Mum 2 or 3 times a day,
its helping me so much and keeps me sane,
I wonder what it would be like without friends,...*

*A world of soral and without any ends..
We have to look after everyone and all..
Thank you for everyone standing tall..*

April 15th

A photograph of three birds in flight against a bright blue sky with wispy white clouds. The birds are silhouetted against the sky, with their wings spread. They are positioned in the upper left and center of the frame. The overall mood is hopeful and uplifting.

*So can we help everyone who is here x
Making the most of what we have to fear x
Lock Down is here for 2 more weeks
I think it is longer my gorgeous peeps
But we can get through it that is true...
Because I love you and you do too
Look at the sky and how blue is it...
Hear the birds singing, they sing better than you !!
When this is over I hope we don't forget
The lessons we learnt in this pandemic xx*

24th April