

## A helping hand

Pendleside Hospice has become a sanctuary and a blessing for me  
I was left in a dark place, alone and so sad  
I was given some counselling and therapy so I could see  
that life was not that bad  
I found others like me, who could tell their own tales  
of their big loss in their lives, how they had struggled to lift their own  
dark veils  
So onward we went, to learn how to Journal, to create something  
artistic, original,  
designs which we were not aware that and could never have thought possible  
Our cook made his MARK, inviting us to his kitchen, where we had a  
ball  
Lots of fun and laughter, my first in three years, a great time was had  
by us all  
Claire took us to another level, with Creative writing  
How to have fun with something strange and exciting  
Developing verses, relating stories and memories so close to our hearts  
Shared with the others, no holds barred  
Through all this, the trauma and tears  
We made new friends and rolled back the years  
And together we formed a new start  
To go forward and share new memories heal broken hearts  
Thank you Hospice for helping us to find a new outlook on life  
Although there will still be struggle and strife  
In those dark moments which will always be there  
We are thankful that Hospice helped us when we needed them there.