

This poem was written by a care leaver as a competition entry for an initiative in Coventry Children's Services and has been shared by friend of our campaign, Matt Clayton, who is the Operational Leader for children going through and on the edge of care in Coventry City Council.

Solitary Madness

The chasm of our minds,
In this solitary madness
We look around and see no one,
All we feel is sadness.

You will feel numb
You may feel empty,
All these feelings are valid
I know I've felt them plenty.

The uncertainty of each passing day,
All our anxiety and panic
When we look out to the world,
Everything is manic.

There are strengths in our weaknesses,
Silver linings in our pain
You will rise tomorrow and
Be strong again!

There is light beyond the tunnel
Hope beyond the disaster
Sadly, this confinement
Isn't going any faster.

When you rise in the morning,
Think of all you're grateful for,
Hold on to it gracefully
And rejoice forever more!

Routines are destroyed,
Mass disruption to our lives
Carefully select your media
And filter out the lies.