

THE FIGHT FOR SURVIVAL

Volume 5



DIANE BOUSFIELD

All rights reserved.

This book, or parts thereof, may not be reproduced or transmitted without permission in writing from the author.

The Fight for Survival Volume 5

The Fight for Survival Volume 5 is a collection of poems to celebrate a decade of survival from Tony's life changing brain injury in 2011 when he spent 5 months in hospital and a challenging time in ICU and Neurosurgical HDU.

Our journey continues to unfold as we live with the lasting impacts of critical illness and I hope my poetry will offer comfort and support to survivors and their families along their critical care journey.

I am the author of 5 books The Invincible Journey and The Fight for Survival Volumes 1,2,3 & 4. My books are in hospitals universities medical libraries and outlets throughout the region and country raising awareness and hopefully helping others who have experienced or are experiencing critical illness.

In my previous life I worked for 30 years full time until undergoing extensive major surgery myself in 2009. I am now an author, poet, Tony's full time carer and secretary of ICUsteps Tees where I have a unique opportunity to support others who have experienced critical illness.

This collection of poems is dedicated with heartfelt thanks to Tony's extensive team of Health Professionals for their continuing care and support which has been amazing under the challenging demands of the pandemic. The excellent medical care we received and continue to receive is our reason for being alive.

THANK YOU - South Tees Hospitals NHS Foundation Trust, County Durham & Darlington NHS Foundation Trust North East Ambulance Service NHS Foundation Trust, ICUsteps Tees supported by the North of England Critical Care Network & Health Professionals from South and North Tees Hospitals NHS Foundation Trust

For being at my loved one's bedside when I couldn't be there

For holding their hands with compassion and care

For telephone messages of hope and despair

Cutting through the edge of death and survival at every layer

When crisis and trauma weave into our lives and tear

Thank you NHS Angels for always being there

INTENSE RECOGNITION

Intense recognition of my own identity

Control of my crumbling disintegrating destiny

Un-phased by challenges a world so brave

Sense of me whose precious life has been saved

Trauma and pain were never part of the deal

Empathy a wavelength we share and feel

Patiently overstretched we're not yet out of time

Support for our future remains yours and mine

	Poems
Page Number	
4	The Iron Fist
4	The Tundra
5	Blue Bobby
5	Spirit of Inquisitiveness
6	True to You
6	Spirit of the Night
6	Remember Me
7	Ghosts
7	Tough as Diamonds
8	Colours of my Tears
8	Mask of Compassion
8	Butterfly
9	Wolf Moon
9	Snowdrops of Promise
9	Dementia
10	Skeletons in the cupboard
11	Thorns and Roses
11	Snow Moon
12	Colourful Streams
12	Jigsaw
13	Flashpoints
13	Cocooned
13	Natures Seasons
14	Landscaped Corridors
14	Marzipan Streams
15	Mother Daughter Love
15	Welcome to Natures Year
15	A Glimpse of Spring
16	The ICU Courtyard Garden
16	Solitary Chorister
16	Feathers
17	Beating Chambers
17	Sprinkles of Stardust
17	Golden Threads
18	Lightening Channels
18	Indelible Impressions
18	The Enlighten Tree
19	Red Pools
19	Chameleon
19	Christmas Hearts
20	From my Heart to Yours (collection of 8 pandemic support poems)

Iron Fist

The iron fist in the velvet glove arrives once more
My blessings and fears rage and roar
The day you fought for your life so true
Vivid images of the trauma I witnessed with you
A celebration of life with each anniversary you make
Scarred with the images and the toll they take
In sweet oblivion you still don't remember a thing
Whilst to me memories of your fight for survival forever cling
The iron fist was the trauma shock loss and pain
In the velvet glove care and compassion, I felt human again
The incredible medical skill and trust of total strangers
With precious lifesaving abilities conquering death and dangers
Your inner drive and will to survive so incredibly strong
The battle which ensued became endearingly long
Against all odds with a quality of life you've survived
Together we are strong and will continue to thrive
We'll both face the day you out manoeuvred death and survived
With strength hope and love you're still very much alive

The Tundra

Our decade started walking the fells and mountains
Soaking in nature's best in life's colourful fountain
Able bodied and active life would be totally rearranged
As we embarked on a sleigh journey across the tundra of change
Immersed in opportunity life was for living
Never envisaged it could become so bleak and unforgiving
A decade to test the frozen recesses of the human mind
Under deep pockets of snow hidden dangers hide
Mental mind-set and physical capacity tested to the extremes
A jagged menacing rock face fearful nightmares and dreams
Icicles spear our hearts like knives
Fresh footprints vanishing forever from our lives
The isolation of coma an icy tomb
Suspended in life in an ICU room
Your body still fighting desperate to repair
Snow laden branches frozen in mid air
My world engulfed in deep purple velvet folds
Your eyelids open peach sorbet skies of gold
A flame of hope my torch light glows
A curtain of ink blue water vibrantly flows
A decade of extremes fork lightning and thunder
Harsh realities and challenges with awe and great wonder
Crunching reindeer hooves through freshly driven snow
We really have such a long way to go
To once more hear your living voice
Awaking from slumber the precision of choice
No longer just a cold fixed stare
I reached out across the tundra you're really still there

Blue Bobby

My kingfisher of hope darts along the village stream
Blue Bobby iridescent turquoise orange and aquamarine
A blaze of raw empathy soothing my fears
Wisdom gained from experience over the years
Directing my gaze through the old bridge vibrancy ripples
Inner stillness battling the trauma which cripples
A gush of airborne spirit floats on the breeze
Senses of life pass by with passion and ease
Over the years I've stood in the same place and time
Looking intently to the sky for an influential sign
With enchantment I raise my eyes upwards to see
My celestial neighbour shining inspiration on me
Questioning of self-worth affirming validity
Balancing in tune with dignity and stability
Pulses and colourful harmonies fragility of life
Reverberating memories of the skilful surgeon's knife
Dynamics unique I've been shaped and moulded
Real life solidarity sculptured and eroded
From the medics who gave me extra precious years to live and breath
To channels of family and friends who never questioned my power to believe
Bathed in sounds the riverbanks peaceful rhythms and colours
Natures comforting friendship a frequency comparable to no other
Life's become abnormal and quite extraordinary
Broken barriers and constraints away from the ordinary
The riverbank my place to escape share past memories and dream
As my kingfisher of hope continues to dart along the village stream

Spirit of Inquisitiveness

Spirit of inquisitiveness silently creeping
Offbeat unorthodox into each brain cell seeping
Unconventionality has transfixed and become our norm
A treasure trove of curiosities strengthen our form
Fascination within the unknown unlocks keys to new doors
Unfamiliarity and eccentricity into my memory banks pour
Composing our very own history through complex chemistry
Emotions surge to the surface paving our destiny
A pearl veil of surprise redresses life's virtuosity
Revealing a new deck of cards refreshing curiosity
A unique choice how we play the hand we're dealt
Keeping a mindful edge a sapphire safety belt
Beware of the harlequin joker in the pack
Ruby red Queen of hearts will put you back on track
Fuel our natural passion for discovery and learning
Release the inner child's capacity for craving and yearning
Embrace the emerald spirit stimulate calm
Soak up the joy of life's honey eliminate alarm
Good old-fashioned curiosity acquiring knowledge and sharing
Ensuring our theatre of life is still exhilarating and daring

True to you

On the face of a loved one shock and despair
My eyes look over to your bed you're no longer there
Floods of empathy and understanding stream through my brain
I remember at your bedside the anxiety and strain
Overwhelming disbelief staring into space
I know how it feels to be in that place
The inner sanctum of ICU
Edge of a precipice experienced by me and by you
A step into the unknown depletion of power
My world crashes down by the minute the hour
The panic button threatens my inner peace
External bombardment will it ever cease
In an induced coma unaware of the danger
On life support each hour becomes stranger
I attached myself to your bedside like glue
You know I'll always be "True to you"
The smells sound and visions take me back in time
Days of waiting for a positive sign
Against all the odds with determination and courage you survived
Today in ICU3 you stand right by my side
A testament to dedication skill and care
From your intensive medical support team constantly there
My thankfulness so powerful impossible to hide
Your precious life saved so into the future we glide
Still totally oblivious on how close you came
From exiting my life causing heartache and pain
My heart goes out to all in ICU care
I know how it feels we were both there

Spirit of the Night

I raise my eyes to the heavenly sky
As the spirit of the night drifts silently by
Through a smoke grey ocean echoes a symbol of hope
Voices of loved one's whisper encouragement to cope
The bedrock of my world quaking once more
As the endless cycle of survival continues to roar
Manifestations of emotions present and past
Forces of change with a savage blast
Unable to be at your bedside to comfort you through your pain
Sculptures deep within my mindset crumble with strain
Will you return from this spectrum of fear to sanctuary with me?
To be reunited together so your heart can once again beat free

Remember Me

Remember me at the fall of night
I will always be your guiding light
Along life's journey of hope and despair
I live within your heart I'll always be there

Ghosts

Ghosts on the staircase scare me no longer
With each step I take my memories grow stronger
Quivers of emotions pulsate my mortal frame
Anticipation expectation pummel fear and pain
Effortlessly and smoothly gliding full of mystery
Spectral visitants diminish into my personal history
As I endeavour to walk the path to ICU
A time capsule explodes memories for me of you
This time it's different through my body peace flows
Eradicating dread and anxiety in a rich warm glow
The ghosts embedded within my heart
Become a welcoming presence no longer tearing me apart
Shadows in the shade visually linger
Glimmers shimmer from my toes to the tip of my finger
A haunting memory overwhelmed with gratitude
Calmness restfulness partial disbelief and solitude
The ghost of your smile impression or apparition
A spectre of semblance whispers tingled with suspicion
This time you're beside each footprint I make
As we sit outside ICU and wait
Deep conscious blocks become decimated
Nourishment and growth become escalated
Catharsis in full flow emotional release
Cleansing my tension what a welcome relief
My whole being sparkling alive with opportunities
Ice cold spinal shivers banished revealing new possibilities
Visions appear in a human form
Into the breach once more I return to the norm
Your ICU team descend into view
To once again welcome individual superhuman you

Tough as Diamonds

Glinting in the sunlight so precious and tough
Diamonds so strong taking the smooth with the rough
Edges jagged yet truly refined
Sparkling and glistening leaving the past behind
Surviving from the vaults of critical illness
Life full of spectral colours no longer stillness
Not shaped and polished but survivors so strong
With our body's structural imperfections and defects we belong
Fear loss anxiety laughter and hope
We'll fire with strategies of brilliance to cope
To the crystal blue heavens where we can once again soar
Rebuilding the lattice of our mortal frame to rise once more

Colours of my Tears

Golden corn fields swaying in the breeze
Lush deep pastures and fresh green fields
The sweet aroma from strawberries crush my fears
These are the colours of my tears
Hot pipping apple juice and scarlet mulled wine
Cascading thirsty mountain water belonging to a place in time
The scent of flesh pink wildflowers fragrance my fears
These are the colours of my tears
Waves of foaming seahorses crashing on the shore
Emerald green rock pools into which life pours
Scarlet red velvet roses fragrance my fears
These are the colours of my tears
Sapphire blue skies cotton wool clouds
Topaz yellow sunbeams escape from the crowds
The aroma of dark cocoa masks my fears
These are the colours of my tears
Gold and silver diamonds glinting in the light
Our cultured pearl above casting moonbeams at night
The smell of fresh falling rain masks my fears
These are the colours of my tears
A molten ball of pure gold before my eyes
An apricot caramel and sorbet yellow sunrise
The essence of pine trees calms my fears
These are the colours of my tears
The dawn chorus filling the air with voice
Awakening to a new day opportunities and choice
My eternal flame conquers my fears
Colours of hope now enfold my tears

Mask of Compassion

Sensory sounds are dampened and muffled
NHS angels in PPE remain unruffled
Corridors busy with visitors now eerily quiet hauntingly still
As staff battle on wards to care for the critically ill
Upon the mask of Compassion I focus and stare
My receptors in overdrive instantly aware
Memories of past admissions evoke visual impressions from the past
Recognisable expressions become camouflaged faces by masks
The warm flame of compassion burns through the pain
Pushing back human boundaries to fight once again

Butterfly

My beautiful butterfly has spread her wings
Her spirits now free her heart now sings
Gracefully she dances through the sky
Just out of reach but always close by
Peacefully enfolding me on the whisper of the breeze
Resting on a canopy of lush green leaves
Watching over me as I find my way
Until I too spread my wings and fly away

Wolf Moon

Packs of wolves are howling at my door
The Wolf moon looms over the horizon once more
Eccentric behaviour and mood disorders
Myriad of extremes destroy all borders
Touch paper ignited the trigger's been hit
Here we go tumbling into a bottomless pit
Deep velvet pockets totally consume
Notion of normality removed from the room
Subconscious blocks and limiting belief
Confusion and darkness become the ultimate thief
Suicidal thoughts numbness and self-harm
Extremism impacts causing critical alarm
Who is the stranger in front of me?
Who's drowning under the thundering waves of a turbulent sea?
Crisis deepens we'll ride the storm
From the ocean beds deep to the tip of the Matterhorn
I need to focus and take control
Damage limitation the long-term goal
Preventing injury and leaving our home
A haunting feeling lingers through my each and every bone
The scales will tip balance will be restored
Once again kindness and compassion will rise and soar
It's only a snapshot a moment in time
Between life and death a defining outline
Together we'll fight it in our spirit oh so true
To overcome the darkness that surrounds and engulfs you
The wolves are no longer howling at my door
Normality has become restored to our lives once more

Snowdrops of Promise

A feast for tired eyes my pure blanket of white
Snowdrops of promise a harvest of light
A symbol of hope the start of spring
Candlemas bells sway and swing
Pools of wonder simplicity and awe
An icing sugar explosion carpets the floor
You surface to greet me with total perfection
Each passing year delicate folded parasols of reflection
Through darkness to light you've journeyed into view
Awakening from the earth breaking through
Conquering all natures' challenges sanctuary stirs deep within
As the petals on a new day unfold, I'll continue to win

DEMENTIA

Dementia what does it really mean?
Eroding invisible unable to be seen
Manipulating both the body and mind
Encroaching into activities of every kind
Not a selective club anyone can join
Turning life upside down with the flip of a coin
Inflexible uncomfortable and totally unforgiving
Awareness from society essential for everyday living

Skeletons in the cupboard

Hidden secrets buried within bare bones
The human skeleton supports protects shapes and grows
A ghostly outline our basic essential
Where organs cells ligaments muscles become residential
So many lives existing within one shell
Our mortal framework we know so well
A cast of lively characteristics harmonize to function
From damage repair to blood cell production
Intricately integrated a multiplex jigsaw
An incredible vast structure inspired with awe
Body systems integumentary skeletal circulatory respiratory and digestive
Muscular nervous urinary immune lymphatic cardiovascular and reproductive
Brain kidneys liver lungs and heart
Vital organs all playing their part
Obscured functioning from outward perception
The human machine internally running from its first inception
Vertebrates on earth we're in the minority
Our fellow companions maintaining the majority
Our own private army fighting every day
Reducing inflammation keeping infection at bay
Blueish grey lungs develop from pink blush as we age
Red lining tissue a world of colours inside us rage
Rivers of red blood course through our veins
Propelling our body's movement as we live through the days
Hidden disease and conditions fester and lurk within
To the naked eye not visible through our skin
Waiting to pounce when we expect it least
Poised to run riot in a devouring feast
Bacteria and infection brain tumours and strokes
Cardiac arrest and sepsis what congenial hosts
Epileptic seizures fork lightening displays in the brain
Neurons wildly firing signals in an electrochemical rain
Microscopic marvels deep within our DNA
A double helix twisted ladders paving our way
A perfusion of silver threads sewn into our individual fabric
An internal pharmacy deep within pure magic
A resource team of patrol cells on duty day and night
Producing healing chemicals to repair our daily fight
Chaotic changes and invasions decreased and evaded
Until vital health is victorious the battle has faded
Trillions of cells operating under our bodies command
A perpetual force our pure home grown brand
Skeletons in the cupboard our indispensable armoury
Dynamically fundamental sustaining life in pivotal harmony

Thorns and Roses

Entwined in an eerie web of destruction and wonder
Our wings outstretch cushioning the thunder
Zero to hero a year of extremes
Thorns and roses in endless streams
Spine tingling chills a stark sense of self
Numbing the hurt over the egg shells of health
A mosaic of moods fringes outer feelings
Bolstering my resilience, I'll never stop believing
We've coped in the past there's always a way
Courage the crucial balance to power the day
Understand uniqueness break all the rules
Feelings will pass tissue paper tools
Life is still precious magical and glowing
Journey through critical care recovery forever growing
Patchwork of personal growth and pain
Asymptomatic symptoms erode and strain
After battling so hard to keep you alive
With continuing help and support you started to thrive
Yet still in your mind you want to die
In my mind volumes of questions why
Suicidal thoughts race through your brain
Skeletons from your past scar and stain
There's no way to reason insanity rules
Intent on death and destruction life is so cruel
Keeping you safe and remaining calm
Passages of chaos illogical reasoning and alarm
Life is so black there's no way out
A time and a place for me to believe not doubt
Be thankful for the life we have not the one we lost
Our existence so precious at any cost
As a wild animal rages and flings
The danger will pass bells of comfort will ring
Normality will return once more
After rocking us to our very core
We'll confront your demons together we'll survive
Once more into the breach very much still alive

Snow Moon

Through a shaft of light on my windowsill
Soft shades of colour from the snow moon so silent and still
A celestial body not completely out of reach
Moonlight beams of pastel colours pale lemon violet and peach
Sky blue and fresh mouth-watering green mesmerize
Colours of light changing before my very eyes
A vision of beauty set in a rainbow shroud
Watching over the earth so strong and proud
Beams of light dance across the floor
As down from the heavens rays of hope pour
Soothing the night not so dark as before
Rejuvenating my body and soul once more

Colourful streams

Colourful streams filtering through my head
Violet indigo blue green yellow orange and red
A natural phenomenon a spectrum of hues
Bursts of colour droplets and sunlight compose my views
Warm colours stimulating comfort friendship and gladness
Cool counterparts sparking empathy calmness and sadness
Multi-coloured and tailored to each individual's perception
Vibrant red passion energy anger and aggression
Prisms of delicate pastels and vibrant shades
Reflect and dazzle continuing to amaze
Each individual colour linked to a place in time
Memories of golden stars continue to shine
A contoured topography of radiant light
Black velvet sky with jewels so bright
Fields of lavender and bluebell filled woods
Lush green country lanes where life teams and floods
Carpets of red russet orange and yellow leaves
Cobalt blue skies and aquamarine seas
Creativity of the mind close your eyes and go
On a journey through your past reliving all you know
The incredible Andromeda light years away
Clusters of stars scatter the Milky Way
Rich deep blue's scarlet lake maroon
A silver grey shroud surrounds the ghostly chrome moon
Outstretched black fingers of trees silhouette against the sky
Pure fresh white snowflakes falling from way up high
Sugar coated mountains craggy rock screes
Mineral green canopies copper beech trees
Caves and caverns a subterranean world of wonder
Crystallised rock formations preserved from the elements down under
My memories will remain for the rest of my days
Forever surrounded by life's colourful rays
A spectrum of oranges and lemons as the sunset turns to dusk
A reminder as twilight falls one day we'll all return to stardust

Jigsaw

It's so logical the pieces all have to fit
Life's experiences and emotions interlock every little bit
A jigsaw so intricate and complicated to comprehend
An individually tailored puzzle of our life from beginning to end
A galaxy of emotions flow throughout the frame
Days of radiant sunshine and joy to constant pounding rain
Elusive true reality is less real than it seems
A culmination of experiences events and extremes
Arbitrary curves designs and shapes
Our very own journey impacts with the ripples it makes
Each segment of life slots into place
As through our rocky path we resiliently face
A mystery that can only be solved in the end
When our jigsaw's complete onto new life we can transcend

Flashpoints

Dual personality chemical imbalances in the brain
From steel grey depression to a powerful red mania flame
Psychological neutrality lack of confidence and fear
Fight or flight defiance aggression and tears
Flashpoints of anger acceptance of a human being
A palette of emotion turbulently rolling behind the scenes
Personal tragedy shattered injustices entangled in drama
Myriad of reactions suppress chaos life becomes calmer
Sulphur hot ambitions run riot floods of hyperactivity
Neurotransmitters running wild incite endless possibilities
Totally invincible the wildest of goals achievable
Confidence optimism and creativity totally unbelievable
A constant stream of vibrant chatter populates the room
Tolerance threshold encapsulated within a hot air balloon
Dancing on the ceiling psychologically immeasurably stronger
Pulse rate decreasing anxiety and suicidal thoughts prevail no longer
From the depths of darkness to the radiant sunbeams you soar
An emotional rollercoaster shocking the body from the core
Uplifting the spirit and self esteem
Emergence from a chaotic overwhelming dream
A fresh perspective through eyes of wonder
Physical security in abundance banishes the thunder
Barriers of clarity and simplicity once again stand tall
Enshrouding cold stark heavy oppression in a menacing black ball
Equilibrium returns to colour the mind
A balance of harmony leaving mania and depression behind
Defying lethargy and over activity our journey will carry on
Still fighting and winning together we're still so incredibly strong

Cocooned

There's a peaceful silence echoing the town
Bird song amplified usually drowned
Leaves are unfolding spring is here
We're all surrounded by an invisible fear
Sanctuary is found within our home
The outside world off limits we can no longer roam
Provisions and Medication dropped at the door
No idea what the future has in store
Keeping in touch with loved ones and friends by other means
Day by day the world is changing nothing is as it seems
Cocooned in safety for now is where we belong
Until we can return from isolation and once again feel strong

Natures Seasons

Summer with its shining golden haze
Autumn cascades a colourful veiled majestic blaze
Spring adds a magical birth of life
Winter steeped in frost and mist early morning delight
Each season with their own treasures to behold
As the symphony of nature continues to unfold

Landscaped Corridors

Doors of perception landscaped corridors of awe
Glorious technicolour never sensed before
Recalibration a balanced field of vision
Unique filtering of our world through our own volition
High risk terrain shimmering pools spectacular hues
Influencing my memories values beliefs and views
Intense thoughts and feelings reframe my thinking
Emotional tsunami my prevention from sinking
Crystal clear sense of achievement never felt before
Broken bodies repair from a rich claret store
Realign life's pedestal from our crumbling frame
Monochrome thoughts flooded by russet gold rain
Parameters widen and strengthen a new life stage begins
Upon major physical and mental challenges, we're no longer impinged
Charged with determination from my inner voice
Invisible power bank of self-belief there's still a choice
Bruised by failure isolation and fatigue
A hypoxic chamber in an explosive league
Green pastures prevail life's not binary
A glittering trail draped in decadent refinery
From broken fragments of life peace will restore
Encompassed by a cobalt blue canopy once more
Swirling smoke signals no longer cloud our way
There'll still be exploding coloured stardust to illuminate our way

Marzipan Streams

Sweet and sugary handcrafted temptations and dreams
Mustard seed yellow brimming over with Marzipan streams
Golden opportunities and challenges a vehicle of expression
Our wild child within overcoming suppression
The doorway to a sweeter world beckons each day
On our yellow sea of rediscovery, we'll roll and sway
Celebrating our sugar coated past embracing the daringly new
Growth from experience enhances richer and lighter hues
The inner rebel radiates we'll never stop believing
Through love loss yearning regret and grieving
Encoded fingerprints dance in the early light
High summer mornings long balmy nights
Sweet green blades of grass underneath bare feet
Glowing sunset warming summer evenings making life complete
Multiple losses throw us sideways against the rocks
We'll cherish our honey and almond memories to rise from life's knocks
A special fond place for loved ones embellished deep within our hearts
Jointly holding on and letting go an intricately fine art
Our personal journey of mental clarity and creative flow
Ranging from serenity to madness from our heads to our toes
Channelling the zest within inner recesses of our human mind
Shining into our new future we'll leave the darkness behind

Mother Daughter Love

Each time the sun shines I see your face
Caring compassionate and full of grace
Fond memories of our lives together fill my mind
So beautiful loving thoughtful and kind
The whisper of the breeze holds you near
The spirit of life alleviates my fear
Each twinkling star is a heartbeat in time
Always and for ever you'll be part of mine
Lanterns of colour stream from the heavens above
Our unbreakable bond of Mother Daughter Love

Welcome to Natures Year

Cowled in shadows hangs a slate blue sky
Liquid melodies of birds on the air waves float by
Snow carpets the ground with an icy sheet
The genial glow of the early sun increasing in heat
Grey tassels sway from sugar coated leaves
The cruel month of January continues to freeze
A frozen landscape intensified colours shades and light
Crystal -clear still air embraces the night
Chilled by a bitter north east wind tireless to relent
Fragrance from evergreen plants emit alpine winter scent
Graceful boughs create a sheltered haven for the hibernating insect
While the Wolf Moon rises in a jewelled sky commanding respect
Sparkling icicles dangle from trees and plants
Points of light and dense columns where silhouettes mount
Glistening and crystalised for all to see
Welcome to natures year its January

A Glimpse of Spring

The promise of spring lingers in the air
Ragged grey clouds form layer upon layer
A glowing warmth kindled from the February sun
The Gateway to the year has just begun
Subtle flickers of colour from early blooms
Winter sunbeams lighten the soil from gloom
Caramel pale lemon tinged with lavender skies
Harsh frosts and sleet melt as temperatures rise
A warm westerly wind rustles leaves glistening with damp
Chilled stars and the Snow Moon create a nocturnal lamp
Beautiful caterpillars emerge from long hibernation
As the first butterflies appear in glowing transformation
Earth-worms, spiders, slugs and snails
Leaving silvery webs and enchanting trails
The powerful scent of leaf mould emits an earthy spray
A welcome glimpse Spring is on its way

The ICU Courtyard Garden

The Courtyard Garden for ICU
A feast for the senses a natural view
Reducing isolation promoting healing
Where patients, families and staff can share their feelings
A physical space wrapping its arms around us
Curved raised beds and wrap around planting a restorative bonus
A cathartic break re-energising the brain
From the high intensity of critical illness and pain
Calm and welcoming ambient light
Textures come to life by day and by night
Powerful rays from the sun light our day
Night fall brings the moon stars and milky way
Blades of foliage dancing in the breeze
Where loved ones and their pets can rest with ease
With artwork to inspire and stimulate the mind
Seasonal scents and fragrances colourful plants of every kind
Sheltered from the elements all year round
Where you can feel life and listen to nature's cacophony of sound
Layers of sensory energy evoking peace and tranquility
Seated areas and bed spaces foster feelings of positivity
The ICU courtyard garden with a long-term goal
To improve the critical care journey through mind body and soul

Solitary Chorister

A solitary chorister graces the morning
Trilling melodic bars as the day is dawning
One small voice in an ocean of calm
A feathered companion nature's wake up alarm
Cheerful optimistic from my broadleaf hedge
A beautiful songster seated upon my window ledge
My senses awaken to a large repertoire
Melodies vocalization spread from horizons far
Anxiousness and restlessness drift away
Peaceful control engulfs the start of my day
The trauma of the night reserved to the wings
Stress levels reduced a morning concert begins
Moods and feelings lift as the soundtrack I savour
Elevating the darkness my feathered friends' favour
Sleep is always a premium deprivation takes its toll
Cushioning illness and suffering revitalising the soul
Throughout our life span whether short or long
Nothing beats rising from slumber to a dawn chorus song

Feathers

A soft white feather gently floats to the ground
Drifting through the air waves circling around
A message from your loved one who's looking down from above
Reminding you their spirits are still filled with your love
Fragile and delicate yet incredibly strong
A place in your heart is where they will always belong
So next time a feather floats your way
Be reassured your loved one is with you each day

Beating Chambers

Beating chambers pounding and thumping
Red rich blood flowing and pumping
Blood and heart vessels tirelessly working for their part
Creating a vibrant current a stream to your heart
Forcing blood round the body and oxygen to distant tissues
A complicated cardiovascular system with individual issues
White blood cells continually detecting infection
Chemical messengers hormones offering protection
Transporting nutrients absorbing detection
Elimination of waste by removal rejection
Spreading electrical charge waves an involuntary muscle
Complete self-control with contraction minimal hustle
That's the mechanics then there's emotion
The deepest of feelings heartfelt devotion
With capacity for love compassion and affection
Bravery resolution fortitude and dejection
A vital source of our very being and feelings
The seat of intellect heartbreak and healing
Within our heart of hearts determination must prevail
With Intrepidity and courage into the golden sunset we will sail

Sprinkles of Stardust

Sprinkles of stardust sparkling gems land
Embodiment of knowledge in the palm of my hand
Experiences and emotions contrast and spangle
Reviewing perspective and purpose from a dazzling angle
I lift my eyes to the heavens a cosmic force
Synaptic sparks adapting an unstoppable source
Wiring and firing voltage channelled neuron rain
Stepping away from the comfort zone fizzing in my brain
Pleasingly aesthetic sensibilities form and rise
A vast panorama unfolding before my very eyes
Demolishing the walls of my cocoon a highly charged threshold
Glittering highlights of possibilities endlessly unfold
Life is still magical charismatic and mysterious
An uncritical sense of wellbeing dreamlike delirious
Whilst our light years have flashed by there's still more to come
Re-evolving our electrically charged atoms we've only just begun

Golden Threads

Fine threads whisps of freshly spun gold
A treasure trove of memories waiting to unfold
Sparkling and shining with opportunities and zest
Weaving our experiences and events from right to left
Woven into our fabric from the day we were born
Sustaining the ravages of time where we're broken and torn
Lighting our darkness as we negotiate each day
Along our individual journey we traverse our way
Our tapestry will be completed on that you can depend
As the final threads fall into place at our very end

Lightening Channels

Red lightening channels filling the sky
Dancing and forking across the galaxies high
Thunder rumbles rolls and clashes
Bright lights darting electrical flashes
Trauma and the body have once more collided
Fait accompli no longer undecided
Personal guidebook to reality turned upside down
Ability to regenerate or submerge and drown
Steam trails of thought flood through my brain
Vapours arising smoke clouds of rain
Liquid ice particles collide sparking vivid colours
Spreading sprites of reaction like no other
Strange obsessions delusional beliefs
Transient luminous events transcend a welcome relief
Irrational emotions voices in my head
Factual encyclopaedia on which I'm drip fed
Feelings of confusion gratitude and interest
Elevation overflowing my world with zest
To rise repair and evolve once more
Only our unique human body knows the score

Indelible Impressions

Indelible impressions mould and sculpture
Defined by experiences lives and culture
Life evolving beyond comprehension
Architectural precision to another dimension
Shaped by nature into our own individual form
Eroded and manipulated battle scars become the norm
Travelling beyond the deep structure of discovery
Complex twists and turns model our recovery
Haunted by silhouetted memories images from our past
Fitness and vitality, we never dreamed it wouldn't last
Clear cool blue water reflectively silent and still
Erupted into gushing hot geysers emitting at their own free will
Attacking from all angles our bodies defences
A rhapsody of chronic conditions bombard the senses
We're frozen in a moment time and space
Our determination stands firm our saving grace
A tinderbox of emotion a future's still in our grasp
We'll continue to overcome conflict until our last gasp

The Enlighten Tree

A clear crystal ice diamond tree of reflection
Awakens the artist's palette of colourful perception
A cascading explosion of spectral wavelengths and feelings
Rainbow waves of light relaxing and healing
Each hour is filled with beauty as light beams radiate and glow
Rich hues deepen and enfold us as dark shades flow
A lantern of colour for all in critical care to see
The fascinating therapeutic imagery of the Enlighten Tree

Red Pools

Lava lakes and volcanic plumes
Impacts of widespread pressure looms
Below the mantle of our skin
Red pools bubble from deep within
Muscles tensing flexing and flinching
Release of emotion eyelids twitching
Pressure releases optimism glows
Merging and blending expectations flow
Strength independence and self sufficiency
Pending news of the latest deficiency
Scientifically symbolic a soothing voice
Our future so complex no multiple choice
A waiting game the soul-destroying part
Challenging endurance within my heart
A natural association time and place
Connectivity with others our saving grace
Knowledge is power to enable life's decisions
Intuition and inner wisdom overcome omissions
Whatever the outcome an oasis will appear
Resilience through experience will vanquish our fear

Chameleon

The colourful magic of tints tones and rays
Harmonizing a chameleon of contrasting waves
Enhancing my body mind and spirit
Elevating my feelings with no upper limit
Nurturing and healing dancing with light
Laden with filtered colourful shades merging from morning to night
Imperial purple to a deep violet lake
Glowing golden yellow when each morning I wake
Harbouring emerald green reflections psychologically soothing
The human mind constantly absorbing and moving
Earthshine the full force of the spectrum before my very eyes
Natures time and space transform me to a tranquil blue sky
The combination of colours ultramarine to cobalt blue
Relaxing behaviour and mood in a harlequin view
Engaging tonal floods of colour into one of a kind
Enlightening and varicoloured to totally absorb my mind

Christmas Hearts

Ice lemon sun glows through the winter sky
Christmas hearts remember as each year passes by
Boughs of red claret berries richly scented scots pine
A time of giving and receiving its Christmas time
The most precious gift has no ribbons or bows
Nor glittering wrapping paper adorned from head to toe
Pure as white driven snow life itself
Time with family and friends an immeasurable wealth
Carols candles fruit cake mince pies festive delights
Masquerade the ongoing struggle of each individual's plight
As the snow gently falls its time to lament
Priceless memories belong to our Christmas both past and present

From My Heart to Yours

Our frontline carers facing incredible challenges everyday
Whilst in isolation at home others are forced to stay
We're all vital components in a complex machine
Working side by side as a united team
We'll keep the flame of hope and support burning bright
For our resilient heroes working day and night
As throughout the world this pandemic continues to run rife
They will selflessly give care and support preserving life

Nationwide with gratitude and hope
Hearts of admiration for how you cope
Supporting and caring keeping families together
Our NHS health professionals who never say never

Truly amazing our ICU colleagues and friends
Entrusted into your care we totally depend
We applaud you tonight for the lives you save
The weak, vulnerable, strong and brave
Each day putting your lives at risk for others
To save our families friends sisters and brothers

In times of crisis you're always there
Our incredible health professionals in critical care
Rising to the challenges with expertise and skill
Offering 24/7 care and life support to the critically ill
Preserving life for me and for you
Thanks to all our front-line heroes in ICU

Poems of support through the Pandemic

As the daylight fades and nightfall creeps
In peace we will lie down and sleep
Our earth angels working relentlessly night and day
For you all a place in our heart will always stay

In awe of our health professional's courage dedication and skill
Selflessly caring for the critically ill
We're staying safe at home and staying strong
Protecting ourselves our NHS and everyone

I for incredible dedication and skill
C for courageously caring for the critically ill
U for unimaginable challenges you face everyday
Our very own ICU health professionals we're supporting you 100% of the way

To show our appreciation for risking your lives for ours
Continually in our thoughts working all hours
We'll clap our hands for all the incredible care you give
Saving lives enabling us all to live