

Mike's moving poem in memory of his late sister, who meant the world to him.

GOOD-BYE LAURA

by Mike Knowles

I have nothing but happy memories About my sister, Laura

She helped me grow throughout my life My friend, how I adored her

We used to fight like cat and dog Like brothers and sisters do

But even then it's true to say I had nothing but love for you

Ice cream at the beach Or Domino pizza Or a caravan holiday

My Laura laughed As I freaked out To scare the geese away

If only I could talk to Laura Just for one last time Then there are things I'd like to say That I've written in this rhyme

I hope you know How grateful I am For everything you did for me

And I hope that I was a good brother to you I did my best, you see

Goodbye Laura Such a lovely sister Who always made me laugh

Sadly missed Forever loved My poetic epitaph. The poetry group is helping other people with a learning disability to express their frustrations with everyday inequality, along with their hopes, improving mental wellbeing.

HELPING OTHERS

by Paul May

I wish I could help others
My father, my brother, my sister, my mother
It would make me satisfied
Giving information from inside to outside
My sponsored silence was tough
2 hours for me was enough
Sometimes it's hard to make people
understand
That I want to help and have plans
Mencap staff help me when I'm frustrated
When I've needed their help, I've never waited
Helping makes me happy
If and when I'm needed.

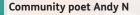


MENCAP by Claire Morton

When I think of Mencap
I can smell some beautiful flowers
I can hear gentle music
And taste my favourite tuna baked potato
As I sit and watch the sea
I cuddle my favourite teddy bear.









June with David Hassall



Krishna Patel reading out her poem



Mike with friends and Mencap staff



John Hartley and Mike



Alison Clements shares her words

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A selection of humorous verses, which had everyone belly laughing! As well as helping to tackle difficult issues, the poetry sessions are a great opportunity for people with a learning disability to get together and have fun.

LIMERICKS

From the group

There once was a man named Jon Who fed his face with a scone But a seagull took it And broke it into bits And now it's magically gone.

I went on a bus to Specsavers I ate some cheesy Quavers I shoved them in quick My eyes played a trick I'd chosen the wrong flippin' flavour.

> Have you ever seen a tree Bending on its knee When the wind is strong And the branches are long They shake and they shudder with glee.



Your donations help mencap to:



Run services that bring people with a learning disability together, preventing loneliness and improving mental wellbeing



Operate our Learning Disability Helpline in England which provides vital support when people with a learning disability and their loved ones are finding it harder to know where to turn.



Grant the wishes of people with a learning disability to have experiences that make their lives healthier and happier, often enhancing wellbeing.



Campaign for fairness for people with a learning disability, from the right to receive quality social and health care to more workplace equality.

TURN CRISIS INTO HOPE THIS CHRISTMAS

Please donate to our Christmas appeal by filling in the form in your pack and returning it in the freepost envelope provided.

Or call us on **020 7696 6007**, go to **mencap.org.uk/givehope** or use the **QR code below**.

Every pound makes a huge difference to the lives of people with a learning disability. **Thank you!**



