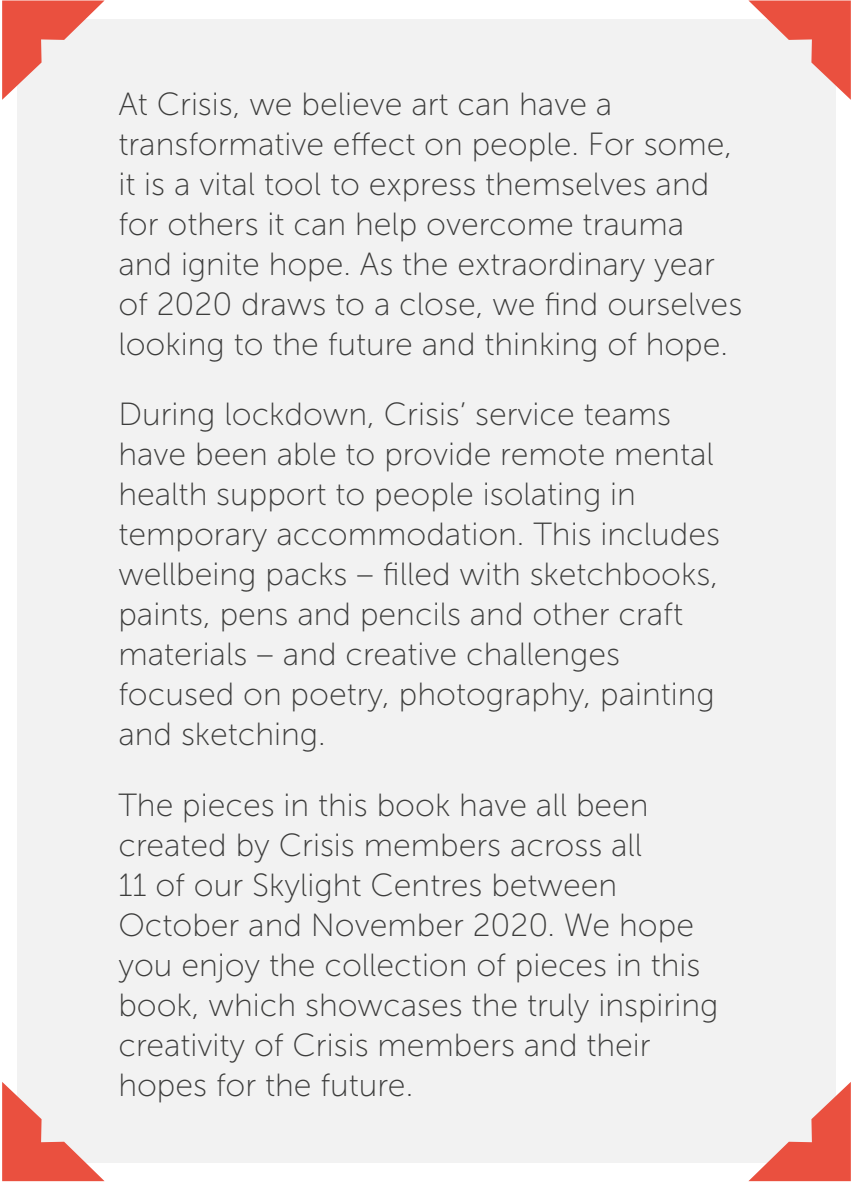


HOPE

An anthology of poetry and art by Crisis
members during Lockdown 2020



Together
we will end
homelessness



At Crisis, we believe art can have a transformative effect on people. For some, it is a vital tool to express themselves and for others it can help overcome trauma and ignite hope. As the extraordinary year of 2020 draws to a close, we find ourselves looking to the future and thinking of hope.

During lockdown, Crisis' service teams have been able to provide remote mental health support to people isolating in temporary accommodation. This includes wellbeing packs – filled with sketchbooks, paints, pens and pencils and other craft materials – and creative challenges focused on poetry, photography, painting and sketching.

The pieces in this book have all been created by Crisis members across all 11 of our Skylight Centres between October and November 2020. We hope you enjoy the collection of pieces in this book, which showcases the truly inspiring creativity of Crisis members and their hopes for the future.



Copperworks Mural

Copperworks

This group art project created by members in Swansea looks at the Hafod-Morfa Copperworks project, which is managed by Swansea University who have been working with Crisis for the past two years. Crisis Members worked with glass artist Lisa Burkl to produce work that reflects on the regeneration of Swansea and their engagement with the Copperworks site.

6



Copperworks Mural

7



LETTER FROM MY FUTURE SELF

By N, Crisis Skylight Croydon

My dearest child,

Whatever you are going through
is only temporary.

There is light at the end of
the tunnel.

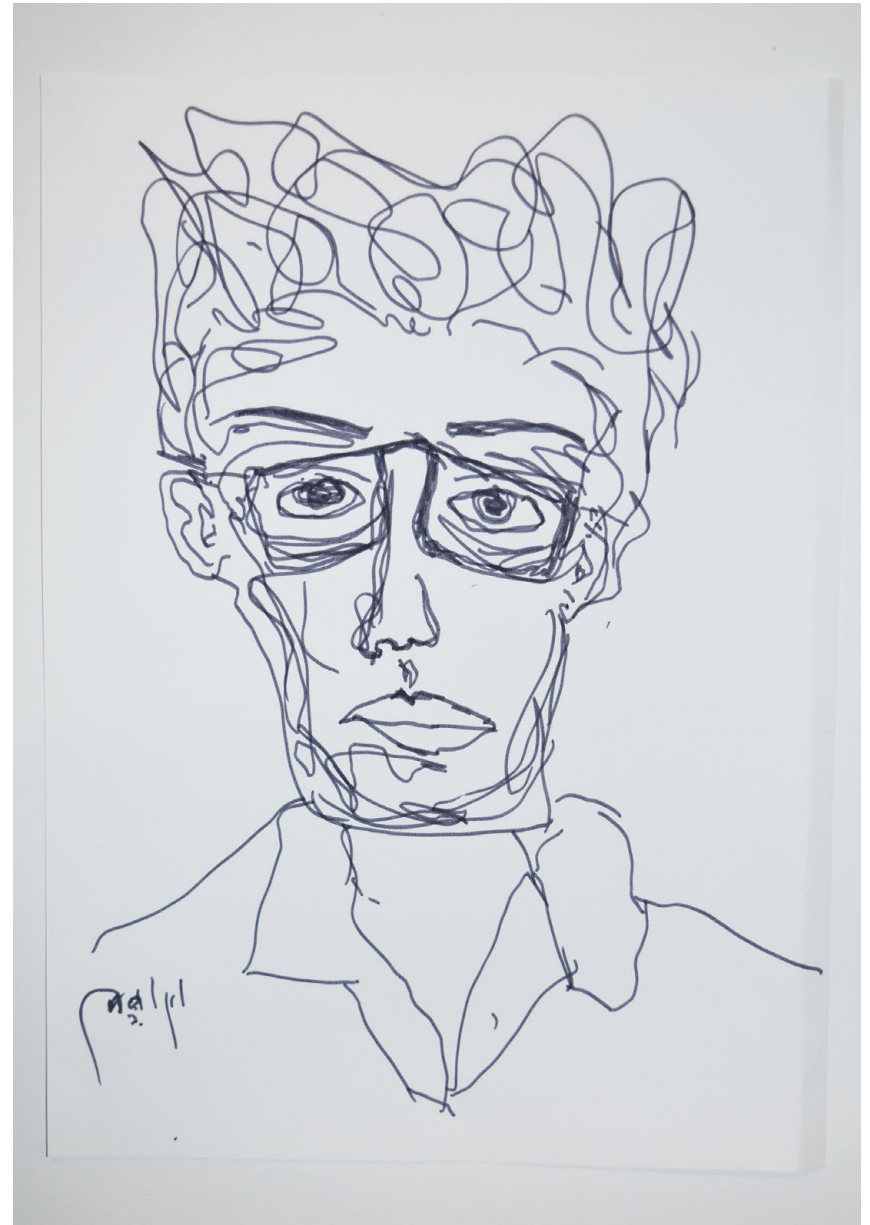
I have good plans for you,

Plans to prosper you,

Not to harm you.

My will is your safest place.

Love you lots.



Artwork

Ibrahim Al Anzi



Artwork
Ibrahim Al Anzi



Artwork
Ibrahim Al Anzi

LITTLE GREEN BIRDS

By Shakeel Ahmed

Little green birds, playing in that
apple tree,

I Googled you today, they named
you the parakeet,

Squawking, Squawking, you're just
so cute,

Clearly apples are your favourite fruit,

Little green birds, playing with your
best friends,

You evolved from dinosaurs, how did
they really meet their end?

Little green birds, you better
watch your back,

In that neighbour's garden lives
a vicious little cat,

Little green birds, I want to be just
like you,

Always flying free with nothing
to aspire to,

Little green birds, I watch you
from my window,

Wherever you fly, I wish that I
could go.



A New Path
Lestari



Autumn sows the seeds of Spring
Lestari



Artwork
Anon

SMILE

By **Marsha Sandy-Holmes**

Even when your heart is breaking,
And the tears are hiding,
Smile even on days that nothing plays.
Smile because you are special and unique,
And everyone believes.
Your smile is contagious and travels distance,
Reaching another feeling sad and blue.
You never know what your smile can do
And how it can rescue another from
drowning and give them hope.
Smile, it can make the difference between
being lost or hopeful.
Smile and the world smiles with you.



Artwork
Majzoub Siralkhtim



Growing Wings
 Anon

HOPE

By Lee Hughes

A sudden sign, an instant feeling

Happiness and joy boiling at
the seams

Unknowing, with excitement,
a mystery ahead

A true escape from misery.

From darkness and fear it turns you away

A growing smile and warmth within

Without such greatness failure is assured.

Don't let go, for a dream can
be true

Hold it tight and don't give up

What motivation this does provide

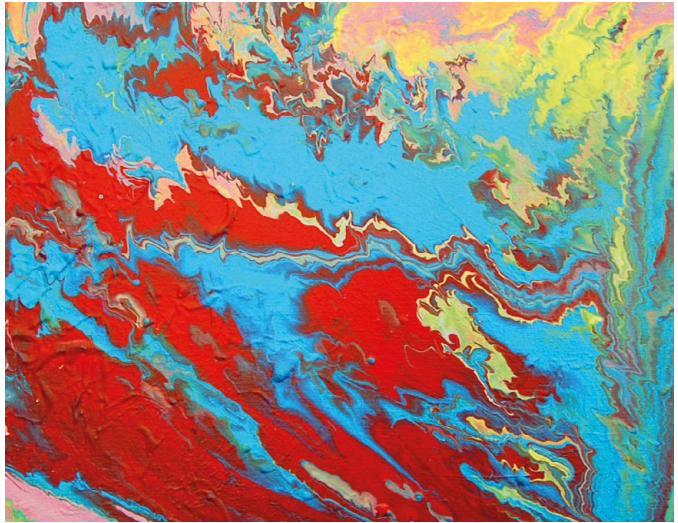
What magic this beholds

All from a little thing called

HOPE



Artworks
Ibrahim Al Anzi





Lindisfarne Photography Project

Members spent the day at Lindisfarne learning how to take photographs and capturing the essence of the island.



HUMAN CONTACT

By Karl Smith

I have spent decades
on and off
being homeless
I tried to integrate myself
into my community
but could not afford to live
If you cannot afford to live,
you get eradicated
from society
Thrown in the gutter
To die
like vermin.
I missed a lot of education
due to hospitals
and children's homes
The education I got
was one of
pain and abuse
Unadulterated, unchecked
pain and abuse



Lindisfarne Photography Project



Lindisfarne Photography Project

which led to
 hatred
 anger
 confusion
 and fear
 An overload of emotions
 that I did not have the skills
 to break down
 and assess.

I have run away
 from authority
 for most of my life
 Distrust has become the norm
 Isolation
 is how I survive.
 Being homeless for me
 and many in my position
 became normal
 acceptable.
 We were made to believe
 it is where we belonged
 My only wish at these times
 My only hope
 Was to never wake up

In 2016 whilst on my way
to the gutter once again
I needed to end this existence
of pain and despair

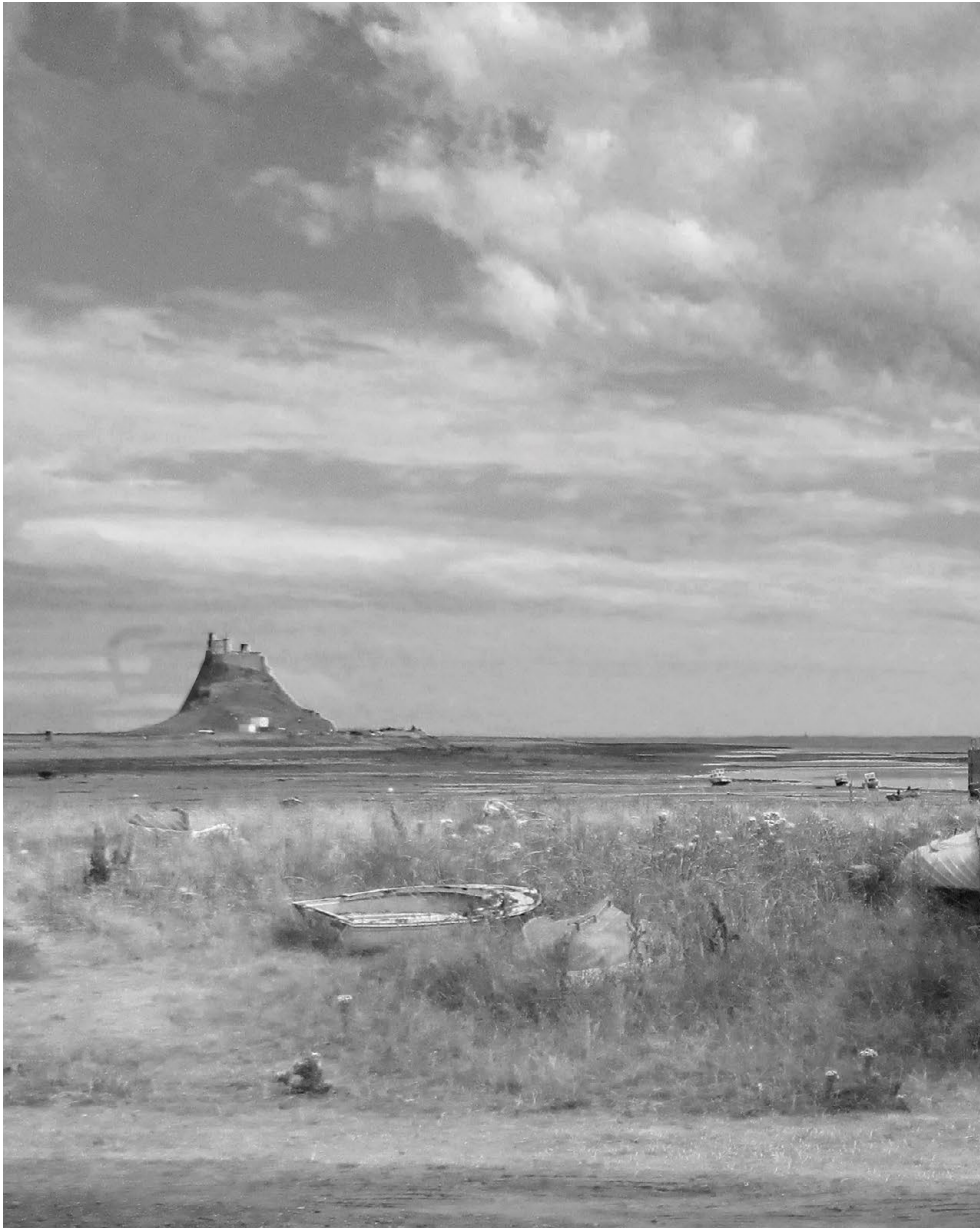
My anguish and fear
of ending up
back on the streets
made me realise
I had suffered
Enough.

My mind
fractured
my body
broken
It was time.

By chance
I spoke to someone
Who in turn spoke to me
Like a human being
I am an isolationist
who craves human contact
It was this human contact that
saved my life.



Artwork
Ibrahim Al Anzi



TIME OUT OF MIND

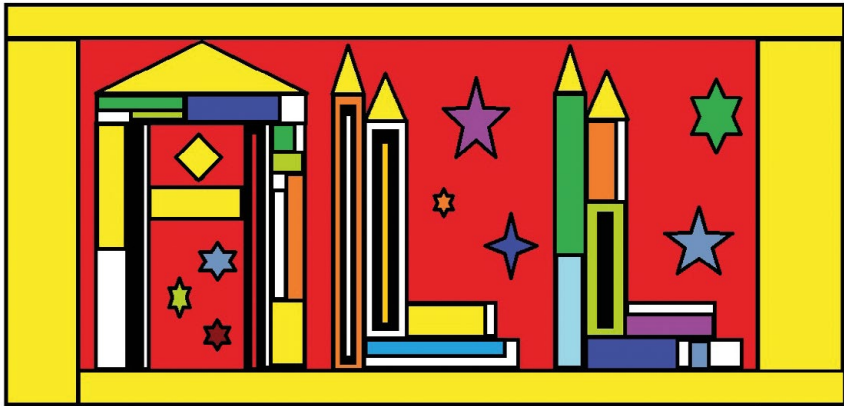
By Stephen Preston

I half-woke, in the half-light,
To the calling of a tiny bird,
Little licks, lifting me from sleep
Leading to longer riffs
That drew me upward and out
And sent me spiralling and
Soaring with ringing trills;
Cascading and swooping
In thrilling arcs of joy,
As though this minute sentinel
Was giving me a free flight
As his sound claim bounced

Between clay-baked brick
And rain-slicked cobbles;
Then, suddenly, I remember
I'm Me: and the world comes
Pressing, and – in a flash –
Like a genie back in his bottle,
I'm clapped back in my head.
But the recall of my timeless
Flight remains, and I'm
Reminded whenever I hear
The early warming.



Artwork
Ibrahim Al Anzi



What I Get From Creating Art

By Chantelle Hickman

The enjoyment I get from creating art is that I have created something with my hands and it has come from within, the feeling inside is a warm feeling, contented, relaxed.

When we get back to normal (whatever normal is) I'm looking forward to possibly going back to Crisis and doing some artwork and creative writing with my tutors, also looking forward to seeing people I've never seen in a while.

DEADLY

Must get back

No longer in spite

What is deadly

Will bring us forward

Let us make the gap

EAGLE

A new era began

When the eagle of the sea

Began to walk the land.

Chantelle Hickman



Artwork
Ibrahim Al Anzi

HOPE

By Gill, Crisis Skylight Edinburgh

Imagine that pandemic has gone
It's in the past the bug has flown
The government gives a grand
decree
Restrictions lifted we are free
But do I want to leave my flat?
I've spent so long here with my cat
Zoom and music as my guide
I do not want to go outside
Human company in a real
world place
That would seem strange all face
to face
When I think of where I'd like to go
Google maps can make it so.

Got used to living in cyberspace
New normal? No this was always
my place
But thinking brings some
surprising insight
Memories of fun out there
in the daylight
I miss the joy of music jamming
Hitting the drums and bam
bam bamming
My musical pals in our studio
rooms
Making sweet harmony, singing
wild tunes
Zooms not the same we tried
to play

But we hit the Internet's
transfer delay

We tried to fix it with Jamkazam

But our systems speeds made that
a sham

I want to get back to the gym and
the pool

In a way which is risk free, that
would be cool

And my voluntary work every
week,

Fixing computers and talking geek

Don't care about galleries,
theatres or sights

Don't want to travel or dance
through the nights

Being and sharing with people
like me

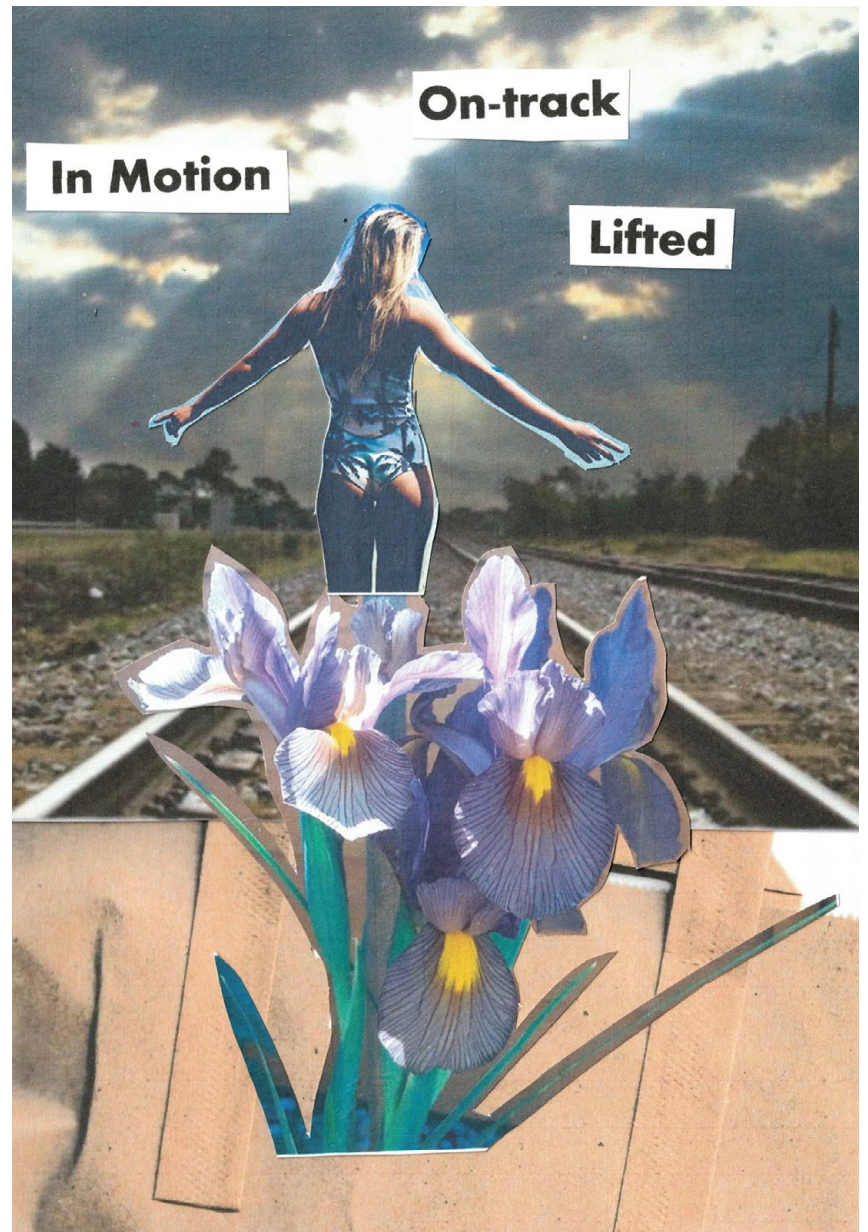
The things that I love that's where
I want to be





Re-Build

Rebuild
Demelza Brooks



In Motion

On-track

Lifted

Motion
Demelza Brooks

ACROSTIC POETRY SERIES

By **Chantelle Hickman and Mehvish Murtiza**

- H** appiness and holidays
- O** ptimistic aspirations
- P** erseverance and positivity
- E** quality and empathy

- D** ream of a better future
- E** ase your way through meditation
- S** pecial days to come, the soul is
a network of positivity
- I** nspire yourself from the
experience of others
- R** espect is a two way street
- E** verything can help with hope

- A** lways have achievable goals
- M** otivate yourself to be the best
you can be
- B** elieve that things can get better
- I** mprove yourself through
previous experiences
- T** hink of a positive future
- I** nspire yourself to inspire others
- O** pen your eyes to opportunity
- N** ever give up on hope

HOME FOR ALL

By Chantelle Hickman and Tony Jablonski

Have my own independence

Organise my own life

Move my furniture around to suit me

Enjoy my own time and space

Free to make my own decisions

Optimistic for the future

Radio on when I want it

Attempt to attend places where and when I want

Leave the house when I want

Late mornings and late nights when I fancy it



Home For All
Chantelle Hickman

Mandala

Members from Crisis South Wales worked together on these beautiful mandalas as part of an arts and wellbeing course delivered in conjunction with our Smartskills tutors as an opportunity for quiet reflection and calm.

"IT WAS RELAXING AND MINDFUL. IT MADE MY MIND CONCENTRATE RATHER THAN WANDERING"

Sharron, South Wales







Artwork
Jana Finney

STICK TOGETHER

By Chantelle Hickman

This virus was hard, right from
the start

Taking lives and breaking hearts.

It came from out of the blue,

So many losses and that's true.

We've had nothing like this for about
a hundred years,

Now it's here we need to care.

It can be hard from day to day

But united we must stay.

Supporting each other till the day
this ends,

If you fall out be quick to make
amends.

This THING has devastated
the world,

But remember one day it will end.

So until that day comes,

Let's stick together

Come rain, shine and all sorts
of weather



Artworks
Ibrahim Al Anzi





Hope Valley
Darren Brockbank

Hope Valley

This landscape features a well-known view of the Hope Valley in the Peak District. It summarises Hope for the artist through the beauty of nature and the memories of times spent walking in these surroundings, as well as the hope he finds in creating art and his aspirations to make this a career in the future.



Fabric Artwork
Lee Hughes

KALEIDOSCOPE OF PATTERNS

By Krishanthi Dissanayake

I am the masterpiece of stitching

I am worthy of design

A lot of hard work put into
making me

My beautiful imagination full
of threads and colours

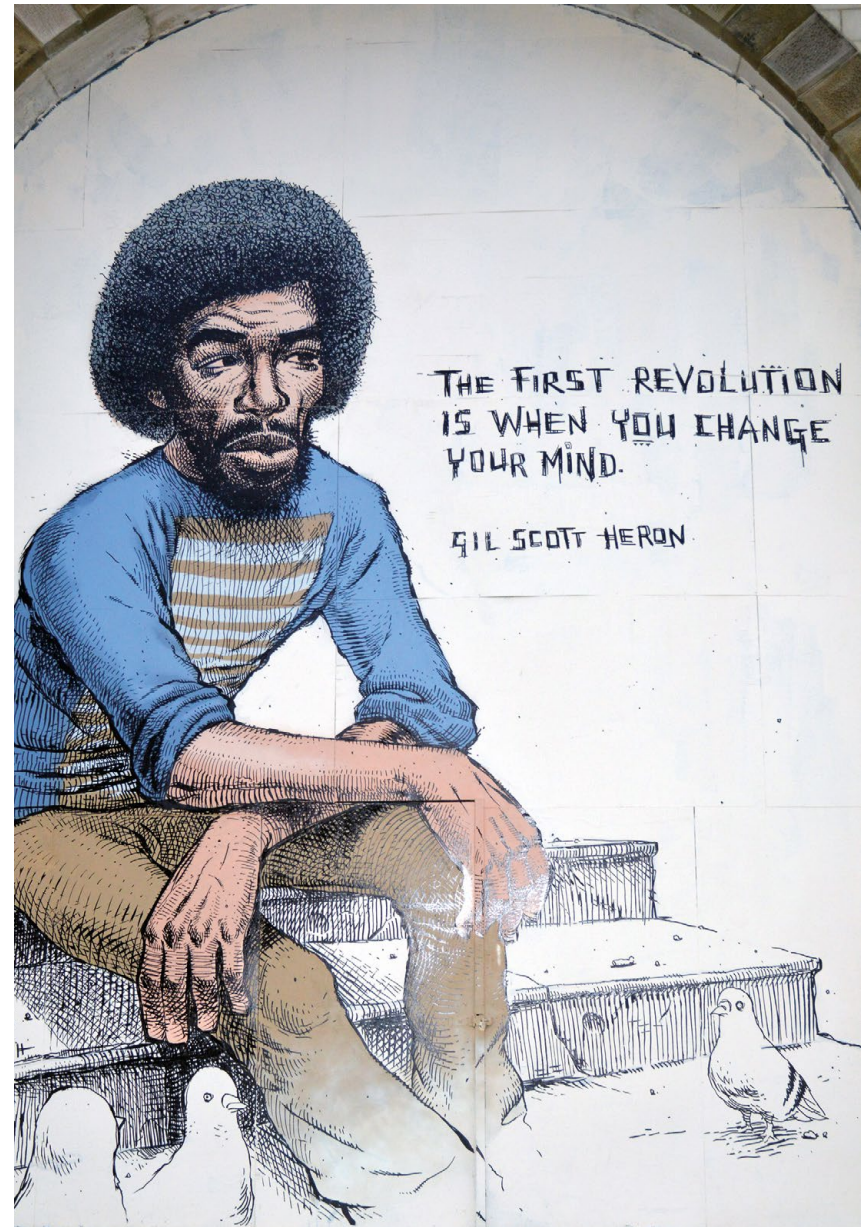
I am as special as embroidery,
created by my own hands

I am creative as a patchwork quilt
with different designs

Motivated by gifts of techniques

I am a unique pattern, creating art
my own way

I am a precious finished work



Artwork
Anon

"I'd like to thank Crisis supporters for their very generous donations and support that have enabled myself and other members of Crisis to participate in a variety of different online creative activities. I have really enjoyed the creative writing sessions, the art sessions, and the photography discussions that I have taken part in. I really appreciate that I have been able to keep active and motivated during the Lockdown period and it has really helped my health tremendously.

From the bottom of my heart, thank you very much."

Chantelle

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**Together
we will end
homelessness**