

## After Getting Drunk and Becoming Sober Again

I party all night and day until I am always drunk  
When I fall to sleep is wherever I fall  
I do not eat or bath just drink and sleep  
I hate myself everyday for the way that I am  
But there is so much anger and pain I feel so numb  
I miss my mum and dad who are in heaven above  
As I lay on my pillow trying to get sober  
I still am very ill deep down inside it will get better  
Because I do not want to die, I just miss the ones I love  
There are so many people I have lost in my life  
But the worst ones of all is my mum and dad.

N.J.F.

## On the Death of My Darling Mum and Dad

*I look up and see their faces and smiles*

*I look across the road and see their house*

*The things are there but not really the same*

*But just that my parents are not there no more*

*Both there suddenly their spirits were taken from me*

*And they left me behind making me feel so sad*

*To whom shall I look on or whom shall I rely on*

*My tears and the pain just flows everyday*

*I heard at night their long sighs and knew you were  
thinking of me*

*Ask how I deal with their deaths and I still hear their  
voices and see their lovely faces*

*But suddenly I woke and they are not there*

*How my tears keep on falling and the pain is so deep*

*I loved you mum and dad with all my heart.*

*N.J.F.*

Mum and Dad: The First Year of Loss

One year has passed and I still weep  
For the ones I loved and could not keep  
Sad is my heart that loved you and silent tears will  
always fall

Living my life without you two is the hardest thing to do  
But I will remember my whole life with you  
The way you looked when I last saw you both  
Both gentle natured, kind and true  
These are the memories I have of both of you.

N.J.F.

## Hospitalised

*I can't get out of this life not even to grow*

*This lifestyle I am leading is just going with the flow*

*My world is full of trouble I want to feel like really  
screaming*

*I wish I could not feel like this but wish I was dreaming*

*I myself feel crazy, ashamed, stupid and low*

*Being so ill in this hospital bed craving to go home*

*Struggling with these pills being pumped into this drip*

*If it takes much more longer getting on my nerves I'm  
going to flip*

*Now they are letting me go to go in my own bed just to  
unfold*

*I am finally travelling on my home to get much better,  
hopefully 100% gold.*

*N.J.F.*

Always in My Thoughts, Forever in My Heart

I speak your names with love and pride,  
I smile through tears I cannot hide  
For I who love you which I truly know  
How much I lost both of you a year ago  
Your resting place I visit and place your flowers with  
care  
But no-one knows the heartache as I turn away  
The feel of pain and sadness as I leave you both there  
Beautiful thoughts of one so dear  
Treasured forever with great love sincere  
You always hurt the one you love  
The one you shouldn't hurt at all  
You always take the sweetest rose and crush it till the  
petals fall  
You always break the kindest heart  
If I broke your heart last night it's because I love you  
most of all.

N. J. F.

## Past Fortnight

*I laid in my bed for two weeks dead*

*There were so many thoughts just running through my head*

*I know with my depression and anger I was in loads of trouble*

*But where I was just stuck in this great large bubble*

*Sometimes I would go out and come home really frazzled*

*But coming back to Hamoaze is getting me out so that I can dazzle*

*There is one big hurdle I have to overcome*

*Is the loss of my dad and mum*

*But now I have to live and finally get off my fat lazy bum.*

*N.J.F*

## My First Grandson

*I have been seeing my Grandson most of the time*

*He keeps me out of trouble even all of that crime*

*I am very proud to be his nanny i love him so much*

*His home is A.J. he makes me happy and laugh which gives me a punch*

*I had his name tattooed A.J.Colin all down my right arm*

*He goes swimming with his nanny because it has been so warm*

*We both splash and kick with all our strength*

*I would do anything for my baby boy to any great length*

*A.J. and his mum Jodie woke me up with his great cheeky smile*

*So we played with his toys and just laid there a while.*

*N. J.F.*

## When I Turn Forty

To have my addiction under control and to have my life  
back

To do a college course and give it a real good crack

Maybe get my passport go somewhere nice and hot go  
abroad with loads of sun

My children achieving great goals, to play my music  
and have more fun

Start to live better and get my health back so that I  
don't feel so bloody old

To take my forties to turn around everything as I  
become straighter watch myself unfold

To buy myself nice things to achieve what I want to and  
go back to work

So I can have loads of money and be normal instead of  
being a bit of a berk.

N.J.F.



## Addiction

Whether you are on drugs or alcohol  
It is so hard to beat this crazy addiction.  
Which gets you in all sorts of trouble and grief  
You don't know what sort of predictions  
Not knowing what you are doing  
From one day to the next.  
Those horrible thoughts  
Going constantly through your head  
It sounds like those awful repeated texts  
You have all sorts of problems  
With your health and mentality  
You lose so much in your life  
With your tempers and being selfish  
Out of control  
You cause a lot of strife  
You have no respect for yourself and those around you  
You sink to the bottom  
But when you believe in your heart and get sober again  
You feel like floating on cotton  
Be positive and strong  
And believe it feels great to be clean.

## Roxy

Roxy is my six month old Rottweiler  
And my new found pet,  
She is jumping around all over the place,  
She has already needed to go to the vets,  
I take her for loads of walks and for a pet  
She is as good as gold,  
She is black and brown and has a cute little face,  
With one ear that constantly folds,  
When it's feed time she sits by my side,  
When she gets given her food it's gone in a while,  
I throw her sticks and toys, she runs for miles  
Which always makes me have a great big huge smile,  
Roxy is one of my best buds who lays by my feet and curls  
And gives me big sloppy wet cuddles,  
But when it is raining she gets muddy and soaking  
Especially when she jumps in those massive big puddles,  
She is full of muscle  
So big I love her so much  
She's my wonderful girl.

