

To those who suffer physical disability and have suffered mentally, I have great empathy and share with you through: My Darkness, Asylum the Best, Naoimi to Retreat First impressions, Ode to York Friends, Oh! Drink Oh! Feck, The Art of a Fart a Social Taboo, Piss this Trivia, The Nurse, Inspiration My Lasting Impression, Sleep and Let Me Be.

Inspiration my lasting impression was about the Retreat and in particular those who cared for me.

Inspiration My Lasting Impression

A fine big window, what a pretty view
Lovely to sit, and gaze right through
Find a nice chair
Just admire and stare

To sit and ponder
The garden's a wonder
So many trees
Swaying gently in a breeze

Up goes a shout, for horses to come
Big ones at a gallop, young foals with some
Food at the ready
Keeping hand nice and steady

All in the open, no harness or cable
This time of year, no need for a stable
Food if they need it, we keep when we're able
To give to our needy friends, all from our table

In this nice chair, known as my lair
Now aptly called, my inspiration chair
I found a new life, I thought I had lost
In my writings and poems, I love and I trust

The nurses work so hard, all do a fair stint
Observers very quick, to pick up any hint
When some are not right, when others take fright
Keep all in sight, cool and calm, making it right

Relief from my torment, my sorrow and my pain
In touch with myself, I found me again I now see what matters, not position or
reign
The beauty my loved ones, sunshine and rain

I now have my pen

How lovely again
After years gone by, no writing, a bore
About love and my life, and very much more
To write what I feel, so precious to see
To put it all down, a dream for me

All made possible one year
After so many a tear
Thanks is all due to the Retreat sanctuary
Human care and kindness, kept from a mortuary
Create space and the peace, for a mind it to fill
When empty of love, bad dreams that could kill

In the grounds with the ponies, as the foals have a fling
Bringing pleasure to all, such a joyful thing
They jump and they gallop, so splendid, so proud
Run free and run wild, but so mild with our crowd

Each evening they stand, and heads they do drop
Keeping an eye on the rabbits, who cautiously move up
The badger and the fox, will wait for moonlight
To share such rich trappings, the Retreat at night

This fine place in York, it's centuries old
Founded by Tuke, so caring so bold
For many needy people, a story of insight
Many a good soul, brought back to daylight

A system that works, a system that's best
As time has passed by, it's stood the test
Not many more, where are the rest
In our country so great, now shame on its crest

For the fortunate few
Who have paid their due
Find respite and reprieve
From that which they grieve
Helps behind the door
Find Naomi no more

Not just madness or badness
Just humans and sadness
All rescued from danger
No prison or manger

Gave me hope and inspiration
Found my love a consolation
For the Retreat, no regression
Inspiration my lasting impression



Friends at the Retreat 2003



Horses at the Retreat 2003