

Sara Eliot Poetry session 22-April 2020

22nd April 2020

To the Core poets

How are you all doing? Hope you've had a relaxing Easter break. Probably strange to have so much spare time on your hands. But at least the sun came out to play! Hope you managed to catch a few rays and of course, indulge in a few eggs! ☺

So did you manage to do any writing? That's great if you did, however, no worries if not! You didn't expect me to say that did you! Sometimes time out is useful. We're not machines and a period of gestation, where you're just allowing yourself to think, be still and just be, can actually be beneficial. However, that said, I'm here to reignite your creative flow, so have a look and see how you go!

If you've had a break from it, be gentle on yourself, remember there is no right or wrong, so just let your pen hit the paper, your fingers hit the keypads and express yourself!

Keep strong, keep safe and keep writing! ☺

Sara

Captain Tom NHS fundraiser hits £25M



A 99-year-old war veteran has walked 100 laps of his garden to raise £25m and counting for the NHS.

Captain Tom Moore originally aimed to raise just £1,000 for *NHS Charities Together* by completing laps of his garden before his 100th birthday.

But he has smashed his target after more than 700,000 people made donations to his fundraising page.

Capt Tom told the BBC at the end of his final lap, the total amount raised so far was, "an absolutely fantastic sum of money. I never dreamt I would be involved in such an occasion as this."

Capt Tom's JustGiving page, which temporarily crashed after he finished the challenge, was showing donations of more than £15m.

The total includes an undisclosed donation from the Duke of Cambridge, who wrote to the World War Two veteran.

Capt Tom's daughter said: "We are absolutely floored by what has been achieved but we're so happy, so humbled and so proud.

"He's a beacon of hope in dark times and I think we all need something like this to believe in and it's for such an amazing cause."

Tributes and messages of congratulations have poured in from politicians, celebrities and NHS workers, while a petition for him to receive a knighthood has been signed by more than 300,000 people so far.

A spokesman for Mr Johnson said Capt Tom had "captured the heart of the nation with his heroic efforts" and raised an "incredible amount" of money.

Shortly after he finished the fundraiser, the retired soldier had words of advice for the nation about coping with the coronavirus lockdown.

"You've all got to remember that we will get through it in the end, it will all be right," he said. For all those people finding it difficult at the moment, the sun will shine on you again and the clouds will go away."

These may sound flimsy words to some of you. *BUT* remember: These are words from a war veteran who is approaching his 100th birthday! He will have seen so many things far beyond our years. Perhaps those flimsy words are how he got through it all! So let's take his wisdom as inspiration.

PROMPT

- **Write a letter of thanks and gratitude, in the voice of Prince William, expressing congratulations and gratitude to Captain Tom**

OR

- **Write a tweet Tribute or message of congratulations to Captain Tom..**

OR use some of these words to write your creative piece

CHALLENGE,

ACHIEVE

BEACON

HOPE

DARK

BELIEVE

GOAL

INSPIRATION

HEART

HERO

SUN

TOGETHER

EFFORT

PROUD

***Sunlight, through stained glass, which day to day
could beatify saints and raise the dead,
had aged the harmonium's softwood case
and yellowed the fingernails of its keys.
And one of its notes had lost its tongue,
and holes were worn in both the treadles
where the organist's feet, in grey, woollen socks
and leather-soled shoes, had pedalled and pedalled.***

But its hummed harmonics still struck a chord:

PROMPT:

Read this poem by Poet Laureate Simon Armitage.

a. Notice the poet's use of personalisation – how he mentions parts of the body to show how the organist brings the musical instrument to life.

b. See how he uses the golden image of sunlight through a stained glass window, and contrasts it with the grey woollen socks of the organist's pedalling feet.

c. Note how he creates characterisation with small details ie: 'the organist's feet, in grey, woollen socks and leather-soled shoes'

- ***Use these techniques to describe a person or an object in your room.***

OR

Use the list of words below to write your creative piece.

Sunlight

Glass

Day

Raise

Stained

Soft

Wood

Keys

Note

Tongue

Worn

Feet

Leather

Shoes

Pedal

Chord

'We will succeed and better days will come'

I am speaking to you at what I know is an increasingly challenging time. A time of disruption in the life of our country: a disruption that has brought grief to some, financial difficulties to many, and enormous changes to the daily lives of us all.

I want to thank everyone on the NHS front line, as well as care workers and those carrying out essential roles, who selflessly continue their day-to-day duties outside the home in support of us all. I am sure the nation will join me in assuring you that what you do is appreciated and every hour of your hard work brings us closer to a return to more normal times.

I also want to thank those of you who are staying at home, thereby helping to protect the vulnerable and sparing many families the pain already felt by those who have lost loved ones. Together we are tackling this disease, and I want to reassure you that if we remain united and resolute, then we will overcome it.

I hope in the years to come everyone will be able to take pride in how they responded to this challenge. And those who come after us will say the Britons of this generation were as strong as any. That the attributes of self-discipline, of quiet good-humoured resolve and of fellow-feeling still characterise this country. The pride in who we are is not a part of our past, it defines our present and our future.

The moments when the United Kingdom has come together to applaud its care and essential workers will be remembered as an expression of our national spirit; and its symbol will be the rainbows drawn by children.

Across the Commonwealth and around the world, we have seen heart-warming stories of people coming together to help others, be it through delivering food parcels and medicines, checking on neighbours, or converting businesses to help the relief effort.

And though self-isolating may at times be hard, many people of all faiths, and of none, are discovering that it presents an opportunity to slow down, pause and reflect, in prayer or meditation.

It reminds me of the very first broadcast I made, in 1940, helped by my sister. We, as children, spoke from here at Windsor to children who had been evacuated from their homes and sent away for their own safety. Today, once again, many will feel a painful sense of separation from their loved ones. But now, as then, we know, deep down, that it is the right thing to do.

PROMPT:

- **Read through the Queen's speech April 2020 – note the wording, and the phrasing used; perhaps read it out to feel the rhythm of the speech. Find a sentence or two you like and try to expand upon those points.**

OR

Use these words to write your creative piece.

Change

Support

Join

Hour

Close

United

Support

Pride

Strong

Challenge

Time

“I'd love to be able to wave a magic wand on PPE”

Matt Hancock health and social care secretary.



was huge

the health secretary said there

Health Secretary Matt Hancock has said he "would love to be able to wave a magic wand" to increase supply of personal protective equipment (PPE).

Speaking to a committee of MPs online, he said there was huge global demand for PPE and he didn't know when shortages would end.

A leading nurse has said she is worried about the lack of gowns in hospitals.

Mr Hancock admitted the supply of gowns was "tight" but said he was aiming to get enough gowns to staff this weekend.

"I would love to be able to wave a magic wand and have PPE fall from the sky in large quantities and be able to answer your question about when shortages will be resolved," the health and social care secretary told the committee.

"But given that we have a global situation in which there is less PPE in the world than the world needs, obviously it's going to be a huge pressure point."

He said it was a "global challenge" and the government was doing everything it could to get PPE to front-line workers.

PROMPT:

- **Imagine you have a magic wand. With just a wave of your magic wand your wish will come true. What would that be? Delve into your imagination and make your wish come true!**

OR

- Perhaps you have an opinion on this topic. Write an article expressing your opinion.

OR

Use the list of words below to write your creative piece.

Personal

Demand

Lack

Supply

Gown

Enough

Fall

Sky

Answer

Resolve

Protective

<https://genius.com/Surfaces-sunday-best-lyrics>

Intro:

Good, feeling good

[Chorus:]

feeling good, like I should

Went and took a walk around the neighborhood

Feeling blessed, never stressed

Got that sunshine on my Sunday best

[Verse 1:]

Every day can be a better day, despite the challenge

All you gotta do is leave it better than you found it

It's gonna get difficult to stand, but hold your balance

I just say whatever 'cause there is no way around it 'cause

[Pre-Chorus:]

Everyone falls down sometimes

But you just gotta know it'll all be fine

It's okay, uh-huh-huh, uh

It's okay, it's okay

[Chorus:]

Feeling good like I should

Went and took a walk around the neighborhood

Feeling blessed, never stressed

Got that sunshine on my Sunday best (Ayy)

[Verse 2:]

Some days you wake up and nothing works, you feel surrounded

Gotta give your feet some gravity to get you grounded

Keep good things inside your ears just like the waves and sound did

And just say whatever 'cause there is no way around it

[Pre-Chorus:

Everyone falls down sometimes

But you just gotta know it'll all be fine

It's okay, uh-huh-huh, uh

It's okay, it's okay

[Chorus:]

Ayy, feeling good, like I should

Went and took a walk around the neighborhood

Feeling blessed, never stressed

Got that sunshine on my Sunday best
Ayy, feeling good, like I should
Went and took a walk around the neighborhood
Feeling blessed, never stressed
Got that sunshine on my Sunday best

PROMPT:

So, on my daily walk i went into a shop and heard this track. It's really chilled yet upbeat and the melody and hook stayed with me!

- Have a listen to it – see how it makes you feel.
- The line which stuck with me was quite simply:

'Went and took a walk around the neighbourhood'

I related to it!

- So take that line and describe your walk:

At the moment whilst we're in lockdown, my daily walk feels like a treat! Something I probably never even thought about, we just did it whenever we wanted! So during this time, things are different, perhaps you're noticing or appreciating things differently.

- Think about how it feels. What do you notice? Perhaps no-one else is on the street, or how it feels as someone approaches you on the pavement, do they step into the road? Do you step off the curb? Note these little details.

OR

Use the list of words below to write your creative piece.

**Walk
Sunshine
Challenge
Found
Difficult
Balance
Fall
Fine
Surround
Give
Gravity
Grounded
Ears
Inside**

Waves
Sound
Sunshine
Best