



The
Fremantle
Trust


Reflections 2019

Reconnecting with
memories through
poetry

Celebrate the
uniqueness in
everyone

www.fremantletrust.org

A registered charity and not for profit organisation.
(Registration No. 1014986).



One of our
core values is
to celebrate
the uniqueness
in everyone



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Introduction



This book of poems has been written by those who live and work in our care homes for older people and is a follow up to Reflections 2017.

The aim is that through poetry sessions residents are able to take part in meaningful activities which provide cognitive and social interaction.

Writing, reading and listening to poetry sparks memories of personal connections and experiences and enables people to share feelings of love, joy and sadness.

Everyone has really enjoyed sharing their experiences and emotions, rekindling memories and working together to create these poems.

***‘Poetry is when an emotion has found it’s thought
and the thought has found words’***

Robert Frost 1874-1963- American Poet

*The Fremantle Trust supports the Dementia Friends initiative
and is a Dementia Friends organisation*

Picnics

**Lots of lovely light food to eat
In the park, by the river or in the garden
Yummy ice creams to cool us down
Or a paddling pool in which to sit**

**Sandwiches and strawberries
Cakes to go round and lots of tasty drinks
And ice cold water to keep us refreshed**

**Games to play, nothing too strenuous
Lots to see, birds that sing, boats on the river
Children playing, hiding from mothers
And loads of excited dogs all running in circles**

As we enjoy our picnics in this lovely weather

Written by residents at Sir Aubrey Ward House, Marlow



Snow

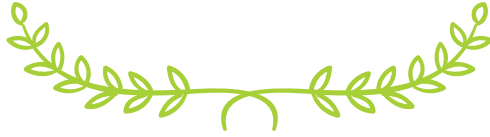


**It falls so silently in the night
The dawn comes slowly with its clear light
The ground in the morning is covered in white
Brilliantly glistening, gleamingly bright
The world awakens to its delight**

**The postman trudges, not whistling today
His bag is heavy as he wends his way
Some garden paths he allows to stay
In pristine freshness while their owners pray
For a cheery word from far away**

**The first of the workers hove in to sight
Treading warily, hoping they might
Reach their work as is their right
Children get ready at the sight
Preparing for school and a snowball fight**

**At home, from paths, snow is swept away
Then housewives shop but do not stay
Brief words to friends; no time to be gay
As they hurry home in the sun's last ray
And children engage in their last play**



**The day wears on, deep in the throes
Of leaden skies and heavier snows
Children are back but the worker goes
Homeward bound through slush on the roads
Which fast cars over pavement throws
Come burdensome night with curtains drawn
Families together in the warm
No thoughts of the morrow. Will snow be the norm?**

Written by Pamela Brockwell, Fremantle Court, Stoke Mandeville



What do you do all day?



**‘What’s going on today then?’
They ask with a curious grin
Bingo, Tai Chi, art and craft?
And what time will it begin?**

**‘Can we do a quiz please?’
And then a sing along?
There’s nothing like a get together
To sing our favourite song**

**Tomorrow, can we bake a cake?
Or knit a bobble hat?
Then later in the afternoon
Read ‘The Sparkle’ – we would like that**

**Are the children coming in?
We love a visit from the cubs
We really need to tend the garden
And prune the flowering shrubs**

**‘Is pub night on tonight?’ they ask
We love an evening sherry
To end the busy day we’ve had
And go to bed quite merry**

**And what about our Beetle Drive?
Bowls, golf and volleyball?
Then there’s our ballroom dancing
We like to do it all**

How about our movie night?
What will it be this week?
And don't forget our party
An entertainer you must seek

We love the reminiscence
Of happy days gone by
By the way, after flower arranging
Can we bake an apple pie?

Can we visit the garden centre?
Or have a boat trip on the river?
A train ride through the countryside?
Some cake? Yes please, a slither.

When are the llamas coming back?
The spiders and the snakes?
Macmillan coffee morning –
We need to bake some cakes

Can you book my manicure?
And my hair? It needs a trim
What time is laughing yoga?
It helps keep me fit and slim

We have to look our best you know
We never know who's dropping by
Elvis, Frank, the Beatles
At our age we're not shy

Our families ask 'what do you do all day?'
We tell them nothing much
They wouldn't believe our busy lives
They'll have to read the new 'In touch'

A childhood summer



**When you are a child, summer seems never ending
The days are long and full of possibilities**

**Let's go fly a kite, anyone for tennis?
Playing football and cricket on the green
Running home in tears if you were not picked for the team**

**Simple pleasures, outside in the fresh air
Making daisy chains, and catching a floating fairy clock
Stinging nettles, ants in your pants and socks
Easy remedy, rubbing in the leaf sap of a dock**

**The tastes of summer, picnics and bottles of pop
Choc ice, Mivvie, or cone from the ice cream man
'Please mum?' you plead, when you hear the music from his
van**

**Try and eat it before it melts and falls on the ground
A wasp takes pursuit, and your scream makes an ear
wrenching sound**

**The joy of the visit to the seaside
Punch and Judy, donkey rides
Sticks of rock and a helter skelter slide
The beach, the heat, the flies!
The sand, the swimming, the sun tan lotion in your eyes**

**Despite our cynical view
We all smiled while remembering back
And it warmed us with a golden hue**

Written by residents at Cherry Garth, Holmer Green



Dogs and cats



Dogs and cats come in different sizes

**Some are fat, some are thin
Some just come in their own skin**

**Some food comes in packets
Some in tins**

**Some like walkies and playing with sticks
Some like doing lots of tricks**

**They make us laugh, they make us cry
The saddest part is when they die**

Written by residents at Chesham Leys, Chesham



Reindeer

On a dark snowy night
The sound of sleigh bells

Reindeer dashing through the snow
On and on and on they go

Bringing presents wherever they roam
Won't they be glad when they get home

To see their Christmas tree
With flashing lights
Decorations, holly, and a fairy on top
Now presents to deliver, no time to stop

Written by residents at Carey Lodge, Wing



Coffee shop



**What we need is a little time
To relax and have with our friends
A gossip and chat
About this and about that
And talk about all latest trends**

**A cup of tea or coffee or glass of squash
Or even a glass of wine
More friends to make
To give us a break
Come meet all these new friends of mine**

Written by residents at Icknield Court, Princes Risborough



Poem in May



**A May day, with springtime sun
Has come once again back to our home
And with it our dearest hearts are won
With warmth and light to call our own**

**After months of cold and even snow
And wild winds which from the North did blow
A kinder sky with benevolent sun
Now brings out smiles in everyone**

**And on the trees leave unfurl from bud
Bringing the greenness of new life
And for the season ahead at least
There is respite from all previous strife**

**Sweet May, many happy thoughts
Are wedded to thee
The birds, the trees, the leaves, the bees
All in joyful presence come**

**And so too we
With joyful hearts attend
The days you now bring
That do our precious spirits mend**

Written by residents at Farnham Common House, Farnham Common

Christmas



We awake to a joyous Christmas dawn
To celebrate when Christ was born
Children find Santa has been
Filling socks, quite unseen
Containing play toys, fruit and snacks
And pretend chocolate money in sacks

A quick breakfast then off we go
To church, maybe through sparkling snow
Off home, families gather together
Despite possible vagaries of weather
To sit at the table to sumptuously dine
On turkey, flamed pudding and fine wine

Then the Queen's speech we must hear
She ritually gives it year on year
Whilst in the corner standing free
A green and glorious Christmas tree
Bedecked with baubles, candles, lights
A fairy atop complete the delights

There, piled below on the floor
Gaily wrapped gifts galore
For adults a lazy afternoon
While children play, but all too soon
It's time for tea and Christmas cake
An iced and special mother's bake



**Evening comes, children abed
Some TV perhaps, but instead
There is more fun in cards or games
To win at all costs are the aims
Day ends with tasty supper and cheer
Embellished by whiskey, wine even beer
And a look forward to a Happy New Year**

Written by Pamela Brockwell, Fremantle Court, Stoke Mandeville



One summer's day



**One summer's day
We decided to go away
We boarded the bus to ride
Off to the seaside**

**When we got to our destination
We got off – no hesitation
Socks and shoes no more
As we walked along the shore**

**A paddle in the sea
An ice cream before tea
Wrapped in paper, fish and chips
So tasty on our lips**

Written by residents at Carey Lodge, Wing



Hats off



**The subject at hand is what's on top
Fed up to the brim (with the lift not being in trim)**

**Everything in feathers and fluff in all weathers
Be it snow, rain or sun
The hat atop of my head weighs a tonne**

**A squiggle on a headband for Beatrice
And a flamingo atop of Camilla
For a wedding they hope
Will last forever**

**Under the rim is my wig getting knottier?
As I become bothered and hotter
I just can't wait to remove my hat
And go free and bald – just like that**

Written by residents at Cherry Garth, Holmer Green

Musical flower garden



**Roses pull at our heart strings
Make us think of love**

**Peonies are so beautiful
Sent from Heaven above**

**Trumpets of lilies
Playing in the breeze**

**The fragrant of freesias filling the air
Enticing the bees from everywhere**

**Sunflowers bright and beautiful
Bringing joy to our world**

**An orchestra of flowers captured
In mother nature's tune**

Written by residents at Chesham Leys, Chesham

Games we played



How we loved to play outside
Marbles, Hopscotch and bike rides
Two wheeled scooters, skates and Jacks
Football, rounders, kiss chase and stacks

Knock down ginger, knock and run
A little bit naughty but lots of fun
Skipping ropes all in full swing
Scrumpling – a telling off that would bring

Go karts made from old pram wheels
Blind man's buff, cigarette card deals
Hide and seek, leap frog and catch
Bird nesting, but leaving eggs to hatch

Oranges and lemons, ring o' roses
In all weathers with cold red noses
Hula hoop, kerbside, crocodile sea
Street lights come on it's time for tea

Written by residents at Carey Lodge, Wing



Bellis perennis



**We sit together, my mother and I
Among the daisies that do lie
With all the weeds and emerald green
Upon the lawn, quite unseen**

**That simple flower shines at me
The colours of a humming bee
To make a daisy chain for she
Who used to rock me on her knee**

Written by Florence Sharpe, Aphorp Care Centre, New Southgate



Mulberry Court



**Meeting new friends that make us smile
Under the shade in the summer sun
Loving each day with a Pimms or sherry in hand
Blossoming gardens which have beautiful flowers**

**Excited we tend them and watch them grow
Reading the news with a fresh cup of tea
Really is the best way to start the day
Years gone by we reminisce with staff and family**

**Creating new moments as our memory fades
Old in years, but respected by all
Understood and loved for all that we are
Remembering that Mulberry is our home where we stay**

Takes away our worries and we enjoy each and every day

Written by residents at Mulberry Court, Chalfont St. Peter

Autumn



**Colours of brown and gold burnt and dry
A wind that's blowing the clouds in the sky
Ripened fruit lies left on the ground
And fallen leaves make a rustling sound**

**The days are growing darker with time
Your hand in a mitten closes in mine
Together we walk under trees that are bare
With you my darling, I have not a care**

*Written by The Aphorp Poetry group, Aphorp Care Centre,
New Southgate*



Music and dance



**Play me a song which I know I can sing
And the words will come straight from the heart
It's good to remember a tune or a theme
I can do it if you give me a start**

**Exercise and dance and movement of sort
Gives you energy to live and take part
In everyday things that you've learnt and been taught
All is good for the heart**

Written by residents at Icknield Court, Princes Risborough



Snowman



**Snow is falling
Children are playing
Throwing snowballs
Building snowmen round and tall**

**Carrots for his nose
Woolly socks for his toes
Bobble hat on his head
Yellow, blue, green and red**

**Lumps of coal for his eyes
Knitted scarf round his neck
Button stones on his tummy
Twigs for his arms - he does look funny**

**They give him a mouth
And make him smile
From pebbles found
Upon the ground**

**How long will he stay?
Before he melts away
Only to be built again
On the next snowy day**

Written by residents at Carey Lodge, Wing



Love



Love is good
Love is bad
Why be it so very sad
To be in love should never be
We give, we take the heart away
Come back to me don't go astray

Our years were long but parting came
It's always there the sweet terrain
So take all the colour you get from life
Before the sun has set

Written by Patricia Taylor, Lewin House, Aylesbury





Daffodils



**Flowering daffodils
Lovely to see
Outside in the garden
Waving at me**

**Trumpets of yellow
And orange so bright
A true sign of spring
To everyone's delight**

**Bright green slender leaves
Stems strong and tall
A covering of sunshine
We so love them all**

Written by residents at Lewin House, Aylesbury

Friendly faces



**Friendly faces all around us
It makes us chuckle as we look around
Time for breakfast, time for lunch or time for tea
And in between we have lots of fun**

**We all enjoy a sing along
With some very talented people**

**Some days we are royally entertained
And other days – it's different
We love to chat
We love to socialise
And share ideas of our memories
With families and friends**

Written by residents at Sir Aubrey Ward House, Marlow



Happiness



**Happiness is hearing children laugh
Happiness is eating ice creams at the beach**

**Happiness is walking in the park
Happiness is dipping your toes in the stream**

**Happiness is being with people you love
Happiness is seeing someone with good manners**

Happiness is being fulfilled

Written by Barbara Smith, Lent Rise House, Burnham



Fremantle Court



**Six wings comprise Fremantle Court
Each designed for what it aught
Managers strive to make all run smooth
Invoking carers to nurse and soothe**

**Kitchens provide the needs of man
Cleaners keeping all spick and span
Activities play their essential part
With Bingo, games and creative art**

**They usually meet everyday
Helping tedious hours to fade away
Appearances are taken care
With manicured nails and stylised hair**

**Courtyards blaze pretty with flowers
To while away the leisure hours
Grounds are just the place to walk
Or idly sit in the sun to talk**

**And in the countryside around
Rabbits, squirrels and foxes abound
While overhead in the sky
White doves and red winged kites fly**

**Making it a pleasant place to be
For ninety residents, including me**

Written by Pamela Brockwell, Fremantle Court, Stoke Mandeville



The One Show



**It's 7 o'clock and tea is done
The TV's ready on BBC1
Theme tune begins we sing along
To the memorable beat of 'The One Show' song**

**On the sofa sits Alex and Matt
Breaking news this is where it's at
History, geography, cookery and more
Authors, comedians, celebrities galore**

**Film, theatre, TV – what's new?
You'll find it here with the One Show crew
Tears and laughter, gasps of awe
Community stories, who could want for more?**

**Singing, dancing, books to read
The Rickshaw Challenge, Children in Need
Roving reporters and studio guests
From nature's wonders to garden pests**

**Chat show hosts, pop stars too
'Send us your photos' – that's our cue
Politics, drama, it's the one to watch
Every weekday night at 7 o'clock**

*Written by Sue Faulkner, community and lifestyle manager and
residents at The Fremantle Trust*