



## Letters from Lockdown

### COVID Spring - a poem

At Ageing Better in Camden we firmly believe in amplifying the voices of older people in our communities. Now, more than ever, we strive to support our members to raise their voices and share their experiences.

Far from being a great equalizer, the Covid-19 pandemic has revealed some of the deepest inequalities that have often remained hidden in our society. Our members have been writing a weekly newsletter for one another, to keep informed and connected in these challenging times. It has also brought us all closer together as we share our personal experiences of lockdown.

Here, Ags Irwin, Chair of Kilburn Older Voices Exchange (KOVE) , shares a poem.

Blue skies bounded by buildings  
Too tall to let in the stars and moon at night  
And keeping out clear daylight  
So bounded are we too  
who must not venture  
Through our doors  
We follow  
Different laws to others  
We are old or sick or  
Just don't matter  
We are numberless  
And numbered  
A statistic  
For the boxes  
That get ticked

But out there  
Nature is not hindered  
Green buds on the trees unfurl  
The scent of blossoms warm from the sun  
While petals drop on everyone  
And  
I remember  
The unbelievable surge of joy  
Which comes with Spring  
The urge to live  
Again  
To walk by rivers and seas  
See bluebells and primroses

And stand in dappled light  
Beneath the burgeoning trees

Yes this I miss  
But most of all  
Those friends who  
Unexpectedly call  
We're going to the tapas  
Want to come?  
There'll be wine  
And laughter  
And hours of glorious fun

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