



# Blog of the Month

November 2018

## **Sometimes I forget and hear your voice**

Sometimes I forget and hear your voice  
I search frantically for a source but cannot find it  
It's just in my head. I think I know this by now  
Some days I feel better, and think it will all be OK  
The next day I feel guilty because it will never be again  
And the next day I feel as though it has only just happened  
I don't feel numb anymore. Now I feel everything  
Desperation, despair, disorganised, drained. I feel done.  
But still I can't stop thinking about it. I don't think I want to  
One day I know that I will stop feeling like this  
I'll stop tracing your steps, stop looking for your face  
But I will never forget. I will always remember your voice

Poem by Lucille Mclean  
5th Year, University of Cambridge

## **Grief**

Grief.  
People deal with grief in different ways  
They may grieve for weeks, years, or perhaps forever  
Grief can be powerful, changing how people live  
Grief can bring back memories, happy and sad  
Grief can be sudden or gradual  
Grief can isolate  
But grief can also help unite  
Everyone grieves at some point  
Whether a relative or a stranger  
People live with grief  
Grief can remind us of what is important  
Spending time with those we love  
Isn't that what grief is  
Us showing our love

Poem by Atiyya Islam  
4th Year, Plymouth University