

## Two Poems

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### Transference



*By Adeline McCann*

You held me  
And something took place  
Like magic  
You absorbed my turmoil  
Crushing it into a million pieces

Allowing it to fall and scatter and mess

Into the earth

You held us

Where the sun eventually shone

And slowly

The pieces grew light

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**Poet Bio:** Adeline has been using writing as an expressive tool throughout her recovery from postpartum psychosis in 2021 after the birth of her son, Reuben. This poem is about her stoic, unwaveringly supportive partner, Malcolm.

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## Lifeboat



By Snehal Amembal

“Mummy, mummy, mummy”

You never tire of me

Always holding onto me  
Hoping I'll save you

Like a lifeboat in tumultuous waters  
Unconditional love surrounds me  
Your innocence enamouring me  
Hoping you'll remain like this  
My most precious treasure  
Your pain torments me  
Your tears stinging my soul  
Making you believe in miracles  
However morose the morning  
And in the middle of the night  
When you prise my sleep away  
I gather you in my arms

And feel the weight of the day slowly  
Leaving my body

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**Poet Bio:** Snehal is a freelance writer and poet based in Surrey (UK). Her writing primarily reflects her motherhood journey, memories of her own childhood and the essence of everyday moments which she tries to document on her Facebook blog page, 'Notes On The Go'. She has authored three poetry chapbooks, 'Pause', 'I Am' and 'In Between Love'. Snehal is a Young Onset Parkinson's Disease (YOPD) warrior and creates awareness about the condition through her writing. You can find her on Instagram: @mommy.snippets.