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

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.

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

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.