



Some of our words for today - shaky, warm, inspired, intrigued, connected, ill, hungry, claustrophobic, energetic, colourful, paralysed....

## **‘Picasso with a Pen – painting your story with words’**

A workshop with Laura May and Mark Edgar

### **A collection of poetry from creative writing workshop at Peerfest14, Nov 21**

All of the writers were given the title ‘On days like this’.

Here are their poems...

#### **On days like this**

**By anonymous**

From feelings of excitement  
To thinking about all the things I need to do  
To arriving, chatting and receiving laughter from the lady in the cat t-shirt  
To inspiration and feeling part of something  
To different ideas being and being introduced to something new (this)  
To connection, to my passion  
To feeling of Bring IT ON.  
Feeling thankful.

#### **On days like this**

**By Emma**

An ode to Peerfest  
And it goes like this  
Tired and stressed and overwhelmed  
Is how I started my day  
Last thing I wanted to do was work  
Right here in Birmingham for the day

But then I arrived  
At the Jury’s Inn  
Colourful and warm and okay  
Feeling humbled and proud to be here  
At Peerfest with Bipolar UK

#### **On days like this**

**By Sunflower**

I genuinely wish I’d stayed home and got on with my work,  
Excited,  
Expectations,  
Interest.  
Gone.  
Friendly, yes.  
Helpful.  
No.  
Unpicked, uninterested, stressed.  
Good people, for sure.  
I’ll just keep on, keeping on.  
Doing my thing. It works for people, for me.  
Next year I’ll not save the day.  
I’ll use the day.  
Productively.

#### **On days like this**

**By Rachel Sturrock**

Striding from the train  
Overwhelmed and slightly lost  
I think about my task at hand  
And all the motivation this may cost!

Setting up a project has tired me,  
As I drag my feet to be inspired  
A few shortbread biscuits quell my hunger  
And some refreshing reflexology grounds my terror

Inspiration I did find  
And connection of a poetry kind!

#### **On days like this**

**By Sheryl Odlum**

Today  
Finally  
I feel safe  
Just now.  
Alone with my words.  
Present with my feelings  
On top of myself  
I don’t want to stop the flow  
To think about I should be writing.  
Today I’ve felt apprehensive  
And uncomfortable in my own skin.  
Here I can be me.  
In a room of people.  
Who were scared of writing.

#### **On days like this**

**By Sham Shakat**

On days like this  
I would feel on top of the world,  
I’d feel excited and energetic  
New adventure and new people

Having conversation and networking  
On days like this  
I would feel inspired and energetic...

On days like today, it takes over  
Mind exhausted, away, far away  
In my past, trying to reach  
The birth of my past, to find the cure.  
On like this I feel alone and  
Stuck, on edge, nearly falling,  
'catch me' I say, on days like this  
I need you to hold me, at the edge of my cliff  
Hold me tight, make me safe  
On days like this, I need you  
On days like this, I'm scared  
On days like this, who am I.

**On days like this**  
**By anonymous**

The flow has escaped me  
I came here to find it  
I can't dig at  
I can't seem to unwind it

I want to hear fire  
The rage of survivors  
I want to hear trumpet calls  
Discrediting the liars  
We'll no longer be labelled  
Our narratives medicalized  
We won't take it lying down  
Swept under the tables.

**On days like this**  
**By Alison Faulkner**

In a room full of bright balloons  
Edgy and lost, exposed  
In a throng of people  
I am recognised, noticed, exposed,  
Overwhelmed until I feel

Warm, grounded in this  
Floating bubble of a day  
Touched by motivated, inspired  
Individuals until I am quite simply  
On top of the world.

**On days like this**  
**By Paul Bergin a.k.a. the real Wayne Banks**

Bromy holiday  
Licenced to ill  
Need a lemsip pill  
Like minded new faces  
From places never been  
All with a story  
A personal journey  
Shared to strangers that might understand  
It's cold outside but  
It's warm in here  
Losing inhibitions without a need for beer.

**Thoughts and Rules on Writing**

**By Mark Edgar** (delivered at creative writing workshop at Peerfest14)

- The first and last sentences of the book are the most important
- Have a defined beginning and end
- You are painting a picture with words
- Divide it up into parts
- Keep chapters short
- Make people want to turn the page

- Be aware it will feel like wading through treacle in the middle
- Don't try to write every day-some days I couldn't string 2 sentences together, on one day I wrote 5000 words
- Chapter titles are important and need thinking about
- Celebrate completing every chapter and try not to beat yourself up if it takes a while to get on to the next chapter
- Have confidence in what you write-you are the expert on your story
- Don't expect to write a best seller or think you can change the world
- Be prepared for disappointment
- Write it for you-my first book was the greatest therapy I ever had