



Start at the end

The idea came from nowhere, so many jumbled-up thoughts were now finding some semblance of order, a flowering plant or bulb to be given to each family member and friend, not so much as in remembrance but simply as a thank you for the part played in my life. The time and place had yet to be decided as to when these would be given, but each would be carefully wrapped in cellophane complete with a ribbon and small card.

Music had already been chosen as were the hymns. Other preparations were on hold.

Yesterday was an important day, eventful and thought provoking.

I knew where I was going, I knew what I was going to say and why, it wouldn't be easy but I had no choice I needed help. The door was closed, I think I had expected it to be open, now all I had to do was push it open and hope for the best.

What stood out? Probably the man who said hello and asked my name, a kindly face someone who would wait for me to find the strength to speak in a whisper and would show no concern for the fact that at any moment the tears would start to fall and there was nothing I could do to stop them. Strong arms were outstretched, it didn't matter that I didn't know the man, he wrapped his arms around me and gave me a warm and friendly hug, I felt safe!

Then there were the ladies, warm friendly faces, full of smiles and cheery. A welcome and before I realised it there was a cup of tea placed in front of me, it was as if these people already knew me and I felt at ease and amongst friends.

**Sometimes**  
when you see a person cry  
it's better not to ask "why?".  
**Sometimes**  
It takes only three words  
to make them happy again.  
And those three words are:  
**"I AM HERE"**

Sad, upset and troubled I set about telling these kindly folks why I was there, it all spilled out, the lid on the proverbial box was finally off. Before I knew it a plan with my best interests was being formulated, someone else was carrying my hurt and crumpled heart and head. Someone else was sharing the load. I was lucky, I was told there was a lady who would be able to listen to me, gentle and wise. She made sense of my thoughts, she seemed to fully understand exactly where I was now, had been and what my

future fears were. I had told myself I should be brave, I should know what to do - I smiled when she said should isn't one of the better words in daily use. In her presence I was already learning to look at things in a different light, light is a good word!

I had looked at the booklet, there were many treats in store and kindly, caring and sharing moments to look forward to. I would come back, appointment made and gratitude expressed it was time to go home. I said goodbye. I was leaving my troubles behind, I felt calm and so much more peaceful so much so that I said to one of the ladies 'I feel well!' This was the first time in well over a month I felt more like me. Thank you so much.

Christine x

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