

Mental Health Awareness Week

This is a fantastic poem by Brian Bilston about Kindness.

KINDNESS

To recap what we now know: it did not begin
in a laboratory in Wuhan, nor with a pangolin or bat,
but it already lay dormant within us, like a seed
in need of certain conditions to grow;

its symptoms are many and various,
and may include some, or all, of the following:
tear drops, sudden laughter, a feeling of warmth,
and a peculiar uplifting of the heart;

it leaves its traces everywhere: from boxes
left on doorsteps to conversations over fences;
it can be transmitted over vast distances,
through a phone call, or from a smile across a street,

or a certain softness of tone spoken beside
a hospital bed; it affects young and old equally;
there is no race or gender immune from it;
it has the power to topple bad governments;

if one person were to pass it on to just three others
and they, in turn, were to pass it on to three more,
in no time at all, the world would be full of it,
and where, might we ask ourselves, would we be then.

**Please spread a little 'Kindness' during Mental
Health Awareness Week**