



# The morning strain

Night after night our mum  
scanned the swirls and creeping cracks

of the bedroom ceiling  
for some saving answer

a sufficient plan  
to ensure that  
Kim would manage

once she had to live alone.  
She found this :

“something’s sure  
to turn up,

it always does.”  
And this : “my duty plain

is to outlive her” -  
thoughts which failed

to bring on sleep  
or bear the morning strain.

*When Kim’s mum died, they were both receiving support at home. Kim died much later, well supported by Mencap.*

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