

Dear Brent,

Gather together to heed the call
A healthier community for us all

Many of us need a hand
Just day to day living can be hard

Our beloveds, our brothers
Our sisters, our 'others'

For those who alone, no family to care
Be the one who says 'I'm there'

Think with your heart, when the brain is full
Of doubt, of suspicion, of reasoned recoil

Not everyone has had a great life
Can't keep up with changing times

Strive unspeakable struggles, barely survive
Another day gone, but still alive

Hail the food banks, hail the charities
But surely they can't last forever?

Volunteers too will burn out, their kindness
Like nature, will wither and die, until the next growth

Until the government doesn't pass the buck
Relying on compassion, we'll be stuck

In the maelstrom of a cycle
That spins, turns, recurs

And people are left wondering
When is it my turn

To live a life with purpose, with honour
Not to be passed around the caring sectors?

Brent, this wonderful, cultural borough
Relies on us all, to challenge the stigma

Mental Health touches us all – let's keep giving
Our hearts to keep us all on track with a reason for living.