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no fresh air for many weeks,  
no direct sunlight or vitamin D  
no scones and clotted cream  
no al dente vegetables  
no long walks in the Botanic  
no innocent chats with friends  
no stimulus for the mind  
no wind blowing the leaves  
no children laughing  
no family support  
no peace for the heart  
no stopping the continuous assessment  
no understanding of pain  
no acknowledgement of the self  
no recognition of the cycle of fear

Jo Beth Gray