



A message from Lauren

Shared by Pat Graham for 'This is Me:
Valuing the lives of people with learning
disabilities'



My name is Lauren. On my swing I can fly
I can see treetops and birds flying by
The ground swooshing past me; the wind in my hair
Mum shouts go slower but she knows I don't care

My name is Lauren. Do I like to sing!
Disney, Singing Kettle and even some swing
It's all in my head so you maybe can't hear me
But I sure make some noise on my big tambourine

My name is Lauren. What's all that racket?
All sparkly like fireworks and loud as a train
It's scary and shoots through me like a rocket
If only it wasn't right inside my brain

My name is Lauren. Where did my family go?
This house is full of people that I don't know
No one here gets me. They can't hear what I say.
I don't understand why they expect me to stay.

My name is Lauren. Where do all the good
things hide?
I've looked in the cupboard and under the bed
No pink pig, chocolate or my special ted
I could only find dust balls and pieces of thread

My name is Lauren. I've misplaced my gran
They thought I wouldn't notice. A really daft
plan.
I guessed she was hiding as she'd been gone so
long
But mum brought her back with photos, stories
and songs

My name is Lauren. Proud that I'm a PAMIS guy
Music and dancing and stories, and games to try
Swimming and skating and lots of fun in the park
Riding the special bikes until it gets too dark

My name is Lauren. What do you hear?
My lack of words means my point isn't always clear
Here's a clue to help if my message is hidden
Rearranged.... the letters of silent spell listen

My name is Lauren. And you've been really kind
Tolerating all my mum's terrible rhymes
But the moral of this story is quite clear to see
The harder you listen, the louder my voice will be.

Find out more about 'This is Me: Valuing the lives of people with learning disabilities' at <https://bit.ly/TIM22>

Find out more about the work of PAMIS (Promoting a More Inclusive Society) via www.pamis.org