



Poetry In Memory
Write a four-line poem and send it to NAPA

The National Day of Reflection is a charity campaign to remember those who have died during the Covid19 pandemic and show support for everyone who has been bereaved. Click here

Would you like to write a 4-line poem (quatrain) this World Poetry Day - March 21st? Share your reflections with family or friends, display them where you live, or send them to NAPA and we will share them a couple of days later our social media channels to mark The National Day of Reflection – March 23rd. Many of us have a favourite poem, or a limerick, or lyric from a song. They can make us laugh, or cry, keep us going, or reminisce.



A poem can tell a story. It can say I love you. Or I miss you. Or thank you. It can say 'today is a good day' or 'today I am feeling blue'. A poem can be rude, or political, happy or sad. When it's your poem, it can be anything you want it to be. Four-line poems, sometimes called quatrains, are a good way of capturing a moment or a feeling. NAPA will select poems to be included in a digital book of poetry in memory of those we have lost.

David Woodhead, who promotes poetry writing as a way of improving wellbeing, has written a quatrain every day this year so far to help him cope with life in lockdown. He usually writes them after his lunchtime walk. He has only one rule: he doesn't spend more than 15 minutes on each one. Here are some examples.

<p><i>There's a solitary daffodil in the garden It's arrived two months early Its trumpet, yellow, makes no sound But its fronds are all luscious and curly</i></p>	<p><i>Muddy shoes, muddy paths Muddy memories of a muddy year Muddy trainers, muddy laughs Minds muddied by muddy fear</i></p>
<p><i>^Fold your clothes Wash your sheets Call your mother Eat your greens</i></p>	<p><i>Today's not so good, I'm struggling To find purpose in small things: A cup of tea; soup; a call from a friend Short words; the radio; a poem to mend</i></p>

What to do:

- Write your poems on or before World Poetry Day
- Send your poems to NAPA by noon on the 22nd March to communications@napa-activities.co.uk please include the name and address of the poet.
- Submit one poem per person.
- NAPA will share the poems we receive in NAPA News and on our social media channels during the National Day of Reflection on the 23rd March.

NAPA will select poems to be included in a digital book of poetry in memory of those we have lost, this will be published and distributed to NAPA members and supporters on the 7th May.

NAPA will select and share a number of selected poems to be read during the NAPA Member Activity Awards Ceremony on Friday 1st October.

Tips for writing

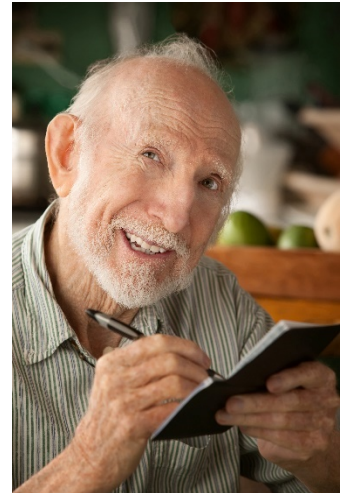
- Leap straight in – don't overthink it.
- Keep it really simple – don't try to say too much.

Tools

- Use rhyme to make your poem memorable and easy to read (early/curly; friend/mend; year/fear).
- Repeat key words to give your poem strength (muddy/muddy)
- Try making lists: they can be effective (Fold your clothes/Wash your sheets...)

Techniques

- Focus on small everyday items or events – things that people recognise.
- Appeal to the one or more of the senses - sound, smell, touch, taste, sight.
- Be confident – your writing will be original and interesting to others.



Finishing your poem

- Quatrains don't need a title but add one if you think it will help the reader understand or enjoy your poem.
- Be sure to put your name and the date on it.

Writing prompts

Here are some ideas for your poems, try one of these, or one of your own:

*A cup of tea
At the seaside
Flowers in a vase*

*My mother's favourite song
When we first met
What I miss most*

Take care

Writing poetry and remembering those we love can be upsetting. If you do need to talk to someone about any aspect of the process, you can contact the NAPA Helpline, we can provide a listening ear and signpost you to extra support and helpful resources.



NAPA, St Mary's Court, The Broadway, Amersham, Bucks, HP7 0UT
Telephone: 0207 078 9375 Email: info@napa-activities.co.uk