

My Gift To You

What was my life like before Shardale?
Well sit down, get comfy I'll tell you a tale,
I'm now 45 and have 5 children in tow,
And the places I've been you would not want to go.
So just be real sure when you pick up that drink,
Please put it back down and have a long think.
So if you want to live like me,
Then pick up that drink and then you will see,
And when you have reached that place called rock bottom,
You'll realise your family have all been forgotten,
But you will not care all the things you can't do,
It's all your own fault and it's all down to you,
So get a big mirror and have a good look,
What alcohol does and all that it's took.
There is a way if you're willing to take
So grab with both hands before its too late.
My saviour was Shardale a rehab in Bury,
It's always full up I suggest that you hurry,
It might be real hard when you walk through that door
Cos we know how you feel we all know the score.
You won't be alone with all of your fear,
We've been where you are with alcohol and gear.
It might take some time to get yourself right
Just a couple of weeks you'll feel high as a kite.
Your thoughts and your feelings will come to the top
And then you will realise you wont want to stop.
The staff and your peers will help you along
It's really hard work so you've got to be strong.
If you're finding it hard and your wanting to leave,
Then you've not took on board all the things that you need.
If you want all the things that got taken away,
And the love of your family I suggest that you stay.
Cos the love and belonging you'll feel from your peers
Will keep you so safe from the drugs and the beers
The group and the structure are a lot to take in,
Just stop and then think all the places you've bin.
You've only 9 months to learn about you,
To keep yourself safe and to know what to do.
There's Sharon, Dale and the rest of the staff,
To teach you a way to have a good laugh,
They know where you've bin and know where you're at,
And they know how you're feeling, they've bin sat where you're sat.
So please take on board all the things that I've said
Before it's too late be happy not dead.

By E. B 25/04/11