

Lived Experience Resources

Reflection from Dennis, November 2024

We start walking a journey in grief
This hole we are left with
This void that fills our world and eclipses everything so that everything is consumed by it
We walk in its darkness

But as days pass
And life continues
The darkness fades
(or our vision adjusts)
And we learn to walk again ... in our new world where all the characters stay the same
All the events follow one another as they always have
But where the colour of everything is different
The taste and smell of everything
Where our senses are forever heightened and our emotions always awake.

We don't heal
But we adjust
We learn
And we embrace
A wounded yet a full life
Where we become a new 'who we are'

Our guards come down
And we become

Thank you for introducing me to my mentee
He is teaching me so much
Just by sitting across the table from me and sharing a himself with me

Thank you for seeing the need for the creation of these connections
These spaces

Thankyou for bringing humanity back into the lonely places of grief
Thank you for bringing the gift of wonder back into the lonely spaces of grief
Thank you for highlighting the strength of vulnerability in the journey of loss and life
Thank you for recognising that only when hearts connect in ways that are intentional and deliberately focused on kindness towards others do we really have hope to be better, in fact ... to be our best.