

# 'Staying at Home' Poems

Lockdown 2020

Coronavirus Ode

Modern Technology

Thoughts on the lockdown

Good Samaritans

Coronavirus Isolation

Lockdown

Spring this year

VE Day / Covid 2020

Lockdown Thoughts



## Lockdown 2020

by Roy, All Saints Court

I'm sitting in my little flat

Thankfully not alone

My wife is here beside me

My family on the phone.

Sometimes I get a bit fed up

And have a little gripe

But I am not really that bad off

I've got internet, TV, Skype.

And then I think of all those folk

Sitting all alone

No family, friends, no company

Nobody on the phone.

Of all those sleeping on the streets

No food, no heat, no light

Once they were loved and cherished

Now just people of the night.

I think of eighty years ago

When mom gave birth to me

My dad was posted 'missing'

The future hard to see.

So all in all I should be glad

Not sorry for myself

Family friends and comfy bed

And food upon the shelf

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## Coronavirus Ode

by Alan, Meadow Court

Well, here we are then, just three weeks to go,  
Its going to go quickly you'll be pleased to know  
Life may be difficult but keep your chins raised,  
And soon we'll be together again, Lord be praised.

Now we've got time you can get those things done,  
Like cleaning out cupboards, I know is not fun,  
Then there's the windows you've been meaning to them,  
And alter that dress and shorten that hem

I know its bad but all will be well,  
Keep washing your hands 'cos you never can tell,  
It keeps down the bugs and keeps danger away,  
so on with the soap, the wipes and the spray  
Keep two meters apart as the Government says  
And soon we'll be over these days,  
Put a smile on your face and never a frown,  
'Cos a smile us much better from keeping you down,

With the meetings now banned, no bowls or darts,  
And bingo is stopped – have they no heart!  
But soon all will be well and we'll all meet again  
Please let it be soon or well all go insane.

But whatever life brings along later this year,  
We will all get through it, never you fear  
We'll look back at these days with a cynical smile,  
And talk about this for quite a long while.

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## Modern Technology

by Valerie, Sawyers Court

You've caught me on the hop  
I haven't combed my hair  
I haven't put my make-up on  
Promise not to stare

Does it really matter  
No-one's going to see  
Except if you're on Facebook  
And want to contact me

Was sitting at my lap-top  
Checking messages on Facebook  
When suddenly my laptop rang  
'Hello' let's take a look

A message popped up on the screen  
'A video call, accept?'  
A member of the family  
I really could have wept

Was feeling isolated  
And suffering with the 'blues'  
I clicked 'accept' this video call  
And waited for some news

I didn't know it possible  
But technology today  
Enables us to keep in touch  
In each and every way

I know we often worry  
We need to just take care  
But it's so nice to 'see' you  
Even if I haven't combed my hair

## Thoughts on the lockdown

by Val, Lydgate Court

How strange the times we live in,  
Alien and surreal.

What are we allowed to do?

How should we all feel?

We take our daily exercise,  
Carefully kept apart.

But we can't see our loved ones,  
Those dearest to our heart.

But good things too have come from this,  
Neighbours show they care.

We need some shopping, medicines,  
Someone will be there.

We always clap on Thursday nights  
For our heroes working. So

The smiles we share, the waves we give  
Our gratitudes bestow.

So when all this is over  
A new world may appear,  
When folk stop, and consider  
All the things that they've held dear.  
The kindness, caring, watching out  
Or even just a smile.

Our world could be a better place  
And make it all worthwhile.

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**Good Samaritans**  
**by Linda, Damson Court**

Good Samaritans come in all shapes and sizes  
All colours and creeds.

At Damson Court we have one who see to our needs  
Ours is tall with a twinkle in his eye  
And not at all shy.

Always with a smile – he will go the extra mile.  
Bread, milk and stamps to name but a few  
Medication as well, he just joins the queue.  
If he can he will do it for you.

People are sometime put where they are meant to be,  
By a power much bigger than you or me  
And so we have Karl,  
So lets all give a big cheer  
And say thank-you Lord  
We are so pleased  
He lives here.

## **Coronavirus Isolation**

**by Philip, Hedingham Place**

I'm sitting in my flat alone

But I still have my telephone

And I can make it my decision

What to watch on television

I find the news is so distressing

To the point where it's depressing

We need some action to inspire us

To overcome this deadly virus

I'm now determined to resist

The news and views of the pessimist

After all life's not so bad

There are still pleasures to be had

Enjoy a film or read a book

And I've still got my meals to cook

There are many pleasant things to do

Having an optimistic view

In this time of isolation

Which effects most every nation

We should give thanks to be alive

And pray our loved ones will survive

With the wish we all should live

It's incumbent we should give

Our prayers to God that he should bless

All who help and our N.H.S

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## Lockdown

by Freda, Rymans Court

I'm kept busy every day,  
lots of phone call coming my way  
Friends and relatives being so kind,  
seems they've kept me in their mind  
and send me pretty cards that decorate my flat  
Nina has been keeping us safe and we are grateful for that  
What is really bad and really sad is that I've been unable to see and hold  
my great grandchild who is now 6 weeks old  
The cleaner, hairdresser and chiropodist I really miss  
and visitors calling with a hug and kiss  
But I've taken a stroll where no one else is about  
sat on my walker in the sunshine and took my book out  
For a while I'm transported away in a dream  
and feel like a cat that's licked up the cream  
Knitting, crosswords, puzzles and reading each day  
this the way I fill in the day  
My daughter in Australia had booked her annual trip for June  
but now we know this isn't happening any day soon  
My son does my shopping leaving it at the door,  
some treat is included, who could ask for more?  
I made cakes, scones, casseroles and bread & butter pud,  
I enjoy cooking so it makes me feel good  
Tomato plants on my balcony are thriving with care  
hoping when they develop there will be plenty to share  
We miss meeting up with our lovely friends  
and look forward to the time when all this ends  
How lucky we are in Rymans Court,  
that is the end of my personal report

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**Spring this year**  
**by Eleanor (age 8)**  
**Granddaughter of Development Manager at Broadway Court**

Spring this year is not the same  
We can't go and play our favourite games  
The one's we play in the street with friends  
We all have to wait until lockdown ends  
My garden is the outside space  
I play with my family, we run, we chase  
I plant new flowers with my dad  
My best friend I forgot I had  
Making new memories we are all having fun  
I think this spring is my very best one!

## VE Day / Covid 2020

by Catherine, Abraham Court

Seven five years we celebrate  
Churchill kept us free  
Eight of May, nine forty five  
The day we danced with glee

We've learnt how Covid is a war  
Invisible, we fall  
So many human lives are lost  
On NHS we call

Upon Care Staff, Community  
Key Workers, Frontline too  
We owe so much to selfless folk  
Volunteers not few

The downward curve is beckoning  
The tempting freedom waits  
For us to focus on restraint  
Cannot depend on fate

Whilst those who can return to work  
Others stay at home  
Children, adolescents too  
Have felt so much alone

Schools are closed, futures on hold,  
Health professionals blue  
Our world is changing all the time  
In time will be reviewed

But VE Day reminds us all  
That darkness turns to light  
That goodness will prevail from ill  
It will be worth the fight

Thank you warriors Covid style  
Thank you volunteers  
Thank you Lord for shielding us  
We know you hold us dear

We trust you Lord, all is in hand  
For now we must depend  
On Politicians, Scientists,  
They are for us His friends

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## **Lockdown Thoughts**

### **by Karl, Damson Court**

Loss, fear, heroes and so much more,  
Our modern world has been shaken to the core.

Challenges all of humankind has to face,  
Kindness offered freely with humility and grace.

Despite it all, people amaze and carry on,  
Our hearts break for every life that has gone.

What the future holds, is anybody's guess,  
Never again I pray, is our world in such a mess.

Today we are well into week seven,  
Hope I find as I look up to heaven.

Oh how the tears of loss hurt,  
Under the weight of death, lessons must be learnt.

Grief is an emotion many are feeling,  
Hope given by strangers, allows some healing.

Tomorrow will be another Covid driven day,  
So smile, pray, laugh, cry and we will find a way.