

Through All Seasons

We created new memories living in the moment
closely bonded in friendship as each season passed
we walked many tree-lined pathways
soaking up the healing energy of park life
nature's breath-taking wonders bestowed upon us
we listened to the sounds, embraced the beauty of change
through all seasons summer, autumn, winter, spring
we took shade in the heat of the sun
palms resting upon the tree's cool bark
in soft rains we huddled under the gazebo
waiting patiently for grey skies to pass
in autumn we observed the leaves change
burnt orange, sunflower yellow and ruby red.

We shuffled side by side in the brisk winds of winter
raw elements drawing us ever closer
in the joy of spring we marvelled at the burst of new life
the freshness and hope of trumpet daffodils and fragrant hyacinths
the woody aroma of rosemary and soft touch of lamb's-ear
as we rejoiced wholeheartedly in the walled garden
but most of all we remember how we laughed
and sang harmoniously together in the fresh air
when the warm sun reflected on our happy faces
we celebrated and seized the day
creating new meaningful memories
in synchronicity with the splendour of nature
under the umbrella of kindness and friendship.

John Buxton and the Dementia Concern team

