

Repetition.

We had to change for games

At school in winter

We shivered reluctantly,

Not one of us a sprinter.

“All change” the teacher said.

I wished I’d stayed in bed.

“All change here for Richmond”

The bus driver said.

“It used to go to Kew “I said.

“It changed some time ago.”

I didn’t know; I rarely go on a bus.

I didn’t make a fuss.

I can cope with change.

I remember the day I got married

Thinking of a new life ahead.

“All change now” Mum said

“You’ll have to cook for two.

Do remember my special stew!”

I may change a thing or two

I said - to myself.

I remember the birth of our first born

It snowed that April morn.

“All change now” Mum said

Night -time feeds, all day you’ll yawn.

I can cope with change I said.

Eleven months later

Another wee daughter.

Sleepless nights, no time to rest

I was taking a test

Of resilience to change, I said.

When the girls started school

Perhaps I was a fool

To attend that interview.

“Supply for a term” the deputy said

“Just bring a book or knitting!

Not teaching, just child sitting.”

I can cope with change I said.

Now the glare of the sun is stronger.

The downpours of rain last longer.

Changes are world-wide.

Sometimes I want to hide

And dream of times when change

Didn't happen so fast.

And hope some changes never last.

Who said “Stop the world I want to get off”?

Not me.

I can cope with changes.

46 lines

