



'It's 2023, Kindness it the key' By Judith Cook

**January is here!
Yet for most of us there is not much cheer.
Not even a pint of your local beer
makes it harder to shout here! here!
Where many are sighing oh dear!**

**Not even a new year's resolution
can bring some kind of solution.**

**We say we'll try harder even to keep away from
the larder.
It is empty anyway there's nout to harbour.**

**The way we look we may need a nip and tuck
with life's situation, no bloody luck!
Wear and tear please don't despair
who cares if you haven't got a matching pair.**

**Change your mindset. It's the start of another year
2023 could be for you when for once you're not feeling blue.**

**While you ponder over this and that
please do not forget its good to chat.
Do not shy away just lift your hat
there is always a need for the welcome mat.**

**The 12th night is when your decorations
are put away with some delight.
Recycle those xmas cards and save our planet
while telling yerself i'm not going to be a gannet.**

**Start the year with a plan, let's not see it
going down the pan.
HAPPY NEW YEAR
Let us start by saying
YES I CAN.**

**The Gift Of Human Kindness
will work if we show more Niceness.**

