Respect: Heartshome

Sit with me a while. I have something to say to you. Your home city of Sheffield has and always is, changing. Things that are familiar to you now will be gone in your future.

You accept what is here in your youth. You love people, places and things, but life goes on and families are born, live and die.

You will know sadness but also joy. As you get older you will find things that you treasure, such as mum's table cloth that she embroidered while in the WAAFs (Women's Auxiliary Air Force) during the war, or the soft toy dog you had when you were two. You will never part with these.

Not everyone has the same opinion, but there are things you consider worth fighting for. So when your heart feels the need join others to make your voice heard. Make a difference in the world, don't sit back and hope. If the fight fails, at least you have tried.

Be honest and true, be thoughtful and kind, be diplomatic and understanding of others, accept life's challenges in your future, and most of all, strive to be the best person you can be.