

Ancora House School – Hospital Site

Learner voice

An open letter to new patients admitted to Ancora House

I know this isn't easy. It doesn't matter why you're here; the point is making the best of it I guess.

At least that's what I told myself. Make no mistake; this is one experience, by one girl, however long ago ... but maybe, just maybe somebody will read this and find hope because isn't that what we're looking for? It could be you... HOPE that this place helps. HOPE that we find a means of taking away all the mess and noise of life. HOPE that it gets better.

Put your pain into your painting or into a poem or take the mess and turn it into maths!

Ancora House School is not a place to pressure you; trust me I know what pressure feels like. I promise there is no shame in saying, 'I can't do this today'. You are not weak. You are not lazy. Sometimes it is enough just to breathe and do something you love.

Ancora House School is the place to do this, to learn and distract yourself. You are not surrounded by doctors and nurses. It is there to help you think and keep you moving forward.

I rediscovered my purpose at Ancora House School. Putting everything I could never say out loud to someone and turning it into words on a page, crafting my life with metaphors in verse. A positive output, they called it and yes it was, because maybe this is how I deal with it. When I feel like I'm going mad, I write. I had a friend who drew her feelings and turned her dark cloud into something beautiful.

Just take some time away, from the ward and the four walls of your room and let a bit of light in. Because no matter what you do, what you've done today *is* enough. Nobody will force you, but try to find a way to rid yourself of the twisting, scraping heat of it all and go up to 'Education' at Ancora House School.

Draw and write and sing and dance and solve equations 'til your hands hurt from writing. Find something you love and let it carry you away.

I wish you the best ... from a patient that liked writing and found her purpose in the English classroom.

By L (Yr10)