



# LIT!

## Fresh New Voices of Young Carers in Westminster

A SPOKEN WORD PROJECT BY  
DREAMARTS CARERS EXPRESS



**DREAM  
ARTS**

**THEPOETRY**SOCIETY



# LIT!

## Fresh New Voices of Young Carers in Westminster

**Carers Express** supports young people who provide practical or emotional support for a loved one, and is part of the Young Carers Programme initiative between DreamArts, Young Westminster Foundation and Westminster City Council.

Carers Express offers young people a regular space to meet and express themselves creatively. This year, the main creative focus of the project has been exploring poetry and spoken word. Our sessions balance writing workshops with play and creativity, giving young people an opportunity for respite and a chance to connect with their peers who have shared experiences.

This Zine showcases the exciting work created by young people over the past five months. Full of depth and energy, *Lit!* is a reflection of the young people's boundless imaginations. The work illustrates the poetic techniques they have learnt, including onomatopoeia (our favourite), metaphors and alliteration. They have used these techniques to communicate a huge range of themes, from Intergalactic Space to the mouth-watering delights of the Margherita Pizza! From what it takes to be a True Champion, to the triumphs and challenges of being a London City dweller! And of course, a good old helping of Fortnite references!

This work is a snapshot of the weird and wonderful conversations that take place at our sessions, between mouthfuls of pizza and one-word story telling games. These poems are fun, honest, and full of fresh ways of looking at the world. The young writers deliver a masterclass in what it means to be a young person, and a young carer living in Westminster. We hope you enjoy reading the words as much as we have enjoyed creating them!

We would like to thank our partners: The Poetry Society, London Library, and the Arvon Foundation in helping us make this work, and John Lyon's Charity for their kind support.

**Shagufta K Iqbal**  
**Carers Express Project Lead**

## Juniors Carers Express

### Joint Juniors Poem

If I ruled the world  
I would stop the  
pollution, and help  
endangered animals.  
Make sure the cheetahs don't become extinct.

If I ruled the world,  
there would be more  
trees, more fresh air.  
Our values would be love,  
kindness, respect, and  
generosity.

If I ruled the world  
there would be three months of summer  
holidays. More days with family and  
friends.  
We would live in greater harmony with  
nature. With milder weather,  
warm lovely sunshine,  
and soft delicate frozen snow.



## In This My City

Daniel

In this our city has all sorts of unique buildings

We jam into metal carriages aiming for a  
white tunnel. I confidently stride through  
the streets,

knowledgeable of each nook and  
cranny. My friends span across the  
seven continents.

The hollow cavities of buildings sit wide  
open to all. A pane glinting in the shard  
watches over this city. Speeding through  
Hyde Park on a squeaky scooter.

Grandparents sending parcels back and  
forth.

Meat dumplings englazed in sour cream.

I stand in Hampstead Heath, re-living memories and  
watching the sky The sly city workers blazing past with their  
smart casual clothing.

I weave through traffic on a two-wheeled bicycle, avoiding death.

‘иe мoe мicro’



## My World

### Olevyaa

In this our city,  
we walk to the corner shop  
in PJs. In this our city,  
I am a black girl with knotless braids long as the  
river Thames. In this our city,  
We have Notting Hill Carnival on  
Ladbroke Grove. In this our city,  
I can walk on the streets and say 'hi' with  
no shame. In this our city,  
When I feel wind brush me.  
I have memories of playing outside with my friends  
back in 2016. In this our city,  
Everywhere I turn I see my aunties and  
uncles. In this our city,  
I sit on a bench in St Marks and watch the sun  
go down. In this our city,  
When I watch my mum cook, I  
learn. In this our city,  
I 200 pump every opp in *Fortnite*.



## West London

Tara

In this our city, we wave at the King.  
In this our city, I am a black girl in a  
white city. In this our city, we visit the  
local markets.

In this our city, I am a part of a community  
who care. In this our city, I am a student in  
the West.

In this our city, I have memories of swings  
in parks, where me and my friends spent  
most of our days.

In this our city, I call my mum in every time of  
struggle. In this our city, I eat Jerk chicken and  
rice on Sundays.

In this our city, I sit on rooftops eating sweets and drinking  
fizzy drinks. In this our city, I watch my sister work hard.





## Football Fanatics

Bakr

In this City we have Wembley Stadium. It has two beautiful rings over it, and is home to the greatest sport ever... Football!

In this City I'm an EU tournament competitor of many games including *Fortnite*, *Call of Duty*, and *FIFA*.

In my City I am filled with lots of different cultures, and unique languages.

This City does not make me feel at home. My Country, Syria, is where I feel at home.

Something unique about my family... is that it becomes a circus:

Real Madrid and Barcelona FC slippers, sometimes even the TV, go flying out the window.



## Feelings

### Betty

Happy, happy,  
happy. Who is  
happy?

It is really hard to know who is  
happy because people like to  
pretend  
when really they are stressed and  
worried. If you make a mistake,  
nothing is  
permanent, you  
can rub it out.

Everyone makes mistakes in  
life, but it's how you handle  
it.

Friends who can help  
you see, they don't tell  
you the answer, or tell  
you what to think,  
or tell you what to say.  
They let you find your  
way.

The person who has finished  
their poem is the most happiest.



# Sudan

## Noah

I feel tired, like I'm on  
fire. They keep talking  
all of that. Last time I  
checked,  
your friend never got your back.

I'm from  
Sudan, all of  
them know  
half them people live on Edgware Road.

Café de Roma, in  
Khartoum, with its  
chocolate aroma,  
and its magical Oreo milkshakes.

I love raw noodles, Thdomie,  
But I hate the dog breed,  
poodles! When I was a kid,  
I remember eating goat's  
poo. I mistook it for  
chocolate!  
Now my whole family  
knows, but hear me out  
bro,  
there's bigger problems.  
Some people have a whole hole in their house.

I live by Allah's rules,

- Never lie
- Never harm anyone
- Never eat pork
- Feel free
- Feel happy



## Champions

Harlee

Concentration and

Focus **H**ard work and  
determination **A** strong  
belief in your ability

**M**otivation

**P**erseverance and

patience **I**nfinite  
possibilities **O**ptimism

**N**ever give up

**S**portsmanship



## My Kaleidoscope

TJ

A thing of beauty  
Something so hard to  
define Yet somehow it  
shines

A coloured  
person Taught to  
be resilient To  
grow under stress

Gender ever changing  
With the coming of the  
tide Settling to rest

Growing up in church  
Alienating myself  
It's no longer home

Expressing my mind  
Thoughts flowing through my  
body To the stage or sheet

Figures facts  
ideas Are easily  
understood By  
my special mind

My kaleidoscope  
My identities  
fractals The  
colours of me



## What Am I?

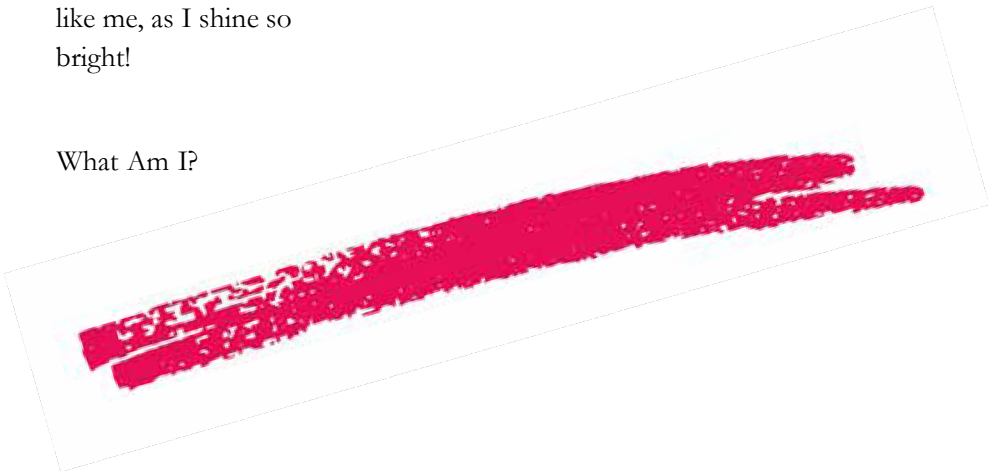
Mohamed

Zippping and zooming,  
spinning, smashing, super-sonic,  
colliding into intergalactic  
DESTITUTION! I am very  
mysterious and unknown,  
I am the opposite of a Black  
Hole, however, it is stronger  
than me.

But I am the fastest in the  
universe. I am proud of being  
the fastest.

Sadly, you will never be  
like me, as I shine so  
bright!

What Am I?



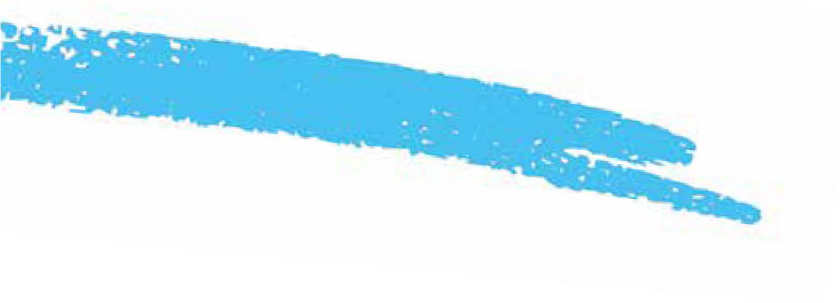
ANSWER: Light

## What is Pink?

Taymiya

*After Christina Rossetti (a black out poetry project)*

Rose, by the  
fountain, a poppy  
in bed,  
sky  
floating.  
Swan is  
light,  
ear, rich and ripe and mellow.  
The grass with small flower  
clouds. Twilight.





LEGO®

Ibraheem

Lego makes me think of surreal possibilities, it never

Ends. Idea after idea, and I

Go with the idea, and become so great! Even though Lego can be quite:

Odd!



## Margherita Pizza

Elya

On a lazy Sunday morning, I am  
starving. I know a pizza will  
make me feel better, and much  
more energetic.

Gimme some Margherita  
Pizza! With 100 slices!  
No, 1000 slices!

I'm hungry for  
some cheesy  
breezy pizza.  
And when I am  
full, I will still eat  
more.

Just one more slice at a  
time. Margherita Pizza is the  
BEST! Gimme some more!

When I am hungry, starving,  
un-full, Gimme me more,  
I want more, more, MORE!

Now I don't need  
pizza, I want a  
lollipop.  
Maybe Margherita is not the  
best? Maybe, I'll never eat it  
again?  
Or maybe I will eat it at the next Carers Express!



## Paper Boats

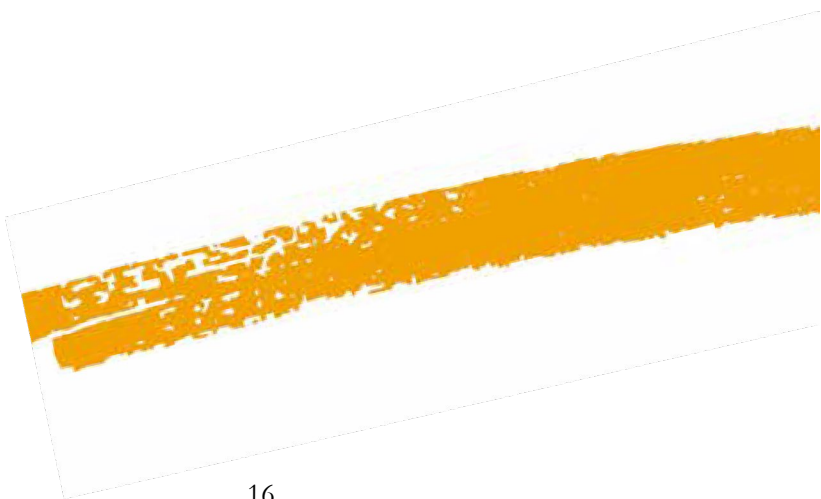
Zane

*After Rabindranath Tagore (a black out poetry project)*

Day by day  
in big black letters I  
write: **I hope that  
someone will know  
who I am.**

I hope that these  
blooms will be carried  
safely to land, and look  
up into the sky, and  
set sail.

I know the sky sends  
down to race with my  
dreams  
that float on and on under  
the baskets full of  
screams.



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