

Injection of Hope

The world feels altered overnight,
a sudden turn, a blinding light.
A word arrives, it cuts in two,
the life you dreamed, the plans you knew.

Grief may flood and linger near,
for ease of days no longer here.
It ripples out through all you've planned,
through every sibling, every hand.

And yet your child is breathing still,
with courage rising, iron will.

With needles, pens, and numbers new,
you'll find a strength that carries you.
Though nights are long, and maths unkind,
a different rhythm you will find.

For joy remains, it learns to stay,
beside the tests, it lights the day.

Your child is whole, not torn apart,
still full of wonder, life, and heart.

The same bright soul they were before,
now cherished deeper, treasured more.
And though this path feels hard, unknown,
you do not walk its turns alone.

A vast community stands near,
with open arms, with voices clear:
We've lived these nights, these endless days,
and still found laughter through the maze.

Take heart, take hope. You'll find a way, this
love will guide you, come what may.

Written by Heather Jackson (parent to a
young person with type 1 diabetes)