

MOVE ON

Jings crivens help ma boab
Dae I really need to go tae ma
joab

I'm awfy knackered could
sleep aw day
But then they'd likely dock ma
pay

ELEVATE



MOVE ON

I've bills galore and a
shopping habit
But lack eh sleep makes me
awfy crabbit
For the thought of putting bare
feet on flerr
Fair fills me up wae utter
despair

ELEVATE



MOVE ON

So I pace myself, count one
two three
Untangle limbs from covers, I
set myself free
I run to the loo - shower on full
Roasting at first then lowered
tae cool

ELEVATE



MOVE ON

Kettle on - coffee I savour
Don't sit too long or I'm likely to
waver

As thoughts of excuses run
through my head
That would justify an extra day
in bed

ELEVATE



MOVE ON

But procrastination keeps me
in slumber
Denying me a dreamy winch
fae ma latest lumber
So hi ho, hi ho to work I go
A necessary evll as we all
know

ELEVATE



MOVE ON

But I look forward to more Zzz's
tonight
When I meet up again wae my
Mr Right!

- Denise

ELEVATE




Recovery
Employability
Service