



Many Poems
One Heart

Introduction

Over the summer of 2021 I've been working with the lovely members of Many Hands One Heart, introducing them to poems and poets that have changed my life. I believe that everyone has the ability to take the materials of their life and transform it with language. Language can be powerful and it's something that we all have access to. What you're about to read are the poems that we wrote in the weeks that we spent together. We shared stories of love and loss, survival and death, fear and hope, and in doing so took control of our experiences through language.

Day Mattar

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Writers



Hajar

The most recent baby of many hands one heart, Hajar joined us in 2021, originally from Morocco, Hajar is 33 years old and has a big passion for arts, painting, music and dancing are her favourite things in the world.

Britney

Our famous queen, Britney, joined Many Hands One Heart around 5 years ago. Passionate with music and performances Britney loves to do art in all the expressions.



Writers



Mo

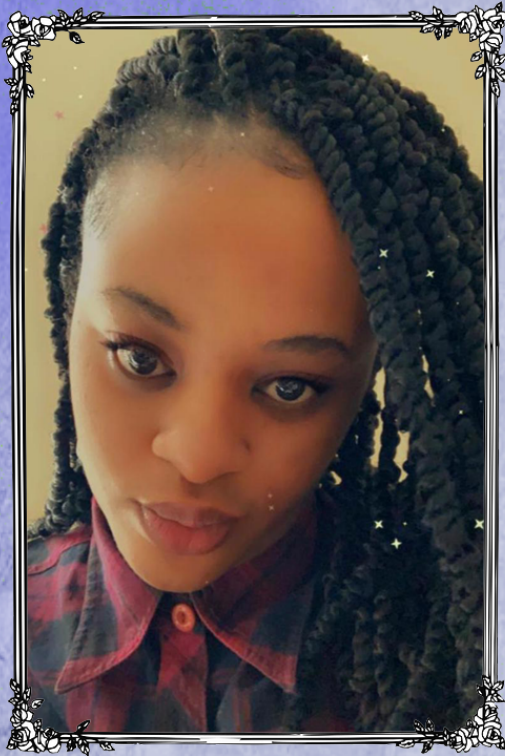
An old star from The Mic Drop, Mo is a member from Merseycare. Originally from Iran Mo joined the group to help with mental health practices such as workshops and other activities.

Ruth

Ruth is an asylum seeker from Nigeria, She joined Many Hands One Heart in 2019 . She's 41 years old and loves cooking. Her favourite dishes are all kinds of rice and stew. She also loves to dance afro beats.



Writers



Chimdi

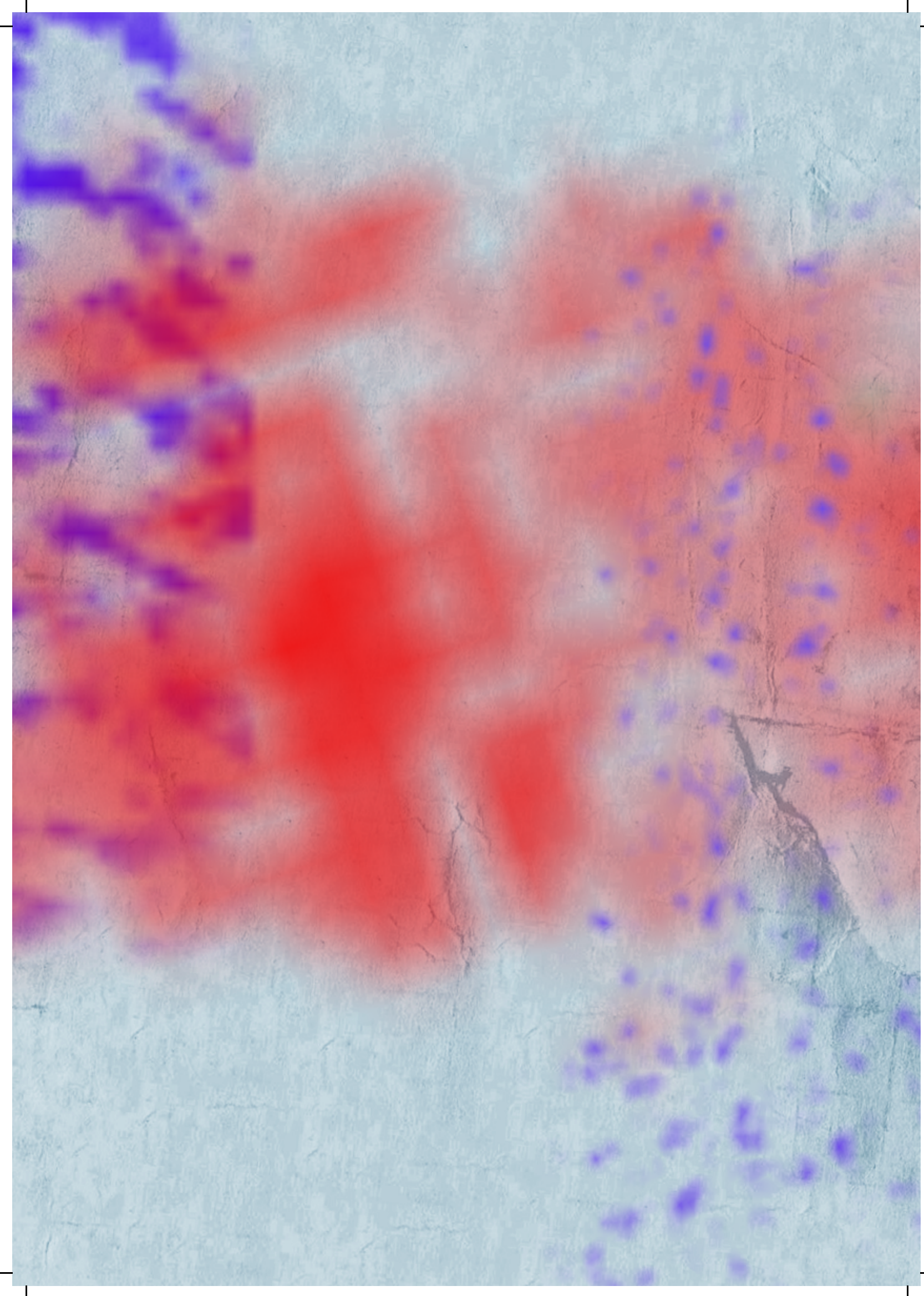
Chimdi is a 28 years old asylum seeker from Nigeria, She joined recently Many Hands One Heart in 2021, Passionate with poetry, her favorite thing in the world is to socialise and meet new people.

co-creators

Day

Day Mattar is liverpool's resident non-binary, nudey-rudey, shiny-whiny poet. they chat wham and always have fabulous hair. their work is shamelessly confessional, the joys of the queer body into candyfloss-verse, and in darker moments, its traumas. but always... fabulous hair.





Dear Best Friend

Dear Best Friend,
Thank You
for the beautiful time we shared
and for always listening to me calmly.
You light me up just like
a light
would light up a dark room.
You made me feel free and it was fun sharing my coming out
story with you.
I always wish to spend all of my spare time with you because
you make me feel complete and whole.
You just left a smile on my face right now
remembering the crazy things we have had in the past.
There is just a lot I would love to say
but the memories keep reminding me
of how far apart we are
and would do anything in the world just to have you right beside
me.
Just writing this to let you know how amazing you are.
Cheers to a greater Us,
Cheers to making me who I am today
and cheers to me for being me.

Chimdi





Animal

The Forest is your home
Man in his ignorance won't leave you alone
Strong together you hunt for survival
Man and his gun, your only rival
Oh how much beauty you have contributed to nature.

Chimdi

Down in the mountains

I love to kneel down in the mountains,
imagining
how wild animals live
in the forest
and also how they survived
in the forest.

Ruth

To the young that want to die,

To the young that want to die,
there is a bright future ahead of you,
you are a brilliant person that has worked so hard,
you have gone far to die now,
focus on the beautiful things God has made.

Always be positive
and be happy,
everything will get better soon.
Do not give up.

Ruth

Oink Oink

Oink Oink
Please let me go back
Why me?
Please let me be
Oink Oink
You all hear when I scream
And I scream
And I Know this is no dream
Oink Oink
Can't you see I'm Scared
I Know what's going on,
I know where are u taking me to
Oink Oink
Let me go back to the farm
In my stable, with my friends
Living in my shit
Eating my own shit

Can't you see the colour of my shell
Burning from pink to pale
Can't you see that I smell the fear
The blood and death
I know what's going on
I know where I end up
I beg screaming
And I Scream
Oink Oink
Oink oink
Let me be
Let me go back to my living friends
I don't want to be your bacon
Oink Oink

Walking in the Wild

My Mind full of imagination
Of how God create the animals,
Mountains, green pastures, waterfalls.
To show how beautiful the nature can be
This will always bring all rational thoughts
To its knees in submissions to the wonders of creation

Azeez

Many things have tried to kill me...

Many things have tried to kill me...

Especially every morning when I wake up

And I am forced to live the same role

And for a long time, its not known when the end of waiting

The end of despair, the end of marginalization, and the end of the
slow attempt to kill

All these details suffocate me and try to kill me (sorry for Sharing
this stuff)

Hajar



The Enemy

He is your enemy,
the weak,
the inevitable,
he may call you now, but not this time
Now is your date with the summer sun
Sea waves,
the sound of the waterfall,
the celebrations of friends,
the sound of children,
ice cream carts,
traveling far,
discovering the depths,
holding your lover's hand,
watching the sunset
and sitting in the rain.

Hajar



The Wild Animal That You Think

The wild animal that you think,
that the circumstances and vicissitudes of life exhausted him,
and he is no longer able to travel in the universes and galaxies
to achieve the impossible...

You thwarted him
and then disappeared from existence...

You must restore him, with confidence
in love...

with optimism.

You will climb to the tops of the mountains,
just
be confident.

Hajar



The Ocean

When I was contemplating the ocean,
its vastness
its beauty and calmness
and all its details
I realised that there are secrets in this universe
that are deeper than the superficial things we live in
more important than the short moments of fun
I muttered with my mouth
were all this beauty and greatness
I felt,
these moments,
I am a saint.

Hajar



The fox

My orange colour is distinctive,
I can smell and hear from miles away,
my intelligence and cunning are unparalleled...
I have a varied diet between meat and plants.
I wish humans to raise enough ducks and chickens
because I can't do without.

Hajar

Love



I have more thing that I hate from me, that the ones I love...
But there is one thing I always dreamt of
Something that when I was a teenager I wanted to show off
Something that makes me feel powerful
Something that makes me feel I slay
Something that makes me feel me
And then when I manage to get it, it gives me the confidence, it
gives me identity and it became the symbol of my freedom.

Britney

To the Young who wants to die.

Life is expensive and sometimes not worth it.
Because honestly no one likes things without our consent
Who asked you to born?
And specially in a shitty country?
Sometimes spending your life in things, you don't
want to do
Restricted by a society that cut your wings.

And yet
You manage to find things that help you
to wake up every morning
The touch of a lover
The taste of their lips
The smell of that greasy pizza that
makes you feel guilty afterwards
The view of your favourite place that brings you memories
Or the sounds of that song that makes your brain release
serotonin
Yeah, Life sucks
You don't want to live anymore, and yet you are hungry to see
what's next



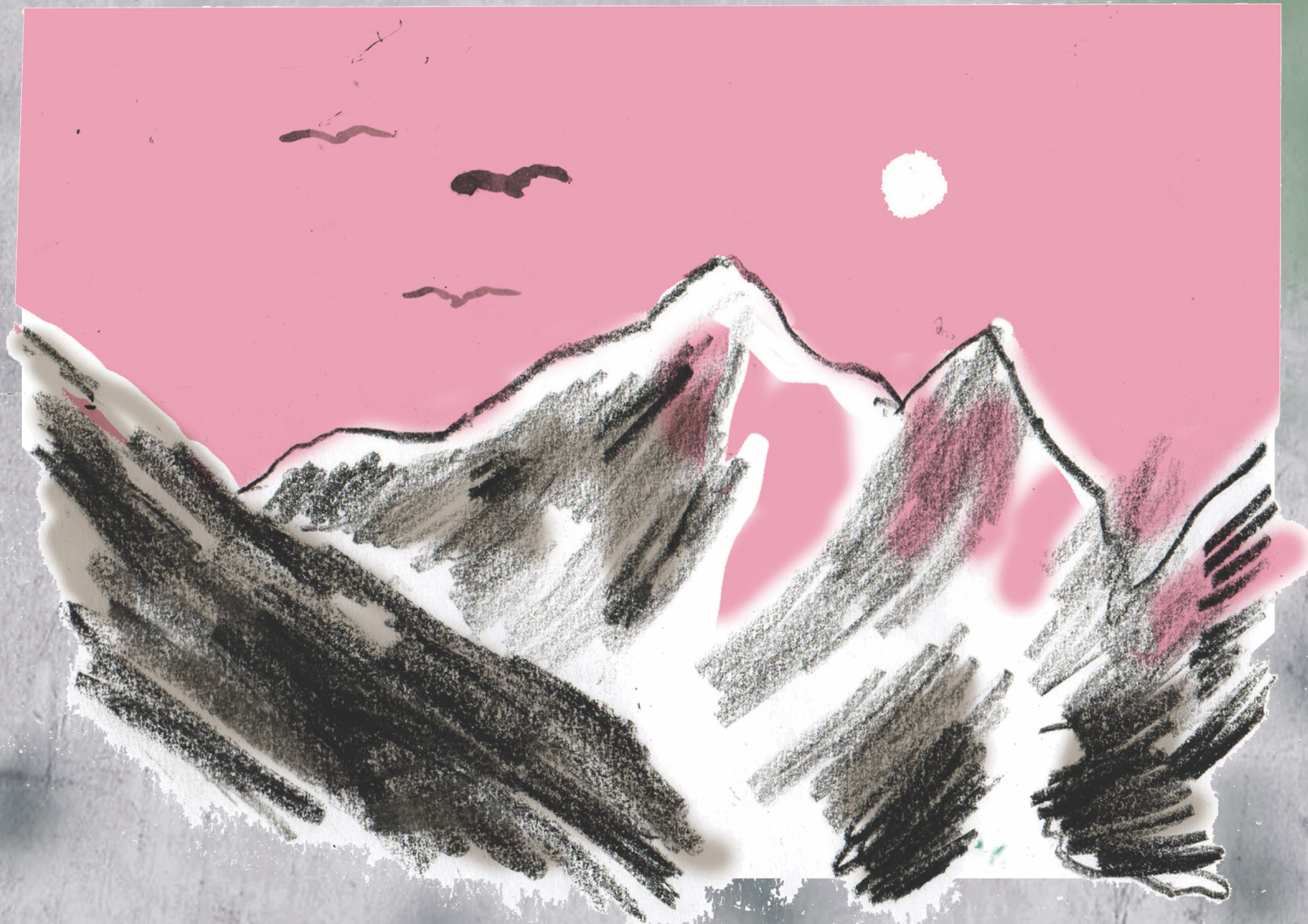
Britney

The anxious possum

Ding dong ding dong
Flowers here, flowers there
I came out of the trahs can
Didn't find anything to eat
But the garden of this house is something good
Ding dong ding dong
Live hard, die fast.

Britney





untitled

I'll take you to a getaway
Leave your imagination go wild
To a place with mountains and animals
Can you hear the birds singing?
I'll go down on my knees now, and the rest is on you.

Britney



codigos

Vamos a empezar como siempre.

Saludando sin saludar

Porque hay muchas cosas que siempre he querido decirles,
Pero nunca las digo porque ya las saben

Nunca hemos necesitado decir nada sobre sentimientos,

Porque sabemos están ahí,

Aunque la caguemos o triunfemos

Aunque estemos felices o tristes, ya sabemos estamos ahí

Escribí esta carta porque quería decirles cosas que no puedo.

Pero termine no diciendo nada,

Porque estamos mas haya de eso.

Britney



Secret codes

Let's start as usual
Saying Hi without saying Hi
Cause There's a lot of things I always wanted to tell you
But I never said them, because you already knew it.

We never needed to say something about feelings,
Because we know they are there,
Even if we fucked up or we win
Even we are sad or happy, we know we are going to be there

I wrote this letter because I wanted to say things I normally not say
But I ended up not saying anything
Because we are beyond that.

Britney

heartofglass



**Many Poems, One Heart (2021) Azeez, Britney, Chimdi, Hajar, Mo and Ruth with Day
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