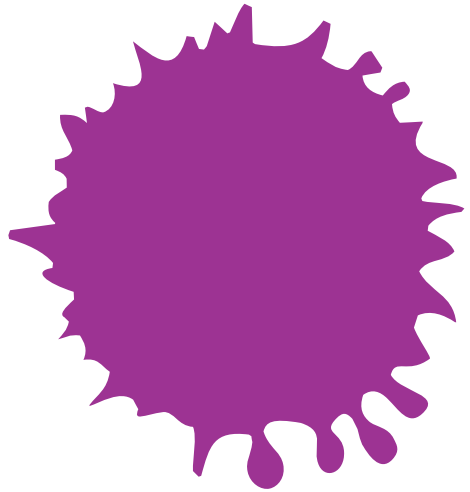
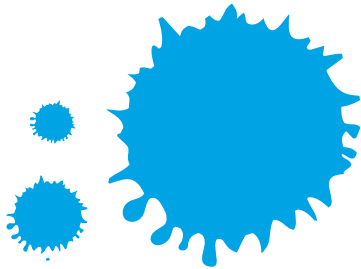




# Bad Time Rhymes

*A small book to offer words of  
comfort to children and young  
people who have been bereaved.*



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helping children through bereavement

# Bad Time Rhymes

**A National Poetry Competition, Bad Time Rhymes, was set up in order to give children and young people an opportunity to have an outlet to express their emotions about someone special who has died. The most thought provoking and touching poems are published here to give children and young people coping with death something to relate to and help make grief less taboo.**

**Bereaved children and young people often report that their friends are very kind but do not really understand the changes and emotions that bereavement brings.**

**This book aims to take one step forward in increasing young people's emotional literacy and empathy development both by the writing and reading of poetry.**

**Our schools pack encouraged participants to:**

**"Imagine, Describe, Inform, Persuade and Learn!"**

**The Judges were:  
Andrew Motion – Poet Laureate  
John Hegley – Poet  
Kevin Wells – Holly Wells' Dad  
Rosie Thomas – Author  
Dani Harmer – Actress  
Tracy Beaker and a panel of Bereaved Children.**

**The competition was run by the Grief Encounter Project, in association with SlideAway, Jigsaw4U, Laura Project, NCH Butterfly, Isabel Hospice, CHUMS, Notredame Centre, CRUSE Bereavement Care and the Child Bereavement Charity.**

**One of our tasks as charities working with bereaved children is to encourage education about bereavement in a variety of innovative ways. Above all, we hope that we have increased awareness about how it feels when someone special dies. Please help us carry on this work.**

**In memory of Holly Wells, who was murdered in Soham, August 2002. The Wells' family life will never be the same, with a grey cloud in the sky. Heaven may have a new star, but the Wells' have lost a ray of sunshine.**

# Foreword



Photographer: Adrian McEaling

Andrew Motion

Poetry is, among other things, a source of comfort and consolation as well as means of self-release, and the poems in this anthology are proof of that. Whether they look directly at hard facts of suffering, or take a more oblique route to their subject, they make a powerful connection with powerful feelings, and give readers the privilege of sharing them.

Andrew Motion – Poet Laureate

“Nicola and I received thousands of poems after Holly’s murder which were a great comfort to us. I personally find writing incredibly therapeutic and poetry in particular is a very powerful tool to convey thoughts and feelings and express emotions. I felt incredibly proud and honoured to be judging the Bad Time Rhymes national poetry competition for children. I hope writing proved cathartic to the children who entered the competition and that the resulting poetry book will offer comfort and support to anyone who is struggling to come to terms with the death of a loved one.”

Kevin Wells – Holly Wells’ Dad



Kevin Wells



# feelings

"Muddled, confused and mixed"  
Drawing by Josh, aged 12 years old when his Dad died

**Pat Hutchins, author and illustrator**  
Pat Hutchins specialised in illustration at Art School. Her career in the children's book field began with the highly acclaimed *Rosie's Walk*, a 1968 ALA Notable Book. Since then she has written five novels and created more than twenty-five picture books. She was awarded England's prestigious Kate Greenaway Medal in 1974 for *The Wind Blew*. Pat Hutchins lives with her husband in London, England.

