

We'll beat this – written by Katie Matthews, Learning Disability network manager at NHS England

There's a time, when we all need,
To either quit or follow through.
Just lose hope, or trust your heart,
To get us through the dark.
Without the one, who needs help to carry on.
We might get lonely, but we're not alone

Together, we'll beat this
We make each other stronger, and
That ain't never gonna change

At times we may just feel like our backs are to the wall
We hold our heads up high
And keep standin' tall
We know that our backs are covered
Because we have each other
And were down for whatever
If you hear me throw your hands up

If you know that you're a star
You better stand up if you know just who you are
Never give up, Never stay down
Together, we will beat this because
We make each other stronger, and
That ain't never gonna change

Sometimes life may get you down
But you better hold your ground
Can't nobody live your life but you
Just stay true to who you are,
and follow your heart
Your heart, your heart

If you know that you're a star
You better stand up if you know just who you are
Never give up, Never stay down

Together, we'll beat this
We make each other stronger, and
That ain't never gonna change