

Aaron's poem - written by Aaron Senior, Lived Experience Expert Lead for Autism

Here I am laying alone in the dark
12 week of self-shielding I've began to lose my spark
I am not allowed to see family and friends
I can't wait till covid19 ends

I have forgotten what it is like to be the Aaron everyone knows and loves
It makes me feel uneasy seeing everyone on public transport wearing masks and gloves
There is so many people I want to cuddle and see
Happy is how I want to be

Am done with crying every night
I feel alone and isolated have a drink I might
There's been so many autistic lives taken during this time
Being locked away in my one roomed studio flat makes me feel like a prisoner
Who's locked up for his crime

I just want to be going to work and live life how I used to do
When the prime minster extended the lock down by three week that's more time
Of me feeling alone and blue
There's only a few family and friends who have reached out for me
Please all the people having parties during lockdown stop being so selfish that is plea
Covid19 made my best friend so ill
I prayed for you every night Rebecca saying beating covid19 you will
There are so many people who are vulnerable to get the virus just like me
When the pandemic ends happy as Larry I will be