



**Young Hearts: Inspirational poetry by children with ME**

**On Hold**

*The cure you would like to have is currently unavailable. Please try again later.*

*The life you are trying to reach knows you are waiting. Please hold.*

*Your hopes are important to us – we will be with you shortly. Please hang on.*

**Victoria Flute**

From *Young Hearts*

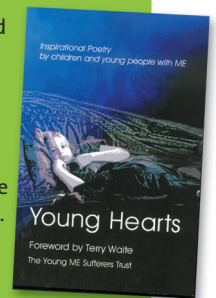
A poetry book is rarely a page-turner. This is the exception. "I honestly could not put it down," comments an educational psychologist who sees children with ME regularly. "I feel I am really starting to understand what it must be like."

This remarkable poetry collection by over 40 children and young people with ME has been launched by Terry Waite CBE, former Special Envoy to the Archbishop of Canterbury and middle-east hostage.

Jade Louise Scarrott was 14 when a random road accident cut short her life. She had suffered with ME for four years. Her poems are published in *Young Hearts* along with contributions from children and young people aged seven to twenty-six. Jade conceived the project and its title to raise awareness; the shock of her death determined everyone involved to dedicate it to her memory.

Some of the poems are cries from the heart: "I'm no different to anyone else. I'm just ill." Some are funny (*The Spider in My Room*), some contemplative (*Snow Falling*). Not all are about illness. What they share is the ability to touch us and leave us different from before.

Children with ME can become isolated, lonely and forgotten: "I am the child who disappeared, passing like a shadow from your lives...". Despite such privations, the amazing spirit of these young people shines through their words. As Terry Waite says in his Foreword, "Suffering need not destroy."



*My world's stopped, but life goes on – And I've time to drink in each new dawn.*

*Young Hearts* is available for £7.95 (inc. P&P) from The Young ME Sufferers Trust, PO Box 4347, Stock, Ingatestone, CM4 9TE. Tel: 01245 401080. Further information at [www.tymestrust.org](http://www.tymestrust.org)