

SAFE Newsletter

April 2025

Welcome to our April newsletter

Spring is definitely with us now and Easter approaches with promises of large amounts of chocolate and two bank holidays. Light has emerged as an important element in safety for older people, both in seeing where you are going and the danger inherent in the night time world. One of our participants in the workshops commented that their life changes as we pass the equinox and there is more light than darkness. We hope everyone is feeling a little bit

more liberated in these lighter days. This month's newsletter seems to have grown into something of a poetry special, following on from the pictures of the last edition. We have group poems from the workshops and also individual poetry from participants. These form an important part of our data but, more importantly, express in a vivid way the feelings associated with keeping safe as you get older. Also in this edition, we look at a couple of additions to our data gathering in which we will aim

to include some people not represented in our initial work. Our team profile this month is Martin Wilkes, one of our experts by experience who has already been active in data gathering and analysis. Finally, we draw your attention to our **public lecture on 30th April** where members of the team will present some of our data.

If any readers have any information they want to share about upcoming events, please get in touch.

In this newsletter:

Welcome to our April newsletter

Poetry on safety and age

Team profile:
Martin Wilkes

Upcoming public lecture



SAFEGUARDING ADULTS FOR EMPOWERMENT

Any comments or suggestions for the newsletter (including being removed from our circulation list), or for more information about the research, contact:
keith.chappell@sunderland.ac.uk

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Poetry from our Creative Workshops

An important part of the creative workshops we have carried out has been the production and sharing of poems by individuals and by the groups.

Here, we share some of that poetry which captures thoughts, feelings and experiences of ageing and safety.

“OUR SAFE PLACE”

A CHURCH REASSURES SLOW BUILDING COMPANY IN A CUPBOARD.

RUBBISH FOOD CLOUDS TOMORROW FOR GANGS.

HOME IS ANOTHER COUNTRY BUT TODAY IS CALM FOR PEOPLE.

TOMORROW'S SUMMER FILLED WITH COMPANIONSHIP, INFORMATION AND RESPECT.

AND,

SOMEWHERE FROZEN WATER IS SECURE FOR PEOPLE IN SPACE,

AND THE WARM RISING SUN GIVES LEAVES TO THE HEART.



“COLOURS OF LIFE”

THE FEELING OF TRUST LINKS US TO THE PURPOSE.

MEMORIES OF STRENGTH AND YOUTH, PREPARE, BE AWARE.

THE VILLAGE PARK WITH DAD'S SEAT, IS WHERE MY BROTHER PROVIDED SUPPORT AND REASSURANCE TO DAD.

SECURE COMPANIONSHIP IS A VISIBLE, SECURE, PALE GREEN COLOURED SPACE.

RED DOOR
YELLOW SKY IN SUMMER

THE BLUE THOUGHT OF PURPOSE,
YUMMY DARK CHOCOLATE.

BUT DAD'S MIND WAS SOMEWHERE ELSE,
STUCK LIKE FROZEN WATER.

AWARENESS OF KINDNESS BRINGS SECURITY AND LIGHT.
BE AWARE AND ALERT, WHEN YOU NEED ASSISTANCE

CALL FOR HELP.

FAST NETWORK.

FIBRE NETWORK.

CABLES OF LIGHT ON THE NETWORK OF CABLES.

“DIVERSITY OF LIFE SHINES BRIGHT”

PICTURES TODAY SHOW THE FOUNTAIN OF YOUTH.

DON'T CARE TO BE FRIENDLY.

AND YET,

I OFTEN DREAM,

OF A QUIET SLOW BUILDER OF THE COMMUNITY.

AT A CHURCH THE HELPER CULTIVATED A TABLE,

AND A BRIGHT STAINED GLASS RAINBOW WITH A CALMING PREPARATION

AND A LIGHT, VISIBLE, SMILE.

HOME AT NIGHTTIME

WHEN I SEE THE OLD, WORN, WELL-READ BOOKS

IN THE COMFORT OF MY WARM HOUSE

I REALISE THE NEEDS OF KNOWLEDGE

AS A BRIGHT PRACTICAL RISK.

BUT FROM THE HILLS

THE FRIENDLINESS OF COMPANY IS ANOTHER WARM SUN.



Poem written by participant in Newcastle workshop

Safety in older age to me is

Safety is a bowl of soup
A hug in a mug
A fresh vase of flowers
A mountain view
Time spent with you

Safety is your understanding
how I want your hand guiding
My words met in simple ways
When my mind is in a haze
A ball of wool I can unwind
That helps me guide my wayward mind

Safety is a place to stay
Where shelter from all nature's weather is our
right every day
Where the tinzy patch of air we both breathe.
Help us grow compatible flower life food
seed.

Safety is human care
Where you and I can climb life's aging stairs.
Then sit in open places on easy access chairs
Where all can speak with actions, words, and
joy
And never treat each other like a whipping
toy.

Safety is not remembering
Then learning by trying
To be that young person still in my head
Then wishing I had stayed in bed
And finding out I can no more
Get up and walk out times door

The hardest thing that safety needs of me
Is to ask and let things be
A doddering old fool I'm not
But realise I need your help an awful lot.
So now let's both learn how
This safety thing we both can grow.
Through difference deference and
understanding
We are all a human being.

"Cofferdams of collective thought"

Try tea outside, needed for society.

Look, locks to my income are somewhere familiar.
The purpose of tomorrow's landscape
Is to be friendly and caring.

Volume fly tipping in while brings respect
And wellbeing
Friendship dreams of smiles, brings
Peace and light.

Where, amidst AI, is the warm tower of
information,
And Respect?
We have to decide to hear warm information.

The bench (mark) for physical and mental
Health is companionship.
Assistance is sticking money to a large canvas.

Dream of light and peace and smile gang.

Try tea outside, needed for society



Team Profiles

Martin Wilkes - SAFE research team member and 'expert by experience'

After 30+ years in the corporate video sector Martin is now semi-retired, but with a rewarding new career, as part of Sunderland University's Patient, Carer & Public Involvement team and has been a member of the SAFE team from the beginning.

Martin says: "I believe my title is an; 'Expert by Experience'. However, I see it more as; 'committed' because of experience. That commitment was borne out of my own 'journey' as an advocate for both parents (and other relatives) to safely navigate the good, and less good, of health and social care. So I'm excited to see where the research leads us, and what we achieve as a team."

Martin demonstrates his disregard for the odds by being a faithful supporter of Sunderland AFC and is deeply passionate about his new career as a grandparent, having 4 grandchildren under the age of 3 years.



MARTIN WILKES

Public Lecture 30th April: SAFE project findings

Please join us on the 30th April from 1-2.30pm when we will be presenting emerging findings from our workshop data. To book a place to join online please use the Eventbrite link below and tell anyone who might be interested.

[CLICK HERE TO GO TO BOOKING FOR LECTURE](#)

