



*Our Story  
Isn't Over*

*A collection of poetry written  
by the young people of  
The Amber Project*



**This is a sample of the full poetry book.**

To purchase a full copy of the book please contact:

The Amber Project

43 Charles Street, Cardiff, CF10 2GB

029 2034 4776

[www.amberproject.org.uk](http://www.amberproject.org.uk)



These poems are dedicated to Bill Mahood who was passionate about helping young people throughout his life, and who left a generous legacy to support the work of The Amber Project.



This book contains poems written by young people at The Amber Project (past and present) including,

Ryan G.  
Nicki  
Channing  
Louise  
Adam  
Hanna  
Maryanne

Some young people have not wanted their names to be included, while others submitted their work anonymously

The book was compiled by Caryl Stock, Mary Evans and members of Amber Creative Team.

Illustrations are by Aimee Taylor

The Amber Project is a Church Army Project based in Cardiff which works with young people who have experience of self-harm. The poetry in this book has been written by young people who attend the project and reflects their feelings and experiences.

To the best of our knowledge, all the work is original. Poems may be used, elsewhere with reference to this book and The Amber Project

***Please be aware that you may find the contents triggering***

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## **Amber Project**

**A**mazing and lifesaving

**M**agical and together, we are mighty

**B**eautiful project working with brave people

**E**veryone is welcomed and included

**R**ecommended to every young person (14 - 25) who self-harms

**P**recious members of staff

**R**eally enjoyable

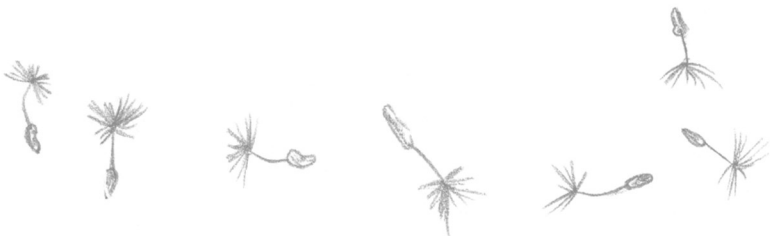
**O**ppportunity to take part in awesome activities

**J**ust what is needed

**E**ngaging everyone

**C**reative and caring environment

**T**ogetherness





## **Ups and Downs**

This world we live in has its ups and downs  
I'm trying to speak but no one hears my sound  
Trying to find my feet in this world we live in  
Forever trying to feel like I am fitting in  
Trying to get by, doing the best I can  
But everything always seems to get out of hand  
No longer will I let life get out of control  
I need to find the strength that is deep within my soul

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