

**“Lockdown” by Richard Hendrick - BBC Radio London**

A poem read by its author during the covid-19 pandemic, March 2020

You are going to listen to a poem, read by its author, Richard Hendrick, on BBC Radio London in March 2020. Watch the video and then read the poem. Try to fill in the 20 missing words/phrases.

## “Lockdown”

Yes there is fear.

Yes there is isolation.

Yes there is panic buying.

Yes there is sickness.

Yes there is even deeper

But they say that in Wuh

you can hear the **ocean** again.

They say that after just a few weeks a

people to each other.

across the empty squares,

keeping their windows open,

so that those who are alone  
may hear the sounds of around them.

They say that a hotel in the west of Ireland  
free and delivery to the housebound.

Today a young woman I know  
is busy spreading fliers with her number  
through the neighbourhood,  
so that the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples  
are preparing to and shelter  
the homeless, the sick, the weary.

All over the world people are slowing down and reflecting.

All over the world people at their neighbours in a

All over the world people are waking up to a new reality.

To how we really are.

To how little control we really have.

To what really matters.

To .

So we pray and we remember that...

Yes there is fear,  
but there does not have to be .

Yes there is isolation, but there does not have to be .

Yes there is buying,  
but there does not have to be meanness.

Yes there is sickness,  
but there does not have to be disease of the soul.

Yes there is even death.

But there can always be a rebirth of love.

Wake to the choices you make as to how to now.

Today,

Listen!

Behind the factory noises of your panic,

the birds are singing again.

The sky is clearing,

is coming,

and we are always encompassed by Love.

Open the of your soul,

and though you may not be able

to touch across the empty square,

!