



I Have...

I have a disability and a learning disability
I have also spina bifida
and I have a club foot
I have had seven operations on both feet
Sorry to have to tell you this
but I have to wear special pads
as I have incontinence problem
I have to bring a pad with me
each day
because I attend the hub
I know it is a bit embarrassing for me
but that's the way I am I'm afraid
but there is nothing they can do
to make me walk better
for me

Carol

Carol is supported by United Response. She wrote this for their "Postcards from the Edges" project.

Poems for...bridges to Learning Disability

<https://poemsforthewall.org>

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support that changes with you