

Connection – what does it mean to you?

By Jacqui Neil, Scottish Care

To be human is to connect
A memory inter-twined with feelings and emotions
That takes us back to a place, or unites us to the now
A belonging, a familiarity, our relations.

A hug can bring us home
A kiss can say so much
A photograph of family can remind us that we are such
It can be a longing for a person or place we once knew
A linkage to a bygone year
That can make us feel happy or blue.

Connection is women within us like the warp and the weft
It holds strong between us till nothing else is left
It is the holding of hands
Or the sound of the waves
The beat of a tune, or the words to a song
It is the memory of something that has gone.

The smell of a perfume or a favourite meal
connect me to you since I was young
What connects me to the world let me consider
Is it my home, my friends or my grandmother.

Sometimes we can only understand
what connection is once it is broken
The bonds have now gone with no way back
A change has occurred and is gone for good
A disconnect that needs to be reopened.



As I get older it is still what connects me to you

The memory of us

The photograph of us

The laughter of us

Our home is our connection

Our town is our connection

We are friends, that is our connection

We are connected for life.



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