

I am colour

A poem to mark Dyspraxia Awareness Week, 8–14th October 2017 by Trustee Gill Dixon

Look at me

What do you see?

Do you see my struggle or just my smile,
Do you think I'm odd or just a unique style,
Do you see that I'm lonely, lost in a crowd
Are my words unusual, is my voice too loud?

I am part of what is called diverse,
The poem with the offbeat verse
I'm the one that's in your face
I'm the gentler part of the human race.

I'm the Bowie in One Direction
I'm the sadness in your reflection,
I'm termed unemployable, often the clown,
To me the world is upside down

Unconventional, quirky, somehow charming
Smiley, chatty perhaps alarming
Turn off the lights and look at me
Close your eyes, what do you see?

I am termed, unusual 'other'
But I am just me, your son, your brother,
Navigating without the tools
Questioning the norms, the rules,

Push past the laughter and look at me,
Am I the person you don't want to be?
Am I unusual a little bit weird?
I should be included and never feared.

For I am always the smile at the start of the day
And I am the **colour** In a world of grey.

Members of the Dyspraxia Foundation Youth Group at a Youth Workshop held in London on Saturday, 24th June 2017.

