

“Everybody”

Written from the keywords mentioned at South Glos Mental Health Forum, Warmley Community Centre on 4th October 2017.

1. Everybody has got a viewpoint, everybody has got something to say,
Everybody needs somebody, or the blues gets in the way.

CHORUS:

Everybody with nobody, is thinking of them self,
Everybody with nobody, is not a picture of good health.

2. Talking with clear airways, listening with both our drums,
We know the body is not a real one, without the parts of all the sums.
3. Our vision and recognition, will circulate our views,
Our health is not invisible, the brain can give us clues.
4. We can often gain information, when we are so half asleep,
We can make new connections, even when the subject is so deep.
5. Out of time with busy lifestyles, many things get in the way,
Mentally we should remember, we are joined up in every way.
6. Using all our senses, doing things all at once,
Listening to the stories about all the fears and lack of funds.
7. Totally be connected in every possible way,
The heart beats a rhythm that the brain can often say.
8. Use or lose a service, live within our means,
Understanding the process that nothing's as it seems.
9. Breathing in all communication, breathing out a slight relief,
We're here to have a purpose and hopefully some teeth.