

ALWAYS
BE KIND
TO **EVERYONE**
THAT YOU MEET
AND REMEMBER THAT
FLOWERS BLOOM
WHEN THE SUN SHINES.
THEY OPEN UP
BECAUSE THEY
TRUST ITS WARMTH,
PEOPLE DO TOO.

James McInerney
@poetryproject08
#brighterjourneys

BRIGHTER
JOURNEYS



For help with your mental health, download the Hub of Hope app at hubofhope.co.uk

Hub of Hope 
Provided by
CHASING THE STIGMA

 **National Rail**

NetworkRail
