What a Wonderful World!

The smell of a hot roasting chicken in the oven, mammy making the salad, daddy coming in the door from work, my brother and sister screaming at me because I am spoiling their game. “Aaah” what a wonderful world!

Hi my name is Emma, I am ten years of age and am living in Monaghan with my crazy and wonderful family. My friends are mad but they are two of the most important people in my life. Their names are Ella and Aisling. We’ve known each other for almost 8 years now. I think people with mental illnesses should have more or less the same relationship that my friends, myself and my family have. I mean it isn’t bat at all having a mental illness. It’s a rare thing so that means that they are different but are still normal people. Its not their fault they have a mental illness.

I myself has had a tough few years. In 2008 when I was 7 I was diagnosed with Neuroblastou – a rare childrens cancer. Since then I have been attending Our Ladys Childrens Hospital in Crumlin going through chemotherapy (which involves hair loss). Staying on the isolation ward for 6 weeks having a bonemarrow transplant. Throughout all this I have carried on doing normal things girls my age like doing. When I got the chance I would go to school, go shopping with my friends etc etc. Now I am completely recovered from this cancer. Though when I had it I didn’t have time to realise I had a passion for singing. I have started singing traditional music and love it so much that I made a CD. All in aid of Our Ladys Childrens Hospital. They are selling well and hopefully will continue to . I adore shopping (not grocery shopping) style shopping! I also have an interest in art. My best memory was when I got all my tubes out. It was as if I was free.

So I would like people with mental illnesses to realise that they are free! No ones holding them back or anything. They should not be scared to go out of their home just because they have a mental illness.

People with these illnesses could go out and start doing or shouting something ridiculous but that doesn’t mean that they are mad people. Its not their fault they have an illness. There are discos on for people with these illnesses and only people like that can go. So they shouldn’t be hiding they should go out and find out what their interests are! They could join a painting club or go swimming, visit their family or things like that! They are normal people . The only person whos holding them back is themselves

The End

By Emma Ni Cearain