

Debut collection published by disabled poet

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For many of us, finding the right words to express our emotions is a hard task.

And the possibility of having those thoughts published is a daunting prospect.

But for Hastings resident Trudy Eldred, who has a diabetes-related disability, it was a way she could express herself.

Having spent 15 years summarising her thoughts, her debut poetry collection, *Poetry From A Quiet Body and a Screaming Mind*, is on the cusp of being published.

"It's something I've been wanting to do for a long time.

"Because of my disability, it has been difficult to be understood.

"The poems I have created seem to stick inside the reader's mind."

Trudy says her debut poetry collection was inspired by her surroundings.

"Often a single world from a song or listening to someone talk will spark ideas in my head for a poem."

"Some people tend to think of me as slow and incapable", says Trudy.

"The book is about proving to the people that I am more than what they expect.

"The best part about writing a poem is to see people's reaction after they've read it — especially if it's about them.

"For example, I've had a few men

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bawl their eyes out over a poem dedicated to them. However, I've sworn not to mention their names."

Trudy says she was "surprised" and "shocked" when local Twyford identity Wendy Evans decided to put on an auction and fashion show to help raise the \$4000 needed to get the book published.

At the event, models of all ages, shapes and sizes strutted their stuff wearing clothes bought from op-shops in Hastings.

A new All Blacks rugby jersey, donated by local rugby great Dominic Bird, fetched a high price at auction.

"The turn-out was amazing, so many people came out to the event. Thank you to all who attended."

■ Trudy is supported by the Disability Resource Centre in Hastings and part of Trudy's funding is from the Barry Whelan Scholarship administered by the Disability Resource Centre.



NEW HORIZONS: Trudy Eldred is on the cusp of releasing her poetry collection, *Poetry From A Quiet Body and a Screaming Mind*.