

## **A Song for Sarah**

My lovely Sarah

The day is here and we have to say goodbye,  
To our wonderful Sarah, I'll try not to cry,  
I hoped this day wouldn't come as there is so much to miss,  
So much that this began as a poem but is looking more like a list,

Sarah came to our trust a shiny new junior,  
The year was 2000 and Sarah Basin the physio ruler,  
Clive and Kim saw her promise,  
Lynne Gumery agreed,  
Sarah came to CF where she would above all succeed,

To our patients she has given the very best care,  
All will agree that in Sarah we have something rare,  
No matter the trouble she is endlessly patient,  
For those long afternoon phone calls they will find there is no replacement,

She has been dedicated, motivated, conscientious and true,  
In infection control meetings we will always think 'but what would Sarah do?'  
Sarah has been there for patients for the beginning, middle and end,  
And for so many of our patients and families, Sarah has become both physio and friend,

In the early days there was Lynne, Lisa Kenyon, Aruna and Jo Lee,  
Now we have you, me, Joss, Rob, Jo, Vicky, Am, Nicky and Manny,  
What will we do without Sarah's joy day to day?

Every day will be a less joyful Sarah-less Monday,  
We have all laughed A LOT,  
And we have not forgot;  
The meetings with clean Jean  
'To avoid seepage a 60° clean'

The Christmas carols with Sarah on vocals or violin  
Hoola-hooping in the gym,

Our long conversations about Sarah's areas of doom;  
Corner of doom, bag of doom, shoe of doom, bowl of doom,  
Locker of doom, pictures of Sarah vacuuming her room,  
And let's not even discuss if we can use the SNOT 22!

The trousers with the stapled hem,  
How we would love to see those again,  
We've all become accustomed to banging doors, heavy typing, and my favourite infectious  
laugh  
That when Sarah has gone we plan to all be louder on her behalf,  
Sarah's chopstick glasses,  
Yet to catch on with the masses!

And who will be there when we are nervous about how a presentation goes,  
For a reassuring word, or failing that some lavender, but as Sarah learnt, not directly up the  
nose!

Her love of food, the 'fat snag' adventures,  
Our Jyoti trips with paneer spring rolls and veg samosas,  
But what we all need a better understanding of is-  
'Who even eats sandwiches??!'

21 years have passed, some much harder than others,  
In 2020 we all wanted to hide under the covers,  
No Sarah, it is time for you,  
To embark on the next chapter with your darling Hugh,  
To the Sheffield Health Hub team,  
Where I know you will reign supreme,  
As the queen motivator,  
And they have gained our very best editor!

They are truly lucky,  
And so are we,  
To have had you for so long in our CF family,

*Lots of Love,  
Catherine and the CF Team,  
West Midlands Regional Adult Cystic Fibrosis Centre*