

# One in a MILLION!



This week, we're recognising the amazing work of James McInerney, 43, from Northampton. He said...

**P**utting pen to paper, I got to work. When I was young, I suffered from depression, so I used writing as a way to escape.

With a particular love of poetry, it always helped to clear my mind, so it was no surprise that I went on to be a professional poet and author.

Then, one day in 2018, walking through the London Underground, I noticed the information boards.

With a famous quote from Nelson Mandela, I had an idea.

*My poems would go great on there,* I thought to myself.

My work had always been focused on mental health and positivity, and I thought this would be a great way to spread that to the people of London.

So, when I arrived home, I sent the tube station a message on Twitter. *'How would you*



Love of poetry

*feel about putting my poems on your information boards?' I asked them.*

After pressing send, I didn't think anything would come of it, but it was worth a try.

However, not long later, I had a reply.

*'That sounds like a great idea,'* they said.

And so, that day, I sent them a selection of poems from my collection, allowing them to pick their favourite.

At this point, I still didn't know whether they'd actually do it, but the following week, people started tagging me on social media.

*This is just what I needed today,* they wrote.

Attaching pictures, there it was in black and white – my work on the London Underground.

After that, it continued to grow. I started getting in touch

## Service information

Date: 13<sup>th</sup> APRIL 2019

Time:



### QUOTE OF THE DAY

RECOGNISE YOUR INNER STRENGTH. FLOWERS OFTEN GET PULLED FROM THE EARTH, BUT THEY STILL HAVE THE ROOTS AND THE ABILITY WITHIN THEM TO REGROW, YOU DO TOO.

'BORN TO TURN'

*Wendy Smith* @HampshirePoet

Stop, read and think

with more and more stations and soon enough, my work was all over London.

I couldn't believe how well it had worked out and the public's reaction was amazing.

*I was feeling really low this morning, but this massively helped,* people wrote to me on social media.

My aim was to get people to slow down and think.

Helping them take a breather, it's amazing what poetry can do.

Two years on and my work is all over the world.

What started as an experiment to make people stop and smile, is now a multi-nation project.

I've even managed to get celebrities on board to help spread my message.

Stop, read and think.

● To read some of James' work, please visit:

[jamesmcinerney.wixsite.com/poetry](http://jamesmcinerney.wixsite.com/poetry)

Pick Me Up!