

## Sarah Dixon

### How I deal with darkness

When the shadows clamber around,  
causing nervous leaps  
and tense checks of each room  
for intruders,  
cellars, kitchen, hall, landing.

My bedroom is the place  
I don't need to search.  
A safe space  
thick with blankets,  
deep with books, strung with fairy lights.

Here I can reach out  
a warmed hand into the cold,  
let it settle on someone else's story  
or throw my curtains open  
and watch the light of the valley creep back.