

“FLY ponders on his pollen pillow”

A book by Fr Peter Day
Illustrated by Claire Cimbora.



FLY ponders on his pollen pillow is my attempt to creatively shed some light on the plight of people overwhelmed by mental illness; a plight that too often goes hand-in-hand with homelessness and isolation.”

Fr Peter Day

The book focuses on the story and plight of the homeless mentally ill. Sir William Deane, Patron of HOME has written the following forward. He commends the book to us all.

“Over the years, particularly during the period I was Australia’s Governor-General, my wife Helen and I have been privileged to listen to the stories of many thousands of people from many walks of life. Generally, and perhaps inevitably, the most disturbing of them have been those of the most vulnerable and disadvantaged. Their stories also seem to us the most important. For the ultimate worth of us all, both as individuals and as community or nation, depends upon how we respect and treat those in greatest need of our concern, protection and assistance.

In the forefront of the most vulnerable and disadvantaged of Australians are people with mental illness, particularly those battling homelessness. If ever there was a story that needed to be told and heard, it is theirs. It is not an easy one to listen to, but listen we must, for the sake of our own decency and in order that we might contribute a little to helping things change so that these fellow citizens of ours are afforded basic care and social justice.

This small book, *Fly Ponders on His Pollen Pillow*, seeks to help our most disadvantaged citizens both directly and indirectly. Directly, in that any net profits will be given by the author, Peter Day, to HOME in Queanbeyan (HOME): a community initiative, inspired by him, seeking to provide desperately needed supported accommodation for people with chronic mental illness. Indirectly, in that the book focuses upon the story and the plight of the homeless mentally ill.

Predictably, the central character of the book is Fly. It is true that Fly is a bit of a pest. But he has a real personality. I particularly like his frank admission of admiration of the French because of what they do to frogs.

Thus, Fly, gently – and occasionally, not so gently – invites and pesters us to listen to the cries of the ‘unheard’. He does so by persistently buzzing around our eyes, ears, and hearts in order that someone, anyone, might listen. In doing so, Fly makes a significant contribution towards upholding the dignity of people with mental illness, reminding us that few things are more important than taking the time to listen.

And sometimes it takes a pest to shake us out of our indifference.

As Patron of HOME IN Queanbeyan, I warmly commend *Fly Ponders on His Pollen Pillow* as a significant voice educating us all and crying out for much needed change. I also congratulate and thank Peter, Claire Cimbora (who has donated her wonderful talents as illustrator), and all those other generous people associated with the HOME initiative. Their work is both important and selfless. It deserves and needs the support of us all.”

(Sir William Deane)



You can purchase a copy of *Fly Ponders on His Pollen Pillow* for \$15.00ea plus \$1.50 postage and packaging. Please send your cheque to:

Fly c/o Sepp Babler

27 Dash Cre

Fadden ACT 2904

Further information can be obtained by emailing canberra.admin@ces.org.au

The proceeds from the sale of this book will be donated to HOME in Queanbeyan.