



hanel Vegas  
*A Year*

Montez Press  
Writers Residency

What is a year  
But 365 days  
Fifty-two Discover Weeklys  
Another  
self-employment assessment  
One more pair of torn jeans  
Patching them up with red thread  
Twice before you admit defeat  
500 cigarettes smoked  
Two Amil-C Whipped  
face theory creams  
They smell like orange  
On good days I lick it  
Another fucking fur jacket  
Failed attempts to not get packet  
Sixty hangovers  
Guinness is getting older

Phone screen broken  
Every six months  
One tooth pulled out  
One hundred pots of soup  
Unfinished paintings  
Stuck in student overdraft  
Nine thousand and forty-three laughs  
Seventy-five and a half orgasms  
No Covid this time  
Two seizures  
Missed smear test  
Must get cover for BBQ  
Should stop carrying

My passport around  
Two new recipes  
Caramelized cabbage

Beetroot feta burgers  
You're still dead  
Two traitors  
More grey hair  
Forty days of insomnia  
Ten baths  
I can never relax  
Twelve periods  
Three hair colours  
One sexy gym outfit  
Fifty Zopiclones  
Thirteen days of constipation  
Three episodes  
Neurology Phone Call  
Appointment  
NHS is still lazy  
156 runs around

Mountfield Park  
Three aeroplanes  
Another contract  
My signature  
Is getting looser  
I don't recognise it  
Few strangers  
This unfinished poem