**Island Man**

*(for a Caribbean island man in London*

*who still wakes up to the sound of the sea)*

Morningng

and island man wakes up

to the sound of blue surf

in his head

the steady breaking and wombing

wild seabirds

and fishermen pushing out to sea

the sun surfacing defiantly

from the east

of his small emerald island

he always comes back groggily groggily

Comes back to sands

of a grey metallic soar

to surge of wheels

to dull north circular roar

muffling muffling

his crumpled pillow waves

island man heaves himself

Another London day

Grace Nichols