

APRIL

Writing from in-person group which takes place Wednesday 10.30-12.30

People share (non-obligatory) homework at the start of each session before further writing, reading and discussion. (Apologies, some items reformatted to save space):

Needle (Maggie)

I know your games
much evidence of that!
And you know me so well.
You know my wounds,
my insecurities,
my love for you.
You place your verbal needles
reliably each time.
Despite my rational mind,
despite experience,
despite my age and wisdom
despite my boundaries.
The needling punctures my resolve.
It feels more like a knife.

Bank (Pauline)

Bank it today – okay.
Why? Because it will be safer than storing it beneath
the bed.
What, really, these days – she said.
I think she was thinking,
'I wonder if she will leave me any in her will?'
I don't think so, she had made up her mind about that.
She didn't like people.
She was going to leave all her money to her cat.

Learn (Jane)

Learning to do something new can be a terrifying motion. Especially when all confidence has been knocked from you. To relearn things can also be difficult. To relearn trust for example. To be pushed into these things does not help. It makes you feel small. Knocks the confidence further. When nasty words such as wimp or coward are thrown around the trust begins to ebb away further. But do not despair. Try to shut out those voices. It's hard but close them off. They aren't helpful. Take it one small step at a time, at your pace. You're doing fine, great in fact. You'll learn new things and relearn old things. And you'll do it with that renewed confidence you never knew you had inside you.

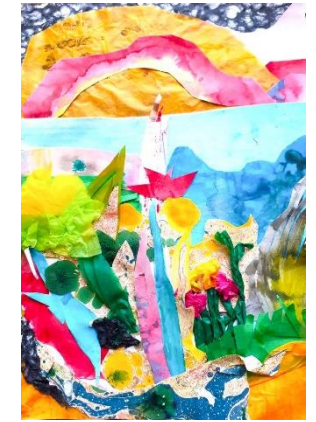
St Patrick's Day (Liz)

When I was a Girl Guider, I did a St Patrick's night. I asked them to come that day all dressed in green. I put out the tables with different things on them. I had made rainbow jellies and at the bottom of it the treasure which was a sweet. I had them painting stones with four leaf clovers. In the background I put on Irish music and we tried some Irish dancing. It was a great evening for them. When you think of Ireland you think of leprechauns and pixies with big ears and pointy hats.

Book (Rachel)

When I was a young child, I remember reading The Lion, the Witch and the Wardrobe. I used to go in my wardrobe and imagine I was in Narnia. I love this book and the movies.
I think it is a great children's novel and I recommend it to children and adults.

Letter of thanks from **Buckingham Palace** for the **BV calendar** sent to **King Charles**. A selection of colourful **spring collages**, many using hand-painted papers.



APRIL DETAILS

You, our participants

currently contribute to our rent in Fountain Street and help keep our services going with donations, large and small, in cash and in kind.

Vitaly, you are also supporting one another.

Smoke and Mirrors (Bill)

I wonder is there something completely fundamental within life itself?

Something so mind-blowingly good, precious, wonderful, that actually destroys all the ongoing smoke and mirrors that make up quite a chunk of today's religion?

Just that everything that has been created is loved, wanted, included in the great tapestry we call life, now that really would be something to get excited about.

Sparkle (Will)

It twinkled and sparkled in the sunrays coming through the window, perched on its little pillow next to the piano and other objects from eras gone. It wasn't as rare as some of the other items within the shop but it was still of great worth, this seemingly simple ball of unknown mineral and resemblance of an eye was one of the many powerful, unique and useful items that this little shop holds.

An Irish Goodbye (Tia)

An Irish Goodbye reminds me of the song called Goodbye-e, I think of, which is Irish. Irish pubs in Hanley would play various music which lifted everyone's spirits. Irish people take a family or relative's funeral seriously, everything is planned, and everyone completely dressed in black and the flowers and music complete the whole event. Births and deaths are a way of life and on the whole of a celebration it's always a great feeling to share in a Guinness or two with a bit of music to wish the local folk and visitors on their way.



Contact details:

c/o Leek Health Centre, Fountain St
Leek, ST13 6JB (Andy collects mail weekly)

Phone: **01538 528708**

Mobile: **07760 138395** (now on a better connection)

Email: info@borderlandvoices.org.uk

Website: www.borderlandvoices.org.uk

Facebook: <https://www.facebook.com/groups/1398672493722468>

Borderland Voices contact **Andy Collins: at home but Wed in Leek**



Borderland Voices

25 years of arts for mental wellbeing



The Queen's Award for Voluntary Service

Newsletter APRIL 2023

In-person sessions, Leek Health Centre, on Wednesdays.

Every Wednesday: 10.30-12.30 Creative Writing;
1.30-3.30 Expressive Art. All welcome.

For further information email info@borderlandvoices.org.uk

Images: Letter from **Buckingham Palace** (see below); **spring collages**, some using papers hand-decorated with water colours.

April art: 5th: Easter cards (+ finishing collages) + Sarah;
12th, 19th, 26th: British flora and fauna mandalas + Andy
(continues in May)

In 2017 we started sending a calendar to the Queen. We continued this tradition with a 2023 calendar to **King Charles**. His secretary conveyed his **'warmest thanks and best wishes'**.

Moorlands Connect bus service: demand responsive, door-2-door, bookings@moorlandsconnect.co.uk, **01335-342951**