

# AUGUST

## 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):

**Watch (Linda)** Watch the time, you're running late. Watch what you are doing, watch where you are going. Stop watching the clock, you are wishing your life away. I don't do much clockwatching now that I'm retired, I just take my time, plan my day and sometimes, just sit and watch the world go by.

**The light flared (Mark)** The light flared, briefly, against the dark of the coastal night./ Then again, once more. He tried to make the mark/ Of it, the fall of the brief gleam on the shore. But as he stared intent/into the marshes his eyes caught, blinded by/the glare of an unexpected searchlight beam.

**The Journey (Mary)** 'Bonjournaiss' they always say when you leave a shop in France, and I always thought it mean 'good journey' not 'good day' and perhaps it does. Is your day your journey?/There is a tribe of indigenous people in South America that say for 'hello' a long saga of all of the places they have been since their past meeting and for 'goodbye' all they intend to travel next. /The geography parts of their brains are huge and complex. They live in dim, dark rainforests and from an early age cannot get lost.

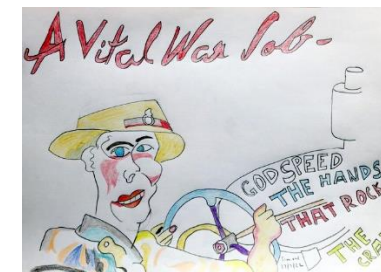
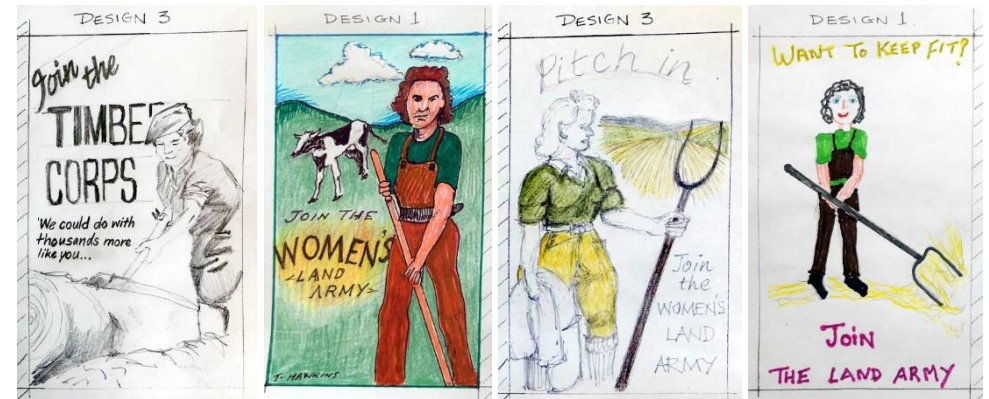
**Flower (Tia)** Flower o' flower of mine,/your fine green stem and soft petals/so divine./So beautiful are they, all straight and firm, chasing our sunshine and/being tickled by crawling worms./Reds, whites, yellows galore, so many to choose from – all I adore./Perfume - delightful, never, ever dull./Weeds stay away or I will pull!

**Flare (Andy)** It was the 1970's and she was heavily into ABBA. Who wouldn't be, with the singable tunes and words you could actually hear? (She still enjoys their music now and loved the film with Meryl Streep). Her Uni friends decided to have an ABBA evening, with all the appropriate food and drink, and obviously clothes. What to wear? She was, to say the least, statuesque. In a later generation one might have compared her to Miranda. She thought she looked like the Russian shot-putter Tamara Press. But in the end, she took the plunge and wore her flares with flair!

**Stream (Pauline)** As in babbling brook, insinuating that babbling is a pleasant sound. Which it is if you are sitting close to one such babbling brook. That's what's wrong with the English language you see. There are too many words with double or even treble meanings or more, and when babbling means someone is giving you earache, it's difficult to appreciate babbling. All this has little to do with stream, I grant you. However, I couldn't think of anything else and the word grant, used here, doesn't mean I am giving anything away.

**The Weather (Maggie)** The weather is a common feature/on these islands where we live./So changeable, unreliable,/the forecast on the daily news!//A source of conversation for the nervous./Or the small talk with the stranger in the queue.//Yet the subject of the weather is profound./The indicator /of the scorching,/of the flooding,/of the melting /and the gale force winds./All symptomatic /of the crisis that we face.

**Women's Land Army recruitment poster designs;** people will paint one this month; **BV stall** at a forum/networking event; **Lyn Swindlehurst**, retiring town mayor, presenting a **£2,000** cheque.



## AUGUST 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.

Vitality, you are also supporting one another.

**The Journey (Liz)** "Oh, what a journey  
At the moment I just look like a blob of jelly with two eyes. Floating in water.  
Hello, what's happening, after what seems a long time, I have sprouted legs and I've changed shape. After a week I have changed completely, I'm slimy green and have a head. I can swim with all four legs. My toes are webbed. I can also make this strange noise from my throat and out through my mouth. Now I am able to leave the water and jump on and off the lily pads. I feel free. I'm called a frog. I'm glad I live in this pond because I hear in some countries, they eat frogs.



#### 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](mailto:info@borderlandvoices.org.uk)

Website: [www.borderlandvoices.org.uk](http://www.borderlandvoices.org.uk)

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

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

#### Independence Day (Jane)

Today's the day  
The day I get to fly away  
The day I leave the nest  
To become individualistic like all the rest  
To make decisions for myself  
To be in control of my own health  
To make my own mark on life  
To chase away my own trouble and strife  
So there's only one thing left to enthusiastically say  
Today is my Independence Day.

#### Stream (Will)

The stream ran backwards and up the mountain where it opened up into a pond with no border or bottom and sat at a 45° angle on the side of the mountain, it held no life but was abundant. The plants around it were black as coal and smouldered like embers in a flameless inferno.



# Borderland Voices

24 years of arts for mental wellbeing



## The Queen's Award for Voluntary Service

### Newsletter

## AUGUST 2022

**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](mailto:info@borderlandvoices.org.uk)**

**Images: Land Army poster designs; networking event stall;**  
**Lyn Swindlehurst presents a £2,000 cheque; thank you Lyn.**

**August 3<sup>rd</sup>: writing then Gavin's last WLA poster session;**  
**10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> no sessions at the Health Centre but**

**3 FREE day visits (10.00-3.30) to a project near Sudbury**  
(writing, art, gardening, harvesting, making lunch, WWII recipes)  
Please **contact Andy ASAP** if you want to come.

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

**Thanks to Sarah** for helping assemble this newsletter.