

## 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):

#### Scale (Will)

Looking down at the set of scales that sat near her sword, it's been so long since she had held them aloft with her sisters standing either side of her; sighing she shut the wardrobe doors, she knew the time was drawing near for her to raise them again, but right now she couldn't bear to raise them without both her sisters here to bear witness and stand by her side but soon enough Mistress Disorder shall stir again and together the three of them will stand upon their hill with their totems held high like in the days of old when the scales could tip in any direction.

#### Moment (Bill)

Moment by moment, time ticks away. The days, months, years pass swiftly by. This human frame will come and go until we find ourselves with eyes wide open back to where we began. As it was in the beginning, is now and ever shall be world without end. Amen.

#### A City of Culture (Rachel)

New York is a city of culture. I remember visiting the poet's corner with my mother, on a bus ride around the city. We also visited Little Italy with all its Italian culture, restaurant, market stores selling clothes, coffee shops. We visited Chinatown with all its lanterns and food markets. Greenwich Village is a small city town, great for writers, poets, actors and artists. Many of them choose this quaint little town to live in. We also climbed to the Statue of Liberty which was sent by the French people.

#### Paper (Jane)

I'm surrounded by paper. Reds, blues, purples every colour you can imagine. Will I throw it? No. Because it can be useful. Every little bit. I'm a hoarder but I'm also a crafter. A paper that is coloured is a sacred resource. You never know when it will be useful. Ok a little bit here and there I'll let go to the depths of the bin but anything that could be shaped, no way. No, I don't have a problem. I'm an artist. A lover of my craft. Hands off my paper bits. I'm making feathers with those.

#### Scale (Linda)

Practice your scales, Linda. I was told that by my music teacher Miss Evans. I will make a singer out of you if it kills me. Sadly, despite Miss Evans best efforts nothing worked and I still can't carry a tune to save my life.

#### Expect the unexpected (Pauline)

To genuinely expect the unexpected can be a very scary thing. Going for a walk along the cliff's edge and expecting an earthquake, not a good feeling. Going into the sea for a dip and expecting a shark to attack is even worse. Putting your last £2 on the lottery and expecting to win is even worse than the elusive shark. Switching on the TV and expecting a selection of good programmes and all you get is football, tennis or politics. Never mind, it's election day tomorrow and if you really want to expect the unexpected, vote for the conservatives, they're bound to win. NOT.

Flowers from life in **watercolour + ink**; display of **George Fox** portraits by BV, **Quaker Meeting House**; just a couple of **Seaside Towns**, these two in felt-tip pen.



## 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.

Vitaly, you are also supporting one another.

#### **Pride (Tia)**

Feel pride, dressed up in cheery clothes etc., sing, dance, have a picnic of various sorts, music all around, everyone has a smile that encourages others. Laughter, as Linda suggests I try and juggle; walking by with no hope of catching. Watch out – it's pride parade, a fun day had by all.



#### **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**

#### **Moment (Maggie)**

Come back to now.  
Peel back from over there.  
Your hopes and dreams will take you over there.  
Come back. Breathe. It is not time.  
Call back the months ahead that flutter in your mind.  
Look round and in yourself and smile.  
For in this moment all that lies ahead  
is better on the shelf of future time.  
Bring back your thoughts to now and know that all is well.  
For you are home within yourself and all is well.



# Borderland Voices

26 years of arts for mental wellbeing



## The Queen's Award for Voluntary Service

### Newsletter AUGUST 2024

**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: Flowers in water colour + ink; BV portraits of George Fox, Quaker Meeting House; 2 seaside towns in felt-tip.**

**August art: 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>: Textile art** (needle felting and simple weaving) + **Kim Greenwood**

The **textile workshops** have been made possible thanks to **Textile Heritage funding from OUTSIDE**

These **workshops** lead up to Leek's first **Textile Festival**,  
September 23<sup>rd</sup>-29<sup>th</sup>

Help build a **planter from ecobrick + cob** (soil, water, straw)  
@ Quaker Meeting House 24 Aug from 10.30. Cake 4 helpers!