

DECEMBER

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):

Choice (Sheena)

There's too much of it Far too much of it.
I tend to shop at Aldi and Lidl ...
a) because they have reasonable prices
b) because they are within walking distance of my house and
c) because generally I know where everything is and the choice is limited.
However, about once a fortnight I go to Sainsbury's on a hunt for a few items I can't usually find in other supermarkets in the town centre.
Sainsbury's is an attractive store visually, well lit, well displayed and large, too large for my taste and with far, far too much choice and considerably the most expensive supermarket in Leek now that we have lost Waitrose.
The main problem with it is that unless I have a will of iron on the day I end up with far more things than I really need and a much higher bill!

Mist (Maggie)

Waking, stretching, moving out of bed to open curtains, celebrate the day.
I'm greeted by the wide, embracing mist. Just visible... the hedge and Buddha on the wall. A glimpse beyond... the tarmac lane looks damp and grey, no sense of vista out beyond the veil. The morning jobs get done and when I look again, a watery sun looks back, a pastel halo round his face.
I smile at him. By two o'clock the grey skies are a haze of blue and all is well.

Inside (Jane)

You're stuck inside. The door locked. One hour is all you have to escape. Find the clues there all around. The room has become a giant puzzle box. Look everywhere. Yes, even inside the flat cap. See there's a clue. If you solve it you escape, you win. If you don't, well you're locked inside. Time's ticking. Is that numbers you hear over that radio? are they for the lock on the door? Try it. Time's ticking down more. Remember everything's a clue. Tick tock time's going down. Will you escape or remain inside? It's all up to you.

Altered Reality (Will)

Her reality had altered, the colour drained and faded, life withdrawn and withered, the world in a grey light. She stood, clutching a bouquet of ashen-ed lilies within the dead-end crossroads, wrapped in a cloth of rippling silver with deep dark folds that swallow the dimmer-ed light that bled from the swirling bone aching fog, her eyes stared glazed and lifelessly at a storefront with a window display of broken mirrors, each reflecting an altered reality and a truth that would break the strongest of men but to her, this truth was her reality, her dead-end crossroad.

Outside (Bill)

Outside your face does not fit, you simply are who you are, and it is not good enough. You try and try to fit the mould of other people's creation. Forget it even if it's painful and hurtful, just be you, everything will be OK in the end.



2024 **calendar**; **WLA wreath**, thx Tia (artwork) and Bill (help on Remembrance Day); **Spooky**; more **Grotesques**, for display in Buxton next Feb; **blue/white 'Shard'** platter, Willow Pattern inspired. **Land Girl** interview in **Ray Johnson's** film.



DECEMBER 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.

A Good Mystery (Rachel)

It is good to switch your mind off with a good mystery, either with a book or on TV. My favourite author is Stephen King, I've read most of his books and seen his movies. Alfred Hitchcock writes good mysteries; he leaves you in suspense. A good mystery gets you lost in the moment and intrigued by the outcome.

Pumpkin Time (Pauline)

Jack-o'-lantern and pumpkin pies
Witches flying low through autumn skies
Scary movies we've all seen
What can we expect?
It's Halloween!
Every year it's the same
Trick or treaters
What a pain
It's enough to make you weep.
Put the clocks back – oversleep
Then please fast forward to 10 past January
How does that feel?
Let's have blizzards, at least they're real.



Contact details:

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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 December 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: 2024 Calendar; WLA wreath near the Monument;
more **Grotesques; blue/white shard** collage; **Spooky!**

Dec art: 6th: WLA shadow puppets + Gordon; 13th: Xmas cards or collage+ Andy; 20th: fabric Gnomes + Tia & Will; 27th (and 3rd Jan): probably closed, perhaps coffee meet-up?

Bring & Share Xmas lunch Leek Health Centre **12.30 Dec 13th**

2024 calendar, £5 collected, Health Centre or Twilight Market, Trestle Market Fri 8th Dec, 5-8pm. £7.55 incl. p&p

Thro'out **Dec: '24 Doors'** live Advent Calendar 4-7pm. **BV involved 11th & 21st** <https://advent.outsidearts.org/>