

# FEBRUARY

## 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):

### Practice (Will)

Mrs Cinders practised dress making day and night till she got the craft down to a fine cut cinched waist. Her tailoring skills became famous throughout the Germanic Empire and surrounding empires, her trick to making such great clothing was by using the motto 'practice makes perfection and everything is an experimental process which we fine tune over time and always improves'.

### High Arctic Strike (Mark)

The lightning flashed in the High Arctic sky  
splashed its bright glare across the ice  
died back to dark.

Around the jagged nunatak the katabatic  
wind howled on – but – a spark had struck  
and in that moment a dream was galvanised,  
a nightmare, too. Two centuries past  
a man-made monster, the image of man,  
pursued across the waste to vanish unseen  
into the North...

Beneath the ice a twitch.

A switch that never should have flicked.

[In Mary Shelley's 1818 novel *Frankenstein*, the creature flees to the Arctic, pursued by his eponymous creator.

The creator dies there; the creature vanishes. Despite the creature saying he will build his own funeral pyre we do not know he did. We do know that he was first brought to life by lightning.]

### Being in charge, or not (Jane)

I like to think I'm in charge but sometimes it becomes very clear I'm not, When someone who also very much likes being in charge gets told "no" and has a strop.

I should begin at the start and clarify my little plight: It starts with one angry four-legged friend and ended with a bite.

The bitten one of course was me for I stopped him being in control. He wanted to jump off the sofa you see, for this I got a scowl.

Next I felt a sharp pain as his sharp teeth breached my skin. Not a nip of warning from my friend; No, the teeth went right in.

So angry was he I'd stopped his adventure, shocked I was at first. But I was not set back by his anger for we'll get control of these outbursts

Control returns back to me as we take him to the neutering fairy To curb the angry strain within him and hopefully make him a little more merry

### Practice (Viv)

Practice what you preach  
Don't get out of reach  
Work on your future goals  
And don't let anyone deter you  
Keep your determined hat on  
And do all you can to move forward  
Do some research and look in  
The Phone Directory and Google  
I love to practise Arts & Crafts  
I enjoy Art & Crafts  
Practise a lot every week  
I think practice can give you a very  
CREATIVE outlook  
And Creative Hands

### Blue Monday? (Andy)

Blue sky day; Wash day, first since New Year's Day, or even earlier. Clothes on the line 'Lightening', if not quite drying.  
Bringing in with them  
Indefinable freshness.  
Sunset sky: clearest deep blue, shading to tangerine. A good, blue day.

Our BV friend **Alison** who **donated the special acrylic paints** needed last month said, on seeing the works, 'They're joyous. As ever, I marvel at the different results from the same materials. Well done everyone.' (Not all are quite finished.)



## FEBRUARY 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.**

#### Bubbly (Bill)

When I come across a person who is “bubbly” I am always massively impressed. I suppose this is partly because their effervescent nature is so far removed from my own. But having said that I also think that these people are so very precious and important because just being themselves can often lift the mood of sometimes an individual, or occasionally a larger group of people.

#### Blue Monday (Susan)

Monday Blue, nothing to do, Tuesday Grey, a dismal day, Wednesday Black, hit the sack, Thursday Red, stay in bed, Friday Pink, swim or sink, Saturday Green, the best it's been, Sunday Yellow, feeling mellow. A week of life, that's past and gone, keep taking the tablets and carry on!

#### Catch (Sheena)

You can catch a cold, obviously, or a case of Covid, both of which you'd prefer to throw back from whence they came. A much better kind of catch is to catch a ball. So satisfying, particularly if you catch it one-handed. It's a gift, usually which you are born with, catching ball, so easy if you can do it, so frustratingly difficult if you can't. Catching fish is even more difficult and you would think even more frustrating. But unless you need to eat the fish, it being your only possible source of food, it can give a huge number of people enormous pleasure and hours of calm away from the stresses of everyday life.



#### Contact details:

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

**Phone: 01538 528708**

**New 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: working from home**



# Borderland Voices

## 24 years of arts for mental wellbeing



### The Queen's Award for Voluntary Service

## Newsletter FEBRUARY 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 guidelines on **finding the venue and sensible precautions** once inside, email [info@borderlandvoices.org.uk](mailto:info@borderlandvoices.org.uk)

**Images** inside mainly recent **still life**. Many thanks to **Alison** who donated the System 3 **Acrylic paints**

One or two **calendars** still available **£3, or £4.50 incl. p&p.**

**February art: 2<sup>nd</sup>: catch up and/or making different marks;**  
**9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>: print making** with **Jess Vere** (a Derby Uni. Creative Expressive Arts, Health, Wellbeing student on placement.)

**Wed 16<sup>th</sup> 12.30-1.30 Emma, Healthwatch,** to answer concerns

**Wed 16<sup>th</sup> 7 for 7.30 Mayor's Quiz, Silk Mill supporting BV**