

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):

The Word on the Street (Mary) When we moved to Leek there was still an early closing day.

I think it was Thursday or Wednesday. The shops in Derby Street shut at lunchtime. The owners saw to their paperwork and went to the bank. The workers went home or off to the market to get their fruit, veg, meat and fish.

There was a weekend as well. The whole of Sunday with shops shut up, sometimes Saturday afternoon free as well and Bank Holidays.

Good for family life.

Return (Liz) Return to something you've done.

Good or bad

Memories from the past.

Sometimes it's better to look forward, instead of what's Happened.

To plan your future without any mishaps.

They say, always look on the bright side of life or grass is Always greener on the other side.

High Street Tale (Will) It sat perched among its neighbours, built of rough stone and still looking as it did the day it was built, just nowadays it's a café but still holding onto its history and looks just like its neighbours. This street holds many a tale, which it wants to tell so please don't silence it and get rid of its character and beauty.

Laughter (Pauline) Laughter makes the world go round – that's an old saying. Well, is it true? I don't know. What I do know is that when I am feeling sullen, down at heart and sorry for myself, others, understandably, do not wish to join me. However, it is not easy to laugh when we feel like weeping and not always advisable for our own well-being.

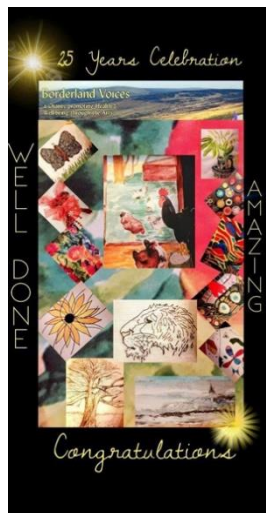
Perhaps, though, there can be no harm in making the effort. I've been told it's character building, Making us more accepting of tragedies we can do nothing to prevent and preparing us for the next time. Laugh and the world laughs with you – weep and we weep alone.

My Favourite Shop (Rachel) My favourite shop is Bon Marche, I don't know if it is still open, lots of shops are closing down. It is more difficult to buy nice clothing, it seems to be all internet shopping. I remember shopping in Buxton, a long time ago. I would like to go to Buxton again, many happy memories I have of Buxton. Shopping, walking, sitting by the water eating sandwiches and feeding the ducks.

Laughter (Maggie) On my journey to Borderland Voices today, I listened to an interview with a writer who had focussed her novel on a hospice. She described the atmosphere of changing emotion as her partner was in the last few weeks of life. The author described the amount of laughter that they were able to share together. Freed of the strains of trying and hoping to 'get better', and acceptance descended. It was the acceptance that enabled so much laughter amongst the tears.

High Street Tale (Pauline)

For some the High Street is able to completely disable,
Their cravings, their ravings, their carefully kept life savings.
I very rarely go there
So I'm not fully aware
Of the fable that renders financially unstable those who do.



Celebrating **25 years of Borderland Voices**: a photo-montage of calendar images by supporter **Kath** and painted **3-D pieces** including a **WLA inspired one**. We hope to organise a display in **Leek Library**.



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.

Laughter (Bill) To be able to laugh is a great gift which is afforded to every one of us. I know full well that there are literally millions of human beings that have very little to laugh about. But strangely enough amongst the very poorest of people (particularly the children) even the very simplest of things can bring about peals of infectious laughter. Always look n the bright side of life. I know that is pretty rich coming from me. I better give it a go, I think.

Return (Jane) Of course they always returned. At the sound of a rustle or a rattle. The mischief would always sit huddled by the door watching, waiting. And if one got out, which one always did as he was a crafty one that always scurried under that nearby sofa, all we had to do was rustle a packet or rattle a box and he would return to the scene of his escape crime. The problem was so would the rest of the mischief. Huddled up against that door making the return of the criminal in question quite the task.

Return (Bill)

Return to where you have always been
Return to love that is felt not seen
You have wandered and roamed at such a cost
Return now and find you were never lost.



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

FEBRUARY 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: 3-D pieces Celebrating 25 years of BV (2-D collages still being completed); celebratory **photo-montage** featuring the calendar by supporter **Kath Parry-Thomas**

Sun. 19th Feb, The Pump Room, Buxton: public event featuring **BV writing**, part of 'Our Street' coordinated by Gordon MacLellan

February art: 1st: collage + Andy; 8th, 15th, 22nd (and 1st Mar): Approaches to Still Life with Frances Naggs

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

2023 calendars; £3 collected or **£5** incl. of post and packing.