

## 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):

#### New Words for a New Year (Bill)

What do we do when all seems lost?  
Do we wring our hands in plaintive cry?  
Or lift our voice up to the sky?  
Where the heavens are silent and bring a sigh  
To hearts that ache and wonder why!

A New Year is here so come what may  
As we live our lives from day to day  
Let us remember the awesome three.  
Faith, hope and love, that is the key.

#### Song (Will)

On a moonless night in the deep  
of winter her song can be heard echoing  
down the lonely streets, to whom the voice  
belongs to is unknown, some say it's a  
banshee, others say it's a widow from long  
forgotten times, whatever the case she sings  
her song of sorrow as she wanders the  
darkened streets, seeking the one whom her  
song is for but never finding them within the  
bitter dark coldness of winter.

#### Inspired (Rachel)

I'm inspired to write about writing and art.  
I'm inspired to attend classes at Borderland  
Voices to develop my writing and art skills. I  
do enjoy these sessions, they do inspire me.

#### Inside (Sheena)

Inside is always hidden or it wouldn't be inside it would be outside.  
If it is inside until someone takes it out or encourages it to emerge, it will  
remain hidden.  
Without the effect of sun and air it may soon start to fester.  
If its container is carefully opened, and whatever was inside is now outside,  
changes may occur, and if the object is carefully examined and gradually  
understood, changes, quite often for the better, may happen.

#### Reach up your hand and take a star (Mary)

If you are in the gutter,  
Look up  
If you are mired in mud,  
Still look up  
If you are in a hole,  
Still look up  
If you are down a well,  
Still look up  
And once you've got your eye in,  
Reach up your hand and take a star.

#### String (Linda)

Some people like to string you  
along, they pretend to be your  
friend, they might promise you the  
world, build all your hopes up, only  
to let you down time and time  
again. These people are best  
avoided, you should never let them  
into your life.

#### New Words for a New Year (Pauline)

I think I will leave this page blank  
and wait and see what happens.  
Then I may find the fitting words –  
hopefully peace, comfort and  
serenity will suffice.

**Batik flag** made with Kinetica, for display in September's Textile Festival; thanks to Sheena and Pauline for their hard work;



### 'Mood' collages incorporating text.



## 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.

#### Reach up your hand and take a star (Tia)

Reach up your hand and take a star:  
"Catch a falling star and put it in your pocket, save it for a rainy day."  
Shooting stars – one wish.  
Stars so bright here on this cold and wintry night,  
Shine for me as I am clearly free,  
Free of human pain and misery  
North star way up in the heavens – so far, glistening when captured inside a large and heavy jam jar.

#### Song (Jane)

There are many songs that we remember. You hear them and a memory will conjure into the brain. You'll remember the time, the place and what memory was attached to it. As soon as you hear the first note you're transported to a time tucked away but never forgotten. Some hold perhaps more sombre memories but not less important remembering those lost perhaps. But they'll always be a song within the heart while it still beats for a song keeps us all going memories and all.



#### Contact details:

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

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Mobile: 07760 138395 (now on a better connection)

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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**



# Borderland Voices

26 years of arts for mental wellbeing



## The Queen's Award for Voluntary Service

### Newsletter FEBRUARY 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: BV's batik flag** designed/made at a weekend workshop (organised by OUTSIDE/League of Artisans) which will feature in **September's 'Textile Week'**; **Collages** conveying mood and including **Text**.

**Feb art: 7<sup>th</sup>: The year of the Dragon + Andy; 14<sup>th</sup>, 21<sup>st</sup>: Dandelions + Sarah; 28<sup>th</sup> Leap Year + Andy**

**Sat. 10<sup>th</sup>: Trees** installation by OUTSIDE, **Prince Charles Ave, Haregate, 4-8pm**

**Sat 24<sup>th</sup>:** possible car-share to Buxton to see our **Grotesque** masks exhibited and a light display. Talk to Andy for details.