

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):

Celebrations (Rachel) We have celebrated Christmas, Next it will be Valentine's Day. I don't do Valentine's Day but there are lots that go out their way to celebrate it. After that comes my birthday, March, April and May is full of birthday celebrations in my family. I'm hoping to go to the spa again in Buxton, joint celebrations for me and my mother's birthday. Next comes Easter full of chocolate eggs and easter parades.

Reflection (Andy) Sitting by the still lake she gradually calmed down after the traumas of the day. The distant hills were mirrored in the glassy surface where upside-down clouds floated above them. As the sun began to set, its colours suffused both sky and water so that she was enfolded in pinks and oranges. The light faded taking with it her stress and leaving her in a peacefully reflective mood brought on by the beauty and glory of the natural world.

Believe in yourself (Linda) It's hard to believe in yourself, sometimes, especially if you have had a lot of failures in the past and you may have lived with somebody who was always telling you that you are hopeless at everything. My self-belief has never been very good but I was lucky because when I came to live in best things that I have ever done as now I have lots more confidence in myself than I ever have had before So it's always best to try and have some belief in yourself because if you don't have any belief in yourself, then nobody else will.

Reflections (Will)

Gazing at the display of tarnished and cracked mirrors that are either hung or propped up in one the dusty shopfront windows, each reflecting a distorted image of her or the misty world around her, none gave way to a way out, just more walls and confinement. Turning away she wandered the dead ends of the crossroad that penned her in and gave her no escape or conclusion to how to get free, neither door nor window budged or moved, their iron nails held them fast, this was of her own making, her own dead ended crossroad, each direction held a truth, each window adorned with tarnished mirrors, their reflections misted, barred and out of reach, separated by a veil so fragile, yet so impenetrable, no fist or rock could crack the veil of dusty transparent squares with their wooden support.

Looking back and looking forward (Pauline)

Looking back there are many things I would change. It's not been an easy life, that is, but looking forward seems more difficult. If I could see into the future, I could eliminate all my mistakes before they happen. Would life prove to be better or just mundane? I think I better concentrate on looking back. Looking back is not all mistakes. It is also full of many happy memories.

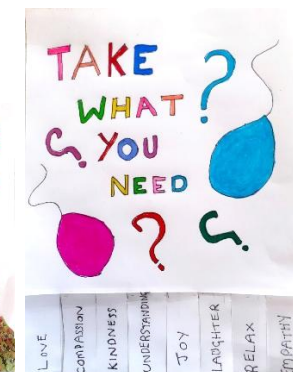
The greatest gift (Tia)

The greatest gift, maybe we don't understand what this is while we are young, inexperienced with our busy lives, maybe we think time is the greatest gift? Time to work, eat, sleep, enjoy, to feel the freedom around us to come and go? Or would it be – life, a gift, a wonderful gift, to breathe life, to explore life, to live within our time of life, could life be the greatest gift?

Change (Rachel)

Change is necessary, but I for one don't like changes. I don't adapt to it very well. Some people welcome change in life and its circumstances. For me change scares me. I do have a phobia against changes. I like things to stay the same.

Still Life, in vibrant colour to chase away January blues, or in charcoal; and applied both with brushes and less conventionally. **'Giving' posters** as part of exploring the '5 ways to Well-being' (**Connect, Learn, be Active, Notice, Give**).



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.

Change (Bill)

Most of us, I think particularly as we get older, are quite averse to any change whatsoever. But change is inevitable and perhaps that is just as well or perhaps we would not have the chance to grow or evolve as a person and possibly do things or go to places that at one time we would have thought that we were completely incapable of.

Present (Jane)

No time like the present they say. But no time for what exactly. The present is currently in disarray. What's to become of the future? Maybe we need to go to the past to rectify the present. So many things happening in the present where do you even start? Start with what you can do and take it from there I suppose. The bigger things are achieved when people come together. It'll come in time. That's not for the present, that's the future.

A smile (Mark)

A smile in time saves you having to whine. Later, you will be glad that you made time for that smile...



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

27 years of arts for mental wellbeing



The Queen's Award for Voluntary Service

Newsletter FEBRUARY 2025

In-person sessions, Leek Health Centre, on Wednesdays.

Every Wednesday:

10.30-12.30 **Creative Writing;**

1.30-3.30 **Expressive Art;**

4.00-5.30 **Informal DIY Drop-in**

To ask about spaces email info@borderlandvoices.org.uk

Images: Giving posters as part of '5 Ways to Well-being'; **Still life**, both in charcoal and colour, the paint applied not only with brushes but also with cut credit cards and sponges!

Feb art: 5th, Imbolc – the start of spring; 12th, **Lunar New Year** both + **Sarah**; 19th: **Catch-up** + **Andy**; 26th: Jointly with Reaching N Staffs @ **Foxlowe**, topic to be confirmed

New Weekly Informal DIY Drop-in 4.00-5.30 every **Wed.**
All welcome; write, colour, or just chat over a cuppa.