

JANUARY

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):

Being Active (Pauline)

Being active is something I take very seriously these days, as I suffer from COPD and get breathless very easily. So, I visit a local gym three times a week. That may sound contrary to requirement but it isn't as I have been told by medical professionals that exercise and keeping active is good for the heart and lungs. I was also told that singing is good for my lungs: so I have joined a singing group too. I never thought I would join a gym in my old age as I used to hate PE at school, but now I can see the sense in it. Of course, I never want to go to the gym because it's so much hard work but I always feel so much better afterwards. So, it's really a matter of self-discipline which is something I like to think I have conquered since my youthful days.

Festive (Linda) "It's beginning to look a lot like Christmas" is what Bing Crosby used to sing. For me Christmas begins with the much-anticipated John Lewis advert on telly. My ideal Christmas would be sitting around a log fire with my family on Christmas eve, telling each other ghost stories like they used to in Victorian times

Adventure (Will)

She gazed at the Digi-Windows, the pre-recorded woodland moved and swayed, she longed to adventure into their leaf covered sanctuary and be free of this lonely hospital corridor deep underground and this wheelchair with its faded wooden frame and worn tires. The lights flickered to life as one of the porters wondered down the end of the corridor before turning off into one of the empty rooms and the lights flick off, leaving her alone again in the glow of the Digi-Windows, though she wasn't fully alone, for she had the figure that lingered at the back of the recording, half hidden amongst the under bush and made of static, its voice calling to her.

Adventure (Tia)

Ok I know I can be a tiny bit bossy at times, at 8/8.30 am my friend Linda and I arrived for fabulous fun and interest at Alton Towers, the quietness was surreal, the queues very small. The machines or engines powered up, they whizzed up, down, around through the air, watching in a daze with terror, sitting on the runaway train was hilarious, squeeze in carriage, one leg out, the flipping train gave me a shock as Linda laughed, "get me out of here" I shouted, this adventure set in my memory!

Gift (Jane)

You are a gift.
No need for anything material.
Your smile is enough.
I enjoy seeing it as you unwrap whatever I buy you.
And that toothy grin smiles back at me.
You are a gift.
When you laugh its music to my ears. That's all I need.
No big present that costs way too much.
You are a gift.
When I see you happy that's enough for me.
Because at the end of it all.
You're the perfect gift for me.

Bring-&-share **Xmas lunch**; '**'24 Doors'** advent + **banners** decorating the door; invitation to a **Carol Service** from the Lord Lieutenant; studies of **Movement** (5 ways to well-being); **Twilight Market** calendar stall.



JANUARY 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.

Gift (Maggie)

Gift me your presence.
Gift me your company.
Gift me your smiles
or your tears.

Connection is all.
Grandmother spider
weaves her cosmic web
as we create our own.

Together, mutual, reliable.
A gift of strong threads
holding us all in friendship
and in Love.



Gift (Bill)

Everything is a gift from our first breath till we breathe our last and every breath in between. So, there is no achieving, earning or working all things have life within themselves and life being life cannot die.

Solstice (Rachel)

The winter solstice also called the Hibernial Solstice occurs when either of earths poles reaches it maximum tilt away from the sun. This happens twice yearly, once in each hemisphere. During the winter solstice the sun has reached its lowest point in the sky marking the shortest day and longest night of the year for everyone living on earths northern hemisphere according to the national weather service.



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 JANUARY 2025

**A HAPPY
NEW YEAR**

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: '24 Doors' Advent + decorative banners; Tia selling calendars @ Twilight Market; Christmas lunch; BV attended a Together at Christmas service; 'Movement' studies.

Jan art: 8th, 15th, 29th: Colourful flowers + Frances; 22nd: Jointly with Reaching N Staffs @ Foxlowe + Sarah

New Weekly Informal DIY Drop-in 4.00-5.30 from **Wed 8th 2025 calendar, £5 collected, £7.50 incl. P&P**