

JULY

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):

On the Verge! (Tia)

On the verge, the grass verge?
The nervous breakdown verge?
Been around the above, many times.
Life is like this or that, it can place us in a situation of normality one minute and to a horrific situation - the next!
We are just flesh/blood, battles every day.
On the verge, fragile, any moment,
Losing our marbles as life shocks us – sometimes to the core.
Or standing on the verge, waiting, looking for the chance to
Move, hopefully not in the direction of death himself!

Getting Up (Linda)

On no its six o'clock in the morning and the familiar sounds of howling assailed her ears once again; perhaps if I ignore him, he will stop. She turned over to try to get to sleep again but no, the persistent howling and meowing did not abate so in the end she wearily got up out of bed and attended to the boss of the house's every need. Oh Loki she thought, please let mummy have a lie in tomorrow!

On another planet (Rachel)

I remember looking at Saturn and its beautiful rings through my boyfriend's telescope, I also saw the moon. I love the planets in the sky. My zodiac planets are Jupiter and Neptune; being a Pisces I do tend to live with my head in the clouds, it's like I'm on another planet.

In the Shade (Jane) The parasol was a beautiful black number. A big silken top with a lace fringe. She held it high above her head as the rays of sun beamed down. Her laced gloves held a black ornate handle as she held tightly to her shield. She never liked the sun. Called it her mortal enemy at times. Clad all in black why would she. Surely, she'd melt in all that, people would tell her. She was used to the chattering of people about her dress and ignored it. She dressed how she dressed and if she was hot how was it their concern. She had her trusty parasol to keep her cool and in the shade.

Kitchen windowsill (Will) It had sat in the kitchen windowsill for quite a while now, unnoticed amongst the jars, pots and other odds and ends that adorned the sill in a haphazardly chaotic way, many things got lost amongst the chaos but you'd have thought this would of stuck out given the nature of the thing but nope, Mrs Low never noticed it sitting and grinning at her whilst she cleaned the dishes, probably due to it being black, but you'd have thought the stark red that adorned it would catch her eye but I guess she must've thought that it was the flowers that sat wilted and forgotten but regardless the little fat black thing sits grinning at her every time she enters the kitchen.

Getting up (Maggie)

'Get out in the morning light!' Julia gushed with enthusiasm. Bradbury, that is, Julia Bradbury in her book 'Walk yourself Happy.'
I took her advice.
And now I get up to the feel the power of Morning Light.

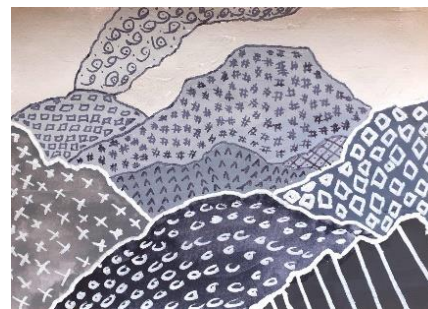
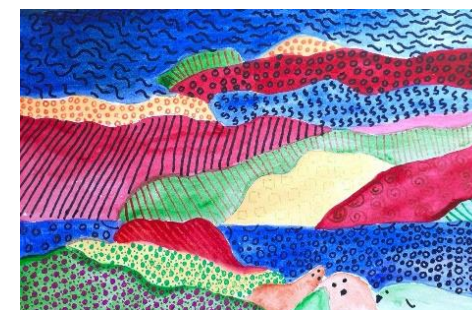
Picture Perfect (Bill)

We sometimes long for a way out, a way of escape from whatever difficult circumstances we find ourselves in. But I wonder whether right at the very core of things where the glass is dark and we don't see, things are really OK and the sun will rise in our hearts and minds again.

A small light (Rachel)

Cassie my feline friend is my small light in a dark world. In times of despair she reassures me and gives me hope. She is more like a big light than a small one. I would be lost without her.

'Lolly dollies' at the **HuG Festival**; **WLA stand** in Endon (**D-Day at 80**) and at **VCSE Forum**; using colour and texture in **landscape**.



JULY 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.

A small light (Pauline) When I was a little girl, my Grandad Tom used to sing a little ditty to me – it went like this
“Jesus bids us shine,
with a pure clear light,
like a little candle,
burning in the night.
In this world of darkness,
Jesus bids us shine,
You in your small corner and I in mine.
Whenever I see or think of a small light, a candle, a torch, a sparkler; that little song comes back to me.



The view from my sofa (Mary)

It's not a sofa, it's an armchair. And the view is a rather untidy kitchen with lots of stuff that doesn't it but that I don't want to get rid of. But it's clean and I pick up a pen to do my task.
Flop.
The sound of the post. A big noise, so big post.
A poetry magazine, Dispatches from Médecins Sans Frontières.
Some bank statements and a magazine that is called 'Distant Journeys'. Someone or some AI has been watching what I take a few seconds to look at on Google and trying to tempt me.
I'll try that one first, I could do with some dreams.
The plastic cover says 'biodegradable' but seems to me to be very substantial so I'm not sure I am a believer. There is a web address to check. I can't be bothered. I'll use it to pack my sandwich for BV.
There's a cute picture of an aware, upright Kangaroo on the front and it doesn't look at all scared.
Open it up.
£10,000 with single supplements



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

26 years of arts for mental wellbeing



**The Queen's Award
for Voluntary Service**

Newsletter
JULY 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
Images: our Foxlowe **HuG Festival** stall; **VCSE Forum** event; Endon **celebrates D-Day; Landscapes with colour & texture.**

**July art: 3rd, 31st: Coastal towns + Andy; 10th, 17th, 24th:
Working with watercolour and pen + Sheena**

Sun. 7th Jul, Dr Plot's Parade Leek town centre, **10.45-14.30**
Sat 13th. High Peak Orchestra concert will make a donation to BV: Debussy, Bruch, Mendelssohn. **St John's Church, Buxton,** 7.30pm. Tickets £12 from Andy, **lifts available from Leek.**

Our WLA project draws to a close. If you've any **comments** for the **report**, please **contact Andy asap.**