

JUNE

Writing from online 'Zoom' workshops (send anything to share)

People write at home and exchange their work via email, snail-mail and at regular online 'Zoom' meetings on Tuesdays:

A time of reflection (Jane)

Reflect upon the time that's past
The future will leave you all too fast
Keep lessons learnt
from past endeavours
To help you in the future 'whatevers'
Reflection is not necessarily bad
When memories are remembered
lifting the sad
But too much time on past mistakes
Can cause the brain many headaches.

Birdsong (Bill)

A scarred, pockmarked landscape, brown
blood-stained earth, trenches ankle-deep
in dark stagnant water. Beneath a
splintered tree something lay. Ragged,
crumpled cloth, a helmet, a head, a
frightened, furrowed brow. As streaks of
grey began to fill the empty horizon the
first bird sang, so clear, so enchanting,
so beautiful. Tears began to flow down
the mud-spattered face. A chord had
been struck, life ever reigns.

Birdsong (Mary)

On the radio – recordings of birdsong. There was the robin, then the thrush, then the lark – all that listeners had requested because they found the songs so beautiful – so uplifting.

Then the presenter gave us some that were found unpleasant – the jay – the magpie – the crow and others, mostly corvids that some humans seem to see as enemies.

Next there was a trick.

The man on the machine slowed down the tape with all the little birds, as he reduced the frequency all the noises went harsh and ugly, you could only hear individual notes, no melody at all.

Then he upped the frequency of the hated crow and the tones were sweet and liquid as anything you would want to hear falling from the sky.

Escape – virus creativity (Sheena)

I have been escaping all my life, from boredom, stress, pressure, worry, fear, pain and frustration. I end up using various helpmeets, fresh air, alcohol, swimming, smoking, music, Nurofen, a long, long, list. They sometimes work, or only work for a bit. The best escape of all for me, is words, spoken aloud in plays or films, taking me towards lands and experiences quite unlike my own, but best of all for me are words on the printed page that can be carried with me anywhere to places where the internet has never gone, to the future that I'll never see and a past that I have never known.

Watercolours from Marion

She also regularly posts her writing to Andy.



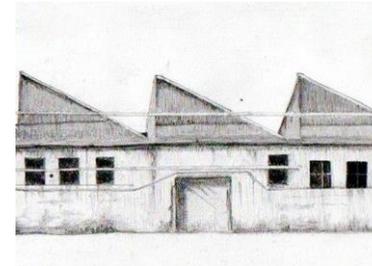
More art from 'the home front' and a card from volunteer Becca



Hiya hope everyone is doing okay, can't wait to see everyone again after lockdown. Until then here is a little painting of a orchid, hope it brightens your day.



Look after yourself and stay safe
Becca



'BV for VE' bunting at Bank House

Sheena displayed all the bunting in the window in time for VE Day.

JUNE DETAILS

You, our participants

currently contribute to our rent at Bank House and help keep our 'virtual' services going with donations, large and small, in cash and in kind.

You are also supporting one another through this time.



Bulldozer (Pauline)

Get it done, quick.
Anything for an easy life.
Get someone else to do it. That's the trick.
Lover, friend, sister or wife.
A lot of folks are like this.
They mark you with their vampire kiss.
They drain you of your will to live; brand you an all-time loser.
There is only one way to win:
Metamorphosis into a charming, blood-curdling, squash crunching bulldozer.



Contact details:

Bank House, 20 St Edward St
Leek, ST13 5DS (Andy collects mail weekly)

Phone: 01538 528708 (calls come up on Andy's tablet; she will respond to numbers she knows and picks up messages weekly)

New mobile: 07760 138395 (use Whatsapp if possible, as Andy's mobile signal is poor at home)

Email: info@borderlandvoices.org.uk

Website: www.borderlandvoices.org.uk

Borderland Voices contact **Andy Collins: working from home**

Borderland Voices

21 years of arts for mental wellbeing



The Queen's Award for Voluntary Service

Newsletter JUNE 2020

Our ongoing thanks to **Bonnie** who hosts the Zoom writing group Tuesdays 10.30am - 12 noon-ish. She also posts collated writing to those not on the internet. **All welcome on Zoom – contact Andy.**

Participants have individual lists of group **members to keep in touch with** (phone, WhatsApp group, email, post, Zoom) as they prefer. **Contact Andy to join in any way.**

Also **contact Andy** if you'd like an **art 'starter pack'** (envelopes + post-card sized cards) **or need a 'refill'.**

We are thrilled to announce a **2-year Lottery funded project** (some match funds from the County Council and Leek Arts Forum). With art, writing etc. we'll research local **Land Girls and Lumber Jills** (members of the **Women's Land Army and Timber Corps**) who helped wartime Britain survive. Eventually there will be training and volunteering opportunities; for now, we're **keen to hear from people with memories or family connections.**