

JUNE

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):

Relative Values (Tia)

I value a great deal, life of all kinds needs to be valued, respected and treasured. I firstly value my daughter and her relationship with me, sharing, caring, besides understanding the value within, it's important and necessary. I value my good friends, we share the sunshine and the storms together. I value our English wildlife and respect the way they live and breed for the future, our trees of various shapes/colours/texture and the part in life they play. I value all flowers, shrubs and insects – even the hairy and scary ones!

I value the sunshine and rain and wind because without them maybe our lives would not be enriched. Lastly, I value time shared, whatever we are doing in our gifted lives, indoors or out, using our time is a precious gift for the goodness of our hearts and minds, it must be valued and a human participation is very much required.

Song (Jane)

There's always that one song you'll remember. There's an attachment to it. It's touched you in a way that there's always a memory associated with it. Perhaps it's your first dance at your wedding or on a more sombre note a requested song at a loved one's funeral. Something they had an attachment to. We all have that one song that's close to us. So, what's yours?

Post (Will)

It arrived by post on the date it was expected to arrive on, but the only thing which was wrong was the year, it was sent out on the 12th of May 1734 and arrived at its destination on 19th of May 2045, addressed to Captain Michal Horn of the Royal Guard of York. The letter was in regards to the pirates stopped off Whitby's coast and was asking for reinforcements if they were to come ashore; though unknown why it was so late is still a great mystery and who had delivered it and why now has it only just arrived and reappeared after all these years?

Crowning Glory (Bill)

Getting through a day, any day, where I have managed, one way or another, to quell all the constant chatter, the doubts and fears, the endless “what if this? What if that?” and many other various negative thoughts that seem to endlessly assault me, showing no mercy and never seeming to let up. Occasionally I get to the end of any given day where some kind of equanimity has been achieved: that is my success. “Crowning Glory” hardly but it's more than enough for me.

Post (Linda)

Post can be something to dread, like bills coming through the door which is unusual nowadays of course as you usually get them online now, but post can be good like getting birthday cards for example. I miss the old days when people used to send you postcards from foreign lands and lovers used to send each other love letters. With S.W.A.L.K on the front of them; sadly those days have long gone now.

A few **Coronation** plates;



Telling Tales workshop at Flash Village Hall;



Pauline's artwork



Kids' **Coronation activity** making **Land Girl** peg dolls (photo courtesy Mark);



JUNE 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.

Song (Maggie)

I heard the Yew tree sing her song,
the one she sang two thousand years ago.

I saw the men approach
with tools and saws.

No longer sensing sacred space,
no felt connection with her song
and grace.

I had to dry my tears
and carry on her song
in my own way.

A day in the life (Mary)

I normally roll at high tide twice a day. A peaceful process.

Regular as the moon. I knock about among the diverse universe of the beach and the sea, and the whipping wind and rain.

Millions of years and I am not what I was. All curves now, all smoothness. I hardly remember what I was. I think the sea may remember.

But today.

Today a change.

A blocking out of the sun as this human bends, a lifting then a placing on a flat brother that I had never noticed before.

A quantum change.



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

25 years of arts for mental wellbeing



The Queen's Award
for Voluntary Service

Newsletter

JUNE 2023

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

Every Wednesday: 10.30-12.30 Creative Writing; 1.30-3.30 Expressive Art. All welcome. info@borderlandvoices.org.uk

Images: Coronation plates; Telling Tales workshop at Flash Village Hall; Coronation activity making Land Girl peg dolls.

June art: 7th: catch-up day + Andy; 14th: 'Rewilding' + Andy; 21st: Summer Solstice + Andy; 28th: Dove Valley Centre, changing land use (Land Army theme) + Elspeth.

Jun 14th, writing: Alison Boyle, 'Rewilding'; and please bring an object significant to you (to discuss and write about)

Dove Valley Centre day visit Jun 28th: leave health centre 10.30, return 3.30, car share. **Free lunch. Tell Andy asap** if you want to come (and can offer lifts).

Sat 21st Jun Foxlowe, HuG Festival 10-4, BV will be there.