

MARCH

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):

Yarn (Maggie)

A good yarn is as old as time.
When people had time
and not much else.
Stone, water, fire and earth.
The sky with sun and stars and moon
and one more thing – communication.
Developing to language,
an ability to recall, predict, imagine.
And then those special people,
who could sit around the fire.
Captive, enthral, with a scary
or a jolly good yarn.

Belief (Jane)

We all need a little belief in something.
But sometimes it's hard to have that
belief in yourself. You falter and kick
yourself harder when you're down. To
believe in others you know is easier.
You can give 100% belief in them. You
can see how they've grown so I
suppose it's easier. But looking at
yourself it's harder to be kind. But
sometimes you have to look hard in
that mirror and believe in yourself
because you've also grown. You can
also do great things. So share that
belief in yourself.

Lines on observing a blossom on the first of February 2024 (Will)

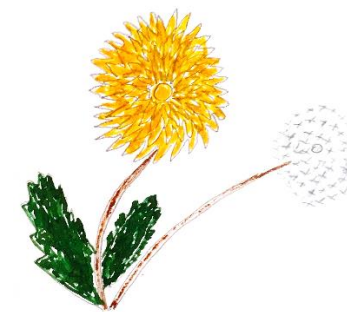
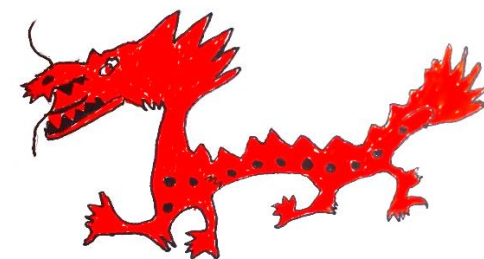
Standing in unison along the banks of
bricked in slow moving grey river, their
pink petals ablaze against the
monochrome world that surrounded them,
a testimony to the colours that once
adorned the world, now only remembered
in the minds of children and history books,
but alas these colourful blossoms won't
last forever, destined to fall and fade, a
spark of brief colour before total greyness
returns but for now they give colour to the
dismal embankments and bring joy to the
faceless solitary souls that drift amongst
their trunks, basking in long forgotten,
fleeting colours.

Play (Rachel)

I always remember playing outside when I
was a young girl. Especially with my cat
Buttons. We used to go in the woods at
the back of the garden. I used to play and
entertain myself for hours. I remember my
mother worked in a pub and she always
told me off as she used to be late for
work. I was having too much fun to hear
her shouting my name. I eventually
returned home. Until the next day....

All you need is love (Bill) To me this has to be the foundational building block of everything because if this is not true, I think all of us could be in deep trouble. I used to live and try to live by a strict religious code and moral behaviour. Because if one strayed from the path, hell and damnation could be your final resting place. My firm conviction now is that every single human being without exception is deeply, constantly, and entirely loved from beginning to end. We actually go back in a way to where we have always and ever been in the arms of God. So, yes "All you need is Love".

Buxton Our Street visit to see our 'Grotesques' displayed and a fabulous illumination; celebrating the Chinese New Year of the **Dragon; Dandelions,** both **studies** and **more abstract patterns.**



MARCH 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.

The extra day (Pauline)

Those
Halos
Ever
External
eXtra
Time
Races
Around
Days
And
Years

Treat (Linda)

I must stop having treats now that Christmas is over, all the Bailey's and tins of chocolates have gone, all the nuts, cheese and crackers. So when I go shopping again, I'll just get healthy stuff like salad and fruit, but as I do my shopping, I think would it really hurt to get some chocolate, a nice bottle of wine or two perhaps some gin and tonic, a few nuts? Never mind, I will start the diet next week instead!



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
MARCH 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: Buxton visit to see our **Grotesques** displayed and the stunning illumination of one of its buildings; **Dragons** in honour of the Chinese New Year; **Dandelions** (important for early insects), both **studies** and **abstract works** derived from them.

Mar art: 6th, 13th, 20th Making and using 'nettle brushes' + Ruby Sufi; 27th, Museum of the Moon visit see below.

Fri. 8th: National Memorial Arboretum FREE trip (depart 08.40, return 15.05) contact **Andy ASAP** if you're interested.

Wed 27th: 'Museum of the Moon' Cheadle church visit. Depart 1.30, return 3.15 contact **Andy ASAP** if you're interested.