

MAY

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):

Murmuration, Smurr, Zenith, Mote (Maggie)

Starlings emerged from the afternoon Smurr,
gathered as retreating clouds allowed.
Rose as one,
swirled as one, to the Zenith of the skies.
Whilst those beneath looked up and marvelled.
Stopping in the rush, breathless in the hush
of this sweet gift.
As one of them observed,
she praised the awe of such a miracle of flight.
She placed her hands in prayer
'Oh let them survive
Against the darkening skies.
Let them survive and thrive,
continue in their murmurations
for us all to see.
So mote it be.'

Music (Linda) Music was my first love, and it will be my last, so the song goes. Music can lift you when you are feeling down, a song can bring back memories of a first love, or the songs your mother used to sing when you were a child. Yes, a world without music would be a very sad place.

Midnight (Rachel) I'm usually fast asleep with my feline friend at my feet at midnight. I sleep with the curtains open so I can see the beautiful sky. Midnight brings all kinds of creatures including witches but my cat Cassie protects me from any harm and I feel safe with her.

A Stitch in time (Will)

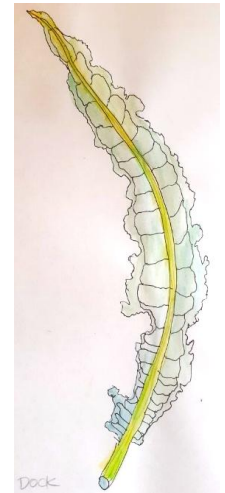
She picked a tread of time and a patch of fabric from reality and sewed it into a pocket, a safe place where the passage of the universe could not be felt or seen, a timeless void of her own creation, an escape from the real world, a solitude for herself, only reached through the spiralling checkered madness. To her this was paradise but the sun eventually faded and her web of golden threads stretched from the walls of her creation boxing her in even more so she turned to music and escaped through the piano melodies and blocked out the red tinged box that has become her reality, a solemn place with only her heart in a mason jar as a companion, that was till a lady fell through the tattered seams and landed within her creation, her stitch in time.

Music (Bill) It is quite amazing the power of listening to a piece of music. Whatever your particular taste may be, I find that a certain song can touch and resonate beyond your mood and transport one even if only briefly to a place of wonder and delight.

Shell (Jane) I hide within my shell. It's warm, it's safe and nobody can hurt me in here. It's a safety net but sometimes it can hold you back. You'll hide too much within it and nobody knows who you truly are. So sometimes it's best to crack the shell a little and take a peek at the world around you be with those that are like minded, those you feel safe with because you miss a lot of the world hidden within that shell. So perhaps it's time to break free from it.

Easter bonnet (Bill) I ought to be used to it by now, waiting I mean because I have to do it every year whether I like it or not. As the seasons slowly pass, must be patient, the anticipation of the coming event slowly but inexorably grows. I can feel the life within me champing at the bit to reveal itself and I am almost bursting with excitement and joy. Well, what do you think? I am showing off a bit now, but isn't it just glorious my marvellous "pink bonnet"? I mean I know my bonnet will be gone in a few short weeks so catch me while you can because I have the enormous privilege of sharing my beauty with all of you.

Easter: eggs and other creations; spring leaves; Pauline's art is the basis of publicity for our **Wellbeing Evening** on May 12th; **curlwews:** but not as you know them; this is **how they make people feel.**



'Wellbeing' in art and writing



FREE event for Mental Health Awareness Week
Monday 12 May 7pm

Leak Quarter Meeting House, Overton Bank, ST13 9ES
(large free car park at rear on High Street)
Tea/Coffee/Cake in the interval

Please bring and share writing that inspires YOUR wellbeing.



MAY 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.

Music! (Tia) It's music to my ears, lying on this sun lounge all relaxed and well-oiled like a sizzling joint on a bar-b-cue. The waiters are handsome and Spanish, the food delicious besides the home-made wine. The joyful Spanish music sounds loudly around the hotel grounds, yes, it's quite a pleasure as we all can imagine, music to make us feel alive and the faces of the dancers as they move around the stage. Olé!!

Shell (Tina) Rock pools and crevices. Wellies and fishing nets. A bucket swinging from a child's fist. Wide eyed curiosity at the hermit living inside the shell. It's strange tentacle-like legs receding back into the shell. The crabs that walk sideways with big, bulgy eyes.

Almost there (Mary) My mum died when she was 81, my dad when he was 79, that seems to be the life span of my family. I'm nearly there. So time to sit back and do the things I want to do for myself, because with all these pills they give you, people seem to be living longer these days, so I might as well enjoy it.

Beautiful things (Rachel) We all love to own beautiful things which our hearts desire. We may spend a fortune on a small object. The most beautiful thing in my life is my feline friend Cassie and she didn't cost anything but she is priceless.



Contact details:

c/o Leek Health Centre, Fountain St
Leek, ST13 6JB (Andy collects mail weekly)

Phone: 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 MAY 2025

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

Every Wednesday: All now back in original room
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: patterns in **spring leaves**; **Easter** eggs and creatures; **curlews, not as they are** but **as they make us feel**; advert for our **Wellbeing Evening** based on Pauline's colourful artwork

May art: 7th 14th 21st: **African-inspired masks + Gavin Bowyer**; 28th: + **Sarah** topic to be arranged

Sun 11th: VE Day Leek Trestle Market, 11-4. **Do visit BV's stand**

Mon 12th BV Wellbeing evening Quaker Meeting House, Overton Bank 7pm. **FREE.** Art/writing/hot drinks/cake; **bring words to share**

New Weekly Informal DIY Drop-in 4.00-5.30 every **Wed.**
All welcome; write, colour, or just chat over a cuppa.