

NOVEMBER

Writing from in-person group which takes place Wed. 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):

September (Pauline) A sultry Indian summer came/ wandering in from the August rain/I sat outside one night,/Breathing in the silence/ A hedgehog snuffled past/In bold defiance/But it did not disturb the stillness/That I remember/That quiet welcome gift, September

Hope (Jane) Hope. It's a beautiful word. When we're in the deepest darkness and despair. Hope is the light in the dark. The angel you needed when all else seemed lost to you. Hope is the strength when you feel defeated. Even just an ounce of it can keep you going. We all need hope in whatever form it manifests. When you feel it, grasp it hard and never let it go. For like the phoenix, hope will raise you from the ashes anew.

Object (Bill) Dull, lifeless, apparently meaningless but may, to some people, speak volumes and lift them out of the difficulties of the day.

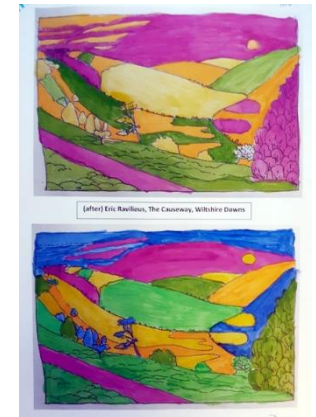
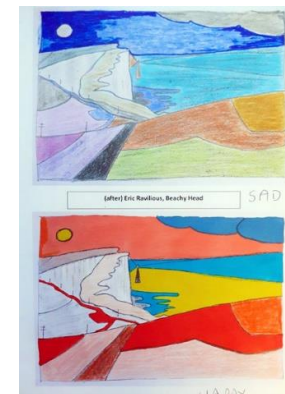
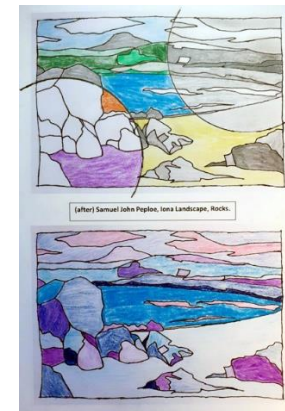
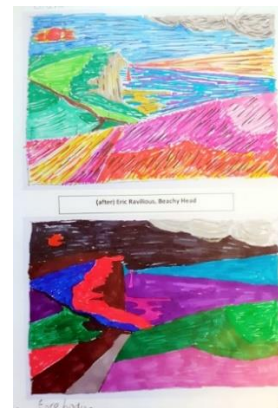
Seed Gathering Season (Mary) What have you in your garden? I've foxgloves, tall spikes and the pods not gone yet. So, a paper bag and turn the spike down so the tiny black seeds fall in. Leave some of the flowers because they look great in winter and if you are lucky the foxgloves may germinate and spread though it will take two years. A package I bought came with two long narrow spacers, those things I can't throw away because they are so ingeniously made. And it's eggbox material but more dense. I fill them with compost and sow the seeds along. Can't remember whether they like light or dark to germinate, press them down a bit and stand them at the back of a square pot and hope for the best.

Bridge the gap (Rachel) I bridge the gap when I walk through life. Sometimes life throws us difficult objects, it is difficult to overcome these obstacles. I do try and switch my mind off, but I need to try and focus on something positive. Mind over matter and trying to think of all the good things I have in my life. Family, friends, and acquaintances and joining different groups. It doesn't really matter if my skills are not up to scratch because practice makes perfect. Crossing different bridges through life is scary, but these experiences help us on our own individual life path.

Stretch (Will) The little brown mouse stretched and yawned as he awoke from his slumber, a good morning stretch, then off to work once he was bright eyed and somewhat bushy tailed for his tail lacked the fluff so he was bright eyed and caffeinated and looking smart, for this little mouse was a banker and a good one at that.



How colour affects **landscape mood**, using simplified copies of 3 landscapes by **WWII artist Eric Ravilious** and one by Scottish 'Colourist' **Samuel John Peploe**. Plus **Taking a line for a walk** inspired by **Miro**.



NOVEMBER 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.

Aspire (Linda) Aspire, what a wonderful word. If people in times gone by hadn't aspired to do great things, where would we all be now? Yes, to be inspired and to aspire is a wonderful thing in the human condition

Aspire (Liz) Soldiers in the army inspire me when they are fighting on no matter what. They squeeze every last bit of energy from themselves. Same as gymnastics, have to practice until they get it right, or like Strictly Come Dancing. I'm inspired as they carry on, even in pain. Sometimes you have to make yourself do things. I have to do that a lot, like today.



Contact details:

c/o Leek Health Centre, Fountain St
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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**

Descent at Ludchurch (Mark) There between the half-stripped trees / /The harsh breeze whipping /Off Axe Edge /I glimpsed her -/Cheeks ochre-stained /Limping, as if maimed /By summer's brute exertions: /A woman, in bleak excursion /Through autumn wood.//She turned, /A glance as pained as brief /Entered the dark chasm/Vanished under gritstone reef.

Seed Gathering Season (Tia) Various seeds we are gathering for next year's spring/summer, planting, potting, feeding with hope. Growing up, potted a few apple seeds and some fruit in the hope that they will grow into something so magnificent in colour and size. Gathering seeds now as I am older and hopefully a little wiser, seeds from my garden of various grasses, poppies and mixed flowers, all a wonder of amazement when they begin their new and delightful part of their lives – embracing and bringing joy into everyone's day.



Borderland Voices

24 years of arts for mental wellbeing



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

Newsletter

NOVEMBER 2022

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: art inspired by **Miro** and **'taking a line for a walk'** plus **landscape mood and colour.**

November art: 2nd, 9th, 16th, 23rd, **Love-Crows:** biodegradable scarecrows which will also attract insects and birds (**Ruby**); 30th **catch-up (Andy).**

Trustees' Meeting Monday 21st. To raise any issues talk to **Mark or Bill.**

Thanks to Sarah for helping assemble this newsletter.

Christmas lunch probably **Wed 7th December** at the **Blue Muggle.** If you're interested, please **contact Andy ASAP.**