

NOVEMBER

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):

Home (Pauline)

Home is the best place to be.

If you are fortunate to have a home of your own, that is. It is so very sad that there are so many people who don't. I think about them often.

When I'm in bed at night and hear the wind rattling the doors and windows and whistling through the treetops. I feel so grateful that I am not out on the streets in a tent with soggy sleeping bag. It is a horrible way to have to live. But we can all help by donating to the Big Issue and the Salvation Army.

Pumpkin pie (Will)

Topped with cream and laid out on show in a section of the counter that folk coming in would see it, but not accidentally knock or bump it, when at the counter sorting their other goods; he always does something special and in keeping for the season, and always has one ready to cut up and hand out to folk when they come in, and given it's the autumnal season it was fitting that this season's sweet treats are Pumpkin pie and Pumpkin spiced cupcakes; two of his favourites and best sellers alongside the Black Forest Gateau he sells in the winter months. So, with everything set out neatly he stood smartly and patiently behind the counter and waited on his customers.

Goal (Jane)

Goals. She had a lot when she began her journey. Some small and achievable, some huge and out of reach. As the journey was traversed the goals changed; some due to environment, some due to choice, some were out of her hands completely. Sometimes the change in goal brought down her spirits. She knew deep down she could have achieved it. But as she was so often reminded, it's ok not to reach some goals. Adapt it and try again or change it to something achievable. In the end you'll get there, you just have to do a little tweaking along the way.

Market day meanderings (Rachel)

I remember going shopping to the indoor market in Leek with my mother. Looking around the clothes stores we each bought ourselves an Italian top, the same top in different blue colours. We saw someone we knew drinking tea, we chatted to them for a while.

This was my market day meandering.

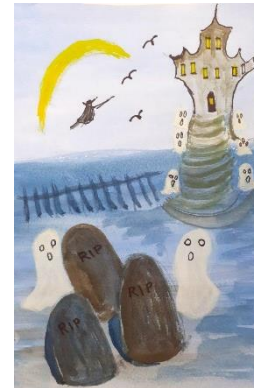
Leaf (Maggie)

When the leaves are brown...

The lyrics reach out to me in harmony.

But on my morning walk today I stopped, paused and looked. In hedgerow bottoms, yellows call to me, russets too. The grass still green, squashed but reaching even now up through little pools and huddles of the windblown brown.

'Waymaking' at Gradbach; Maggie celebrated the fact it was her birthday by paddling. Art inspired by Autumn landscapes and Halloween.



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.

Vitally, you are also supporting one another.

Home (Mary)

Home is always Royal Mint Square. I haven't lived there since I was 4. When I shut my eyes and home is mentioned, that's what comes to me.

The square, the river, the town, the bridge, the string to pull down and let myself in to my mum, dad and brother.

Let the light pour in (Tia)

At my parents' home they were fortunate to have large bay windows, large side windows that looked right out onto fields and woods, the morning sun would be blazing as soon as we opened the blinds or curtains, the heat and the rays would warm our souls of joy, a glorious welcoming to our fulfilled day, it was fabulous to let the dazzling light and sunshine pour into our lives.

Leaf (Linda)

Leaf conjures up leaves to me, the leaves of a book. I know Kindles are more sustainable but there's nothing like going through the leaves of a newly purchased book, the smell of the cover and the pages are one of life's little pleasures.



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

NOVEMBER 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 but **art currently full.**

For further information email info@borderlandvoices.org.uk

Images: 'Waymaking', Gradbach and **Maggie's** birthday paddle. **Autumn landscapes** and **Halloween**

Nov art: 6th and 27th: '24 Doors': shadow puppets + **Gordon;**
13th: 5 Ways session + **Sarah** at Foxlowe (see below); **20th: using**
Watercolour pencils + Andy.

Nov 13th, Foxlowe **afternoon art (no art** at health centre),
joint session with Reaching N Staffs (to be confirmed)

24 Doors live advert: our theme this year: **Christmas – love it**
or loathe it? A shadow puppet play, to provide some quirky ideas.

Nov 6 + 13, a.m. writing + Sarah for our '24 Doors' event