

# OCTOBER

## 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 (Linda)

Home is where the heart is, that's what people say.  
Be it ever so humble or a big mansion, it doesn't matter.  
But home for me is where my family, my friends and wherever I may wander, I don't think you can beat the glorious countryside that surrounds us in our little town of Leek

### Heritage (Bill)

Born to be King/To the table you may bring/Your frail self,/Your feet of clay/May cause now to feel dismay./Born to be King/You waited so long/Tis all yours now/So you need to be strong//Born to be King/With no time to mourn/Your feelings are raw/In time they will thaw/Leave all in God's hand/for all has been planned.

### Discovery (Mark)

How far do you have to travel?  
To find what you seek?  
How many tangled skeins unravel  
Until you discover  
What you thought lost  
Is found before you set out?  
Discovery is really recovery  
After all. And the journey  
Merely a form of return.

### Heritage (Jane)

Part of my heritage died today/A long-life I'd only seen but a fraction of/A figure that encompassed the traditions of a nation/And is an inspiration not just to our borders but that of the world /Part of my heritage died today/A woman who was strong and full of grace/Who ascended the throne so young /But really when as a child just wanted to marry a farmer have horses and a family /Part of my heritage died today/A woman with humour that could see the fun in life/Still dedicating as much as she could to the oath she made back when she began/Part of my heritage died today/But a new part of the heritage begins /With reshuffle and oath renewed/You hand over your reigns and may you sleep restfully in peace

### What's in a name? (Maggie)

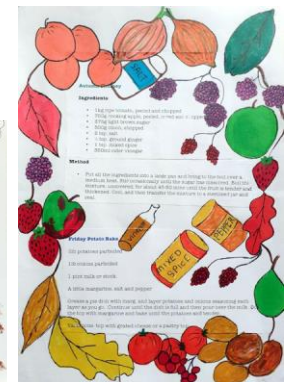
I took this photo yesterday  
just look at these!  
She said, excitedly  
new member of the wildflower group.  
The other smiled, unmoved.  
It's fox and cubs.  
Oh what a lovely name!  
And wow, that colour,  
she exclaimed,  
the orange is divine....  
like tiny sunsets waving on their stems.  
*Pilosella aurantiaca*  
the other smiled again,  
common enough round here.

### Direction (Pauline)

Which way is it then?  
North, South, East or West?  
A guide by compass or the north star  
Many of us don't know where we are  
When to put to the test I think it best  
To navigate from our armchair  
Our journey is then comfort blessed.



Art, some collaged, inspired by official WWII artist **Evelyn Dunbar** who recorded the work of the **Women's Land Army**; **Illustrated WWII/ WLA recipes** we enjoyed at **WELLIES** in August.



## OCTOBER 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.**

**Home (Mary)** Always something to be searching for, for some people. If I think of home, it's Royal Mint Square, where I started my life. Aunts, cousins, mum and dad, brothers, me the youngest being looked after by everyone else. /The wall, the front door, the table and chairs. The gas meter, the sink, and the cooker. First things that spring to mind when I hear the word "home".

### **Harmony in Autumn (Will)**

The sea of sunset colours and the mark of coming cooler days dance upon the treetops, pumpkins getting ready to grin and snarl, skeletons stirring to say hello and dance about as the witches set flight with the vampires and ghosts, passing the full moon to which the werewolves sing their songs as they move among the dead and sea of sunset colours, this is the harmony in autumn, the season where the dead and occult come out to spook and scare. Dance along with the skeleton masquerade and monsters ball and sing alongside the pumpkins as they sing the pumpkin song which gives hail to the pumpkin King and Queen as they pass from house to house leaving scares and treats to all who reside within, this is the harmony in autumn where all is welcome among the sea of sunset colours.



### 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](mailto:info@borderlandvoices.org.uk)

Website: [www.borderlandvoices.org.uk](http://www.borderlandvoices.org.uk)

Facebook: <https://www.facebook.com/groups/1398672493722468>

Borderland Voices contact **Andy Collins: at home but Wed in Leek**



# Borderland Voices

24 years of arts for mental wellbeing



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

## Newsletter OCTOBER 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](mailto:info@borderlandvoices.org.uk)

**Images:** art inspired by official WWII artist **Evelyn Dunbar** and **illustrated WWII recipes** we enjoyed at the **WELLIES** project.

**October art:** 5<sup>th</sup> **catch-up/'take a line for a walk' (Andy);** 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> **landscape mood and colour (Andy)**

**Moorlands Connect** bus service: demand responsive, door-2-door, [bookings@moorlandsconnect.co.uk](mailto:bookings@moorlandsconnect.co.uk), **01335-342951**

**Thanks to Sarah** for helping assemble this newsletter.

From Tuesday **4<sup>th</sup> October, 10-3** at **John Hall Gardens** Leek. Free, **9- week Crafting Course** run by **WELLIES**. Spaces limited.

To register, ring 01538 387111 or email [johnhall@rethink.org](mailto:johnhall@rethink.org)