

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):

Animal (Jane)

Tiny beasties. They mean so much, bring so much joy. Leave behind so many memories. Sadness wells at their loss but happy memories will always remain. Memories of silly things they do. Each having their own little character. They comfort, they love unconditionally, they imprint on your heart. That tiny beastie full of love. That tiny part that makes your family whole.

Summer's here (Pauline)

Summer's here! The skies are clear.
Sunshine is free,
So grab your share of vitamin D.
Make the most of outings with friends
As often as you can before it ends.

Still I Rise (Rachel)

I still rise every morning, sometimes not wanting to face the day ahead. Feelings of insecurity going through my head. Wondering what calamities the day will bring. Trying to focus on something positive is difficult, still, I rise.

A heart of gold (Will)

Made of brass and iron with cogs that spun and whirred, coils, bolts and other industrial stuff made up her elegant figure, but her heart is crafted with gold with etchings of flora adorning its surface, her outer shell sculpted to a perfect elegance and grace. Built as a passion project in memory of her creature's late wife; though her looks matched and her heart of gold was there, the love that was once, was now replaced with oil, pressed metal and manmade emptiness, all animated by a lifeless life. Although she tried to give him what he hoped to get, when he made her, but try as she might, the emptiness always consumes her and leaves her standing there cold and void. A heart of gold there may be, but emotion is an animation she could not act or understand.

Card (Maggie)

'He's quite a card!'
The ladies used to say,
mewling over him, protectively.

This jokey appellation
masked a man who used his
charm
and clever words to put them
down.

It wouldn't happen now.
The patronising 'card'
would meet his match.

The women now would snatch
at their own words
to put him in his place.

I wonder if the ladies
weren't fooled one bit
but chose to humour him
with their words
'He's quite a card'.

Object drawings; 3 types of **willow work:** conical baskets for nightlights or bird-food; garden 'bees'; leaf baskets. Thanks from Karen Bradley for supporting her **Reasons to visit the Moorlands** campaign.



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.

A Heart of Gold (Tia)

My Nan and my mum, sadly not here anymore but always ready to take us into their arms and make all the things of the day better. It would have been my mum's birthday two days ago so I maybe out of sorts or so, remembering the caring and the strength of a bond very special; two ladies who always embraced along with their families – a heart of gold and to this day we will (my daughter and I) always keep them within our hearts as we hope to keep their values alive.

That September feeling (Sheena)

September brought the mist and chill after the Summer's floods and dark. But now the sun comes shining still,

a blessing that has warmed the heart. While half the world is burned or soaks, both drenched or fried in equal part.

How is it that most of us, Who caused these horrors to invoke, can benefit from such a plus,

with unfair prizes handed out while horror rains on other folk, and we are basking, without doubt

in Indian Summer's second round? There is no justice in this world and no equality is found.



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

25 years of arts for mental wellbeing



The Queen's Award
for Voluntary Service

Newsletter

OCTOBER 2023

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: BV in our MP's Year of Reasons to visit the Moorlands; 3 types of willow work; object drawing.

Oct art: 4th, 11th: 'Shard art' with Georgia Wild; 18th day trip, see below; 25th Gargoyles with Gordon (Poole's Cavern Buxton)

BV poems for National Poetry Day Leek Library Mon 2 Oct 7pm

Tues 31 Oct BV AGM 7.30 Leek Town Council office. Let Andy know if you want to attend as space is limited.

Visits: 18th WW2 Experience, Tatton Park by minibus. Leave 10am, return by 4pm. 25th pm only, Gargoyles with Gordon Poole's Cavern, Buxton, car share leave, 1pm, back by 3.45.