

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):

Oasis (Will)

Most think of an oasis as a body of water in a barren land of shifting sand but my oasis is this biodome and the screen that keeps me company but holds me trapped in a world where reality is nothing more than strings of code, thought I made a connection the other day to a lonely AI soul in another place like mine, they talk of a fading Mainframe and a lost lover, it's a strange concept to come to terms with, an AI with human-like aspects and ailments but much like me they're adrift in a failing environment, existing in an oasis of their own making and surrounded by the ruins of their former life.

Equinox (Linda)

Equinox the beginning of Autumn, my favourite time of the year, leaves turning brown, crinkling under my feet when I'm walking in the woods. Samhain or Halloween as some people call it, children going round houses, trick or treating. Bonfire night the smell of smoke permeates the air, yes Equinox time, my happy time.

Give (Mary)

Gi's a penny, Mister. Penny for the guy I'm with Sheila and Paul Webster. We've got baby Stephen's pushchair and we've made a good guy out of Paul's knitted stripey jumper and some old trousers stuffed with newspaper and his dad's Sunday braces. The face is a cushion with eyes and mouth sewn on by Sheila. We stand on the corner of Lemon St and then wander down to the Tower. The nuns warn us it's not Catholic.

Milestone (Rachel)

A milestone at the side of the road tells us how many miles it is to a certain place. A milestone in life is a marker of how far we have to go to reach our goal.

Pretty as a picture (Bill)

At first glance the picture looked so dull, drab and lifeless with nothing to attract one at all. But having looked a little closer with greater intensity and feeling. Things hidden on first viewing began to reveal themselves and begin to speak at a deeper level. On third glance a feeling of deep warmth began to radiate through my being, and I realised that I must never stop looking.

A September Morn (Pauline)

A September morn, too early for fireworks and Halloween;
Though dewy spiders webs hang from trees still green.
Cloudy is the sky but the sun peeps through.
The bees and butterflies now are few
It is a hazy, in between dawn,
But I smile at this September morn.



BV **textile art and writing** displayed in the Nicholson for the **Textile Festival**; art for the **autumn equinox**; **5 Ways to Well-being** booklets, works in progress and one finished article.



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.

Equinox (Maggie)

Balance of the light and dark.
Harvest moon above to guide the way.
And can we meet the change
with openness and hope?
The energies are melting down
to colder, darker days
and nights.
And will our hearts be filled with warmth
as flames accompany
our Mabon celebration
round the hearth?



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**

Reach (Jane)

Reach up high up to the stars.
Can you pluck one from the sky
so far away and so near? Close
one eye and hold your fingers in
front of you and it looks like
you're holding that star between
your fingers. Sometimes you
don't have to reach so far to get
what you're after. You don't
need to pull yourself so thin to
try and reach your goals.
Sometimes it's as easy as just
closing one eye and putting
your fingers in front of your face
and your goal is right in sight.

Borderland Voices

26 years of arts for mental wellbeing



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

Newsletter

OCTOBER 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: Textile display, Nicholson Museum; **Equinox**-inspired art; **5-ways to wellbeing booklets,** in progress + 1 finished

Oct art: 2nd, 23rd, 30th: Autumn + Andy; 9th: 5 Ways booklets,
last session + **Sarah; 16th: Waymaking** to Gradbach, **see below.**

Oct 16th, Gradbach afternoon visit (no art at health centre),
car-share, leave 1pm, return 4pm. **Sensible shoes + coats.**

Throughout **Oct:** the **Big Weave,** normal opening hours, **Leek Library.** Add to a community art piece. Materials provided. **FREE**

Oct 3 Library 2-3.30, FREE Weave workshop 01538-332061

30 Oct BV AGM 7.30 upstairs, Roebuck Derby St, **all welcome**