

## September

### 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):

#### My Jubilant Feet (Rachel)

My jubilant feet aren't so jubilant as they ache most of the time, yet I'm lucky to have them, I can still walk with a stick. I remember when I could run and dance the night away, those days are long gone but I can still hobble on. My nephews were both born with club feet, one is now a champion paraplegic swimmer, the other wants to be a marine biologist. What jubilant feet they now have.

#### Spot (Sheena)

It's spot on. It's the very spot. I spotted it as soon as we turned the corner and saw the flash of water reflecting the sunlight. I had found the spot on the map before we set off for our walk. Local legend called this pond The Black Spot, not because the water was black but because it was supposed to be dangerous. Evidently on the eve of a full moon it lured unsuspecting walkers towards it and it took over their minds. I don't suppose there is any truth in the legend but it's a spot I don't think I shall visit when the moon is full.

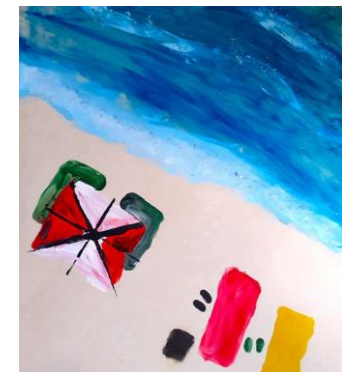
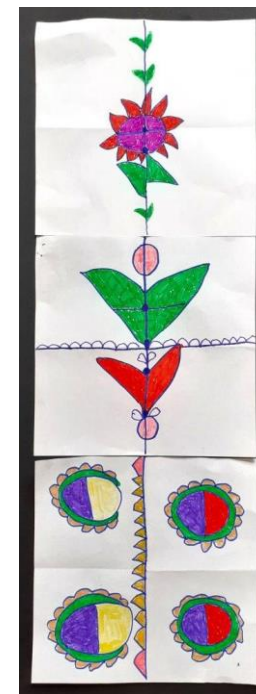
#### Way (Maggie)

There's always a way  
I used to say.  
Don't be negative, I'd call.  
If there's a wall  
climb over it  
go round it.  
Think big, think wide.  
Look for solutions  
and you'll always find a way.  
With age, I reappraise  
No longer judge as 'negative'.  
Because I've learnt  
some walls cannot be scaled.

#### Wasp (Mary)

She owns it as she lands,  
(her warning stripes, her sting,  
the plate's no longer mine),  
//takes the edge of my apricot jam,  
head and front legs in it,  
abdomen rhythmic; working.  
//How she fills her stomach.  
Don't begrudge her, such a little of my food  
causes such ecstasy.  
//In early summer they came here, she  
and her sisters;  
carved soft woodgrain out of our table,  
(distressing and silvering it), to make  
their nest,  
//a womb shape gradually forming on  
the turf stack.  
Gave us no trouble. We meant the  
turfs to rot for a year  
before using the good soil.  
//On warm middays they took meat  
from our leftovers,  
or from bones thrown out for the  
foxes,  
//carved it out with mandibles, each  
taking a piece  
wider than its own head, back to the  
grubs.  
//Now here is just one.  
//The queen survives the winter.  
This is not she.  
What this one needs, now, before the  
cold, is sweetness  
//And I am like her. Wanting. Waiting  
for words, lyrical as syrup on my  
tongue.  
Sweetness, before the cold comes.

New display: **Dove Valley Centre art; Beatrice** trip and art; take a **Line for a Walk; Summer** painted without paint brushes; **Notebooks** from scrap; **Arnold's** sponsored **skydive**.



## SEPTEMBER 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.**

**Way (Pauline)** Show me the way!  
What is the way?  
Get out of the way! How many more ways are there to go – the way back; this is the way – which way do we do this? Where there's a will there's a way. God is the truth, the light and the way.  
Well, I'm totally lost with all these ways.  
So, from now on I'm going to do things my way.

**Window Dressing (Will)** She spends about an hour each fortnight doing a new window dressing for her shop, it's her pride and joy and she loves doing it, placing all the latest and newest things, all the while making it pleasing to the eye and would catch any passer-by's interest. She had won awards and made it into the local newspaper many a time with her stunning window displays which flowed into her shop as well, with its neat and tidy shelves, well labelled and easy to navigate aisles, all topped off with her dazzling and friendly smile from behind the counter.

**Way (Bill)** A way, no way, this way, anyway. The way. The choices are many and varied but, in the end, I wonder does it really matter?



#### Contact details:

c/o Leek Health Centre, Fountain St  
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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

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

**Images:** new display - **Dove Valley Centre** art; **Beatrice** trip and art; take a **Line for a Walk**; **Summer** painted without paint brushes; **notebooks** from scrap; **Arnold's** sponsored **skydive**.

**Sept art: 6<sup>th</sup>, 13<sup>th</sup>, 27<sup>th</sup>: Basket making with Rachel Evans; 20<sup>th</sup> Object Drawing: with Sheena (to be confirmed)**

**Sept 13<sup>th</sup> writing: 'Refuge' workshop + Staffs Poet Laureate Dawn Jutton.** For a **National Poetry Day performance**, Leek Library, **Monday evening 2<sup>nd</sup> Oct.**

We're so grateful to **Arnold Proctor**; he raised **over £220** doing a **sponsored skydive** and looks as though he enjoyed it!