

APRIL

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):

Hope (Anna)

Hopelessness is a lonely stark figure,
A paper cut-out, a mere silhouette.
Hope is the tears of joy
When release, catharsis arrives
Hope is a body of thought
An all-encompassing emotion
That cradles us,
Hugs our shuddering shivering bodies
Hope is the malnourished child in Africa
Who will one day become a doctor
Thanks to our monthly donations,
Hope is the truth retrieved
And sent to its intended
Hope is the arc of a rainbow
The colours dispersing – a prism of light.
The crisp, clear, ice blue sky
As we watch the cotton wool clouds
Pass our wide-open astonished eyes.

The Green man (Rachel)

The green man is a widely recognised,
enduring motif in art and architecture.
Characterised by a human face made of
or surrounded by foliage. Typically,
leaves sprouting from the mouth, nose
or ears.

Hope (Mary)

The opposite of despair. In my
catechism when I was a child,
I read that God will forgive.
Except, it said, two sins: despair and
presumption.
But this was ancient stuff from probably
Thomas Aquinas hundreds of years ago.
Maybe despair and presumption were
the sins of Aquinas, poor soul.
I preferred faith, hope and charity.

Shadow (Pauline) Shadows are sometimes scary. Real ones are bad enough but when they appear in your bedroom late at night it is terrifying. Sometimes the shadows can be accompanied by voices which is even more scary. I always say my prayers when this happens, and I listen to God who tells me in no uncertain terms that the only voice I need to listen to is His.

Mad March Hares (Will) She donned her pinny, grabbed her shears and ascended the stairs, opening the door to the bedroom then the window and proceeded to trim and organise her flowerboxes, singing and pruning, her large ears peeking over the window ledge making passers-by look up in confusion at the two bobbing ears and the occasional petal or leaf that fluttered down to the street and her head, every now and then popping her head over to say hello. She's known to the locals as the Mad March Hare as every March she's out pruning her boxes.

Shadow (Bill) Me and my shadow. I think we have all got a shadow, the side of us we carry around like a lead weight telling us all sorts of lies and deceiving us about what a horrible person we are. The ongoing work is trying not to listen to these lies because it simply is not the truth.

Ink landscape studies inspired by traditional Oriental Art. **Andrew's generous gift** of a large bottle of ink prompted us to experiment with this tricky technique.



APRIL DETAILS

You, our participants

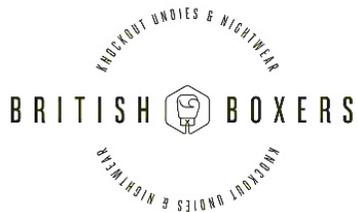
currently contribute to our rent in Fountain Street and help keep our services going with donations, large and small, in cash and in kind.

Vitaly, you are also supporting one another.

Hope (Linda)

Everybody needs to have hope in their lives, you need hope when everything seems lost, when all your hopes and dreams seem shattered, and everything seems against you. When you are at your lowest you should think that things can only get better, you should still have hope.

This newsletter is supported by:



Contact details:

c/o Leek Health Centre, Fountain St
Leek, ST13 6JB

(Andy collects mail weekly)

Mobile: 07760 138395

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**

Shadow (Tia)

Hello shadow, within this street of your glowing light, I said – dear shadow you're always popping up within the walls and doors, I used to make little animals with my hands as a little girl on my dark, bedroom wall, where a glimpse of a torch light would enhance the shadow's movements, birds, rabbit, till I was told turn off the torch and get off to sleep! Oh dear shadow, let's always share these moments together.

This month
Borderland Voices
is grateful to the
Leek Town Lands Trust
for supporting
our
creative activities.



Borderland Voices

28 years of arts for mental wellbeing



The Queen's Award
for Voluntary Service

Newsletter
APRIL 2026

In-person sessions, Leek Health Centre, **on Wednesdays**.

10.30-12.30 **Creative Writing**; 1.30-3.30 **Expressive Art**;
4.00-5.30 **Informal DIY Drop-in**. **All welcome**: write, colour, chat

To ask about spaces email info@borderlandvoices.org.uk

Images: Ink landscape studies inspired by traditional
Oriental Art (thanks to **Andrew's** generous donation of ink)

22nd April: 11.30-2.30 visit from **Katie Johnson**. She can advise
how we can improve services for learning disabilities and **autism**

April writing and art: 1st: day trip on the **Beatrice** narrowboat.
8th, 15th, 22nd, 29th + Sarah: **the history, social history and
natural history of the Caldron Canal**. Towards a display for the
water-themed Foxlowe HuG environmental art festival, 27th June

Don't forget: No in-person sessions at the Health Centre on 1st
April. If booked for the **Beatrice** remember a **packed lunch**.