NOVEMBER

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):

Comedy *(Anna)*

It was a dream in summer
But while they slumbered
Did they really sleep?
In between the sets of their ham-fisted play
Were chuckles, guffaws of laughter echoing
in the harsh sound chamber of the room
This proves even true love contains
laughter at its heart

Dance *(Jane)*

Dancing is not my forte but there's many types I'm told.
I use many excuses to get out of it, yes,
I'll tell the kids I'm too old.
Back when I was younger, I'd probably do a bit of ska dancing
And headbanging in a corner, keeping clear of mosh pits, I wasn't taking any chances
There's dancing on the TV, though I don't watch
They have amazing moves, it's always top notch
I'd step on toes for sure, with my big, boat feet
I'll stick to what I know, my own rhythm and beat.

Bow *(Linda)*

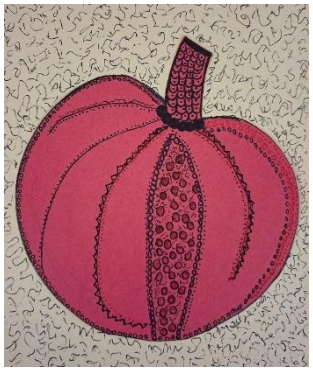
Take a bow some people say when they have done something good. Take a bow, hear the applause of the audience, the clapping of hands, bask in the glory of adulation, but it's the other people that we should celebrate, the people who never ask for praise, the NHS workers, the care givers, the people who selflessly give up their time to help other people, they are the ones who should take a bow.

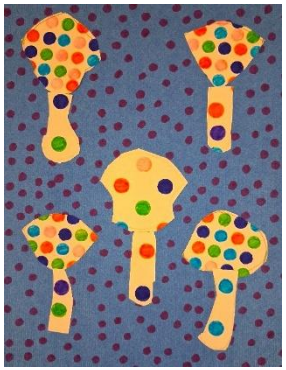
Seasons of Mists and Mellow Fruitfulness *(Bill)*

Having moved quite serenely out of the last vestiges of a most glorious summer, we come now to Autumn and although it has so far at times been unseasonably warm, the reality is that it is still inevitable colder, darker and a bit damper so there we are. The horse chestnut tree is now yielding the last of its brown fruit I still love to pick a few off the ground, they bring back fond memories of yesteryear.

Bough *(Will)*

A thin twine like dark iron chain lay in loops around the bough of the old oak with both ends of it hanging loose and free, gently weighted down by stained glass, adorned, elegant iron lanterns with yellowish candles burning bright within. These are two of many that adorn the large old oak as it yawns upwards towards the large stained-glass dome above it, rising from the basement level of the Market Hall, grabbing up towards the rafters and dome through all four floors that encircle it, around her base - candle lanterns and native flora.





Autumnal fungi and pumpkins
inspired by
Yayoi Kusama













NOVEMBER 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**.**

Vitally, you are also supporting one another.

Dance *(Pauline)*
Dancing is fun. It's something to do when we are happy. If we are sad, it can cheer us up. It doesn't matter how good you are at it; anything goes these days. Unless you are a professional dancer, then its different. You can do it on the stage, in musicals or on TV. They get paid for it. But doing it for fun is very rewarding.

Comedy *(Rachel)*
I like a good laugh, who doesn't? It cheers you up and makes you happy. There are lots of comedy shows on the TV and thousands of comedians. Some people pay to go and see their favourite one live. Yes, comedy, we all need a good comedian.

Calendar
Watch our for our 2027 calendar, coming soon.
We've chosen the images and the writing is nearly ready,
A bargain at £5.00.

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Find us on Facebook

Borderland Voices

28 years of arts for mental wellbeing

The Queen's Award for Voluntary Service

Newsletter
NOVEMBER 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: **Autumnal fungi and pumpkins**. Inspired by **Yayoi Kusama,** the avant-garde Japanese female artist known as **"Princess of Polka Dots"** who died this year.

November art: 4th + Andy: catch-up and Bonfire Night.
11th, 18th and 25th + Andy: **Seasonal Images** potentially as inspiration for or contribution to this year's **Leek Advent Celebrations.**

Don't forget: Final Repair Café of this year. Haregate Community Centre, **Sat 21st, 10am – 2 pm** ('last orders' 1.30pm)