

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):

Ball (Linda)

The first thing that I thought about when I heard the word was pantomimes and Cinderella my favourite pantomime when I was a child. I used to love the bit when Cinderella's fairy god-mother used to tap Cinderella with her magic wand then Cinderella's clothes would change into a beautiful ball gown and the fairy would say, 'oh Cinderella you shall go to the ball'. I often wish now that, when I'm getting ready to go out, somebody would tap me with a magic wand!

Sheep! (Jo)

Mint sauce! I cry from my open car window as I climb Axe Edge dodging the Derbyshire Gritstone sheep. A raggle-taggle lot, plump young ones faithfully following their elders whose frayed woolly coats are fringed with dirt. It doesn't matter what time of year, there's always an escaped gang wandering where they please. Precariously nibbling the verges, no road sense just a need for better pasture. At night they morph into spooks, emerald eyes staring into your headlights as you swerve to miss them. For centuries these black faced hardy creatures have grazed the rocky Pennine moors, long may that continue.

Balance (Jane)

Mr Grim Reaper

I'm writing this letter to you to ask where is your universal balance? What do I mean I hear you ask? Yes, you have to reap from the earthly plain but I'm pretty sure your equal balance is out of whack; in just this week alone I counted three good souls. And yet we see no equivalence on the balance scale here. You took the lovely Dolly an angel but no balance. Tim Curry, a master of his craft, no balance. The voice of Eeyore - an inspiration to all children - Peter Cullen, where is the balance?

I think you need to re-evaluate your procedures, otherwise it'll be taking this matter to upper management.

Braid (Will)

She clamped one end of the cluster of fine threads in a clamp and took a seat before carefully braiding the threads into a rope-like structure, she did this till she had about a foot of fine thread braided rope, at this point she ties both ends off and adorns each end with a tassel matching what the main braid is constructed of, before starting the next. In a day she can get about a hundred curtain ties made, ready to sell on the local market the following day, occasionally she's commissioned to make decorative ropes for pub bells or Steam-Steed tether ropes for festivals and parades.

Dreaming (Rachel)

Days that reflect our feelings
Relaxing in the summer sun
Exercising our bodies to keep them fit
And full of health and vitality
Morning time again
Into the day we go
Nothing can stop us now
Gathering our thoughts for the day

Yours..... A very heartbroken human

Kantha embroidery: inspired by a traditional Indian technique (they often used old sari silk) and a **pencil sketch** based on a Paul Cezanne portrait.



OCTOBER DETAILS

You, our participants

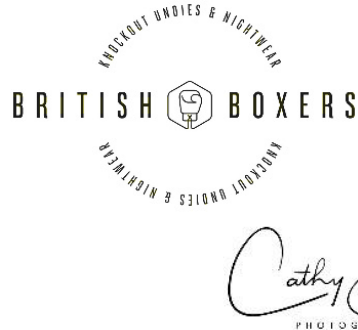
currently contribute to our rent in Fountain Street and help keep our services going with donations, large and small, in cash and in kind.

Vitality, you are also supporting one another.

Seeing Red (Bill)

I tend to see a little red occasionally whilst watching the news. Why has somebody done this or said that about any given situation which is going on at the time. As if I, being the fount of all knowledge, could do any better. Probably not, so anyway, forget about it now until the next time.

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**

Ball (Tia)

There's a ball tonight and it's posh frock time, getting ready, may as well open the bottle of Prosecco and down the hatch for courage. Walking into the ballroom with various chandeliers glistening from ceiling to floors, white starched tablecloths and crystal glass, taken for a waltz, try not to step wrongly, my dress is attracting the wrong males, it seems - a bit top heavy! Having a ball, what a night, such fun and excitement!

My favourite teacher (Anna)

She was small and diminutive
She wore a habit,
She nourished her pupils' soul
With her gentle nature,
But as a nun she never preached
She accepted everybody
She never judged
She always sustained and promoted
her pupils' self-esteem.



Borderland Voices

28 years of arts for mental wellbeing



The Queen's Award
for Voluntary Service

Newsletter

OCTOBER 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: Kantha embroidery: a traditional Indian technique using coloured fabrics sewn onto a fabric background with simple running stitches. Plus a coloured pencil sketch.

October art: 7th, 14th, 21st, 28th + **Sarah:** inspired by **Yayoi Kusama**, the avant-garde Japanese female artist known as "**Princess of Polka Dots**", who died in August this year.

Don't forget: Repair Café and **Rescue Me** pop-up stall. Foxlowe Arts Centre, **Saturday 17th, 10am – 2 pm**

Another diary date: Borderland Voices AGM, all welcome. Norton House (U3A HQ), Fynney St, **Wednesday 28th, 7pm**