

AUGUST

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):

Cool (Will)

He sat at one of the little marble-topped tables outside the Ice Cream Parlour, basking in the cool shade that was cast by the Temple Clock Tower. He glanced up to the clockface far above the rooftops of the buildings on the opposite side of the road, it read half past twelve, almost the end of his lunch hour. Downing the last of his ice cream and milkshake, he straightened his waistcoat and stood up, smoothing the creases out of his cotton shirt and waistcoat placed his dishes neatly in the centre of the table before heading back to the Bank to start the second half of his shift.

Centre (Linda) He is the centre of my universe, I was unsure whether to have him at first, he's made me laugh, he's made me cry (with pain), but I would never be without him, he's my little cat Loki. When he looks at me with his big green eyes it's like he is looking into my very soul.
Yes, he's the centre of my world and I'm so glad that I chose him, although I think that he chose me.

Dare to Dream (Jane)

Do you dare to dream? It sounds like such a mundane question that is until you realise that your dreams can turn into reality. For this reason dreaming was banned for health reasons. People dying in their sleep or creatures from nightmares entering into reality causing chaos. When it was apparent this was happening procedures were put in place to stop people from dreaming. Medications were given to stop dreams and just induce sleep. Some opted for a more permanent solution, erasing the ability to dream altogether. How this pandemic started no one knows. Perhaps it was nature's way to deal with the overpopulation issue. So do you dare to dream?

Centre (Tia)

The centre of our universe is something to consider, how deep. What elements are inside, for how many millions of years? Is it hot? Can we breathe down in the centre? Does Satan live there, ordering his slaves to stoke the fires? – and cook his bacon butties!!

Centre (Maggie)

Still and calm in over-reaching edges.
Things to do, thoughts that plague me.
Oh please come back from edges flailing out
back to the past. Regrets
Forward to the feared-not-happened-yet.
No, stop!
Me, here, come back!
Circle back, spiral back
to now, to centre
to that still and calm.

Talk of the town (Bill)

Waltzers, dodgems, helter-skelter, big wheel, candy floss, toffee apples.
Trying to win a prize on the side stalls; nearly impossible unless you had a good throwing arm (coconut shy) or were a regular thrower of darts. You could win a goldfish (poor thing) or a teddy bear or some soft toy. All the fun of the fair; "talk of the town" - well it was for the kids anyway.

Needle-felting in progress for **Nicholson Memorial Centenary**; Ben's talk about the **War Memorial**; our **Wallaby** at Hulme End; 'floral tapestries' made with **WELLIES**; Lichfield Cathedral, Sheena with our Queen's Award displayed for **Sir Ian Dudson's retirement**.



AUGUST 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.

Centre (Pauline)

I've always been left of the centre. I don't really know what else to say except looking at it differently. The centre is a place of balance or so it is said. We can't always find the centre. For example, where is the centre of the body/ And where is the centre of the universe? It's a bit confusing, centre points and centre parks and what about centrifugal force?



St Swithin's Day (Anna)

Underneath the rain, singing in the rain,
Monsoon season strikes as the drought
Breaks
Rain resumes with the new season
Everywhere droplets of rain
Landing on eyelashes
Lashes that turn inward stinging eyes
All hope lost, all health fails

Seeing (Bill)

I used to look but could not see
The beauty that surrounded me
The sights and sounds all passed me by
Caught up was I till, by and by
a voice was heard and with a sigh said
come closer, feel me, handle me,
touch me, yes, it is I.



Contact details:

c/o Leek Health Centre, Fountain St
Leek, ST13 6JB (Andy collects mail weekly)

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**

Borderland Voices

27 years of arts for mental wellbeing



The Queen's Award for Voluntary Service

Newsletter AUGUST 2025

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

Every Wednesday: All now back in original room

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: Ld. Lieutenant's retirement: Sheena + our Queen's
Award, displayed in Lichfield; #WheresWallaby: 'our' **Wallaby** at

Hulme End; needle-felting in progress: poppies and
Nicholson Memorial for its centenary; **Ben Benerfer's** talk about
the Nicholson War Memorial; **Botanical tapestries**

Aug art: 6th, 13th: Nicholson Memorial Centenary – **Needle felting**
+ **Amelia Carr**; 20th: **Wallaby outing to Hulme**

End (see below); 27th: more **Advent Images** for our '24 Doors'

Wed 20: car-share **outing to see our Wallaby**, leave 1.30, back
3.30-3.45. Please let Andy know ASAP if you want/can give a lift.