

JULY

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):

Watch (Andy)

It was my mum's, but the one she wore if they were going out in the evening. She had a work-a-day one for kitchen or garden. Previously I wore my gran's, which was even more delicate and had a proper watch movement (unlike this, which is battery powered). But it got to the stage when the jeweler could no longer get spares, so it sits in a box. Prior to that I've had all sorts of watches, usually quite large, always analogue, always on an extendable wrist band for ease of putting on and taking off.

Paper Rose (Sheena)

What made me think it would arrive unscathed? I might have known. Having survived so long I optimistically thought it was tougher than its looks suggest. I wrapped it loosely in tissue but on being unwrapped it fell apart, as though it knew its time had come. It gave a final rustle and collapsed, and what was whole, complete for many years gave up its form and shattered without a single sigh.

Vintage (Linda)

Vintage is a word that is used quite a lot nowadays, Vintage has become fashionable again, the vintage clothes for example. I would like to age like a vintage wine, red and full bodied with a lovely flavour.

Hug (Jane)

Sometimes we all could use a hug. We don't always want one or want to admit we need one, but a hug when you're feeling down can be the most uplifting thing. As someone wraps those warm arms around you, you feel safe, secure. The world is no longer a lonely place. In that hug you can relax. You can even let go of stresses and cry - no one will judge. No words. The hug is safety and warmth, as it envelops you in love. So, embrace the hug, don't shy away from it.

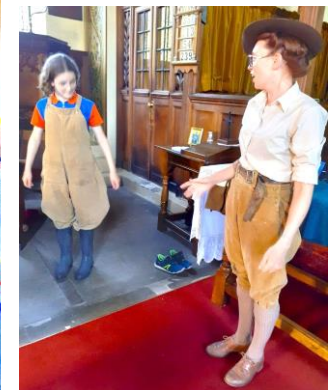
In the garden (Bill)

The primulas have shown their beautiful colours of red, purple, yellow, and orange but in the afterglow the beauty remains in the memory. Aubretia is hanging on for a little while, London Pride is crying for attention with campanula who is trying to emerge, but the competition is fierce. Lily of the Valley has now come to light with dainty white flowers showing forth. Crocus has said goodbye for now, Lavender is making a move. Ajuga is coming along with the geranium, euonymus brings a little greenery. Hydrangea has a while to go yet before she puts in an appearance and the Hypericum will arrive in its time. Like everything all the flowers come and go but always leaving the delightful prospect saying, "don't worry, we'll be back next year."

Tattoo of Memories (Jane)

Memories of friends, of times gone by. Good times. Reminding myself when times are hard that good times, good friends are always on the horizon. With a lift of my arm, it's there to see. The outline of the figure etched into my arm, the doll. No real significance, just something that called to me but the letters attached with the image, it holds the power to make me smile. To remind me that life has its happy and good times.

HuG Festival, more WLA peg-dolls; Will, Linda, Tia receive Volunteer Recognition Certificates from Garry Jones, Support Staffs CE; Dove Valley visit; summer solstice art; WLA re-enactor Leanne visits Ipstones Girl Guides; Flash flower festival: WLA display.



JULY 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.

Hug (Maggie)

There's nothing so good as a hug!
The mother and child, tight in embrace.
The grieving old man, be gentle with him.
The lovers at bus stops saying hello or a tearful goodbye.
I'm often heard asking of Rob 'A hug, please, I'm needing a hug.'
'No problem,' he says, 'I've got plenty of those.'

Hug (Will)

They embraced one another as the spaceship drifted further into the emptiness of space, the onboard AI calling out the failings and dwindling O2 levels as the lights and screens flicker and fade, they came as one and as one they'll go, holding each other as the stillness of death slips its cold awaiting arms around them in a hug that'll take their star fated souls to the stary blanket of forever and the home of The Great Mother, here they'll be side by side as stars till eternity and glowing in their happily ever after.



Contact details:

c/o Leek Health Centre, Fountain St
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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 JULY 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. info@borderlandvoices.org.uk

Inside: HuG Festival: WLA peg-dolls; Volunteer Recognition Certificates: Will, Linda, Tia + Support Staffs' Garry Jones; Dove Valley visit; summer solstice art; Leanne in WLA dress + Ipstones Girl Guides; Flash flower festival: WLA display.

July art: 5th: follow-up + Elspeth; 12th: catch-up + Andy; 19th and 26th: Shadow puppets + Gordon

Friday 21st July, bar opens 7, for 7.30, free **Illustrated talk** by **Denise Dutton** at the **Foxlowe**. Denise designed the **Land Army Memorial** and other well-known sculptures.

Throughout July, in Leek Library display cases: **Display** celebrating **25 years of BV** (thanks to Sheena).