

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):

Tree (Rachel)

The tree stood tall above the rest of the trees, it was an old oak tree, no one really knew how old it was. Summer was here but there were oak leaves covering the ground. I've heard somewhere that you should hug an oak tree and it will look after you so this is what I did.

Pride Day (Tia) Noises flowing through the air and getting louder, as we feel excited to include ourselves into the thrill of people dressed in various colours of outfits, of rainbows of ribbons, flowers. Music everywhere, families clapping and Morris dancers dancing. The smells of cooking and coffee open up my nose and belly. We laugh, sing with everyone in the sunshine, together we celebrate this day of pride. Entertainment, singers, fire sword swallowers, comedy acts, picnics of fun and memories.

Inside BV (Maggie)

'Step inside love, let me show you the way'
She sang, Cilla that is.
And oh I wanted to be her.
The little Margaret longed to be on stage.
Occasions offered, I withdrew.
Not now! The pattern ends!
'Step inside love, and stay'

Inside (Bill) Such a precious, precious commodity, water and life are completely inseparable, you can't have one without the other. I think we perhaps forget sometimes how really fortunate we are that simply by turning a tap on we have instant 'life'.

Inside (Will) She came strutting in, chest puffed up and swagger in her hip, her large floppy hat draped across her head with her brown furred ears peeking through it, a fur scarf wrapped loosely around her shoulders and long flowing black dress, "Miss Longfell, I've heard you've been cooped up inside for far too long, it's not good for you so I've spoken to the Madam and she agreed you need to get out, so, you're coming with me for some brunch at the Botanical District." Miss Longfell was about to complain but was cut off, "I don't want to hear it, grab your coat and come with. No quick words will get you out of it, I've spoken, simple as, now come on, table is booked for twelve-fifteen." She stated, putting her hand paws on her hips.

Autistic Pride Day (Anna)

I always knew I wasn't quite the same,
I could identify every single tree, each name,
I remembered every single detail
Of the past's open book
Which closes like eyelids over mascara'd eyes.
I felt overwhelmed in a crowded room,
I always raised my hand - uttering
'Could I leave soon?'

I always knew I wasn't quite the same,
I misunderstood facial signals;
Spoken words - their intentions,
The meaning shrouded, cloaked in smiles
That waned,
Grimaces passed me by
I saw a glimpse of the truth,
The true intention out of the corner of
My eye.

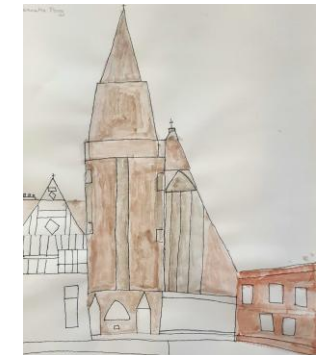
I always knew I wasn't quite the same,
Yet you can trust me to always remember
your name.

Inside (Bill)

Inside, beyond the reach of all outward distractions, beyond the realm of thought and reasoning, is a place where infinity meets and interacts totally with form. This inescapable place belongs and is a part of us all.



'Swallows' - willow swallows with Ant Hammond, Waymaking; **HuG Festival** stall; at the **VCSE Market Place**; **Where's Wallaby Trail** designs; **Leek buildings**, (some unfinished) which will be part of our Nicholson Memorial 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.

Inside (Jane)

Inside I'm screaming,
outside I smile
Inside I'm crying,
outside I'm stoic
Inside I'm breaking,
outside no cracks to be seen
Inside is the real me,
outside is the mask
I want you to see.

Water (Linda)

I am a water sign, a Scorpio. I love being near water, it doesn't have to be the ocean with its ebbing and flowing, a lake will do or a pool, a stream, a paddle even. I'm at my best when I'm either looking out to sea or sailing on a nice calm lake.

Inside (Tina)

The candle in the lantern burning brightly, warm honey glow. Casting shadows of rabbit eared hand puppets as you read "Guess how much I love you" the favourite book this night, during the power cut. The flicker of the dwindling flames in the grate of the fire, as the storm rages ferociously outside, we all snuggled up inside safe and sound.



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:**

Works from home but in Leek on Wednesday

Borderland Voices

27 years of arts for mental wellbeing



The Queen's Award for Voluntary Service

Newsletter JULY 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: 'Swallows' – making willow swallows with Ant Hammond on our Waymaking outing; our stall at the annual **HuG Festival** and a **Market place** event; designs for the **Where's Wallaby Trail**; historic **Leek buildings** for our Nicholson Memorial centenary display

July art: 2nd: **Leek's buildings + Sheena**; 9th: **Catch-up + Andy**; 16th: **Botanical tapestry + WELLIES**; 23rd, 30th: Nicholson Memorial Centenary – **Felt and needle felting + Amelia Carr**

Wed 23rd: official guide **Ben Benefer 10.30-11** introduction to the history of the **Nicholson War Memorial**