

JUNE

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):

Glimpse (Andy) An image just caught, hardly registered, perhaps out of the corner of your eye - possibly through a part-open door or among a stand of trees. Somehow the glimpse through the door conveys something covert – that you weren't meant to see. Whereas in the open air, out on a walk, you can, if you are lucky, joyfully glimpse a shy animal such as a deer amongst the trees before it bounds away. Or a twayblade orchid nestling in the grass.

Circle (Mark)

The circle chased itself around
Like a frantic cat or manic hound
However fast it pursued its end
However adeptly swerved round that bend
If never could catch its tail
It always failed to complete its task
And so how is it I hear you ask
Can you ever claim to have reached your aim?
You can run and run till your face turns purple
You never will complete that circle.

Health (Liz) We all pray for good health. People stop me on the streets and ask me if I'm ok or 'how are you feeling?' Of course, I just say 'I'm ok' when I'm not. My health isn't good, with the number of tablets I take but I try not to talk about it. So, in future there's no need to ask because it won't be true.

Glimpse (Liz) Sometimes I wish I could glimpse into the future to see what lies ahead. Knowing something so that you can plan it. It's good to see something else, to look forward to. Can stop you from worrying about something. To know it's going to be ok.

Circle (Mary) We weren't in the circle last night. We were in the stalls. The amazing Buxton Opera House. There were three seats left a fortnight ago and I took two of them for Ian and me. Barry Humphries. My Life. Not just Edna and Sir Les but him himself. Grandad from Manchester, Dad emigrating to Camberwell, a Melbourne suburb and him with his sister and friend in the back garden, training in repertory locally. A move to London and a gradual climb to fame and fortune, back to Sydney often. His wife, his children, and grandchildren. Some interesting interviews by Edna with the young Trump and wife, and Boris Johnson. They haven't changed. And touring Britain; very taken with the theatre. Promised to come back next year.

Glimpse (Will)

He would catch glimpses of him as he worked on the Air Docks moving goods to and from.

He was about six foot something and handsomely sculpted with his long-braided locks and pale face and stunning blue eyes.

Jack wished he had the confidence to talk to him, but he always shied away and busied himself with his work as one of the ticket sellers on the docks.

Till one day he walked up to Jack's booth and said "Hi" in a shy voice and a strong German accent.

Health (Pauline)

Health rhymes with wealth.
It is said that health is more important than wealth.

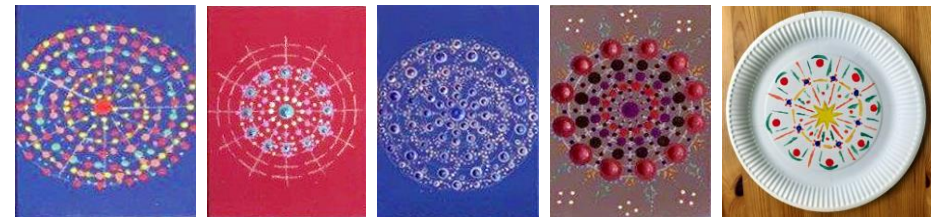
Some of us may agree.
Others obviously do not.

Internationally, it seems the main clamouring is for wealth.

Maybe the reasoning behind this is one needs wealth to secure health.

Someone once said to me "it is better to be ill in the back seat of a Rolls Royce than on a bicycle."

Dot mandalas, (and one on a paper plate), BV artwork in **Karen Bradley's** window, **Mental Health Awareness Week** stall, art by **Simon** and **Matt**.



JUNE 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.

Sense of place (Jane) A place where I belong, where attachments grow. A place I have a bond with people I love and know
A place I can find peace and enjoy all that's around me where I fit in like a jigsaw piece somewhere I can be free

Circle (Maggie) It is the symbol of returning, equality, connection. Symbol of the turning year that fills my heart. Don't trap me with your straight lines of division, hierarchy, and opposites! Give me the circle: enclosing, holding, returning.

Circle (Bill) Round and round and round we go
Can I get off? Nobody knows.
Didn't you know we are all the same?
You must play to the end of the game.

It will be fine in the end, just hang in there. All will be well; the sun will come through and you won't have a care.

Glimpse (Linda) Do I still see you? Was that a glimpse of a ginger tail? Or was it just wishful thinking that you are still with me, letting me know that you were ok, still around me. Oh, I miss you so much my beautiful boy.

Sixth Sense (Bill)
Knowing without knowing why,
Seeing where we can touch the sky,
Feeling with no cause to doubt,
Blinded but still able to shout,
Crying when clouds are low,
Smiling when the sun breaks through,
Held when hope is gone,
At last, the same for everyone.



Contact details:

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

Phone: 01538 528708

New 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

24 years of arts for mental wellbeing



The Queen's Award for Voluntary Service

Newsletter JUNE 2022

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

Every Wednesday: 10.30-12.30 Creative Writing;
1.30-3.30 Expressive Art. All welcome.

For guidelines on **finding the venue** and **ongoing sensible precautions** once inside, email info@borderlandvoices.org.uk

Images: dot mandalas; BV artwork in the Smithfield Centre;
Matt and Simon's artwork; **Mental Health Awareness Week** stall.

June art: 1st 'Jubilee' + Andy; 8th: Celebrating Trees, Buxton visit (see below); 15th, 22nd, 29th **Farm buildings etc. + Sarah**

Sat. 25th Jun, Hug festival at Foxlowe, **BV display of Women's Land Army artefacts**

Wednesday 8th, visit, Buxton Museum/Art Gallery,
exhibition featuring BV work. **Leave BV 1.30. return by 3.30.**
car-share. Let Andy know asap **if you need/can offer a lift.**