

MARCH

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):

Every day (Jane)

It's not every day you get to try something new
It's not every day you get to be a new you
It's not every day you get to see a different sky
It's not every day you get to fly so high
It's not every day you get to meet a new friend
It's not every day you get to play pretend
But every day you can try something new
Remember it's all up to you.

Slide (Maggie)

I can do it! I can do it, Grandma!
I don't need help.
I balance holding on with holding back.
This 3-year-old determined confidence,
as she slips on a step going up.
As she sways at the top of the slide.
As she plunges head first.
I dash to the end,
ready, always ready
to grab, to pluck, to hold
this independent spirit in my care.

Treat (Linda)

The only way that I get out of my
flat now is to give my cat Loki some treats, he's
a really clever cat and when he sees me getting
my coat on he knows that I am going to shut
him in and go out, so the little so and so goes
and hides, a quick shake of his treat bag and
he comes running through so I put some in his
bowl and quickly sneak out.

We Mercians (Mary)

Not gold nor garnets	in the ground here.
The treasure we treat	stands a greater test
than mere money.	The mind heals;
the spirit, the self	in fellowship sealed.
Cloth and clay	held hand-close,
with pencil and paint,	we practise our craft
weaving with willow	and with a word hoard
bold and brave	the voices from the borderland.

Valentine (Rachel)

February 14th marks Valentine's Day, young
lovers and couples alike go out of their way to
give cards and presents such as jewelry,
expensive perfume and take their loved ones
out for champagne meals. The only card I will
be sending is to my cat Cassie.

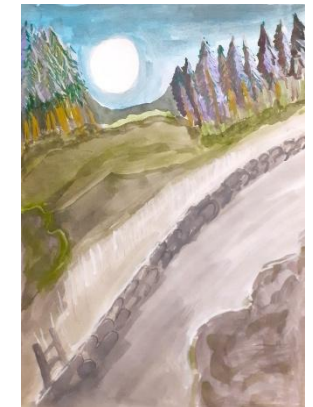
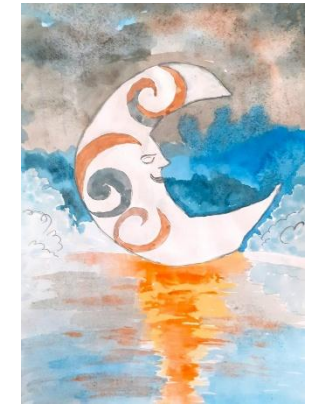
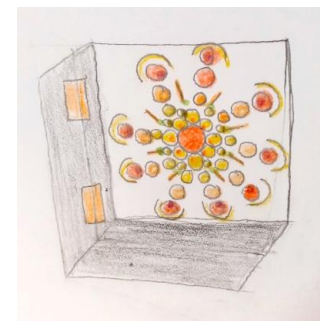
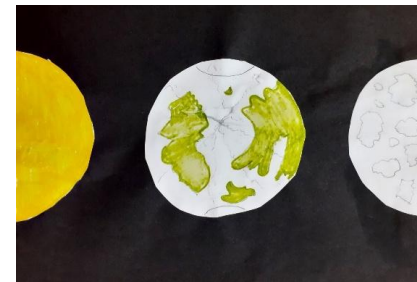
Every day (Pauline)

It would be too easy for me to say every day is
the same old day, same old routine; get out of
bed, swearing at the alarm clock, bleary eyed
walking downstairs, tripping over the cat and
swearing again. Kettle on, cup of tea, Weetabix
in the bowl ready for breakfast. Yes, it would be
easy to greet the day without a smile but
instead, I make myself smile and feel grateful
that I have a warm comfortable little home to
live in, which many folks have not and would
give their right hand for. So, I am cultivating an
attitude of gratitude.

Simple Pleasures (Tia)

Simple pleasures, having a furry love bug purr
in your ear or fluff his tail up while having a
gentle massage. Simple pleasures walking
around in a vibrant park, seeing ducks, swans
and birds enjoy the weather. Simple pleasures
driving to Tittesworth and seeing all the nature
at it's very best, then maybe stop for a jammy
fresh scone and tasty treat of hot steaming
coffee, thus looking at the view of cold water
and it's ripples when the geese finally land.
Simple pleasures are the best.

N American indigenous peoples called the February
full moon the **Snow, Bony or Hunger Moon**
because of the hard time of year. We also used
'Notice', one of the 5 ways to wellbeing, in
Observational Drawing.



MARCH 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.

Rest and be thankful (Bill)

Good morning, Mr Plant, how are you today or is that a silly question? You appear the same as ever still, silent, full of life. I envy you in a way Mr Plant because of your changelessness and serenity. I change a lot Mr Plant because my moods go up and down and I am never the same for long and that can be difficult. You are at rest and at ease with who you are, your whole being cries out a hymn of praise. So, my quest is to be more like you Mr Plant for you are a shining example of "life itself"



Contact details:

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

Phone: 01538 528708

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**

Every day (Will)

"Every day he sits and watches, watches as the city folk go about their business, watches the sun and moon dance through the great blue, watches the Airships drift and sail amongst the clouds, watches the city shift and change over the years and decades, he never tires of his watch for it is always changing, even the routine-ers and the mundane offered something new though they mainly brought balance to the constant shift, though he longed for someone to share this with, but he lays unnoticed, unseen even though folk can sense his eyes watching them go by, yet they still never notice him, even when he's in plain sight, there was a time when he was somewhat seen, but that was back when his heart still beats.

Borderland Voices

27 years of arts for mental wellbeing



**The Queen's Award
for Voluntary Service**

Newsletter

MARCH 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**.

To ask about spaces email info@borderlandvoices.org.uk

Images: inspired by the Feb **Snow Moon** (also called **hunger** or **bony** by N American indigenous peoples); some general 'Moon' images and one example of **detailed observational drawing**.

March art: 5th, 12th, 19th, 26th Photography + Cathy; NB bring a camera or phone that takes photos (26th: with Reaching N Staffs @ Foxlowe)

Mar 12: Day visit to Pam Brough's Stone Caravan at **Adders Green** depart 10.30, return 3.30, bring lunch, let Andy know if you're coming.

New Weekly Informal DIY Drop-in 4.00-5.30 every Wed.
All welcome; write, colour, or just chat over a cuppa.