

SEPTEMBER

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):

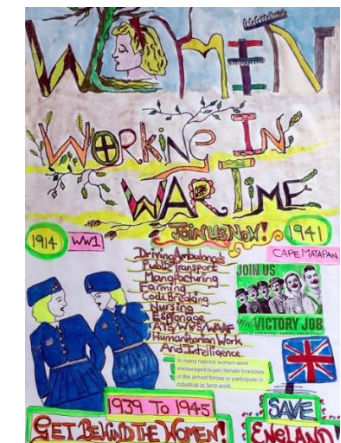
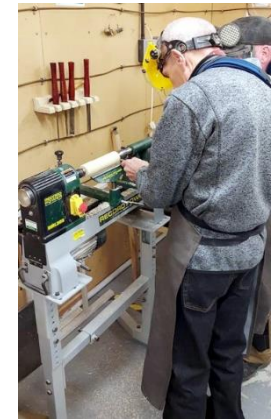
At the Lathe (Mark) It's frightening at first —/the spindle's spin, its whirr/that — oh-so-tentative — first move/A burr left and groove//indistinct. *I'll never get the hang of this/you think.* But then reassuring hand,/the guiding touch, and/suddenly you realise//*I have done this before* —/not in wood, not on a lathe,/nor with skew chisel,/r parting tool, but//in life. *I have made something/new from raw stuff before.* Well, raw — yes, but perhaps/not new. Damaged, waiting//to be remade. But, still, you placed/yourself in the hands of someone/who knew — listened, took heed./Accepted proffered knowledge//and skill in the manner intended,/found the grain, worked round/the knots — instinctively sensed/that your guide, too, may have made//a journey all their own. That journeyman/once was apprentice, tentative as you/now are, paid their dues. And so found/the squared block fully turned around.

Trip advisor review (Linda) In the lovely Sudbury countryside there lies an oasis, a place of calm and tranquillity, a place where you can either relax with a good book in the beautiful gardens or take part in the various activities that Wellies has to offer. It's run by two hard working people called Julie and Nick with their two adorable little dogs (who I'm sure are the real bosses of Wellies!) You will always get a warm welcome at Wellies and I for one would definitely give it a five-star rating!

Day Out (Tia) Travelling with friends on this beautiful sunny day, arriving at our destination looking out at the views, cows in a field & space with much colourful greenery with the tree's, what a lot to take in! I kept an open mind because you never know what to expect & boy was I amazed at everything offered to encourage a positive response. The whole day was inspirational...learning, listening, being educated onto a wonderful & important part of growing & healing activities, besides not forgetting that bit of exercise we got from the four-legged friends. 🌸

WELLIES Allotment (Pauline) I went on an outing last week. To WELLIES allotment. A sanctuary in the world's wilderness. A paradise complete, with nature's gifts. A place content, they made us lunch, and taught us some things. How to grow your own, and how to combat the loneliness confusion brings. No hierarchy here — we were made most welcome, walking in the freedom fields, under no one's thumb. The chance to learn new skills at last. No payment required, as in the past. Do we really have the chance to un-mortgage our lives from the banks, the universities, the governments, husbands and wives? I'm here again today. So I'd just like to say "I'm grateful indeed for the chance to be here. And I will join in with activities. But I must make it clear, the two main reasons I am back, are two precious canines called Spike and Jack.

Another **WLA recruitment poster** design; **summer holiday** montage and our 3 **WELLIES visits:** harvesting (even modelling a WLA uniform), making WWII pies, sausages, desserts and chutney, and woodturning.



SEPTEMBER 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.

The WELLIES Project (Sheena)

Not a welly throwing competition/Not a competition at all, more a companionable collaboration/of those aiming to work together to improve well-being and calmness and satisfaction, In those who risk dipping a toe and then a foot/into this small oasis of shared objectives /sited in the fertile, spacious lowlands of Sudbury/on the outskirts of a village called by the unusual, /unlikely name of Somersal Herbert. It grew organically from small beginnings with Nick and Julie's idea and dream.



Contact details: **Andy Collins: at home but Wed in Leek**

c/o Leek Health Centre, Fountain St
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Cont. A plan formed when they found an old high roofed building once a local church, with high roof and a field of quiet graves. They started to repair, renovate and restore.... Gradually others started drifting in.... the message that there was a place nearby where you might be able to learn to be less anxious and less shy, less fearful and less clumsy, and maybe one day would hear with quiet surprise the sound of words coming from your own mouth, or the twitch of an unguarded smile while playing with the dogs or picking the garden peas to take inside, where in the kitchen someone else was chopping carrots to help with cooking a communal meal. Over not so many years, with cooperation and a shared resolve, what was a dying site and barren ground is gradually, day by day, becoming, what feels at times, when the sun shines and the tomatoes ripen, suspiciously like paradise.



Borderland Voices

24 years of arts for mental wellbeing



The Queen's Award for Voluntary Service

Newsletter

SEPTEMBER 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 further information email info@borderlandvoices.org.uk

Images: another **WLA** poster; **summer holiday** montage; a few photos of 3 brilliant days at the **WELLIES** project, nr Sudbury.

September art sessions: **Harvest**, based on the WWII artwork of Evelyn Dunbar and other contemporary artists and photographers, with **Sarah Males**

Moorlands Connect bus service: demand responsive, door-2-door, bookings@moorlandsconnect.co.uk, **01335-342951**

Thanks to Sarah for helping assemble this newsletter.

Monday **12th September, 7.30 pm** on Zoom: **A.G.M.** (postponed from July). **All welcome.** Contact Andy for the **Zoom link.**