

AUGUST

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):

Interesting (Linda)

There are lots of interesting things in the world, there are the wonders of nature, scientists are still making new discoveries, we as a human race, should never stop learning, we should always be curious and take an interest in what is going on in this beautiful planet of ours, our mother, mother earth.

Legend (Tia)

The legend of the real dragon, or in my story anyway! He was large, grumpy, besides always hungry, and boy, can he snore? Living within a large and deep cave that was nice and cool for his hot, crispy skin. Eyes yellow and black, they could see into a human's soul and inner flesh, his growl was loud as a drum and his breath of fire was noticed to flame above the cave, just like a volcano. He was a great legend to the residents and visitors that knew him, the dragon of Wales.

Award (Rachel)

It is good to get an award for something we have achieved. It means to be recognised. The Borderland Voices award is a great way of being noticed and appreciated for all our hard work.

Legend (Anna)

Bob Marley was a legend; despite his Rastafarian beliefs he wrote the lyric "the mighty God is a living man" - meaning that men and women themselves are imbued with God-like qualities. He voiced the voice of the voiceless and dispossessed in "Buffalo Soldier" - "stolen from Africa, brought to America". His beliefs echoed those of his religion and background - but he found the voice to convey these beliefs to an international audience. The quality of his voice and lyrics are pure and unsurpassed by any other contemporary artist or any artist that came after him.

Rewilding (Jane)

A land that was once destroyed by human hands now left to its own devices. Allowed to thrive, allowed to grow. Allowed to be shaped as nature intended. An ecosystem shaped with no interference. Grazed naturally by the fauna that inhabits it. Grown to beauty and flourish by the flora that surround it. A natural biome left to take its course in life. No interference. Just as the earth intended.

On the sunny side of the street (Rachel)

I like the sunny side of the street, when the sun is shining, children playing, people having barbecues and swimming in blow-up pools. It's far better than the cold winter months.

Touching (Bill)

Some things simply touch or move a person at a deep level. I saw some puffins last week as we were approaching Bardsey Island, something within me jumped! What a beautiful moment, special!



Modern mythological beasts inspired by a writing session with **Beau Pudsey**. The brother and friends of **Alan 'Eggy' Embury** presented BV with a gigantic (in every sense) cheque in his memory.

AUGUST DETAILS

You, our participants

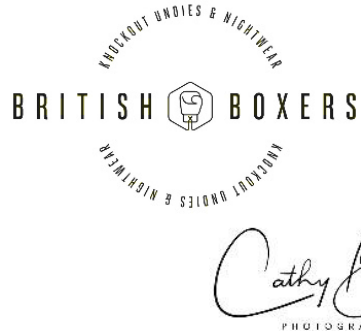
currently contribute to our rent in Fountain Street and help keep our services going with donations, large and small, in cash and in kind.

Vitality, you are also supporting one another.

Extreme Heat Warning (Will)

It flashed up in the corner of the screen, backed in a red box, *Extreme Heat Warning*, it cried out as if it was something new, though it had started to become a common thing within the summer months now, so its arrival was expected and nothing new.

This newsletter is supported by:



Cathy Bower
PHOTOGRAPHY

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Borderland Voices contact **Andy Collins: at home but Wed in Leek**

Legend (Pauline)

I went to Lud's church the other day and to my utter shock got chased away by Lud himself. I climbed up to the very high rocks and lost my footing and fell. I scrambled up and ran like hell. A similar thing happened at the Doxey pool. The mad harriidan rose out of the water and chased me all the way home. Boy, was I pleased to get in and shut the door!

Changeable (Linda)

The weather used to be changeable in Britain in the Summer. The day could start off bright and sunny but by lunchtime it could be throwing it down. In 2026 though thanks to global warming it's hot and sunny nearly every day, too hot, unbearably hot. Every day, the forecast, nearly every week: hot, hot, hot. Please god make it rain soon we really need some rain. Bring back the changeable weather.



Borderland Voices

28 years of arts for mental wellbeing



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

Newsletter AUGUST 2026

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

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: Modern mythological creatures (inspired by a writing workshop with Beau). Plus, the largest of several **donations** received in July (see details below).

August art: 5th, 12th, 19th and 26th. We welcome back **Amelia Carr**. She'll be leading 4 workshops on **Watercolour**.

Fundraising: Maggie, Linda and Tia helped serve refreshments at a High Peak Orchestra (HPO) concert, raising just under £100

Donations. HPO donated £200 to add to our refreshment takings. **Leek Building Society** gave £210. Then a massive £2,563 from '**Eggfest**' in memory of **Alan 'Eggy' Embury**.