

## FEBRUARY

### 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):

#### January (Bill)

Just as you are, is more than enough  
All that you are is extremely precious  
Now is all that really matters  
Unloose gently the ties that bind you  
Always remember that life is stronger  
than death  
Run the race, you will get there in the end.  
Your light matters, let it shine.

#### Metamorphosis (Will)

Captured in black and white beauty the metamorphosis of the Empire, from the shifting of the city walls that saw the creation of the Royal Gardens and new districts, to the vast expansion that saw the building of the Outer Upper City and Under City, to snags of grassy patches that became blocks of buildings and parks. On the left-hand wall, a canvas hung with a projector placed in front of it showing an array of scenes throughout the Empire, shifting and being built up, elegantly shown in a silent collection of moving pictures, overlapped to create a smooth transition from nothing to elegance.

#### A Day in the Life (Anna)

The Beatles explore 'A Day in The Life' by fusing elements of everyday life with news stories both local and national: such as '4,000 holes in Blackburn, Lancashire' and 'He didn't notice that the lights had changed.' The mundanity of everyday humdrum life is interspersed with news stories, current affairs and cultural references. All this contributes to and goes to make up a day in someone's life: 'dragged a comb across my head.' Day to day activities are set to music of a different pace from that of the more cultural and journalistic aspects of life. At times the music that accompanies 'A Day in The Life' is discordant and jarring, whilst being profoundly dramatic, with crescendos and a build-up of tension that the instrumental creates. The whole song gains momentum prefiguring the drama and finality of the closing of the song.

#### A day in the life (Tia)

A day in the life of a homeless person and her companion, Patch, in all weathers, feeling the fear, a lifestyle of dirty clothes and boots. Begging for food/water is a necessary need, holding each other close with cold hands as the night's noises get louder and smells of rotten food is just another way to survive. She had an adventurous life as a soldier and now veteran; unpredictable, dangerous work. Today another way to survive, until her hope changes yet again, she and Patch must hold on to each other.

#### Finale (Pauline)

Oh no, I've got to stand in front of the audience and read my written work out. How terrifying. But how appropriate. It's all about facing our fears. I was trembling. It came to my turn. I was shaking. My voice was shaking but I did it. Yes! I was so proud of myself for facing my fears.



**'Face your fears' Finale:** writing and art from BV, **John Hall Wellness Gardens** and family creative sessions in **Leek Butter Market** produced well-received final event, prompting lots of discussion.  
(Many photos courtesy of Mark).



## FEBRUARY 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.

Vitally, you are also supporting one another.

#### Hopes and dreams (Rachel)

My hopes for the future are for me and my feline furry friend, Cassie, and my friends and family to have health and happiness during 2026, and to wish my friends at Borderland Voices a great New Year. I dream of good cheer, peace and harmony and goodwill and send healing love to all those who are in need.

KNICKOUT UNDIES & NIGHTWEAR

BRITISH BOXERS

KNICKOUT UNDIES & NIGHTWEAR

Cathy Bower  
PHOTOGRAPHY

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

#### Fall (Jane)

Fear of falling. From where? Up high. I think everyone has that fear. No off my feet. Well just get back up. Not that simple. Why? Because I'm broken. Are you sure? Is that what you truly believe? It may not be easy but change your way of thinking. Be like a tortoise perhaps; when they fall over, they roll until they're back on their feet. Don't rush, take your time till you eventually find your feet again.



and the  
Friends of the Nicholson Museum



# Borderland Voices

28 years of arts for mental wellbeing



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

### Newsletter

### FEBRUARY 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](mailto:info@borderlandvoices.org.uk)

**Images: 'Face your Fears' Finale:** Monday 26<sup>th</sup> January at Leek Quaker Meeting House. **Apologies** for the lack of January collage photos, which we'll include next time.

**Feb writing and art:** 4<sup>th</sup> and 11<sup>th</sup>: **Nicholson Museum 'handling box'**. We're the 1st community group exploring it + Andy (and Nic from OUTSIDE on 4<sup>th</sup>); 18<sup>th</sup> and 25<sup>th</sup> + Andy: **#ShowTheLove (climate coalition)**: creativity communicating what's most important to preserve and celebrate in our environment

**Don't forget:** Repair Café and Rescue Me pop-up stall. Haregate Community Centre, **Sat 21<sup>st</sup>, 10am – 2 pm**