

Borderline Derbyshire

Newsletter of the
Derbyshire Borderline Personality Disorder
Support Group

Accounts
from those
with
BPD/EUPD



Info
for
group
meetings

For anyone affected by
Borderline Personality Disorder (BPD)
also known as
Emotionally Unstable Personality Disorder (EUPD)



Find out what's new in Derbyshire for those with
Personality Disorders

Who we are...

Committee—core members

Sue—chair/founder

Vicky—secretary

John—treasurer

Other committee members

Jodie—activities co-ordinator

Ryan—volunteer

The story so far...

A few years ago, when in a BPD crisis and unable to find anyone who understood my condition, I looked desperately for some kind of support group. There wasn't one. In 2017, when in recovery, I decided to open my own group. In October of the same year, myself and a handful of others (see above) held our first meeting, in Chesterfield. Then, in July of 2018, we opened in Matlock. We hope to expand further so that wherever you live in Derbyshire, you will have access to a support group.

Sue Wheatcroft

Welcome to *Borderline Derbyshire*...

Derbyshire Borderline Personality Disorder

SUPPORT



Group

News

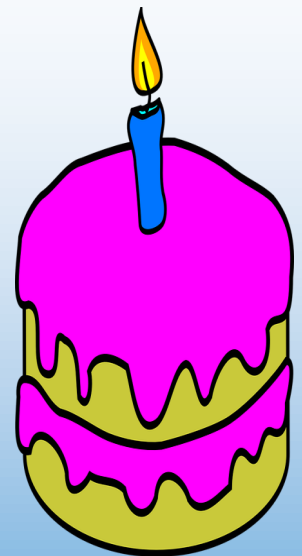
The Derbyshire 'powers that be' have said that services for all people with a PD will be significantly improved. This group is involved in bringing about those changes, so...watch this space!!!

Save the
date!

October 15
2018

The BPD
group will
be one
year old

Party!



For an Invite,
contact Sue



Bryony

The group is fantastic! I meet new friends, have a laugh and get lots of information.

I'm Bryony's mum, and I enjoy the support and friendship of the group.



Annie

DERBYSHIRE

BORDERLINE PERSONALITY DISORDER

SUPPORT GROUPS



Sophie

The group has helped me to meet people who are like me. It's a place where I can be myself and express my feelings.



David

The group is very important to me. It gives me information, support, and a sense of feeling valued.

Chesterfield

Meets on the 1st and 3rd Monday of the month between 7-9pm

Parking nearby
Disabled access

Must be 18
or over

Matlock

Meets on the 2nd Monday of the month between 1-3pm

Also known as Emotionally Unstable Personality Disorder, or EUPD



Jodie

I get the support I need at the group. It makes me feel comfortable and safe.

I'm Jodie's partner. I get a better understanding of what BPD is and make new friends in the same position.



Ryan

If you would like to know more, or for venue details, please email Sue on derbyshireborderlinepd@gmail.com, or phone/text 07597 644558

What's so special about our group?

Between October 2017 and July 2018, our Chesterfield group received calls from 48 people affected by BPD.



Fifteen of these callers were unable to attend the group, for various reasons. Including distance. Some of these now attend our Matlock group instead. Other reasons for non-attendance has been childcare and work commitments and anxiety.

The remaining thirty-three attended one or more of the Chesterfield group's eighteen meetings. Over-all, ninety eight seats have been occupied. This is in addition to the five committee members, who have attended the vast majority of the meetings.



Everyone receives a welcome/information pack at their first meeting. This includes information on where to go when in crisis; how to acquire talking therapy, and much more. One member said that she had learnt more in ten minutes at our group meeting than in all the time she had been accessing statutory services.



Members are regularly asked to provide feedback on how they think the group should be run, as well as what topics we should discuss and any information they would like to know.



The main reason why people continue to attend our group?

To be with others who understand their condition. To be in a safe space, where they can be themselves. To be a part of something. To *support* each other.



Members are encouraged, but not pressured, to share their experiences, not just with other members but also for the purpose of raising awareness.



Let's get it right...

Some Common Misconceptions

Often, newly diagnosed patients are told they have a personality disorder that is very complex and that there is no cure. Due to the behaviour of someone who has BPD, they are commonly called manipulative, attention-seeking, demanding and obstructive.

Manipulative

Dictionary definition: "To manage or influence skilfully, esp. in an unfair manner"

This is a very harsh comment to make about someone that is using the best skills they have available. Try to imagine what someone with BPD has gone through, and then think about what extremes you would go to protect yourself. People with BPD often see life as a fight for survival, but this can come across as manipulative.

Attention Seeking

Dictionary definition: "seizing the attention"

People with BPD are often considered attention seekers but think about it, if you had a cold, what is it you look for from your partner or friends? Isn't it comfort, reassurance and attention? So why would it be any different for someone suffering from severe emotional distress? The other point to note on this is that people with BPD have often had their behaviours reinforced. For example, say they threatened to cut themselves with a knife because their partner was going out for a drink with a mate. If the partner agrees not to go, the behaviour is reinforced and makes it more likely to occur again.

Demanding

Dictionary definition: "requiring more than is usually expected"

Imagine having a broken leg, you know there is treatment and with a little patience you will be better before you know it. With BPD you are likely to experience the problem for many years with no real hope of a cure. Unlike a broken leg, you can not exactly see what is wrong, but you can definitely feel it. I am sure everyone will agree this would make anyone quite demanding and impatient.

Obstructive

Dictionary definition: "To impede or interfere with"

People with BPD are likely to be involved with mental health services for much longer than the standard mental health patient. They are offered so many services and therapies that have different names but often mean the same; they often end up feeling like a bit of a guinea pig, and reluctant to continue with another service or therapy, so they are deemed to be obstructive.

Tips and Info

Where to get help when in crisis

During office hours: phone your GP and let them know it is urgent

Out of hours: NHS 111 Service (open 24 hours a day, 365 days a year)

Samaritans: 24 hours a day on 0845 790 9090

Sane Line 6pm to 11pm every day on 0845 767 8000

Mental Health Drop-ins

The Derbyshire Recovery and Peer Support Service have started a drop-in service to provide individual support for people with mental ill health in Derbyshire.

For more information telephone 01773 734989

or e-mail: derbyshirerecoverypeersupportservice@rethink.org

Avoid being scammed

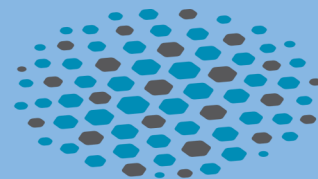
www.derbyshire.gov.uk/scams

Got a Complaint about your mental health treatment?

Phone MIND on: 01332 623732

Personal Health Budget (PHB)

A PHB is an amount of money given to you by your clinical commissioning group (CCG) to pay for your own treatment, including therapy for a personality disorder. For more Information, go to www.nhs.uk/personalhealthbudgets



Mental Health
TOGETHER
Engaging with Derby and Derbyshire