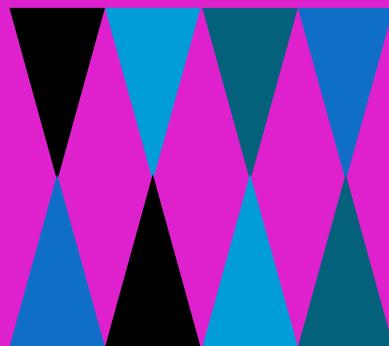


# Borderline Derbyshire

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

# Meet the team...

## Committee—core members

Sue—chair/founder

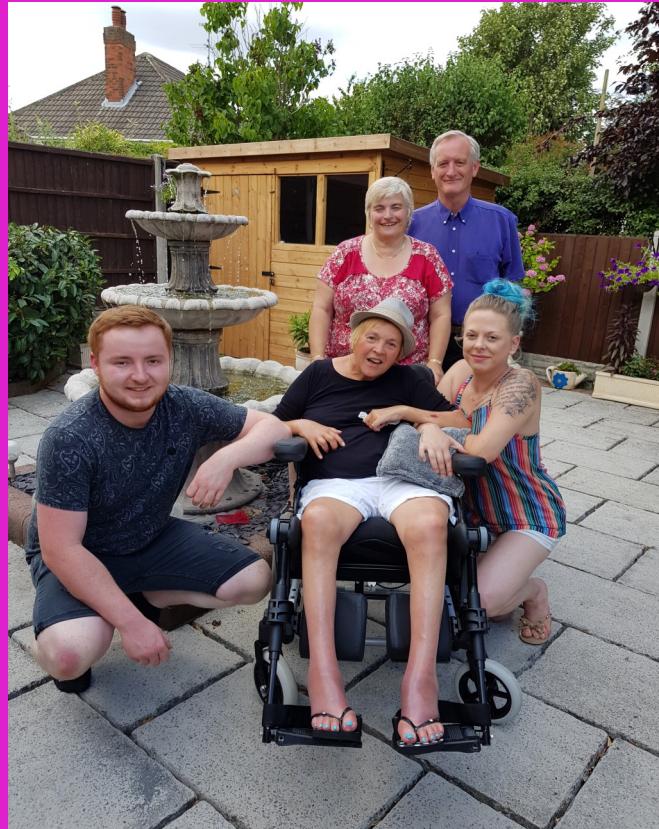
Vicky—secretary

John—treasurer

## Other committee members

Jodie—activities co-ordinator

Ryan—volunteer



Welcome to *Borderline Derbyshire...*

# Derbyshire Borderline Personality Disorder

**SUPPORT**

**Group**



**News**

Thank you  
to everyone who attended our  
first anniversary party  
Here's to the next 12 months!!



**Our network is expanding...**

**new group opening soon in  
Ilkeston**

**Watch this space!**



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.



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**

**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](mailto:derbyshireborderlinepd@gmail.com), or phone/text 07597 644558**

## Members' stories...

### My name is... Ellie

**And I am...** a mother to two beautiful and funny daughters who amaze me every day. A partner to Jessie, who has BPD and fills me with love and happiness. I am autistic and living with fibromyalgia, a chronic pain condition. Nonetheless, I want to live every day the best I can and I try to learn everything and anything to be a better person each day. BPD may have it's challenges but living with someone who sees things intensely is eye-opening and provides new ways to see the world every day: more enthusiastically, passionately and extreme than I would have been able to imagine.

### My name is... Jessie

**And I am...** a sky engineer, singer songwriter and ex-cage fighter. I was diagnosed with BPD when I was 17 and have struggled, but sat positive by going to the gym and focusing on my work. My BPD has it's benefits, I feel emotions intensely and it helps me to empathise with others. I can be very strong and determined, and passionate, and I care for people and animals. I have a beautiful family with my partner Ellie and her two children. Music helps me through the dark times and I find that I make more meaningful music because of my imagination and emotion. I want others to see that they can be strong and that anything is achievable. Life is short, and for living. I have seen a lot in my 35 years and don't regret anything, no matter how bad, because I wouldn't be the person I am today.

Be happy with who you are, you are unique and beautiful.

# Working Towards a Personality Disorder Pathway

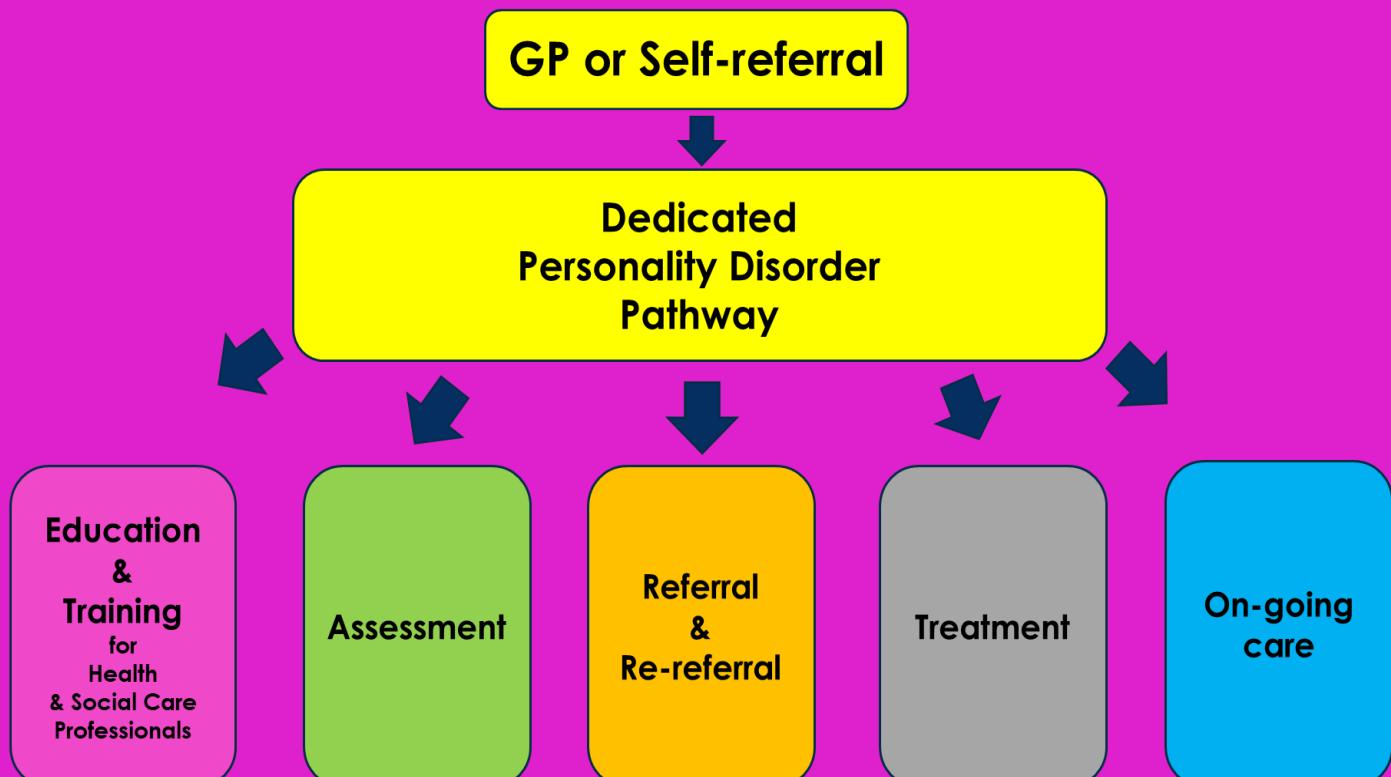
In June 2018, with the help of Mental Health Together, and feedback from members of this support group, I produced a document entitled *Why there should be a PD Pathway in Derbyshire*. After showing this to David Gardener, Assistant Director, Hardwick CCG, I was asked to research the subject further and to make a PowerPoint presentation at one of the STP workshops. This took place on 27 September 2018.

The Pathway would involve educating health and social care professionals, police, probation officers and prison officers (there are many people in prison with personality disorders). It would call for an end to the stigma surrounding PDs and zero tolerance to comments such as 'attention-seeker' and 'grow up'.

Investing in treatment early on could save hundreds of thousands of pounds keeping those in crisis out of psychiatric units and prisons. A Pathway would require proper assessment, referral and re-referral (for those whose first referral was unsuccessful or inappropriate), as well as adequate treatment and on-going care. In other words, the same as that which people with other disorders or conditions qualify for. One in ten people with BPD end their own lives. Surely, it is time something was done!!??

Sue Wheatcroft

*What our Personality Disorder Pathway would look like...*



# A message from...

Tracey Lee - NHS Southern Derbyshire CCG, and

Joe Wileman - Derbyshire Healthcare NHS Foundation Trust

Improving the mental health and well-being of the local citizens of Derby City and Derbyshire is a key priority of the Derbyshire Sustainability and Transformation Partnership (STP). As part of this work, a project group has been developed to focus on the key areas affecting adults with mental health problems, including support for those diagnosed with a personality disorder. At a recent workshop on September 27th, attended by around 50 stakeholders and partners, we heard some of the issues raised by people with a personality disorder. We also heard what was important in terms of how they would like services to be improved, including raising awareness and better education & training for staff, improved access and multi-access points, and consistency of care & support. It is essential that we continue to engage with service users and carers with lived experience so that we can hear what is important for them, and also to engage service receivers and people with lived experience in the design of care and support pathways, including a personality disorder pathway. Service receivers and carers are key members of the mental health STP group and their stories, and the stories of those they represent, are vitally important in bringing about positive change for people with personality in Derbyshire.

## Raising awareness...

In October, we were invited by two separate organisations to speak about personality disorders, and BPD in particular. These were:

*The Samaritans (Derby)*  
&  
*Jobcentre work coaches  
(Chesterfield)*

Thank you for the opportunity!

**Supported by...**

**North Derbyshire CCG**

**Derbyshire County Council Public Health**

**Derbyshire Dales District Council**

**Foundation Derbyshire**

**Derbyshire Recovery and Peer Support Service**

**Derbyshire Voluntary Action**

**We welcome ex-offenders, and are proud to be a member of...**

