

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

This issue is a little cheerier than normal. Not just because it's Christmas, but because, at last, we seem to be making a difference. Furthermore, our work is being recognised. Our group was nominated for an award, by RETHINK.

Unfortunately, we were not successful this time. Then, I was nominated personally, also by RETHINK, for an award for my fight against stigma. The result is on page 5. The kind of campaign work I do can be found on page 9.

Photos and comments by our members are on pages 6 and 7, and personal stories, on pages 8, 10 and 11.



Welcome to *Borderline Derbyshire*...

Derbyshire Borderline Personality Disorder

SUPPORT



Group

News

Thank you to our members and guests for making our 2nd anniversary party a huge success.



All left-over food was given to the homeless

New group!

Swadlincote

Fire Station Community Room

Starts 20 January 2020

1-3pm





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

Chesterfield

Meets on the 1st
and 3rd Monday
of the month
between 7-9pm
above the Saints
Parish coffee shop,
Church Way

Ilkeston

Meets on the 1st
Monday of the
month between
1-3pm at the
Fire Station
Community Room,
Derby Road

Matlock

Meets on the 2nd
Monday of the
month between
1-3pm, Imperial
Rooms, Town
Council Building,
Imperial Road

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, please email Sue on
derbyshireborderlinepd@gmail.com, or phone/text 07597 644558

Thank you!

RETHINK Mental Illness

On Saturday 9 November, I was awarded the

Janey Antoniou Award

for my work campaigning against stigma



Last minute news...

It's official—there will be a PD Pathway in Derbyshire!

More details in the next issue

Some of our members...



A short time ago, RETHINK asked our members to complete evaluation forms. They were asked how attending this support group has helped to reduce feelings of loneliness, and if it had improved their mental health. Eighteen people responded.

Here are some of their comments:

- I am amongst people who are like me who have similarities. I don't feel alone anymore!!
 - A weight lifted off my shoulders
 - About time something is done about BPD especially!!!
- By being amongst other like-minded people with BPD, I have felt listened to and that I am not alone.
- Learning and hearing about other people's experiences helped me to understand that I am not alone. Finally, I have found a non-judgemental, friendly environment I can be myself in.
- It doesn't make me feel so isolated. It's nice to mix with people that understand and have the same condition as myself.
 - Reduce isolation. Great to be around people who know what I'm going through
 - Greater understanding of BPD which helps me understand my partner more
- The support offered at this group has been phenomenal. The topics covered are comprehensive and educational. The materials provided are helpful. The difference it has made to both me and my partner is noticeable and definable.
 - I feel validated and not alone
 - I can talk how I really feel.
- The group has helped me understand the feelings my wife experiences with her BPD
 - Less isolated, better understanding of BPD, able to talk freely
- The group is fun, friendly and supportive. Made some great friends – nice welcoming atmosphere.
- I attend to support a family member. I have learned so much about BPD, that we are not on our own and this has really helped my relationship with my daughter which I would not have been able to do by myself.
- I don't have BPD but my partner suffers with it and the group really helps me understand how and what she is thinking. It is nice to know we are not the only couple out there going through this and there is hope we will come out of the other side.
 - As a carer/mum of someone with BPD for nearly 20 years now, it is my first time at this group along with my daughter. First impressions are that this is fantastic, informative, warm, friendly like-minded people deserving of more help. We have recently been in an extremely traumatic, despairing, hopeless, helpless situation for 7 months trying to get a bed for my daughter who wants to commit suicide amongst all of the other horrendous symptoms she has to cope with and challenge on a daily basis.

Please, please, please recognise and educate people about BPD.

Member's story

My experiences with the community mental health team have been a mixture of good and bad. I have had three CPNs, one of who has been with me all along. CPN 'A' is a brilliant CPN, in times of crisis she has always been there for me. She is so down to earth and makes me feel comfortable when she has called. If there was an award for best CPN in Derbyshire I would love her to have it. She is caring, thorough and above all honest with me.

Because of circumstances with staff at the moment I now also have another CPN and she takes it in turn with 'A' to call on me otherwise I wouldn't see anyone for 9-10 weeks. She is also very nice and although I haven't had CPN 'C' very long she has the same qualities as 'A' that makes me feel comfortable with her.

Because of the circumstances before 'C' I was given another one, CPN 'B'. I had one visit from her with 'A', when she seemed alright. Her next visit was entirely different. She spoke to me as though I was a five year old and a naughty one at that. A few weeks later, on a Friday, I was in crisis so called the duty nurse as 'A' was on annual leave and 'B' was out on a visit. Speaking with the duty nurse I couldn't stop crying and he put the phone down on me,. My daughter, husband and myself thought there might be a fault on the line and he would ring back. He rang my husband five minutes before finishing work to tell him he had left a message with 'B' to give me a call on Monday morning, without enquiring as to how I was. However, Monday came and went and I heard nothing from her. I was the same on Tuesday morning but I rang the centre about something else and mentioned what had happened and later 'B' called me. She told me that she didn't have time to ring me the day before so she was ringing to apologise. I told her that after the way she had spoken to me and treated me I didn't want her visiting me again, but she didn't listen.

For the next four or five mornings she rang me to ask when I wanted her to visit again. When I told her I didn't want her to call again she would put the phone down and then ring back saying we were cut off again. For a week or two I heard no more from her, until I got a letter from her on 12 December , dated 7 December, it stated:

Following our telephone conversation Wednesday, I am sorry to hear that you no longer want Community Psychiatric Nurse (CPN) support at the time from either myself or 'A'. As you are aware, you have a planned appointment with 'C' on 12 December. If you would wish to remain under our care please ring either of us before the 12th to confirm your appointment. If we do not hear from you before this date we will assume you do not wish to remain under our care and we will cancel the visit and discharge you as per your wishes at this time. Should you decide to be discharged from CPN care at present you will remain under the care of Outpatients with Psychiatrist and Psychologist.

I lost all faith and trust with the CPN team for a while because of the lies she told me about saying that I didn't want to stay with 'A' and lying about the appointment. I received the letter on the 12th yet it was not sent via the post, it was pushed through the letter box with no stamps or franked. Although, I was told by my therapist that on the day , 'B' was off sick, so she couldn't have done that. She apparently doesn't live far, so I see nothing stopping her from driving round to post it herself as she was in work the next days without problems. I go out every Wednesday, except when a CPN is due to visit me and 'B' knew this. So she took the chance and brought it round herself to make it look as if the postman had delivered it. I rang 'A' straight away, luckily she was in the office. I told her that I had received the letter that morning and that I didn't want 'B' inside my house and why. She told me not to worry as she was going to the manager straight away about it and so it ended well for me as I got another CPN ('C'). So, I am lucky to have two CPN's at the moment.

Sallie

Campaign History

Sue Wheatcroft

Most of my campaigning has been on behalf of those with BPD. At every event, whether I am presenting or not, I manage to bring the subject up. Other campaign work involves people in prison. It is a combination of all campaign work, as well as running the BPD support groups, for which I won the Janey Antoniou award.

Presentations and Speeches:

7 March 2018:	Suicide Prevention event (Public Health), Derbyshire
27 September 2018:	STP Workshop (CCG event), Derbyshire
20 October 2018:	Samaritans, Derby
25 October 2018:	Jobcentre work coaches, DWP, Derbyshire
5 December 2018:	Launch of 'Commissioning Together', Health and Justice, Birmingham
23 February 2019:	IMB Conference, Telford
5 April 2019:	Lunch and Mingle event, LINKS (vol sector), Derbyshire
30 June 2019:	United Reform Church, Derbyshire
4 September 2019:	Supreme Court (Prison Reform Trust/Centre for Mental Health), London
24 September 2019 (a.m):	Joint Mental Health Forum, Derbyshire
24 September 2019 (p.m):	Mental Health in the Criminal Justice System
2 October 2019:	'Reducing Reoffending' Conference, London
16 October 2019:	DVA Forum and AGM, Derbyshire
18 October 2019:	Women & Girls in the CJS (Police & Crime Commissioner event), Derbyshire
14 November 2019:	Liaison and Diversion, National Personality Disorder Workshop, London

Focus Groups:

18 June 2018:	Healthcare, HMP Foston Hall
7 September 2018:	Police & Mental Health, London
10 October 2019:	Suicide & Self-harm, London

Ongoing Projects:

Co-producer:	Prisoner Pre-release Skills, HMP Foston Hall
Interviewer	People with Cancer in Prison, University of Surrey
Editor:	Essay Collection on the Interconnectedness of Poverty, Trauma and Multiple Disadvantage

Events attended as guest:

20 June 2019:	Bradley Report: 10 years On, The Oval, London (with Lord Bradley)
18 October 2018	RDA's 25 th Birthday Celebration (with Edward Argar, MP)

Member of:

- Health & Justice Lived Experience Advisory Panel
- East Midlands Prison Partnership Board (HMPPS and Health & Justice)
- East Midlands Academic Health Science Network (EMAHSN) Senate

Member's story

I have a diagnosis of Emotionally Unstable Personality Disorder. I have also suffered sexual violence in the past for which I am currently seeing an SV2 counsellor and I have a court case hanging over me in relation to that abuse which has been extremely stressful for me. It has been made worse because the support I was promised during the court case has let me down and the police haven't been keeping me in touch with what's happening. This story illustrates the difficulties I am having in getting good support and care when my mental health reaches a crisis point as it inevitably does sometimes at the moment. I feel it is important to understand how everything that is said and done by health professionals during a time of crisis has a cumulative effect on my mental health for good or ill.

Following a deliberate overdose in March this year, I awoke in the Medical Assessment Unit (MAU) at the Royal Derby Hospital. Unfortunately, my very first encounter after coming round was not very reassuring or kind. I needed to go to the toilet urgently but the bed sides were up and there was no buzzer for me to get attention. I called out several times for help but could not get the attention of any ward staff. Eventually in desperation I phoned the main hospital switch board and asked someone to phone the nurse's desk on MAU for me. A nurse duly arrived, made no apology but told me off for phoning the main switchboard.

At some point whilst I was on MAU a nurse from the mental health liaison team arrived and spoke to me briefly. She told me I was 'too dependent on mental health services' and that I'd got to take responsibility for myself. She also said 'I was a brave woman but that I must start to trust mental health-services'. I found this very confusing as on the one hand the message seemed to tell me to stop relying on services and then on the other that I must learn to trust them. The liaison nurse said she would make a referral for me to see a psychiatrist but there was no expected timeframe given and no psychiatrist name which I found very hard. There was no paperwork filled in with me, no leaflet given to me, no follow up appointment with the crisis team, no contact name provided, and no safety plan offered. This left me completely hanging in limbo with nothing to hold on to. In fact, I felt worse when I left than when I arrived because now, I knew I hadn't got any safety net. I felt very let down and rejected which is absolutely the worse thing for me, given my history.

I went to my SV2 counselling session the following week and, after hearing my recent experience, my counsellor suggested that we put together 'a safety plan' for me. This sounded like a good idea, so we wrote the plan which included phoning 111, the Samaritans and going to see my GP to request medication. On that Friday, still feeling unwell, I went to see my GP and was put on some new medication. I voiced concerns about this as I'd been put on this before and it hadn't been helpful. There was talk of an alternative prescription and the receptionist said the GP would phone me back to discuss it but he never did. By now my thoughts and feelings were racing again and I started to experience thoughts of self-harm once more. As it was a Friday night I decided to put into action my safety plan and I rang 111. They listened and told me that a clinician would ring me back in an hour. This didn't happen so I rang again 3 hours later and again a few hours later but still didn't receive any call back.

Eventually on the Saturday morning a duty doctor came out to my address. He gave me a new prescription for medication which I took. Unfortunately, this started to have very unfortunate side effects on me – feelings of sickness and diarrhoea - so I had to go to bed and still the self-harm thoughts continued. At tea-time I phoned 111 again and this time they sent an ambulance. When I got to hospital, they gave me a blood test and breathalysed me. The doctor was initially kind and said that he'd speak to the mental

health liaison team for me. Once he'd spoken to them however his attitude changed, and he became quite defensive and unpleasant towards me. He said that I couldn't see anyone in the mental health liaison team. So therefore, the hospital staff could treat me for any physical symptoms but not for my mental health. He told me that the best person to speak to would be my counsellor, but I can't just phone her up at any time! She's not a crisis response service. I was discharged at 9.30pm on a Saturday night and left to make my way home in the dark on public transport.

On my way home I rang 111 again as I still didn't have any help. I told 111 what had happened and said that I was feeling like walking in front of a bus. They said they would get a clinician to phone me back within 4 hours and told me to wait up for the call when I got home but they didn't phone that night and I had hardly any sleep. When they did phone the next morning, they suggested trying a different hospital (eg Mansfield or Ripley) for a more helpful response. They said they would make me an appointment to see an out of hours GP at Ripley hospital. I was on my way to the bus stop when I received another call diverting me to the walk-in clinic on Osmaston Road, Derby instead. I eventually saw a GP there who said that I should make sure to get an emergency appointment with my own GP as soon as possible. I phoned my GP practice and they said they couldn't fit me in for a whole week! I had gone completely full circle – starting off with my GP on the Friday afternoon and ending up back there but with no effective help in between. I was exhausted and felt more rejected and let down than ever. I tried ringing the Samaritans and Saneline, but couldn't get through to either despite several attempts. I had now tried all my safety plan ideas but none of them had yielded any real help for me in my crisis.

When you have a history of rejection and a diagnosis of emotionally unstable personality disorder it is so very distressing when everyone lets you down when you need them most. Being passed from pillar to post and having to be the bearer of all the messages to each professional who then does nothing for you is mentally and physically exhausting and makes me feel more and more unwell, more and more suicidal.

A few years ago, I had a care plan and a CPN who was brilliant. He saw me regularly over several years and really helped me. I was involved in creating my own care plan and in making decisions. I had a voice and I felt included in my own care. I had appointments with my psychiatrist to review my medication etc. When I had that reliable and consistent support, I was able to hold down a paid job and felt that my life was relatively stable. Over the last few years I have lost all of that support. I now have no CPN, no psychiatrist, no care plan and no personal support from social care. Not surprisingly I have now had to give up my job as a mental health support worker in the voluntary sector which I enjoyed and helped me feel useful and purposeful. Now I cannot get any help, even in a crisis. By far the most consistent and helpful person recently for me has been my SV2 counsellor. She has been caring and compassionate and listened to me. But that is all I have; I can only see her once a week and she is not a crisis service.

Glenda

Supported by...

Public Health

North Derbyshire CCG

Derbyshire County Council

Derbyshire Dales District Council

Foundation Derbyshire

Derbyshire Recovery and Peer Support Service

Derbyshire Voluntary Action

Lloyds Bank

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

