

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

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Happy Christmas

from

Sue, Vicky, John, Jodie

...and Ryan



Welcome to *Borderline Derbyshire...*

Derbyshire Borderline Personality Disorder

SUPPORT



Group

News



October 2020 marked our third anniversary



Unfortunately, unlike previous years, we were unable to hold a party

Instead, we have decided to give out awards to some of our members.



Results will be announced in our next newsletter.



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

Also known as

Emotionally Unstable Personality Disorder, or EUPD

Due to the new guidelines as a result of the COVID-19 outbreak, we are looking for new, larger venues in Chesterfield, Ilkeston and Swadlincote.

Our Matlock meetings are still going ahead



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...

**Jan Morris and the Central England Co-Op Members'
Committee for your generous donation**

Thank you...

**Hayley Beaumont and Community Chesterfield for
helping to design our new leaflet and logo**

**Our
new
logo**



**Our
new
logo**



one in ten

people with BPD

end their own lives

which means that

nine out of ten

don't!!

be...

one of the nine

Funny Page



A satirical look at some of the things said to our members, by health professionals...



Why don't you bake a cake? It will make you feel better!



It's time you put your Bridget Jones knickers on and pulled them up



We have taught you the tools, now go and use them



Do you really want me to use those tools?



You can't manage your emotions? You're not ready for treatment then! Oh, you can manage your emotions? Well then, why do you want treatment?



Update on our meetings

Face to face meetings

At the time of writing, only our Matlock venue is open for support groups such as ours, and only 15 people are allowed at one time. This group is currently for long-term members and those from Matlock.

Zoom sessions



Due to the current lack of face-to-face opportunities, we have started zoom 'sessions' for some of our members. At the moment, they are divided into the following:

New members group...

We have had over 30 new members since the outbreak of Coronavirus. Some of them are attending our occasional Sunday 90 minute zoom meetings.

Members reunion group...

Over the 3 years we have been active, some members have had to leave because they have moved out of the area. Due to the fact that anyone anywhere can join our zoom meetings, some are now re-joining. Others are members who have not been able to attend face-to-face meetings for many months. Again, these are occasional Sunday meetings lasting 90 minutes.

Zoom sessions for other members will be arranged soon

An update on progress of the Emotion Regulation Pathway

Dr David Woods,

Clinical Psychologist and Emotion Regulation Pathway Clinical Lead,
Derbyshire Healthcare FT.

I'm glad to say that those staff who were redeployed to other areas have now returned to their ERP roles, and we have now recruited into 16 of our 20 practitioner posts, with 4 staff joining this month. We now have staff in all CMHTs except South Derbyshire and Derbyshire Dales South, and hope to recruit into the last vacant posts soon.

We continue to follow Government and NHS guidance in limiting face-to face contact, so almost all contacts have been by phone or 'online' through 'Attend Anywhere' (the NHS video conferencing programme which people can use on a smart phone, tablet or computer). I know the lack of face-to-face contact has been difficult for very many of us, but after a few teething problems I've heard generally very good feedback on Attend Anywhere.

COVID-19 has also interrupted the running of our Dialectical Behaviour Therapy (DBT) groups and delayed the start of our Structured Clinical Management (SCM) groups. We apologise to those that have had to wait, however, our DBT groups have started 'online' recently. Again feedback has been generally really positive, and I'm sure we will all get better with the technology! Our first 'online' SCM group starts on 11th August, and we will be rolling these groups out in other areas over the coming months. We will also be offering face-to-face groups when we can meet up again safely.

It's fair to say that COVID-19 has been a huge challenge to us in continuing to provide and improve services, but we are definitely moving forwards: developing our services and increasing the number of people we can see. I hope that some of you have started to see the benefit. We also have plans for greater involvement of experts by experience and developing a support and skills group for families and carers: I'll be in touch again soon.

May 2020

How to make a complaint

The following people are responsible for making sure services are adequate and fit for purpose. If you have ANY concerns regarding your treatment by NHS services, please contact one (or all) of the following...

Carolyn Green

Executive Director of Nursing
& Patient Experience
Derbyshire Healthcare NHS
Foundation Trust
Ashbourne Centre
Kingsway Site
Derby, DE22 3LZ
Tel: 01332 623700 ext 31206

Dr John Sykes

Medical Director
Derbyshire Healthcare NHS
Foundation Trust
Walton Hospital
84 Whitecotes Lane
Chesterfield
Derbyshire, S40 3HW
Tel: 01246 515971

Mark Powell

Chief Operating Officer
Derbyshire Healthcare NHS
Foundation Trust
Ashbourne Centre
Kingsway Hospital
Derby, DE22 3LZ
Tel: 01332 623700 ext 31209

Ifti Majid

Chief Executive
Derbyshire Healthcare NHS
Foundation Trust
Ashbourne Centre
Kingsway Site
Derby, DE22 3LZ
Tel: 01332 623700 ext 31205

Anne Reilly

Patient Experience Manager
dhcft.patientexperience@nhs.net
Tel: 01332 623751

Dr David Woods

Clinical Psychologist & Emotion
Regulation Pathway Lead
Derbyshire Healthcare NHS
Foundation Trust
Hartington Unit
Chesterfield Royal Hospital
Chesterfield
S44 5BL
Tel: 07876 590647

A couple of the problems the Patient Experience Team (including Anne Reilly and Carolyn Green) have been faced with...

I am being discriminated against for having bpd. Because I don't fit neatly into their box they feel they can't help.

...a few referrals to psychotherapy services but all have been declined because of my ongoing self harm, which they have made clear they believe it is my responsibility alone to fix despite the presence of a wide range of stressors and a lack of support.

Some useful websites

www.derbyshirehealthcareft.nhs.uk/contact-us/feedback

www.healthwatchderbyshire.co.uk

www.derbyshirehealthcareft.nhs.uk/getting-help/community-support-near-you-infolink/advocacy-service-derbyshire-mind

<https://www.derbyshirehealthcareft.nhs.uk/getting-help/patient-experience/your-choice-mental-health-provider>

<https://www.derbyshirehealthcareft.nhs.uk/getting-help/patient-experience>

<https://www.derbyshirehealthcareft.nhs.uk/getting-help/recovery-wellbeing-centre/managing-my-own-health>

<https://www.derbyshirehealthcareft.nhs.uk/about-us/your-care/our-core-care-principles>

<https://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire/what-people-say-about-our-service>

Ilkeston, August 2020

Members...

Steve, Glenda and Matthew



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

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

CLINKS

supporting voluntary organisations that
work with offenders and their families