

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

Our purpose...

Our aim is simple...we want everyone in Derbyshire who has BPD, to have a safe space in which they can come together to relax, chat, swap stories and discuss coping skills. Our first group started in October 2017, and we have just opened the third. We offer information, and include specific discussion topics related to the symptoms of BPD.

Most of our members have had little or no help from statutory services. Our response to this is two-fold. Firstly, we actively promote voluntary sector groups, such as those run by RETHINK. Secondly, we campaign for change within local healthcare, and for the introduction of a Personality Disorder Pathway in Derbyshire.

We are pleased to hear that the first part of the Pathway has been realised, with funding having been awarded to an organisation for training health and social care professionals on personality disorders.

Derbyshire Borderline Personality Disorder

SUPPORT



Group

News

Thank you to our members and
guests for making our Christmas
party enjoyable and
entertaining!!



We are very pleased to announce
that our third group is now open

Ilkeston

See page 4, for times and location



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 to Lloyd's Bank
for providing us with...**



**Costa lunch
in
Matlock**

**Pizza night
in
Chesterfield**



Did you know about...

Personal Health Budgets (PHBs)

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

The best way to describe our members...



Some of our members have talent...

Borderline Memories

*Life is jewelled with dark memories,
Dreams show time that runs as fast as water,
Crowded sleep still guided by their ghosts,
In the mirror she sees winter in her eyes,
Beautiful golden light can triumph,
But a lone star am I,
Remembering the sweet smell of paradise.*

by Laura

Some are just plain weird...



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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...

