

Validate

Newsletter for the Leeds Personality Disorder Clinical Network

Spring 2018



Spring is here!

Photo by PIA group member

Creative Corner:
Poetry

Meet our new
Involvement Team!

Spotlight on
Social Media

Welcome

Welcome to this issue of Validate, the newsletter for Leeds Personality Disorder Network. In this issue we welcome our new partners from Dial House and Leeds Survivor Led Crisis Service. We look forward to working together to make the Network more relevant to you, the current service users. If you would like to get involved, details of how can be found inside.

We also have our creative corner with contributions by current service users, powerful words that many will identify with. We look at what PIA the involvement group has been up to over the last few months. Hope you enjoy this issue; we welcome any suggestions and contributions.

If you are have any interest in contributing to or putting together future issues, come along to a PIA meeting and find out more, or email your contribution to: validate.lypft@nhs.net

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Meet a Staff Member

Our new Involvement Team from Leeds Survivor-Led Crisis Service

From 1st April 2018, Leeds Personality Disorder Network and Leeds Survivor Led Crisis Service (Dial House) will be working in partnership for a one-year pilot project. We will be working together to develop the Network's Service User Involvement strategy and activities. Three members of staff from Dial House will be joining the team:



Richard Barber
Operational Director



Liz Smith
Communications



Sue Hill
Service User Consultant

1. Hello, who are you and what is your role with the Network?

Richard

I'm Richard Barber, Operational Director at Leeds Survivor-Led Crisis Service (often known as Dial House). I manage our small team delivering service-user involvement on behalf of the PDMCN.

Liz

I'm Liz Smith, I work for LSLCS and I am responsible for the communications for the Service User Involvement project that we run in partnership with the Network

Sue

I'm Sue (Susan Hill) and along with two colleagues, Richard and Liz, from Leeds Survivor Led Crisis Service we are working in partnership with the Leeds Personality Disorder Managed Clinical Network on a pilot partnership that is seeking to expand service user involvement with the Network. My role will involve me meeting and/or speaking with people who use, or have used, the Network to hear their views about service development and involvement.

2. What would you like to accomplish while in the role?

Richard

Very simply, to deliver effective, meaningful service-user involvement that empowers people to 'find their voice' and improve their confidence and esteem - while giving workers new things to think about.

Liz

I would like to ensure that people have lots of opportunities to get involved with the project, that they know how they can be involved and feel valued

Sue

I hope to be able to meet and speak with as many people as possible who have used, or are using, the Network to hear what they have to say about the service and how they would like to see it develop. I'd like to see more people getting involved, sharing ideas and feeling empowered and included as they contribute towards shaping their service.

3. What makes the job worthwhile for you?

Richard

My main satisfaction in my job is developing trauma-informed practice that supports people with complex psychological trauma issues to heal and recover from abuse and neglect. I have a lot of very cool colleagues, both where I work and elsewhere, who're willing to put up with me going on about all this at great length - they help to make coming to work worthwhile. But it's the traumatised people I support who make it really, massively worthwhile - building relationships with them and watching them find their inner strength is really amazing

Liz

Communications is a fast paced and changing area where there's lots of room for creativity and I enjoy the challenge.

Sue

Each interaction with every person I meet. I'm looking forward to meeting with service users and hearing their views.

4. What would be your vision for service user involvement in the Network?

Richard

For service-user involvement to be a thread running through every aspect of services, with traumatised people finding strength, confidence and esteem by being genuine consultants and collaborators alongside workers.

Liz

I would like the service user involvement in the network to grow into a lively, supportive community where we can work together to improve and develop

Sue

I would like to see many more people getting involved in a wider range of activities and feeling empowered to shape and develop their service so that it meets their needs

5. What do you like to do to relax?

Richard

I'm a pretty relaxed person. But if I do feel stressed, I calm myself with some gnarly, psychedelic thrash metal.

Liz

To relax I like to go running with my dog Alfie, I'm training for the Yorkshire Marathon in October. I also like cooking and reading and my guilty pleasure is binge-watching box sets

Sue

I like to catch up with friends, potter in my garden and be out and about exploring coast and countryside with my adorable West Highland Terrier

News

Using Social Media



The Social Media Survey

A total of 25 service users responded to the social media questionnaire. The findings show that **online communication** is widely used. A large proportion of service users (84%) stated that they have or would use the internet for **mental health** related information including using websites such as MIND. They stated that these were **clear to use** with **easy language**, they had the opportunity to read others' **stories** which helped them to feel they were **not alone**.

The majority of our service users use social media (84%) with the largest membership being for **Facebook** (76%). People use this for keeping in touch with **family and friends** and **accessing information** of interest. Some people were concerned about **online bullying**, seeing negative things or comparing their own lives to other people's lives can cause distress.

More than half of the service users stated that they would be **very likely** to use a PD Network specific media presence. This could provide **access to information, events and support**, feeling **connected, getting involved** and being a **part of** something. Practical **barriers** were also identified however such as access to internet and lack of IT knowledge which would likely limit some service users' access.

Aliya Zamir, Assistant Psychologist

What we've been doing



Improvements to the Network's Website

The Network website has been updated with information about what the service provides, how to get involved, and about support for carers.

See the website here:

<https://www.leedsandyorkpft.nhs.uk/our-services/personality-disorder-managed-clinical-network/>

Animated Films

Service users, carers and staff have been working with Inkwell Arts to develop four short animated films about the service. This includes films about the Journey programme, about DBT groups, about Care Coordination, and about the Carers group. These are still being completed but hopefully they will be appearing on the Network website soon.



**LEEDS
SURVIVOR-LED
CRISIS SERVICE**

New Communications worker!

Liz Smith, Communications worker from Leeds Survivor Led Crisis Services, has joined the Network's social media workgroup, to help with developing our web presence, including how the Network might use Facebook, Twitter and other social media platforms for improving the service provided.

Personalities In Action – Involvement Update

How we've been involved over the last 3 months

The move to a new day and time for the network involvement group has resulted in a few more people coming along and getting involved. It's been great to have current and recent service users coming and giving us their opinions and thoughts on a wide range of topics.

Over the last few months we have worked on lots of different things, from planning our next involvement event for later this year to producing new easy to read information leaflets for different involvement opportunities in the network.

The meeting has also had visits from a number of different people including representatives from Leeds Involving People, the NHS Trust's Volunteers manager, Research opportunities and trainee staff eager to learn about what we do.

Over the coming months the new partnership with Leeds Survivor Led Crisis Service will create lots of opportunities for you to get involved in shaping the Network for current and future service users. What do you wish you had known when you started in the Network? Pass on your experience and help others.

The theme of the involvement event this year is Transitions (beginnings and endings). We'll be looking at the negative and positive effects of transitions from moving to a new service to been discharged and with your help and involvement bringing together themes to take forward and help make peoples experience of beginnings and endings more manageable.

- *Becky*

Support for people who Self-Harm

Battle Scars

Some of the *Personality in Action* group members have recently attended support groups at 'Battle Scars'. They found the meetings helpful and thought others might be interested in what is available.



All information below is taken from the Battle Scars website <http://www.battle-scars-self-harm.org.uk/>

Self-harm is generally misunderstood and has a large stigma attached to it. People who self-harm often feel isolated and experience guilt or are judged for what is a coping mechanism. The Leeds based community group was formed in April 2016 in order to remove this stigma and help people feel supported and no longer alone. We have experienced extremely fast growth due to the need and as of February 6th, 2018 Battle Scars is a registered charity.

Our definition of self-harm is:

- Self-harm inflicted on the body with immediate and longer term effect such as cutting, burning, scratching, hitting, overdosing, poisoning, eating disorders - including binge eating by itself, etc. but not including alcohol, drug abuse or smoking unless combined with self-harm as described above.
- Psychological harm to the self (e.g. neglect, obsessive negative thinking, sabotaging relationships etc.)

We are running survivor led groups in Leeds, to support anyone who self-harms, their families and carers, professionals, or anyone who is trying to understand self-harm. Our aim is to explore the issues of self-harm within a safe environment, discover and understand the reasons behind it, open up and share without risking judgement so we can help each other become stronger and find better ways to cope.

There are also lots of resources available on the Battle Scars website including self-help tools and information for people who self-harm; their carers and for mental health professionals.

Battle Scars also run a closed Facebook support group "*Battle Scars survivor led self-harm support group*" which is for anybody, anywhere in the world.

For more information, please contact:

Email: info@battle-scars-self-harm.org.uk

Admin telephone number: 07410 380747 (please note this is not a support or crisis number)

Creative Corner

Poetry

Expressing ourselves and letting others see who we are and how we are feeling is not always easy but if we take a risk and let others in, more often than not we'll find that others are feeling the same or can identify with us. Here are a couple of poems from Lindsey that we're sure some of you will recognise the emotions. Always remember the tunnel we travel may be dark and long in places but there is always a light at the end, we just need to hold on to hope and keep moving forward. A poem by Pip contemplates the possibility of making choices. Whether poems, stories, art, if you'd like to share your talents with others anonymously or with your name send your submissions to Validate.lypft@nhs.net

Lonely and Hurt

Lonely and hurt, broken I remain
Residing in hell, living in pain

Masked by lies,
I slowly fade away;
The nightmare I live with,
Each and every day

The meaning of it all,
To which my mind attends
Has not one answer
That I fully comprehend

The bottom of my mind
Holds the answer which i call;
I keep reaching towards it
In this never-ending fall

"Stay strong and keep going,
It's never too late" ...
No one seems to realise
That it's not worth the wait

There's no such thing
As help outside of your mind,
It's you against yourself,
With your demons intertwined

It's a battle, hard fought,
But never to be won...
Either way you end up losing
When it's all said and done

"Too late" came and passed
And, of me, nothing more
I wrote my own ending,
And I shut my own door

- Lindsey

Just another lost soul

Just another lost soul,
That no one can see,
And it's pretty surprising,
That, that soul is me

I used to wear a smile,
But forgot how that feels,
Now I just don't know,
If this life is even real

I used to feel happiness,
But I don't know at all,
It seems that I'm in hell,
And further I seem to fall

I used to know love,
Until people broke my heart,
And now it's finally true,
My soul has torn apart

I used to be afraid of darkness,
Now I welcome demons in my head,
And I've blocked out the light,
Because my souls already dead

- Lindsey

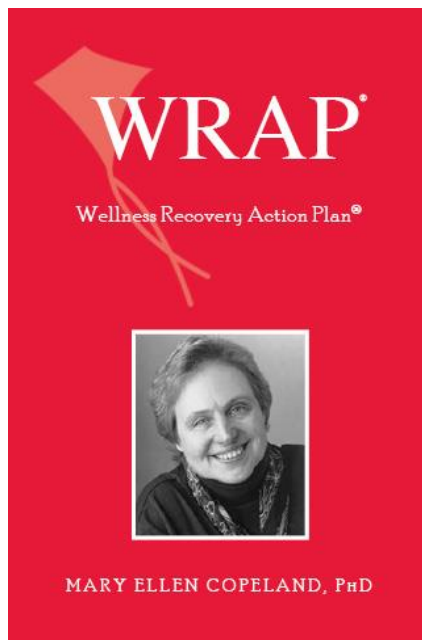
Choices

I either find a way out or I don't.
Life will either go on or it won't.
I have choices to make all the way.
What choices will I make today?
I can open the door and walk through.
That seems such a hard thing to do.
But I want to let go of all that holds me,
I want to know what it's like to be free.
Free from anxiety, depression and fear,
From being dependant and wanting you near.
Free to discover who I really am,
What I'm really made of – I'm sure that I can.
I just need to let go and take courage that I
Can walk through that door
and perhaps learn to fly!
Away from the past and the things that I hold
To a future unknown and adventures untold.

- Pip Layne

Book reviews

What we've been reading



The Wellness Recovery Action Plan® or WRAP® is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.

It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals.

It is now used extensively by people in all kinds of circumstances, and by health care and mental health systems all over the world to address all kinds of physical, mental health and life issues.

Why we liked it:

- Focus on Recovery and Wellness
- Puts you in charge of your own wellbeing
- Helps you think about what you need to do to stay well and how to cope with difficult situations
- Encourages you to think about how you want to manage a crisis and how others can support you in helpful ways
- It is hopeful and optimistic

For more information, see:

<http://mentalhealthrecovery.com/wrap-is/>

Involvement Group

meeting information

Personalities in Action Group

Who are we?

Personalities in Action is the service user involvement group for Leeds Personality Disorder Clinical Network. It is a friendly group that meets every second Monday at Leeds Civic Hall.

Members of the group all have lived experience of personality disorder and have used mental health services provided by Leeds and York Partnership NHS Foundation Trust.

The group is informal and friendly and encourages people to express their views, share their experiences, explore what works well in the network and in our Trust and provide valuable feedback around areas which may need improvement.

Why do we meet?

We meet because our members, both staff and service users, have an interest in working within Leeds Personality Disorder Clinical Network. Coming together provides us with the opportunity to:

- ensure service users have a voice within our network
- share views, opinions and feedback on both our services and our involvement opportunities
- increase confidence and self-esteem
- stay connected with other people who understand personality disorder and who may have had similar experiences
- empower new service users to feel part of a supportive community

What do we do?

The Service User Involvement Group allows us to ensure that we work collaboratively across Leeds Personality Disorder Clinical Network to provide the best experience for service users. This includes:

- producing our regular service user newsletter, Validate
- representing other service users at our clinical governance meetings, conferences and events
- take part in our service user satisfaction survey
- review our literature such as letters and leaflets and offer suggestions of where we could improve them
- take part in research and evaluation

Tea and Coffee are provided and we can pay your travelling expenses if you provide a ticket or receipt. No commitment is required—why not come along and see what you think?

Times & Dates

We meet on Mondays from 10.30am-12.30pm at Leeds Civic Hall, Calverley St, Leeds LS1 1UR (near Millennium Square)

Dates for 2018

- 22nd May
- 5th June
- 19th June
- 17th July
- 21st August
- 18th September
- 16th October
- 20th November
- 18th December

Further information

For more information about PIA please contact:

Ruth Sutherland

Involvement Lead for the
Leeds Personality Disorder Clinical Network

Tel: **0113 85 57951**

Email: PDinvolvement.lypft@nhs.net

Crisis numbers and contact details

Here to help

Information for support or when in a crisis:

NHS direct

111

Samaritans

0845 7909090

Non-emergency police

101

Connect Helpline

0808 8001212

Dial House

0113 260 9328

Contacting the Network

Telephone:

0113 8557951

Write to:

Personality Disorder Services

Unit 24

The Sugar Refinery

Sugar Mill Business Park

Oakhurst Avenue

Leeds

LS11 7DF

For more information, see our Website:

<https://www.leedsandyorkpft.nhs.uk/our-services/personality-disorder-managed-clinical-network/>

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