



Support Training And Recovery Systems

NEWSLETTER

October 2014

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What is STARS...? by Ruth E., Stuart W & Neelam K.

Workers at STARS volunteer alongside the clinicians of Thames Valley Initiative (TVI), to provide training and raise awareness of Personality Disorder services and individuals working with people with personality disorder, and to help people with personality disorder engage with services and recover. By working together with the TVI team, STARS members have learned new skills (such as facilitation, group leadership, designing and delivering presentations) and are also able to recognise their strengths, potential, develop professionally, share their experiences, build their confidence and feel valued.

Our clients have included local councils, housing, support workers, probation services, charities, homeless hostels, AMHTs/mental health workers, GPs, forensic units, college & university students, school nurses and administration staff. We also support potential and existing clients of the Complex Needs Service in Oxfordshire, Buckinghamshire and Berkshire. For more information visit www.oxfordhealth.nhs.uk/thames-valley-initiative or contact Sue Pauley at Sue@tvi2i.net

Admin course

Feedback from STARS events

What did you like most:
"The 'real life' experiences shared by STARS"
"Appreciated having service users involved and sharing experiences"
"Lovely people both training and trainers and great to have two ladies who've been through mental health problems to give their impressions/feelings"

KUF Awareness Training Course by Helen P.

Earlier in the year I did the KUF Awareness Training Course. KUF is the Knowledge and Understanding Framework for working with people with Personality Disorder (PD). The level 1 introductory course is suitable for anyone and covers basic understanding of what PD is. The topics include labelling, myths surrounding PD, different perspectives of PD – both positive and negative.

I learned a lot from doing the course, mostly about myself. I found that the most informative section for me was the one about team working and having an organisation that is thinking and not reactive to influences within and surrounding it. It certainly helped me to understand some things which have happened with me in the past.

The virtual learning package was easy to use and informative. I would recommend anyone who comes into contact with a person who has PD, whether that person is part of your family or your work place, whether you interact with them on a professional or personal level, to at least think about attending this course – it was definitely 3 days well spent.

Self Harm Skills days

Feedback from STARS events

What did you like most:
"The presence of service users who bravely shared their experiences of self harm, what was helpful/not helpful for them"
"The STARS' self harm experience"
"Very useful having people on the session with personal experience"
"The contribution made by the STARS - who have been through self harm and informing us what worked/didn't work"

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News in brief...

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Funding secured for Oxfordshire and Buckinghamshire Complex Needs Services, mainly due to the 'Save Our Services' campaign run by existing client members of the Complex Needs Service with the support of STARS
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Over £1000 donated in memory of Marta Johnston for STARS development and training – thank you!
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Buckinghamshire Complex Needs Services have moved to their new building, behind the Sue Nicholls Centre on Berton Road, Aylesbury
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Two STARS members have newly qualified as KUF (Knowledge & Understanding Framework) Trainers
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PPP (People: Personality and Pathology) year long course comes to a conclusion in November with final presentations
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STARS member gives birth to baby son, congratulations to Lou and William
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Congratulations to an ex-STAR member who has recently been promoted to Director of the service where she is currently working
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Let's get high,
 You ask why?
 I'm still awake
 So give me a break.
 Pass me a drink,
 So I don't have to think.
 Today is today,
 Tomorrow is so far away.
 Let's get high,
 You ask why?
 Perhaps I just don't want to die.

One is too many,
 Ten is not enough.
 Drink is my demon,
 My god I'm feeling rough.
 Many times I've tried to quit,
 I'm finding it kinda tough.

I'm sick and tired of being sick and tired.
 This is really not the way to live,
 Show me the way, and you're hired,
 I have so much to give.

Oblivion is what I seek,
 Enough medication to still my mind.
 Does that mean I'm some kind of freak?
 Please don't be so unkind,
 I really need to speak.

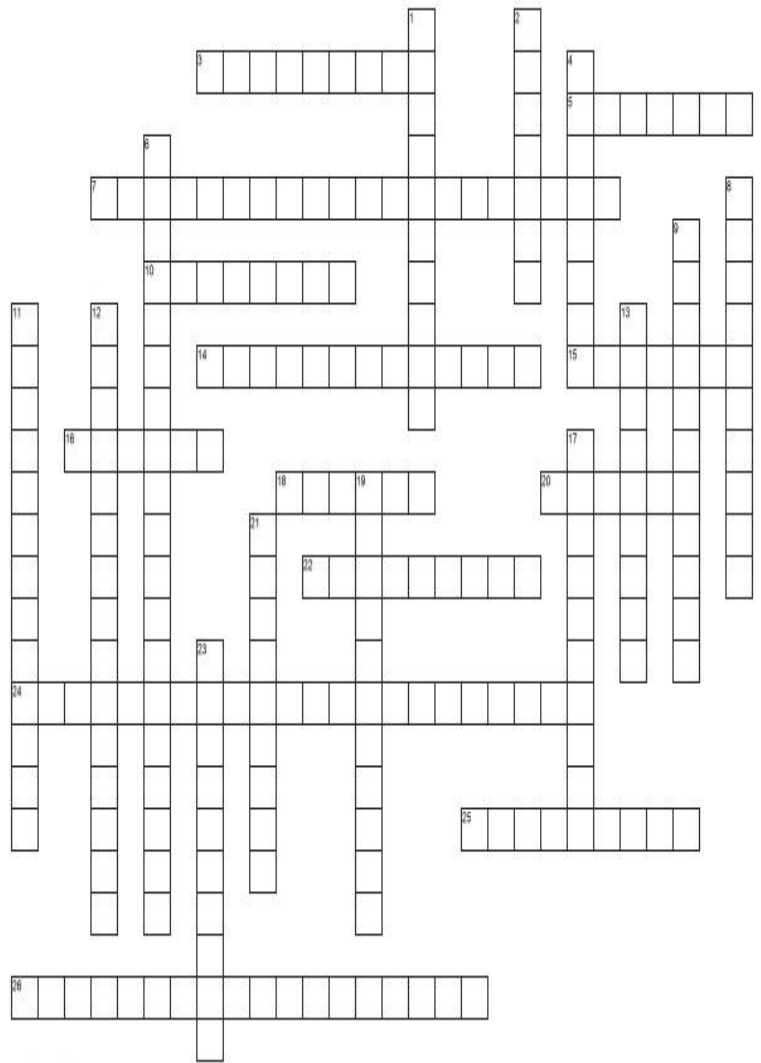
Being an alcoholic
 When addiction is a crime.
 Is there no reason?
 Is there no rhyme?
 I say I'll quit tomorrow,
 I mean it at the time.
 The next day brings only sorrow,
 It's hard to toe the line.

I fear the thought of waking up,
 "Here comes the son."
 Every day is a challenge,
 Always on the run.
 The thing that really frightens me is,
 How much I have in common with my Mum.

Complex Needs is not just another brand,
 It's a place where they understand.

They help people like me,
 Call them up and you shall see.
 Let's all save the birds and the bees,
 And let's all praise COMPLEX NEEDS.

By Tim C.



ACROSS

- 3 Banham's broke it into six pieces
- 5 Having a great deal of knowledge
- 7 Treatment centres for the Complex Needs Service
- 10 Intentional damage
- 14 Comprehension
- 15 To have a part in telling people
- 16 The things we use to fill our emotional toolox
- 18 We humans in general
- 20 Bovine driven across water here
- 22 Meeting for skills training
- 24 The professionals STARS work with
- 25 Supporting structure
- 26 Conveying facts to others

DOWN

- 1 Developing contacts
- 2 A plebian under the protection of a patrician
- 4 Gathering for discussion
- 6 Behaviour patterns causing long term difficulties
- 8 The first step in participation
- 9 Distinctive persons
- 11 Working together
- 12 Ceremonial home county
- 13 The science of abnormal human cause and effect
- 17 Practically acquired
- 19 Distinctive individual characteristics
- 21 Facts gained
- 23 To lead a group

PD Skills Days

What did you like most:

- "Hearing honest account of what it is like to live with a personality disorder"
- "The presence of service users and sharing their experiences, personal journey to recovery"
- "Hearing about the experiences of the STARS and what helped them"
- "Service user perspectives"

*Feedback
 from STARS events*