



PERSONALITY DISORDER NORTH ESSEX NEWS



OCT/NOV/DEC 2011 - ISSUE 63

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Contents	Page
<i>Editorial</i>	1
<i>Open Days</i>	1
<i>Day and Therapy Programme</i>	1
<i>Achieved in 2011</i>	2
<i>Fundraising News</i>	3
<i>HavenART</i>	3
<i>Christmas Word Search</i>	4
<i>Information</i>	4

EDITORIAL: Welcome to another Christmas issue of the Newsletter, No 63. Page 2 is a celebration of achievements for many different Haven clients over the past year and we hope this will act as a bit of an inspiration for the year to come. On page 3 we have up-to-the-minute news about fundraising for The Haven Social Inclusion Unit and also details about the artwork and photographs for sale on The Haven Website. KUF Personality Disorder Awareness Training details for this region are also given on page 3. On page 4 we have a Christmas Wordsearch and, on that festive note, we wish all our readers a really good Christmas and all the very best for 2012. In the New Year we are launching a “how to beat the winter blues/how to stay positive” campaign. All your bright ideas and bits of inspiration about this will be so very welcome. We’ll certainly be including pets and Pat Dogs on the list - starting with the picture above!

Lesley and Heather

HAVEN OPEN DAYS

The Haven holds an open session on the last Friday of each month, arriving at 1pm and -ending 3.30pm.

2012 dates
Friday January 27th
Friday February 24th
Friday March 30th
Friday April 27th
Friday May 25th
Friday June 29th
Friday July 27th
Friday August 31st
Friday September 28th
Friday October 26th
Friday November 30th



If you would like to visit the project please ring 01206 287316 for an appointment.

Haven Group and Therapy Programme

Monday	Tuesday	Wednesday	Thursday	Friday
Reflexology by Appointment Gentle Yoga 12pm-1pm	Cookery 10am-12pm Healthy Living 11am-12pm	Arts & Crafts Group 10am to 1pm	Friendship Group 10am to 1pm Life Skills Group 10.30 - 12pm Monthly Advisory Group 11am	Gardening Group 10am – 1pm Head Massage (by appointment) Gardening Lunch
Counselling by appointment				
DBT Skills Group 2pm to 4pm Intermittent Parenting Classes 1.30-3.30pm	Community Lunch 1pm Friendship Group 1pm to 4pm	Monthly Variety Groups Drug & Alcohol Support Group Creative Writing and Faith Group 2pm to 4pm Families and Carers Group 2pm to 3pm	Transitional Recovery Group 2pm to 4pm	KUF Training (monthly) Open Day (monthly) Head & Hand massage and Trauma Reduction Therapy (by appointment)



Achieved in 2011



A very huge achievement for me is my decision not to go back into hospital ever again. Coming here has helped me incredibly, staff and clients, gaining trust, particularly in male staff which was a big barrier for me. Now I love them all. Qualifying as a foot care health practitioner and doing people's feet has also been really rewarding for me and clients.

Paula

I have lost seven stone this year. I've been able to exercise more, have felt more energetic, I'm out every day of the week. There's more to go but I am proud of myself and I've also not been near hospital for over two years.

Della

I've made lots of new friends and I've found somewhere I feel really safe, and I haven't been in hospital since I came here in August. This is a bad time of year for me and I'd definitely be in there if it wasn't for The Haven.

Sue C

I'm working ... I'm working as a Personality Disorder Awareness Trainer ... I'm working at something that I truly believe in and that I know can make a difference and change people's lives for the better; service users and professionals.

Becky

At long last I've got my own place, I've got my cats. I'm still unemployed but not for long I hope. I'm getting help from Haven staff to support me with this. Meantime I've been doing some talks at university, telling people about my experiences in special hospitals.

EJ

I'm a volunteer for Bushcraft, working in the great outdoors, and I love it.

Helen P

I've found someone for my focused work that I can really trust and I have started to open up and be very honest.

Vikki

Still working. Published my first book! Working on my second book!! Happy New Year.

Doug

Accompanied by two Haven clients, I got on a train for the first time in 26 years!

Sarah

I've stayed well! My dog Olly is the second Haven Pat Dog. I'm still taking photographs and now I'm selling my own cards.

Heidi

I've been here since September. I'm not phoning Neril now or the Crisis Team. If I feel desperate I'll phone The Haven. It's knowing it's there all the time, day or night, if you need it. I'm getting to trust the team. It takes a lot of time to build up trust, but you've got a fantastic team here.

Sandra S

I got to The Haven in February this year and I've kept out of hospital since then. I haven't overdosed since then and I haven't self-harmed. I've stopped drinking. I've lost two stone in weight. I've got a puppy now. The family have seen such a difference. I've started DBT and I've found my wise mind.

Tina

I've done a lot better this year with help from The Haven but the best thing that's happened is that I've become a grandma this year. I'm going to spend Christmas with my daughter and granddaughter. I never usually look forward to Christmas because it's lonely, but this year I am.

Shirley

A couple of years ago I was discharged from mental health services. No-one ever thought they would see the day! Did they discharge me because I was well, or did they want to get shot of me, there's the question? A really big achievement this year is that I'm keeping sober. I had a big loss and could have let everything go. If I didn't have The Haven, day or night, and sometimes it's worse at night, I wouldn't be here. It's absolutely brilliant. It's now over four years since I was in hospital. Who would have thought!

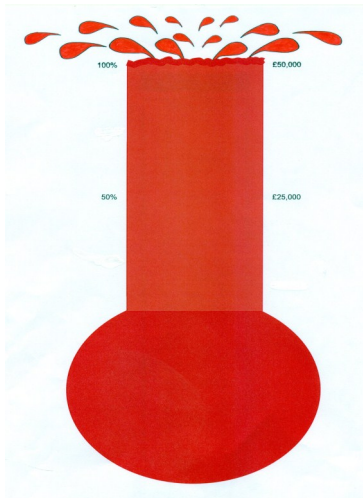
Sue A

I've been able to focus on creating a graphite drawing. I've found the motivation to do it and to finish it. The drawing is of the Faith Farm ponies and was presented to the staff there. The owner said that it was the best present ever, which brought tears to my eyes.

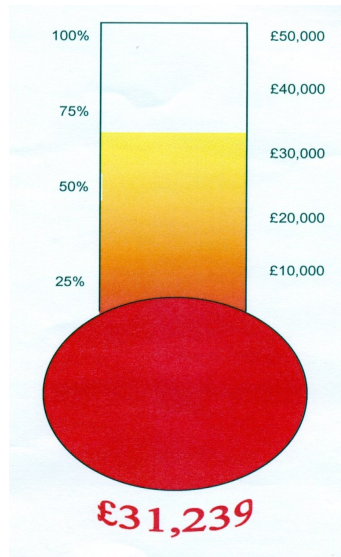
Anna



As promised in our last issue here is the Fundraising News for The Haven Social Inclusion Unit so far this year.



The graph above shows that, once again, we smashed it by raising the funds for the unit by half way through this financial year. The graph below shows how much we have raised so far for the coming financial year 2011/2012. Once again, we can't thank our supporters enough for their sustained support. A special report saying thank you can be found on The Haven Website, *Reports Page*, "Haven Social Inclusion Report for our Funders. August 2011".



Haven Website KUF Information
www.thehavenproject.org.uk



See *Training Page* with Local, Regional and National KUF Information including details of free Personality Disorder Training available at The Haven - see dates below

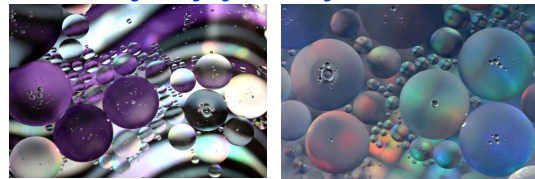
Cohort 3	Cohort 4	Cohort 5
Friday 3 rd Feb 12	Friday 4 th May 2012	Friday 3 rd Aug 12
Friday 2 nd March 12	Friday 1 st June 2012	Friday 7 th Sept 12
Friday 23 rd March 12	Friday 6 th July 2012	Friday 5 th Oct 12
(Fully Booked)	(Limited Places)	(Open for bookings)

HavenART

Buy Wonderful Gifts for Christmas
 For just **£10**

Prints of original paintings
Unique Photographs
Dove Earrings

See Gallery of Photos from Heidi



More of Hazel's Wonderful Photos



Sam's Original Prints

Jaye's Dove Earrings



Find HavenART at www.thehavenproject.org.uk

Christmas Wordsearch



N	A	V	I	T	Y	E	T	H	G	I	L	E	L	D	N	A	C
E	D	H	S	I	E	L	G	M	A	P	E	A	N	U	T	S	H
W	N	A	T	N	K	D	N	A	L	R	E	D	N	O	W	N	R
Y	A	P	O	S	R	N	I	H	L	F	R	A	C	S	B	O	I
E	L	P	L	E	U	A	C	K	E	S	O	O	G	T	O	W	S
A	R	Y	L	L	T	C	I	P	R	R	F	G	H	A	X	F	T
R	A	S	E	L	K	C	I	P	E	L	E	A	G	H	I	E	M
S	G	N	N	E	W	T	E	S	D	N	O	M	L	A	N	S	A
D	F	S	N	M	I	T	T	E	N	S	C	M	P	M	G	O	S
A	R	G	D	K	E	Q	R	T	I	K	R	O	L	P	D	O	E
Y	E	I	F	R	K	R	O	P	C	P	E	N	K	E	A	G	V
W	E	F	P	C	A	T	B	M	A	L	T	X	C	R	Y	R	E
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A	I	Y	A	O	A	E	O	E	S	F	W	A	L	N	U	T	S
L	E	E	N	L	Y	W	R	K	C	E	G	D	E	L	S	O	L
O	R	A	S	L	B	S	T	H	G	I	L	E	E	R	T	M	E
C	P	R	L	A	N	S	E	T	A	K	S	E	C	I	W	S	C
O	N	O	L	R	D	A	E	R	B	T	R	O	H	S	F	E	R
H	H	L	G	S	N	I	A	H	C	R	E	P	A	P	H	T	A
C	S	N	O	W	D	O	M	E	E	M	I	M	O	T	N	A	P
G	I	N	G	E	R	B	R	E	A	D	H	O	U	S	E	D	P

Words, or groups of words to find

Peanuts cards snowballs garland gammon nativity chestnuts figs pickles sledge holly gingerbread-house chocolate dates reindeer candlelight treelights stolen Christmaseve newyearseve boxingday hamper parcels ice cake snowdome candle lamb paperchains iceskates beef shortbread pantomime walnuts icing Cinderella winter pork snow mothergoose paperhat peterpan goose wonderland ham carol turkey almonds tinsel hats scarf pecans mittens happy new year

INFORMATION: Local work concerning Personality Disorder

Research Report "The Process of Recovery in Personality Disorder – A Case Study of The Haven"

Book "Personality Disorder - Temperament or Trauma?" Heather Castillo –Jessica Kingsley Publishers

Book Chapter "The Person with a Personality Disorder" by Heather Castillo (In The Art and Science of

Mental Health Nursing, Second Edition - Norman and Ryrie) Open University Press

(Copies of articles now available on our website—Research Page)

Dialogue Magazine Spring 2000 "Personality disorder user research" Heather Castillo and Lesley Allen

Mental Health Care - Oct 2000: "You Don't Know What It's Like" by Heather Castillo, plus

"Users Views on the Nature and Treatment of Personality Disorder"

Open Mind - Oct/Nov: "Crossing the Borderline" by Heather Castillo, Lesley Allen and Kathy Warner

NHS Research and Development Magazine - Jan 2001: "Diagnosis or Judgement"

Mental Health Practice - June 2001- "The Hurtfulness of a Diagnosis"

by Heather Castillo, Lesley Allen and Dr. Neil Coxhead

Human Givens - Radical Psychology Today - June 2001 - "How We Are"

International Journal of Social Psychiatry - Winter 2001 - "Experiencing Personality Disorder"

by Professor Shula Ramon, Heather Castillo and Dr. Nicola Morant

Mental Health Today – Feb 2003 "A Dangerous Diagnosis" by Heather Castillo

Mental Health Today – Sept 2005 "Everything is Treatable" by Heather Castillo and Helen Price

Back issues of "Personality Disorder – North Essex News" available on request.

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