

Personality Disorder and Complex Needs Service User Network

How to Access Each of the Groups

Support and Awareness Groups: Personality Disorder and Complex Needs Awareness and Support Group (21+) and Young Adult Complex Emotional Needs Awareness and Support Group (18 – approx.. 27)

These groups are accessed via an expression of interest form that needs to be completed by a professional.

These groups run fortnightly. The group is facilitated by the SUN team and guest speakers are regularly invited to deliver talks on different topics such as services available within the community, benefits and employment, advocacy, sleep hygiene, practical activities, etc. Generally the topics have been specifically requested by clients and sessions are tailored to the needs of its participants at the time. We actively encourage peer support, and empower our participants to offer their own experience and knowledge into sessions. We endeavour to provide a 4-week timetable, in advance, so that our service users can arrange to attend the sessions that will be most helpful to them.

Peer Support Group (18+)

The group is accessed via a self-expression of interest route by the service user completing a form.

These groups run weekly. The group is a 1 ½ hour session, facilitated by the peers that attend. Peers are invited to share how they are feeling and support each other through their lived and learned experience.

Personality Disorder and Complex Needs Service Development Collaborative (SDC) (18+)

Expressions of interest to the group can be made directly from a service user, or through a professional if the service user has requested this. There is no form for this group and it can be accessed via emailing the SUN inbox.

Here, we offer people the opportunity to be more dynamically involved in shaping and developing services, using our lived experiences to inform positive change. There are various levels of engagement. These range from contributing our thoughts and ideas to a specific project, to participating in interview panels, co-delivering training and being Peer Support Workers. We work using a model of co-production, with service users working alongside staff, bringing together our experiences/journeys and using them in a meaningful and proactive way.

I care: Supporting Carers of Loved Ones living with Personality Disorder and Complex Emotional Needs (Adult Carers)

The group is accessed via a self-expression of interest route by the carer completing an expression of interest form.

The purpose of this peer support group is to bring together carers and loved ones of individuals living with Personality Disorder, offering members the opportunity to make contact with others in a similar situation, help individuals to gain support and know that they are not alone. The aim is to support members in the form of conversation and sharing experiences, resource sharing and by simply listening. The Carer Support Group is open to any carer who resides in Essex (Essex registered GP) who is caring for a loved one who has a formal diagnosis of Personality Disorder and/or have complex emotional needs that meet diagnostic criteria for a Personality Disorder.

Please direct any questions or queries to epunft.pd.cnsun@nhs.net