

# CELEBRATE!

GOOD REASONS TO BE HAPPY



# BPD

COMMUNITY

## In This Issue

- THE VOICE OF LIVED EXPERIENCE
- NEW LEADERSHIP
- CELEBRATING
- VOLUNTEERS

## RADICAL ACCEPTANCE SHINES

At the first face to face event for BPD Community since Covid, Kate MacKay's vibrant presentation of her poem on radical acceptance, 'Ten Thousand Ways', totally enthralled the audience.

It was the return to face to face activities for BPD Community at their annual Celebration Night in BPD Awareness Week. Kate's poem spoke not just to her personal experience but also captured the mood of everyone present and not just the experience of living with BPD. The return to a sense of normality after the tough times we shared in the past years was powerfully positive.

**"There are ten thousand reasons for me to live  
I've got 60 to give up and die  
Ten thousand reasons to stay on the earth  
And 50 for me to fly."**

.....

**"Ten thousand days when my talents shone  
22 years depression had won  
ten thousand ways to have some fun  
and 53 ways that bought me undone."**

**- EXTRACT FROM 'TEN THOUSAND  
WAYS' - KATE MACKAY**

Kate recited her poem with her artwork illustrating the sentiment of her words.

Photo: Supplied



The message is not just about survival but about thriving in spite of life's challenges. Kate juggled the complexities of life while maintaining the integrity of who she is. She described her experience as being like piecing together the pieces of colourful glass that create a stained glass window, as reflected in her dress.

Celebrating recovery is what we do, especially in October.

# THE VOICE OF LIVED EXPERIENCE

BPD Community proudly embraces its lived experience, building community to support recovery. As a result of the Victorian Royal Commission into Mental Health, the voice of lived experience is beginning to be heard.

Mary O'Hagan is the first Director of Lived Experience in the Dept of Mental Health and Wellbeing in Victoria. Mary has an international reputation in advocating for those with lived experience of mental illness, her appointment is most welcome.

Mary O'Hagan describing the importance of the voice of lived experience.

Photo supplied



Mary described the progress of the initiatives of the state government towards the implementation of the recommendations of the Royal Commission and the speed with which they are being introduced. In particular she made reference to the local mental health and wellbeing hubs that were being introduced around the country, including throughout rural Victoria.



Photo supplied

Joanne, Suzanne and Vanessa listen, keen to learn of the new initiatives.

## NEW LEADERSHIP

It is an exciting time for BPD Community. Our organisation is moving from its start up phase into life as a small organisation.

We have ended our first year with Roy Reekie at the helm as our Executive Officer, thanks to funding from the Baker Foundation. And we are looking forward to the year ahead with optimism under Roy's leadership.



Photo supplied

Roy presenting Barb with flowers as a token of thanks for her work.



Julie Owens is the new Chairperson at BPD Community.

There are great new possibilities for the future as opportunities open up. In time, we can introduce the programs we know will make a difference to people with lived experience of BPD. To lead our organisation into the future Julie Owens has taken on the role of Chairperson at BPD Community.

Meanwhile, Barb will continue her work implementing the programs at BPD Community.

**Compassion is like a bird with two strong wings: giving and gratitude. At BPD Community we collaborate giving generously grateful for the opportunity to create change. At BPD Community, we care.**

## MORE INFO

**Learn more about what is happening in the world of Borderline Personality Disorder.**

### [JOIN US](#)

Join the **hundreds of people** with lived experience who are in our community. Receive our **monthly email updates** and stay in the loop. **Feel the support** from our sense of community, being with **people who understand**.

### [VISIT OUR BLOG](#)

On a regular basis we upload onto our blog information that might be of **particular interest** to members of our community.

Previous topics include an exploration of the **BioPsychoSocial model** of BPD, a great video of Mary O'Hagan on her lived experience of mental illness.

### [WHAT IS RECOVERY?](#)

A **new page** on our website explores a few thoughts about what recovery could be. Our **lived experience over the past eight years** has taught us much at BPD Community, and this has informed this perspective explored here.

### [FAMILY & FRIENDS](#)

Our Family & Friends Group meets every month. To learn about what we do, visit our webpage. **Read the testimonials** of those who have participated in the group.



# CELEBRATING

Creating a community that supports recovery means we get together and have fun. We celebrate how far we have come.

It is eight years since a few enthusiastic people of lived experience got together to create what has become BPD Community. And in such a short time, we have made a great difference in the world of BPD.

During Covid we went offline and learnt how easy it was for a flexible organisation such as ours. Nonetheless we felt the pain of the people in our community and felt the frustration of not being able to offer the support we know that people with lived experience need. There is only so much a dedicated bunch of volunteers can do.

BPD Community today has much to celebrate. Here are some examples.

## OUR COMMUNITY

Our community numbers almost 550 people. They are mainly in Victoria, but we include members from around Australia and even overseas. Our numbers slowly grow, spread by word of mouth.

## FAMILY & FRIENDS

Our Family & Friends Group continues to make a difference to the lives of those who love someone with BPD. The group has recently been evaluated by researchers at University of Melbourne who undertook a qualitative study of the work of the group. This evaluation accompanied by a study of the concept 'relational support' will be published shortly.

## RECOVERY CLUB

Our Consumers Committee began to consider the implementation of a Recovery Club for people with BPD. Still in the very early stages, we are currently exploring innovative ways to implement peer support, psychoeducation and pro active coaching.

## INFO NIGHTS

This Celebration Night celebrated the return of our quarterly get togethers. Our next Info Night will be in February, we hope to see you all there. Did you know that since we started we have had 475 attendances at our Info Nights, even though we had none for the two years of Covid!



*Some of the happy faces at our Celebration Night 2022*

During the hard years of Covid, we kept our sense of community alive with monthly email updates to our community, on all things BPD related in Victoria especially. Our website is updated monthly, we communicate especially through our blog on those subjects of particular interest.

All this work is done by volunteers, and we are grateful for the care that they show us all.

# VOLUNTEERS

The work of our volunteers is priceless without them there would be no BPD Community.

Through the tough times our volunteers have continued to give generously of their time and expertise. They have kept the engines running and the wheels turning.

What drives our volunteers to continue to contribute in spite of all the challenges?

## MOTIVATION

Everyone in BPD Community has seen and experienced the stigma and discrimination that exists for people of lived experience of BPD. They know what it's like and they want to see and end to the injustice that people with lived experience of BPD face.

Our volunteers want to make the world a better place and they know that we achieve that, we do make a difference in the lives of people with lived experience of BPD.

Our volunteers have confidence in the organisation that we all contribute to creating. Our volunteers are actively engaged in how our organisation works. Our core value of collaboration drives how we all work together.

## WHAT'S IT LIKE?

Our volunteers work in a wide variety of areas, from management, to simple admin to developing training. The main quality of our volunteers is the ability to work independently and as a team. Our volunteers appreciate that others depend on their work and they accept working within the boundaries defined by our organisation.

## SOME OF OUR VOLUNTEERS

