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RAINBOW'S

Volume 15 **END** Issue 4

Support & Information Newsletter of
First Person Plural

dissociative identity disorders association

Established 1997 - A Charitable Incorporated Organisation - Registered Charity No: 1156602

CONTENTS

Editorial statement2

Making Contact.....2

Chair's letter.....3

A building by the sea4

IMPORTANT NOTICE5

Focus on Survivors Survey..6

Christmas is finally over6

An Exercise7

Play Centre.....8

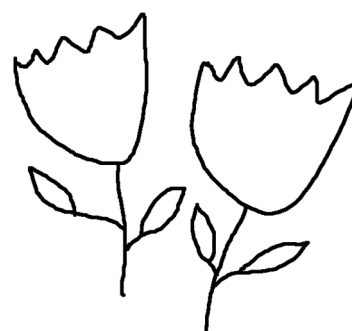
Comic Book Showcase.....9

Support during the trauma
work phase of therapy13

Spring Members Open
Meeting Invitation.....16

DATES FOR YOUR DIARY..16

SPRING



IS SPRUNG

Members Open Meeting
25th April 2015
BRIGHTON

see back page for details

Membership renewals postponed
See page 5 for details

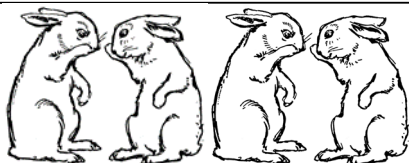
Editorial Statement:- While every effort will be made to keep contributions complete and unedited we reserve the right to make amendments. Decisions about the inclusion and amendment of contributions are made by the editors and are final. Contributions do not necessarily reflect the views and opinions of First Person Plural, members of the executive committee or the editors. Inclusion of any reference to an individual or organisational resource is not a recommendation. The contents of this newsletter are for information and support purposes only. The newsletter is not a substitute for individual therapy or professional supervision. It is an addition to, not a replacement for, other networks of support.

Contributions can be sent in **at anytime**. Stories; resources; book reviews; tips; personal experiences; articles and poems; brief snippets and black & white artwork are desperately needed. It would help if you can send your contribution electronically as an email attachment. Please send to our editorial email address **newsletter@firstpersonplural.org.uk**. This saves times and resources but handwritten and typed material sent by post will continue to be accepted. The next issue of the newsletter is due end of **June 2014**; any contributions for consideration for inclusion in that issue must be with us by **5th June**

Originals returned only if a suitable stamped addressed envelope is enclosed

IMPORTANT:- When sending material for publication please clearly mark "FOR PUBLICATION" and say what name or pseudonym you wish to use. We regret we are not able to forward personal replies to contributors. So any responses to articles etc should be marked FOR PUBLICATION if you wish the writer to see it.

ATTENTION : - Material in this newsletter may trigger painful memories and feelings. Read with caution and appropriate support if necessary



MAKING CONTACT WITH EACH OTHER? - - - REMEMBER *SAFETY FIRST*

One reason people join First Person Plural is in the hope of connecting with other members. The newsletter, members open meetings and the mutual support online forums provide opportunities to do so but we suggest you use caution. Do not lose sight of the fact that, initially at least; other members of FPP may be strangers to you, as you are to them. FPP does not check applicants for membership. Anyone can become a member by completing a form and making payment. We have no reason to believe that any of our members are unsafe persons but conversely we can offer no assurances that someone is trustworthy just because they are an FPP member. Also non-members may have access to the newsletter. Clearly we are not saying never make contact but we do advise that you use common sense precautions as you would when meeting or contacting any stranger. Develop your friendship slowly before exchanging personal details such as telephone, mobile or postal address. Set clear boundaries for yourself about what kind and how much contact you wish to have with each other. Listen to & respect each other's need to set and change boundaries. Do not let desperation for understanding, support and friendship cloud your judgement or lead you to try to get more from each other than each wish to give.

Chair's letter

Dear All

I thought I would re visit my last letter before writing this one as I have a fear I will totally repeat myself. It was reassuring to find I am continuing a bit of a theme but from a different angle. I still get surprised when I display continuity of thought that is quite literally validated. We often smile in training as I say something that feels quite ground breaking, a new thought and then we show a bit of the DVD and I was saying it equally as convincingly four years ago. I smile ironically because I appreciate the continuity of thinking while despairing at it feeling yet again like the first time.

Internal and external life has been challenging for several months but walking in air that says Spring is on its way I marvelled, along with many a worthy poet, at how the seasons come and go despite what else is happening personally, locally and globally. However wet a summer the harvest is usually history by middle September, however much snow we have the snowdrops bravely appear during January. Of course there are deviations but that is all they are. The next thought was how grounding the seasons are. If like me you are struggling to find a point of reference, grounding techniques seem too hard or not to work, what better, if it is possible, to look at the really wide picture. The subtle change in the colour of the grass as it moves towards Spring, the way the air feels different. Suddenly I had found a point of reference that I can hang onto. Whatever is happening in my life these changes will happen, it was extremely powerful to feel that at last I had found an anchor that is solid, predictable and will continue to happen. It was a really special moment and remains so. If everything else is changing and shifting I think we all need something to focus on. I have stayed safe all these years by managing my life in a very restricted, controlled way. When everything changes it is hard for anyone but I suspect for people with DID it challenges us on every front. Being able to know that Spring will come has put me back in touch with a feeling of time and connecting to sensory clues that I have experienced many times already in my life. All these factors help to ground, reconnect and begin to feel as though I have a bit more control of my life again. It is safe to have a before, a now and begin to look to the future again.

Things do change and shift, some might be hard like a sudden hail storm that comes from nowhere. For a lot of the time I might not know about what the next minute or even day may bring but I can hold onto a bigger picture that does contain familiar elements. What a relief.

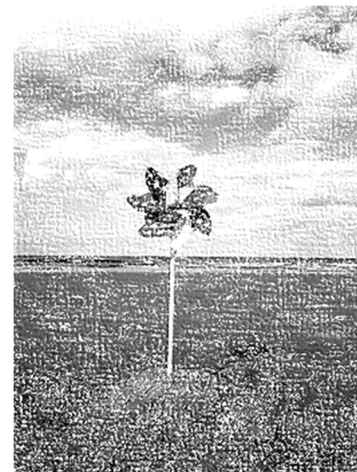
FPP work with Rape Crisis Centres is growing alongside developing a more advanced training programme with the ESTD-UK. It is exciting and so much what our organisation is about. Kathryn and I did two days training in Donegal, not the easiest place to get to! We are finding that organisations working with children are beginning to appreciate the value of having an understanding about DID. This has recently included time with a foster parent support group, contributing to training for therapists working with children and the NSPCC. All the sessions were well received and as usual there were the inevitable light bulb moments of recognition that helped one foster parent to understand a child they were struggling with and an adult who has never before heard someone else speak who really 'got it' from the lived experience. These individual situations are what it is all about. The child who has been labelled naughty and disruptive is now living with parents who realise his behaviour is so much more complex but might be able to be understood. They want to learn how it affects him as a whole person and what strategies working in partnership with the child can put in place for the difficult times.

Warmest wishes *Melanie*

A Building by the Sea *by Team Lost*

Please...pleeeeeease....just one more time...

We were approaching the end of a few days at the coast during which our time spent on the beach had become a firm favourite. So, off we went...all of us...not forgetting the two dogs...bucket, spade, windmill, picnic...and the rest. I'm not exactly sure how the next bit happened but it did. Somebody said: "Hey, let's build a cairn!" Once I'd answered the 'what's a cairn?' onslaught from the littler members of our team, I replied..."OK, sounds good. how?"



Well, everyone knew exactly what stone they wanted to search for....and then somebody said 'WAIT! Let's have TWO stones each'.....and then turned to me, and, with unanimous serious agreement, informed me: "Well...no, not you....'cos you really need to find a big, flat, heavy stone for the bottom so we can all pile ours on top of it". OK, said I, with the resigned air of one who long ago realized that the coping adult of a DID family all too often finds themselves feeling like an exhausted, 'heavy boulder' underneath, trying hard to balance everyone else on top...

The stone search was wild, excited, frantic and intricate as each searched out their own special contribution. And then...the building began....but..."Who gets to go first?". After some discussion we eventually decided to work from youngest to oldest...mainly because the very little ones were bursting to get this 'stone tower thing' underway.

And so...picture the scene if you can....one stone is placed....and so to the next.....but...both stones were rounded...or jagged...they rolled everywhere...and fell off..."OH NO" went the little ones..."It won't work"....an array of sad little voices rose up...Oh, it's no good... it's useless...oh NO... oh...NO! I'm feeling VERY SAD right deep inside you know.....VERY VERY SAD INDEED...

So we altered course, and tried stones of anyone in any order, in our bid to get it to balance...but...it simply kept falling down and worse, it was sometimes hard to find the stone which had rolled off, which then caused huge upset to its contributor. I felt the usual panic within me, that knowing feeling that this wonderful idea had suddenly developed a strong potential to crash our inner family system and cause another chaotic crisis to consume us all in its wake.

Again, I cannot recall who stepped in...but one of us did...and she said "Come on everybody, we need to go and get stones one at a time...help each other....". And so this we did – my plain old boulder was deemed to be just fine, not worthy of change...but one by one, each was helped to find the next rock, stone or pebble. And so what seemed a simple task took a very long time as we realized that great care had to be taken to get the right stones, ones that would balance...fit together...and as it got higher, it all got trickier but how the excitement grew....the dogs had to be held back as such fervour brought them running fast to see what was afoot....and I didn't feel up to a Jenga moment brought on by our canine companions crashing through...



And so...in time...we achieved it, with the outcome being our photograph here....and there was such pride, such pleasure, such a lovely moment together....but...for me, the adult, who day in, day out, tries to juggle the complexities and hard challenges of DID living, it was a huge big step forward. For we had never worked together so openly before, never had everyone been engaged at the same activity in such a mutually supporting way. I just knew this was a moment I'd never forget, and actually, as the months have gone by, I realize none of us has forgotten it. For we often remember it, get out the photo, wonder when we'll be back near the seaside again.

Of course, living with DID means whilst one step forward is such an achievement, steps backwards happen all too easily; and they have....many times since... day to day living often being so very exhausting, complex and challenging...despairing and confusing...but...just for this day...this one time...for this unscheduled playtime on the beach... we got it right.

As a result we shared a very special moment together...a moment when we enjoyed each other, where we found a way when all of us were able to feel a togetherness and see its result in front of us in the form of a very carefully and meticulously constructed cairn. Our cairn.

IMPORTANT NOTICE : Membership Renewals Postponed, Improvements to Newsletter and Membership Fee Increase

This issue of Rainbow's End is the last in Volume 15. This usually means it is time to renew your membership. This year however, we are postponing membership renewal for a few weeks. This is because as part of the process of First Person Plural becoming a Charitable Incorporated Organization we are about to close our old bank accounts and open new ones. We want 2015/16 membership fees to go into our new account, without passing through our old account so we are waiting until our new accounts are fully open and the old ones closed before asking our members to renew. Before the first issue of Volume 16 is published you will receive a separate mailing inviting you to renew. Please respond quickly when you receive it, if you wish to continue to get the next and future issues of the newsletter and remain a full, associate or international member.

From Volume 16, Issue 1 you will see an improvement in the design and format of Rainbows End. Paper copies will be printed commercially and digital copies for those receiving mailings by email will be better quality pdf files. Partially to fund these improvements but also because of the general economic situation the trustees have had to agree an increase in the annual membership fee, for the first time in several years. From April 1st this is now £20, instead of £15 (£25 instead of £20 for our international members). We will be keeping our 'pay what you can' scheme for those on benefits, with a new suggested minimum of £9 instead of £7.

For the few members who set up standing orders last year, your payment will have already gone into our old account. When you receive your invite to renew, you will be asked to pay the difference between the old and new membership fee and you will need to change your standing order instruction, once we give you details of our new account, so that your future yearly payments are for the right amount and go into the right account.

Focus On Survivors Survey

an opportunity to participate in research

Survivors in Transition (SiT) and University Campus Suffolk (UCS) have launched a joint online survey, *Focus on Survivors*, that will explore the views and experiences of support received by adult survivors of childhood sexual abuse.

The survey is completely anonymous and will not identify anyone in any way. Respondents will not be asked any details about the nature of the abuse they experienced. The survey takes approximately 10 minutes to complete. If you have used a wide range of different services it might take longer. If you feel that it's taking too long to complete the survey please feel free to only answer questions about the services you have mainly used.

The questionnaire is for people who have experienced sexual abuse during childhood. We are aware that some people completing it may only recently have told someone about the abuse or may have chosen not to report it. We understand that for some people it will take a huge amount of courage to complete this questionnaire: thank you.

The survey can be accessed and completed at <http://www.ucs.ac.uk/focusonsurvivors> and will be available until the end of May 2015. Findings from this survey will be published on the UCS website in July 2015.

For further details contact Survivors in Transition Tel: 07765 052282. Email: info@survivorsintransition.co.uk

Christmas is finally over! *by All of Us*

We, like so many other people, struggle with Christmas, and, for us, this year it feels like we only managed to rid ourselves of it well into the New Year. We are writing in response to the article in the last issue of Rainbow's End concerning Christmas. We particularly liked the phrase "compulsory happiness". This is what our Christmases have always felt like – forced happiness,

We have always felt a dread, an expectation of something bad about to happen and this feeling is always heightened and becomes much stronger at Christmastime. That feeling is bad enough but then you are expected to put on this show of everything being fine and pretending that this is truly a wonderful time of the year and how can you possibly feel anything other than 'happy' about it? To us Christmas fairy lights, decorations

and colourful wrapping paper only serve to hide something dark and sinister lurking behind all the brightness.

This last Christmas has been much harder to cope with because we have also had a virus and, so, felt quite ill at times. When the body was a child she wasn't allowed to be ill. She wasn't allowed to cry, laugh, make a noise etc. Any emotion she had seemed to be wrong somehow so she decided to shut them all off; that way she couldn't get into trouble. But illness was seen to be something of an inconvenience; something you deliberately used to annoy people; something you simply ignored until it went away; you certainly didn't 'give in to it'.

We are still learning that it's ok to be ill; it's allowed, it's not a sign of weakness or feeling sorry for yourself.

But it is a difficult lesson to learn and we still try to hide the fact from family and friends because it still feels wrong and selfish to mention it to them if we are feeling under the weather.

So a double whammy this last Christmas and that is why it took us so long to be able to say 'it is finally over'.

Every year since we first discovered we had DID we have coped with Christmas by most of us walking in an orderly fashion into a cave which is part of our system.

It is a safe, warm cave, far away from the outside world, guarded by two fully armed sentries and it is only used over the Christmas period. We have our wife-mother personality out with a handful of helpers. This is the only way we can manage to get through it without becoming overwhelmed by fear and panic.

It was interesting to read how someone else copes with Christmas and although it was a sad article, it helped to make us feel not quite so alone.

An Exercise for improving connectedness

excerpted from "The DID Journal Kit" © 2000 Judi Castelli

Wrap your arms gently around all of you - in your mind and in real life.

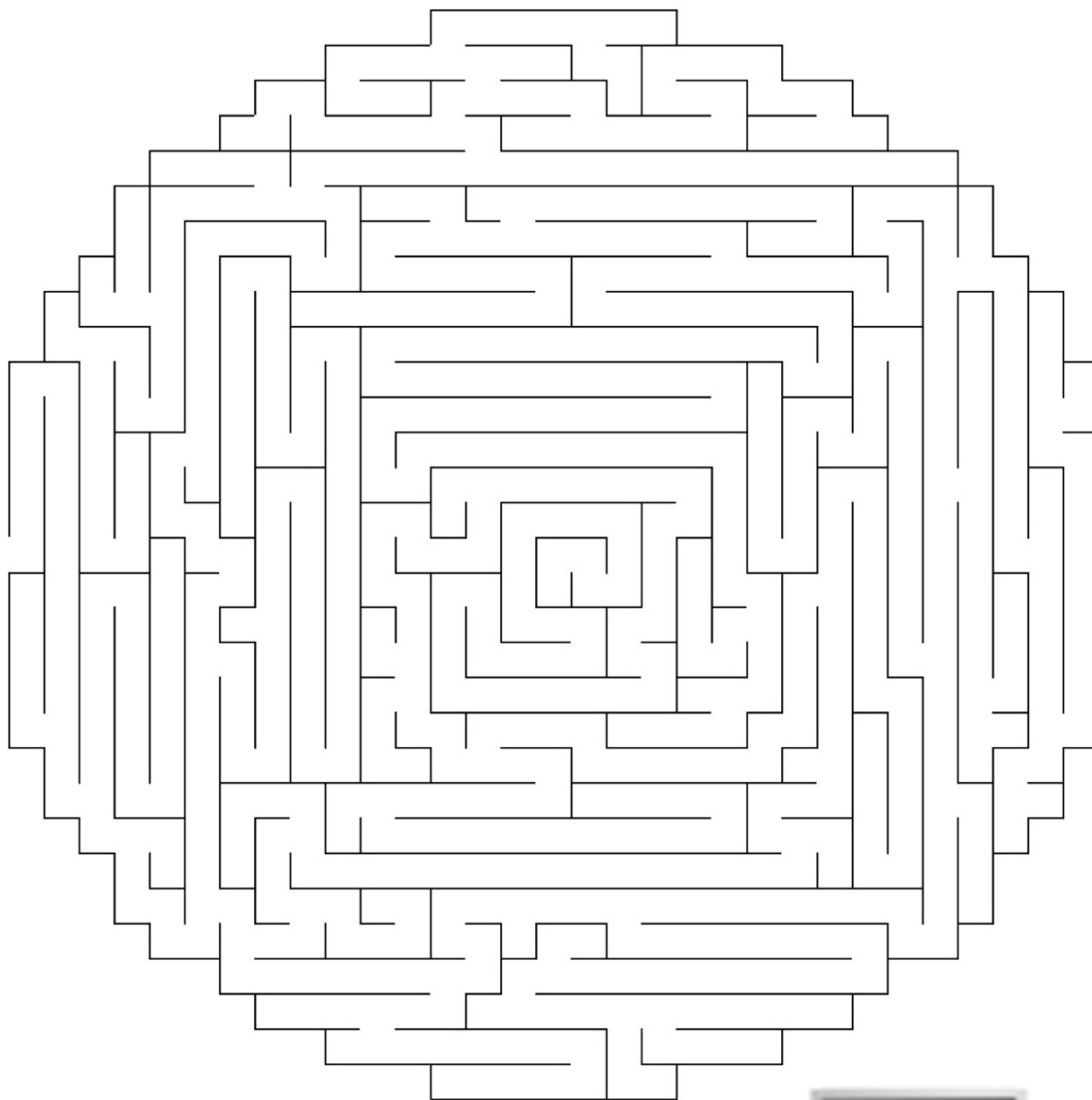
Picture it. Feel the feelings. It's good to come together, to feel each other close, to know you are not alone. Even if you don't feel connected, draw the feeling of what it might be like to be connected. Or simply connect all of the parts of you in your drawing.

(If you really don't feel or see any connection between your parts, draw a line that connects you all. Perhaps this can be like an internal telephone line to help you communicate with each other).



**Find your way
through the maze**

PLAY



Knock Knock

Who's there !

Esther !

Esther who ?

Esther anything I can do for you ?



Knock Knock

Who's there !

Harriet !

Harriet who ?

Harriet all my lunch, I'm starving !

CENTRE

A Spring Bunny to Colour



Comic book showcase: "CUCKOO" by Madison Clell

reviewed by Odessa et al.

"I'd always thought the 'Inner Child Movement' was a load of hoey, so imagine my surprise when I was diagnosed with Dissociative Identity Disorder [...] in 1993?! Thinking I was savvier than my therapist – Ha! – I repeatedly tried to latch onto the False Memory Syndrome – which was de rigueur at the time – but these attempts were shot down by corroborated police reports. In an attempt to have my friends argue and convince me I did NOT have D.I.D., I 'came out' to them. The results were a backfire of epic proportions. Instead of arguing with me they were vastly relieved! The cherry on top of my denial cake was my then-boyfriend laughing in my face whenever I insisted that I WASN'T D.I.D. Oh yes; I'd be huffing and puffing, 'I'm not a multiple!' while tears streamed down his face from spontaneous guffawing. Can you imagine?! I mean, one of the hallmarks of D.I.D. is lost time, so what the HELL had I been doing, to make people RELIEVED to hear I was a multiple?!

Unable to ditch the diagnosis, I slogged through ever-loving therapy. This was the 90's, when being a multiple was as companionable as being a fleck of dust in space. It was disheartening to see plenty of bad information about D.I.D., and not much of anything by multiples themselves. In 1996 I started CUCKOO comics as a way to put something, anything, out there BY a frikkin' multiple, at least.

CUCKOO comics are the autobiographical true stories of living with D.I.D. I chose the mortifying auto-bio route because fiction or 'inspired by' stories could easily be dismissed as tall tales. I wanted to stand behind my stories and know they were authentic."

Excerpt from Madison's website (<http://www.madisonclell.com/CUCKOOd-i-d/>)

Comics can convey complex information in a simple manner. As such the comic book medium is uniquely suited to the subject of life with dissociative identity disorder. It can be incredibly challenging to describe all too many aspects of life with D.I.D. In comic book format subjective experiences can be illustrated far more simply and effectively than they can be described in words alone. For example, Madison marked all people who appear in her comics but are not alter Parts with a special symbol, so readers can easily distinguish them from Madison's selves.

When we read comic strips, we instinctively fill in the blanks between panels regardless of whether they span mere seconds or entire centuries. The time elapsing inside each panel can vary just as much. This ability to manipulate or even suspend time adds to the immediacy of the medium. When mere seconds elapse or time is entirely suspended in or between panels, the gravity of the situation is tangible. This is especially apparent when CUCKOO ventures into the past and alter Parts talk about aspects of their individual trauma history. Single, borderless panels stretch across entire pages, resembling startling split-second lightning bolt impressions. Layers of busy, detailed panels bleed into each other, reflecting the distress apparent in the individual images. These issues of CUCKOO and corresponding chapters of the trade paperback are bold, dynamic and hold an incredible immediacy. They elicit a strong emotional response from the reader. **Please be aware that as a result large sections of CUCKOO may be triggering.**

CUCKOO is an artful, unafraid, relatable, absorbing and honest portrayal of one multiple's life and the winding road to accepting their diagnosis. A rewarding read for singletons and multiples alike.

RAINBOW'S END

With Madison's permission we have reproduced two excerpts from the trade paperback focusing on child alters, doubt and therapy which we strongly relate to. We hope these will give you a little taster of CUCKOO.





You can find out more about Madison Clell and her other work on her website at:
<http://www.madisonclell.com>

Madison has kindly gifted some issues of her comics and her play for distribution to FPP members. There is a limited supply available free of charge on a first come/first serve basis. Please contact us at maledictcloak@gmail.com to request copies or if you would like further details.

Message from FPP - This offer is made directly by Odessa et al, (who is an FPP member) in liaison with Madison Clell. It is not an official FPP offer. To take advantage of it you will need to contact and give your personal details, including a postal address directly to Odessa et al. This is a bona fide offer by this FPP member.

Support during the trauma work (stage 2) phase of therapy

This article follows on from my article "Support during the stabilisation (stage 1) phase of therapy" (Volume 15 : Issue 3) and will look at what might help from family and partners, support workers and therapists, the differences and the overlaps during trauma work.

I am looking at trauma work beginning from a place where some stabilisation techniques and strategies that are appropriate for each person are in place and some understanding of how your own internal system works; the protectors' style of help is identified and for some parts, a dawning, if not total, acceptance that they are a part of the whole.

Moving into this second stage is a gentle realisation that when a memory is surfacing or something has caused a major trigger it does not seem to be quite so overwhelming and is better tolerated. Flashbacks have less ability to destabilise the whole and a growing sense of being able to contain them is developing. You and your therapist might decide that the time is right to look at what is happening more deeply, trying to form connections with the memory, feelings, perceptions and longer term consequences. The whole of you stays more present and some work is possible without disappearing into great depths of depression, becoming hyper or hypo active and self-harm behaviours and suicidal feelings are not so powerful although are likely to still be an issue. There is a slow feeling of containment and less of a drive to 'do it all' at once.

There might also be a growing ability to stay connected to what is happening and not to go into a fugue state of disconnection.

The support from the therapist during these times becomes a deeper, more metaphoric holding as the trust that has been building slowly during the first stage is put to the test time and time again. The ability to differentiate between the past and the present maybe severely affected as the memories that were stored in their raw state surface. The level of trust that has been developed will help you all to be able to hear the feedback from the therapist as the dissociation is likely to prevent you being able to hold onto the full picture in the early days of working more directly with the traumas.

Unfamiliar behaviour patterns are likely to surface as talking about the trauma is probably breaking all your internal rules.

The developing trust allows memories to begin to surface safely and also allows you to work slowly without feelings of rejection destabilising the whole. It may take many years before strategies and techniques feel caring. Trauma will feel and be overwhelming at times however hard you all work, there will be many occasions of rupture in your relationship with your therapist that hopefully will lead to repair but I think it is a long way through the journey before there is enough connection for this to feel anything other than devastating, life is impossible and nothing ever changes.

Volume 15, Issue 4

The pain felt during this stage is often overwhelming and the therapist needs to stay very well grounded so their solid physicality can be felt within the therapy room. They need to be able to hear and bear witness to the traumas without appearing in-different or overwhelmed. The reiteration of that was such a bad thing to do to you, trying to help the parts understand how they are not to blame; they were powerless, while allowing them to absorb this information at a pace that is safe and possible. The therapist needs to own mistakes made in the present before asking you to look at why you were deeply affected by a situation. We were told black was white regularly as an abused child so if the reality is not acknowledged in the present in the therapy room it leaves us little chance of really learning to trust our own instincts and perception of our current reality.

Sometimes after a piece of trauma work you might be feeling in a state of shock and it is important that through discussion you work out how much time is required and the best way of helping to safely close a session. By helping you to remain in control of what is happening, although it often may not feel like this, helps you as a whole to walk through trauma while your life in the present continues. The need for help to differentiate between now and then and the re-focusing on what is happening and needs to happen in your current life are paramount.

Boundaries being clearly defined are so important at this time as there will, especially in the early days of trauma work, be little room for managing confusions that are unnecessary.

If your therapist agrees that you may have more contact during this time, again do clearly define what this means. If e-mail contact is allowed, exactly what does this entail, how many e-mails between sessions, what content is OK, how they will be responded to. Texts and e-mails can feel like life savers but also offer a minefield of misinterpretation as they will probably be read by many all coming from a different perspective; SO please do establish how this will be managed. I personally think it is OK to write all you need to in a text or e-mail but suggest the therapist's response is along the lines of thanking you for writing and I am thinking of you. It needs to be validating, caring but brief. You do not need your pain or anguish being added to by a longer well-meaning e-mail that is read by some parts as cold or attacking and this will inevitably happen.

During this stage it might be beneficial to have an extra session, extend a session to be able to safely complete a piece of work, build in a telephone call between sessions as a grounding tool. Everything needs to be talked through, possibly many times and agreed by as many parts as possible before it is acted upon. I personally believe it is essential that the therapeutic relationship stays very clearly defined, caring and connected but not rescuing or undermining our old coping skills while developing new ones. A mixed message of you are doing well but.... is unhelpful and often mimics messages received in childhood.

The relationship needs to stay solid as you will so often not feel at all solid. The stability within this relationship will enable you to allow what has previously been perceived as impossible memories, to surface and be processed, the affects to be acknowledged and worked with and changed if this is felt appropriate.

Support outside of therapy whether it is from family, a partner or others needs to be sustainable and clear. There will be times when this needs to be practical like preparing a meal or helping you get to therapy. One of the hardest things is to ask for help but hopefully during the first stage you will have worked on this in therapy. You need to know who is safe and reliable for the times when your tolerance is low and your ability to explain what is happening and identify your need feels too much to even consider. During the first stage you will have looked at how to discuss with the relevant people what you may need during a crisis, writing this down can be helpful so all can read it and you have a ready prompt.

If you need to engage with the mental health services try and put in place what you need to happen and what they can realistically offer when you hit a crisis. At all levels of support, discussion and negotiation, internally and externally must be an important factor to reduce the feeling of things being out of your control and being only a pawn in your own situation. This alone can be triggering as it is reminiscence of so many of our childhoods.

Through discussions identified coping strategies can be put in place that you might need reminding about and supported to implement. This may include a quick text to help ground you, a brisk walk with a friend, being reminded to eat, go to bed, take your medication or feed the family. Tiny aims need to be in place at the most difficult times as being helped to achieve these help to restore positive feelings. Many of the things that are supportive will be contrary to what happened to you as a child hence the need for discussion and reminding when it is tough. This is success.

Over time you might be able to begin to identify a cycle of remembering, processing and moving on that enables you to structure the help you need at each stage and be able to live a more enjoyable life in the present, one not totally dominated by trauma memories. Support is to empower and allow you to be in control of your life but also at times of complete crisis it may help to remove some responsibilities you have until you feel safe or at least less unsafe and are able to pick up the pieces .

Trauma work is hard but it is a means to an end and is definitely not the end. As much as possible it needs to be integrated into your daily life and not become the defining, dominating factor, often easier to say than achieve especially in the early days. As well as the first stage having been helpful I also think we need to know we have at least one other person besides our therapist who is willing to support us during this time, while recognising they will have their own needs and are only human as well.

**The Board of Directors of First Person Plural invites you to the
SPRING 2015 MEMBERS OPEN MEETING**

Saturday, 25th April 2015

11.30am to 4.30pm

Friends Meeting House

Ship Street, BRIGHTON, BN1 1AF

<http://www.brightonquakers.co.uk>

Map and other details about the venue on above website

Members Open Meetings are **for FPP members only** (with non-member supporter if you wish). This is a chance for **both full and associate members** to meet and chat in an informal safe setting in which everyone is accepting of DID, DDNOS etc.

The meeting is **free to attend**.

Organisational members may send up to two people.

Please send an email to fpp@firstpersonplural.org.uk to let us know if you plan on being there, so we have an idea of numbers

Tea/Coffee/Juice/Biscuits will be available

Bring your own lunch.

Craft Activities informal workshop

and chance to meet and chat with other members of First Person Plural

Bring jigsaws (300/500 pcs), indoor table games or crafts to share, if you wish

A small fund is available to meet full or partial travel costs for members on benefits who would not be able to attend without this financial support

Contact Kathryn on fpp@firstpersonplural.org.uk to enquire.

No claim on this fund can be made without the amount being agreed prior to your attendance at the Open Meeting

Future dates for your diary

Saturday, 18th July 2015 : AGM & Members Open Meeting

Littleover Methodist Church, Constable Drive, Littleover, Derby, DE23 6EP

Saturday, 28th November 2015 : Autumn Members Open Meeting

Fellowship Hall, St Mary's CofE Church & Centre, New Road, Peterborough PE1 1TT

