



September 2008

# RAINBOW'S END

Volume 9

Issue 1

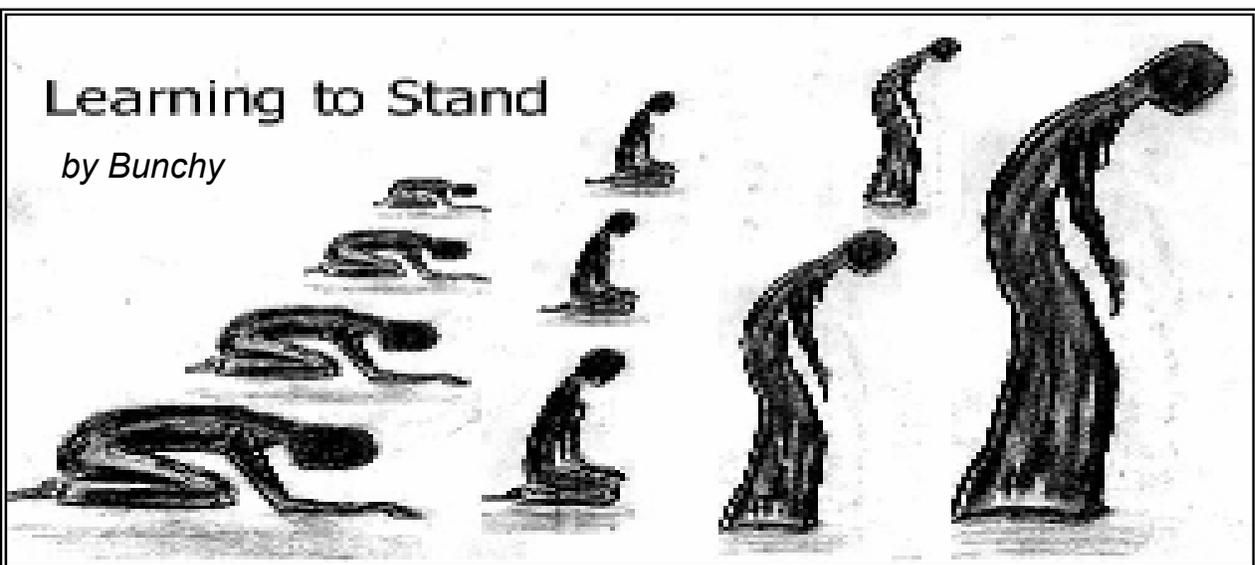
## Support & Information Newsletter of FIRST PERSON PLURAL

the survivor-led association for survivors of trauma and abuse who experience dissociative distress, and for their family, friends and professional allies

*Registered Charity No: 1109464*

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**Volume 9, Issue 1**  
**Editorial Statement**

While every effort will be made to keep contributions complete and unedited we reserve the right to make amendments when necessary. Decisions about the inclusion and amendment of contributions are made by the editor and are final. Contributions do not necessarily reflect the views and opinions of First Person Plural, members of the executive committee or the editor. 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** articles; stories; resources; book reviews; tips; poetry; personal experiences; written articles and poems are good; brief snippets & artwork are desperately needed To be considered for the next issue we need to receive them **by 30<sup>th</sup> November 2008**. It would help if you can send your contribution electronically as an email attachment. This saves times and resources but handwritten and typed material sent by post will continue to be accepted.

Originals will only be returned 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.

**ATTENTION**

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

**L A T E A G A I N !**

*from Kathryn Livingston as Editor*



Once again I'm apologising for the late publication of the newsletter. This first issue of Volume 9 was initially scheduled to appear in July/August. I am sorry.

I know that for many of our members the newsletter is the most important benefit and for some it is the only reason you join which makes its late appearance even more lamentable. Reasons for the delays are several but prime among them, as explained in Vol 8, Issue 3/4, is my personal capacity. I am happy to continue compiling and editing the newsletter. However, in making this commitment I must repeat my request for your patience and understanding. I can commit to getting out the equivalent of 3 issues of the newsletter during each membership year but I cannot necessarily promise an exact schedule for each issue.

**GRATEFUL THANKS**

Several of you added donations with your membership renewal fee. It is not always possible for us to acknowledge each gift individually but we are always very grateful for your financial support which helps FPP to continue its work. **THANK YOU ALL**

## **Fun Again in Oxford** *by MP*

The latest Members Open Meeting was held in Oxford on 20<sup>th</sup> September and attended by about 20 people. What a fantastic afternoon! The sun was shining and it was lovely just sitting and relaxing in the garden. It was a time to make new friends, have a laugh, be serious and be happy. One of the best afternoons of my life! The venue was perfect. The activities, such as art and craft and puzzles, were gentle on the brain and yet really enjoyable. I cannot wait for the next one! Karen, thank you for arranging such a perfect venue. Thank you everyone there for making it such a very good afternoon.

## **AGM : not as much fun but nonetheless successful** *by KL*

Immediately before the Open Meeting at the same wonderful venue the Annual General Meeting was held. At the AGM, members received the trustees' annual report and accounts for the year ending 31<sup>st</sup> March 2008. (see p15 of this issue ) And there were elections for the Executive Committee. For the first time in FPP's history more nominations (9) than available places for full ordinary members on the committee (4) were received so a full ballot was held. No nominations were received from associate members. Those duly elected to form the new committee are:-

**Melanie Goodwin (Chairperson);**  
**Kathryn Livingston (Secretary);**  
**Mary Parish (Treasurer)**  
 (all elected unopposed)

**Jacquie Phillips;**  
**Sandra Sunfire;**  
**Karen Bowden;**  
**Boo Kipps.**

Thank you to all nominees and all who voted at the Annual General Meeting or sent in proxy votes.

A resolution to co-opt 4 further named members will be considered at a Special Meeting of the new Executive Committee to be held on 8<sup>th</sup> November. If this resolution is passed there will be a committee of eleven with one vacant place so, at a later date, we can co-opt someone with identified specialist knowledge or skills which are not available from within our membership.

### **A Special Thank You**

to

**Ana Dax, Marie Bridges and Paul Burns**

who leave the committee after one or more years dedicated service

# Mosaic Minds

## Online Support by Anon

I have occasionally wondered about whether D.I.D. websites could ever be useful but worried about safety. Recently, however, someone told me about one I wanted to share with FPP.

Mosaic Minds [www.mosaicminds.org](http://www.mosaicminds.org) is a US based interactive forum for people with D.I.D. run by people with first hand personal experience of D.I.D. or other complex dissociative disorder either as a survivor or carer. Unlike others I have come across, I have been impressed by their boundaries and ways of maintaining safety. The site is password protected and they encourage usernames that cannot be traced back to you and web-based email addresses (which are not shown unless you choose them to be). It can be very supportive to not feel so alone with these difficulties.

There are 17 different rooms arranged so that triggering material is contained in certain places. The site is divided into *The Suburbs*, which is the lighter conversations and does not mention abuse but is more a community discussing life and day to day topics, and *Down Town*, where things are more intense. Within these two there are several rooms, some of which are age-specific for alters (*The Kastle* and *The Tree-house* for littles, *The Soda Shop* for in-betweeners, *The Mall* and *The Street Corner* for adolescents and *Senior Centre* for adults), some are for specific topics or feelings, such as *Healing Paths* for discussions about therapy, diagnosis etc, and *Memory Lane* for talking about how to deal with memories. There is even a room *Home Team* specifically for those who live with, support and love someone who is dissociative. What really impressed me was that at the top of each room there is a description of what is permitted there and in no room is discussion of specific details of abuse permitted. I get the impression it is quite carefully monitored.

The other thing that really impressed me was that every post has to be flagged so that people can see in a moment what it is likely to contain. These flags vary from happy/sad/scared/angry through to just talking/support/hugs and may trigger/SRA/caution. In addition to this certain triggering words automatically have stars placed instead of vowels (st\*p\*d for example) so that it is harder for littles to read and be triggered by.

In as much as any website can be safe, the measures that this one has taken really impress me.

A few words of caution however:

- ❖ Most of the users are in the US, which means that talk of therapy, diagnosis, meds, funding, hospital etc. can be irrelevant, different and quite confusing, so someone who may think that they are offering advice might be totally confusing. It is not possible to tell what country someone is posting from.
- ❖ It can be quite seductive being online so remember where your own limits are, like at FPP meetings, it can be quite overwhelming just reading other people's posts. I have also felt very helpless at times.
- ❖ Because of the (VITAL) anonymity and lack of personal information, it is impossible to get a sense of someone's experience or background to a much greater extent than meeting face-to-face, and so people's responses can be quite difficult to digest if they happen not to fit well.
- ❖ It is not therapy or an alternative to it, and most of the other users are people with D.I.D. too, and so response can be sporadic and they do not have answers. It can be difficult to get into conversation with someone to have it suddenly end.
- ❖ It can be triggering for alters, even with anonymous usernames, to write or see you write- DO NOT UNDERESTIMATE THIS!!!

**Comment by tigergirl on above article**

Hi, I be tigergirl and I be 8. I be with Kathryn what do make this newsletter. She and me and many others inside do together be called the Collective. I've asked Kathryn to help me write this because I am no good with spelling and punctuation.

I read what this person Anon wrote and I did just want to say that I do agree that Mosaic Minds do be a good place on the computer because everyone there do try hard for keep it safe for all that write there.

I used to go to Mosaic Minds lots and I did make lots of friends, both bigs and littles, and them did help me when I felt yucky things and I did have lots of fun on the Tree House and I learnt a lot about things I needed to know, like how to play, how to be a friend, how having big feelings was okay but it was possible to make those feelings feel some better and not as big and I learnt that even when I felt bad it didn't mean I was bad or that everything or everyone was bad or would hurt me.

I no go to Mosaic Minds as much now because things be lots different for me and the Collective but sometimes I pop in to write hello again and let my Mosaic Minds friends know I still think about them. And, know what? All my friends there do always remember me. Them welcome me back and be happy to see me and even people that I not know do be friendly and say hello.

And one more thing I want to say because I no think many people from FPP know this and that be that when Mosaic Minds first be on the computer some bigs (it be Carer and AngelaWise then but them be blended with others inside now) from the Collective did be on the Mosaic Minds committee and them did help write the rules and community guidelines that do help make Mosaic Minds be as safe as possible and I do be proud of my bigs for doing that for Mosaic Minds and for all them do for FPP.

## A Picture is Worth a Thousand Words

*by Kate Evans*

Something that is helping me heal a lot is making little books for the little and child insiders. By cutting and stapling A4 paper, an A6 (1/4 A4) size book can be made - a swivel or long-arm stapler can get to the centre to secure it.

Each baby, toddler, little one and child (and, hopefully, later the teens and olders) gets a two page spread each. On the left is a verse made especially for them. Most of these say how the awfulness is over, how big sisters (and brothers) are looking after them now, and they are safe and loved. For the ones who need containing the verse mentions they need to keep the rules and be a child. Others need different sorts of encouragement.

The insider then chooses a picture to stick on the blank page, and it's the pictures, I think, that make so much of the difference. We've now got a lot of charity shop books and kids magazines to

cut pictures out of. But at the start, pictures of happy babies and toddlers, often in their mothers' arms, came from a mother and baby/toddler book I bought. The insiders can see how much they are loved from these pictures. Pictures from a Buddhist journal have helped others calm down. As the age increases, we've had fun cutting out pictures with dialogue, and sticking new words into the dialogue balloons. Stickers from sticker books have been great too.



The little books have led to surprises and been a great help building up a chronological narrative. Children we hardly knew have turned out to be cornerstones. But the main effect has been a diminution of outside triggering, a great relief. It is, as if, our of the little ones feelings of being loved and secure, a buffer zone is created between us and the outside world.

I really recommend it.

## Eating! - A Response To Holly by Oriel

For years I have struggled with a child alter who eats far more than I want or need. She used to eat things I am intolerant to. I want to share that bit of my journey but not offer advice because I think that advice can often be quite painful and confusing if it doesn't fit your system.

Firstly I wanted to say that I was very moved, Holly, that you recognised that your alter is little and has had a rough time. It was all too easy for me to turn my difficulty with the behaviour into negative feelings about the alter, I have gradually learnt to separate them, because as soon as she felt that I was angry or hating, the more desperate she became and so on...

For my little one it is more about a history of starvation than comfort and that was an important thing to identify as it means that the reassurance that she needs is different. She ate because she didn't trust adults to feed her and that came to include me. One of the most painful bits for me has been facing that I had indeed been one of those adults in my anorexic time and that it takes a lot of time and trust to undo. It is not happening over night!! It is hard for me, especially with a history of anorexia, but I try to remember that she didn't get enough to eat and trust takes a long time to build.

Even after identifying all of these things, there were months of feeling totally out of control and feeling like it was never going to stop, and that if I let her eat and let go of the control I had tried to have that she would take over completely.

All I can say is that for me it has not been true! As she has learnt to trust that I will and do feed her she has settled and eats much less. On my side I have factored in more food than I would normally need and if I ever go anywhere I try to remember that she needs extra. I have found that it is vital to be consistent and keep promises. That has been one of the hardest things and I still struggle with it, especially on bad days, but trust cannot be built between us if I sometimes feed her and sometimes forget her.

She has also worked hard. I don't think that this bit of journey would have been possible if she did not have a solid relationship with my therapist, as my therapist helps her to see that I *am* feeding her, and to accept that sometimes we can't always have food and slowly she is learning to respect what I might want as well. My therapist is able to suggest to her that I might not want coleslaw and mayonnaise and butter and cheese on the same piece of bread!!

Some practical things that I have found useful is putting drinks in a baby's bottle- they last longer and sometimes she doesn't finish them, trying to replace chocolate with sweet fruit, making sure that there is chocolate everyday so that she doesn't feel deprived and either eat it herself or eat lots next time it is there, always, always have a snack in my bag; knowing that it is there calms her and often nowadays she doesn't eat it; it is more a reassurance, and making sure that I have meals at the right times so that she is never physically really hungry. It has also been really important to try and identify in therapy exactly why she is eating and whether there are alternatives that would achieve the same thing. For me trying to replace things with low calorie alternatives doesn't work, except milk, as I think that she feels deprived.

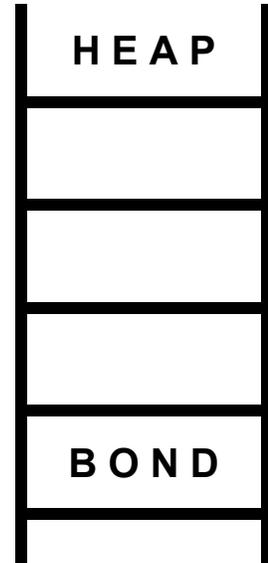
Obviously, on many many days the best laid plans...! And I have had many months of eating more, but I am now seeing slow and steady progress and I am trying to learn to allow a lot of slip-ups and if I view it over the week we are now eating far less than before I tried to feed her and take her into account!!!

A picture to colour

# PLAY



Word Ladder



*To get from BOND to HEAP, climb the ladder making a new word on each rung by changing just one letter of the word on the rung below it*

**Riddle:** I have feathers to help me fly. I have a body and head, but I'm not alive. It's your strength that determines how far I go. You can hold me in your hand, but I'm never thrown. What am I?

**Answers**

**Word Ladder:-**

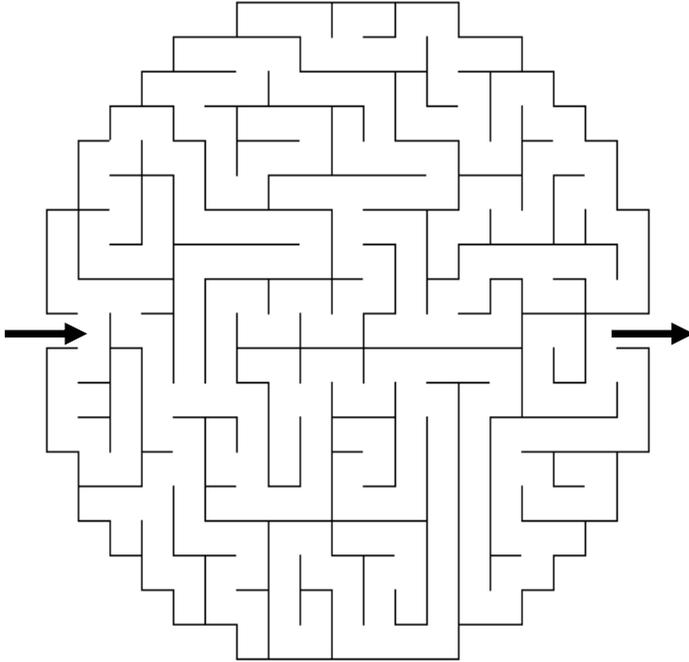
*Bond-Bend-Bead-Head-Heap*

**Riddle:**

An arrow

# CENTRE

Find Your Way...



Created by [Puzzlemaker](http://Puzzlemaker) at [DiscoveryEducation.com](http://DiscoveryEducation.com)



## Crossword Clues

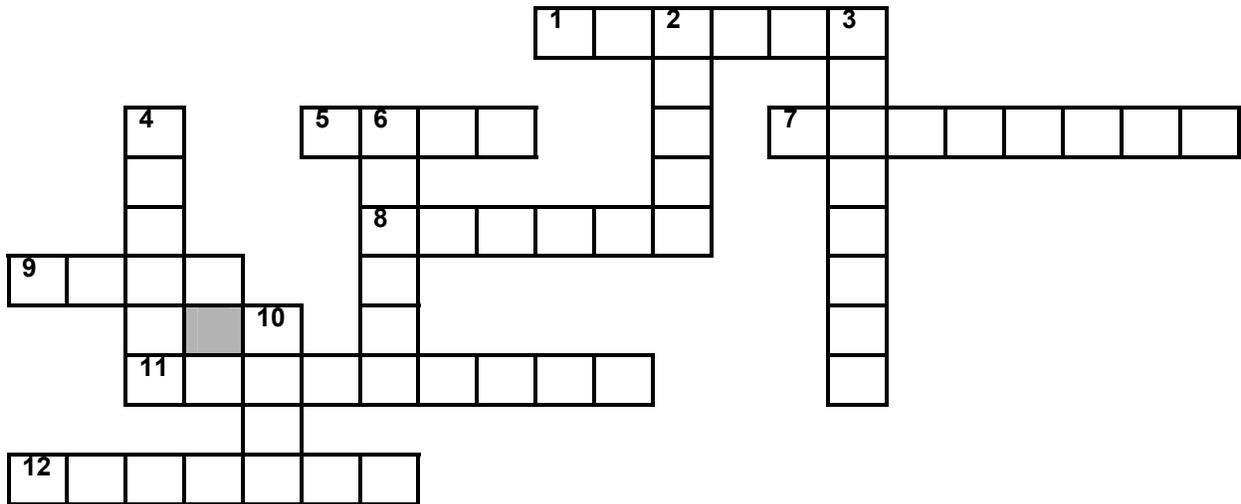
### ACROSS

1. Changes colours in the autumn
5. Grows on stalks
7. Great for pies and for carving
8. The third season of the year
9. Another name for Autumn
11. Scares birds from the cornfields
12. To reap or gather

### DOWN

2. The fruit of the oak
3. A small grey or red bushy tailed animal
4. Keeps the doctor away
6. Red and yellow make this colour
10. Garden tool for gathering fallen leaves

**Crossword Answers**  
**Across:-** 1. Leaves, 5. Corn, 7. Pumpkins, 8. Autumn, 9. Fall, 11. Scarecrow, 12. Harvest.  
**Down:-** 2. Acorn, 3. Squirrel, 4. Apple, 6. Orange, 10. Rake



## AUTUMN CROSSWORD

## Using expressive techniques

### 1) *from All of Us*

We have found that drawing, painting and writing have been, and still are, very helpful in being able to express ourselves. We have never received any art, music or body techniques as a form of therapy, but we were encouraged to use art as a form of expression. We have been offered head and foot massage as a form of relaxation outside of therapy but we still find any kind of touching very frightening and so, this is still a no go area. The thought of someone telling us to relax causes major widespread panic.

### 2) *from Bunchy*

We have always used art and collage work alongside our journaling. Since working in therapy on DID this artwork has been brought into sessions regularly and used by parts to communicate to our therapist. It is particularly helpful for parts who are too young to speak, parts who haven't yet found their voice and for myself when I am too scared to allow an angry part to speak out loud.

Sometimes the actual therapy session involves drawing and the process of putting crayon to paper given younger parts courage to begin to talk.

Music has always been an integral part of our journey. When the 'feelings' won't come then we listen to sad/angry music to open up to the parts who find it so difficult to express their feelings. The lyrics are important as well and we have often taken a song to therapy and played it telling our therapist 'this is how we feel'. We also have a drum which we use when the feelings are either overwhelming or inaccessible, this has been helpful.

Movement is a new aspect of our therapy since we are having some sessions of Sensory Motor Therapy. For us this has been the most successful method of reaching parts frozen in the past in their moment of being abused. Sometimes a new part would step forward during terror and the part being terrorised got left behind. We also receive Cranial Sacral therapy, which is helpful, although for us sometimes a catalyst for release so quickly it can become overwhelming.

## **Derealisation & Depersonalisation** *from All of Us*

Derealisation - One form takes us into another time and scene. Sometimes the surroundings are totally separate from the present ones and, more often than not, it is as if we are living in two photographs overlapping each other and we have "got a foot in both camps". This feels very confusing and disorientating because it is as if our mind is trying to get us back into "today" while the body is in another time and place. We usually have no idea of why we are back somewhere else as we haven't been able to get back large chunks of our memories.

This experience can be triggered off at any time, wherever we happen to be and so, if we are away from home, we need to get back home as soon as possible. If it is a full-blown flashback (more to do with feelings than actual pictures) then we have to sit it out, usually unable to move off the floor, and, hopefully, be able to phone for help. Being able to talk to someone about where we are helps bring us back, although we are left feeling very shaky and afraid for a long time after the experience.

Derealisation also feels as if we are looking out at the world through a glass barrier. Sometimes this feeling is so strong that we feel as if we are in a parallel universe. Somehow, we are not actually in the world, or part of it. Objects feel unreal and flimsy, as if they are made out of marshmallow. Neighbours walking along the street become distorted. They look as though they are wearing clown's faces as masks and their movements seem jerky. We have to keep reminding ourselves that we do recognise them. I think the best way to explain it is to say that the world is out of sync. - always. The way we deal with all this is by, for the most part, accepting it rather than fighting against it. Not easy!

Depersonalisation The body is just a container for lots of people. It has the ability to change shape and appearance as, and when, it chooses, and belongs to no-one in particular. No-one particularly likes the body. (Besides, we each have our own). Sometimes we look in a mirror and do not recognise who we see looking back. We have to trust that our hairdresser knows what our hair looks like because to us it changes one minute to the next. Depending on how many inside people are around at any one time can make the body feel full or empty. It usually feels that we haven't got internal organs but, instead, an inside world of people and places. At other times the body feels as if it is invisible, both from ourselves and outside people.

### **What therapists in training want to know – Part 3** *by Melanie*

In this Part 3 I continue to share questions asked by therapists attending the UKSSD's (now ESTD-UK) Dissociative Disorders Psychotherapy Training Programme and my responses as someone with lived experience of DID, invited to participate in the delivery of this training.

**Q. How did you first realize that you had DID and how did this realization affect you?**

**A.** I had been having counselling for a while and had got back some memories of being abused but I knew it was more complicated and didn't have a clue how. I felt like I was failing and making an issue because just remembering was making things worse. Then one day I picked up the book, "The Flock" by Joan Casey glanced at it and then read it from cover to cover. I knew instantly, I think because I was ready to, that this was similar to me. Because I cannot remember a time when I was not coping with life by splitting I never knew there was anything different about me/us. To survive as a child you learn to pick up every nuance and to hide any discrepancies in other peoples' expectations of you so this was a well entrenched way of being that had been consolidated over the last twenty five years after the abuse ended.

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My initial reaction was to sit on this piece of learned info for six months before tentatively sharing it with my counsellor. I also felt relief and despite flipping in and out of believing and disbelieving this remains my overwhelming feeling about this label. It made me feel sane for the first time in my life. I was completely naive about the implications, I no longer had to justify my existence and how I felt different to other people. It validated my reality. I hate labels but at least it has given me a starting point for my understanding and trying to help friends and colleagues understand. The relief was experienced at a cognitive level. For many years when it was taken into the whole of us we experienced feeling shocked, followed by disbelief but overall it has definitely been a positive.

### **Q. What is your understanding of how when, and why alters developed?**

**A.** I think in our early months, we learnt to freeze out, become immobile at the sound of footsteps. I think the helplessness of a baby is a terrible place to be. You don't have a thinking mechanism in place; you react as an animal, totally instinctively. For me I think this started the neural pathways in the brain having to find a way through rather than develop in the usual way. If you are helpless as well as powerless you really have quite a difficult task to stay sane. I feel I have taken so long to get to a place where real change can begin to happen and be built on because the most elementary brain processes had never been established, a route had been found through but this had to be undone and the most basic/primitive development has had to take place as an adult. Until this happened in the last year a lot of material had been remembered but it had not been processed.

Since what feels like these extremely early pathways are now connected I have made great strides in every way. I feel I had no real attachment with anyone from birth for various reasons, hence no secure base and until this is established there is nothing firm to build on.

As I grew a little older I boxed up individual situations in the head, each unconnected and whole in its own way. By the time I was three I was highly dissociative and I can remember the first conscious split was on my fourth birthday because I wanted to be part of the family. Prior to this there were many splits but at four the first profound separation occurred. Once this happens it has set the mechanism in place so under threat or unable to manage something another part comes. For some situations several parts were necessary to manage it. Everyone's internal family is totally unique to them but in my experience the more severe the abuse experienced in an isolated setting the more fragmented the person is, often with groups of parts to manage one situation. I also think that the internal family is constructed in many ways like the external family or situation you grow up in. This realization has helped me to understand more about the structure of our internal family and this is enabling us to identify some aspects of automatic behaviour and therefore change it.

**Would you like to share your own answers to these questions? Write to FPP and we will publish them in future issues. More questions and Melanie's responses will appear in the next issue**



## A Surprisingly Positive Side of My Violent Alter!!!

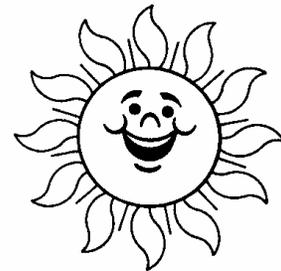
By Oriel

Living with DID can be terrifying, difficult, confusing, interesting, funny, and, as I recently discovered, practically useful.

My therapist and my alter who self-injures had been working a lot on containment and other alternatives to SI. As she is one of the ones I am least co-conscious with, I was fairly unaware of this process. One morning I rang my therapist after a particularly rough night and somehow into the conversation she said 'by the way, your legs have been waxed'.

Not really understanding what she was talking about I looked down, and indeed they had been. My alter had explained to her that she had used the pain of waxing as an alternative to SI and the result is that I had indeed got waxed legs!

Sometimes the side effects never cease to amaze!



### ***An Appreciation by ME***

We found the article 'On Meditation and Multiple Healing' (Vol 8, Issue 3/4) very helpful because it is so difficult to be still enough inside to meditate but I like to try. The short verses are beautiful and we have tried using them to focus enough to stay in one space for as long as possible. It is not very long, but we felt such a sense of achievement when we can do that. Thank you Kate.

I would like to add that I live near to the sea and have used the tide coming in to help find some spiritual element for us all. Anything spiritual feels dangerous to us because of our abuse but I and some other insiders long for some spirituality in our lives. I stand as the tide comes in and write or draw in the sand and as the sea washes the marks away I watch and thank our earth for her love and beauty.

We also found the "Prayer of a Multiple" very helpful. The words are beautiful and leading us into hope through great labour. We attended a 5-rhythm workshop where some of us worked through a Wave of sorrow using movement. I was amazed as tears flowed like a waterfall because we do not easily cry. Rainbows End came after and I found Prayer of a Multiple. Reading it feels like a wave passing through and relates to the healing we touched on in the 5-rhythm workshop.

**First Person Plural Training Day in Shetland** *by Bunchy*

At the end of May, First Person Plural came to deliver training to a group of 25 professionals in Shetland. Our survivors group (S.A.S.) had received funding to bring trainers to inform mental health workers, counsellors, voluntary sector, alcohol and drug abuse workers and many others about DID. We approached someone from the United Kingdom Society for the Study of Dissociation (now ESTD-UK) and First Person Plural was highly recommended to us.

The day was a huge success. Kathryn and Melanie travelled to Shetland, together with Kathryn's support worker, Jane. This was a very lengthy journey involving trains, more than one flight each and a long car ride! The plane to Shetland was delayed so we were all anxious but it arrived eventually late in the evening!

Kathryn and Melanie delivered the training in a highly professional manner and were received by all in a positive and pro-active way. The content of the day was informative and presented in several ways, which kept peoples concentration and interest. There was PowerPoint, a DVD, participating activities and both Kathryn and Melanie sharing some of their own experiences as people living with DID which combined to make the presentation high quality.

Since the day there has been progress in Shetland regarding the acceptance and eagerness to learn about DID. Three groups of different professionals are already meeting to support working with folk and to research the subject.

The following morning Kathryn and Melanie came to our survivors group and shared with us. This was helpful and we felt they were a part of our group for that morning. We had an informal question time and all members present have said how valuable that meeting has been for them.

So on the tenth anniversary of First Person Plural a huge thank you from us for coming and giving to primary care workers in Shetland a day learning and accepting DID. And an even bigger thanks from our survivors group for bringing hope, courage and friendship across the sea to us in Shetland.

## **Trustee's Annual Report**

In previous years, following the A.G.M. we have sent out a paper copy of the Annual Report and Accounts to all our members. Partially in an effort to save costs but also because we have had feedback from some members who do not wish to receive this document, it has been decided that this year the report and accounts will only be posted out to members on request.

Any member who indicated on their renewal form that they are willing to receive mailings by email will be sent a copy as an email attachment. Also, a full copy of it in pdf format is available for download from the FPP website at [www.firstpersonplural.org.uk/reports.htm](http://www.firstpersonplural.org.uk/reports.htm), together with all previous years' reports & accounts.

If you wish to receive a paper copy of the 2007/08 Annual Report & Accounts in the post please send your request to Kathryn either by email or letter (see contact details at the bottom of the front page of this newsletter).

## **Greenham Book Launched**

*by KL informed by book launch flyer*

Kate Evans, a full member of First Person Plural who is a regular contributor to Rainbow's End has written a book entitled "Thank You Greenham". The book records her memories as a "Greenham woman", one of many women up and down the country who were encouraged to take direct action by the 30,000 women who 'encircled' the US Base at Greenham Common in the anti-nuclear protest of 1982. The press coverage of Greenham included the iconic image of women dancing on the weapons silos at dawn on New Years day. Kate was inspired to action by the women's protest camp at Greenham Common and has written, with a sharp eye for detail, about the direct actions she participated in or witnessed in this moving and often amusing narrative. The historic Greenham and Greenham-inspired direct actions changed the pattern of protest and the lives of the women involved as well as the nuclear climate.

"Thank You Greenham" was launched with an event at the central London bookshop, Housemans, on 24<sup>th</sup> September. The launch featured Frankie Armstrong, a folk singer active in the women's and peace movement for over 40 years; Rebecca Johnson, a Greenham camper and anti-nuclear activist for 25 years; and Mell Harrison, a current anti-nuclear activist who spoke about direct action today.

Joanna Lumley comments *Kate "writes like a dream"*; Bruce Kent describes the book as "Honest, brave and funny..... I loved it"

Distributed by Laughing Moon Press, PO Box 55261, London, N22 9FD, [laughingmoonpress@btinternet.com](mailto:laughingmoonpress@btinternet.com); 100 pages, A5 paperback, £7.00

*I congratulate Kate on her achievement in writing this memoir, for the successful book launch and, not least, for her participation in the Greenham inspired direct actions*

# POEMS & RHYMES

## **Forever Changed** by anon

*When I see my truth reflected in your truth,  
Your truth reflected in mine,  
Then I am not alone,  
The outer world resonating with that  
that's been locked away.*

*We are now faced with a double edged sword,  
The cutting edge of truth,  
That which is found to be more real,  
Real-ised for what it is.  
The outer, the inner become closer  
Drawn by the force of it all,  
Like opposite magnetic poles.*

*What has been away, comes closer  
To me, to you,  
The edge of the sword is met with fear, with  
relief,  
Double edged it is, opposite poles  
Seemingly irreconcilable but attracted  
Through the impersonal personal force of truth.  
I await what will be now.  
Do you await too?  
The two, the many forever changed.*

### **Can I help?**

At a learning session before an FPP committee meeting we were asked to think about what skills we had that could be useful in our roles on the committee. This was a useful empowering exercise. My immediate reaction was help, some days making a cup of tea is a struggle! But I began to realise I did have skills that could be quite useful. For example, I love putting things into envelopes. I find that strangely relaxing. And I can serve tea and coffee etc at meetings.

I also like to check things to make sure they make sense etc. I like typing out items on the computer and checking them for spellings, grammar etc.

So, can I be of help to you? If you have written something and you would like it to be included in the FPP newsletter then I could type it up and/or check it through for you. If you would like me to do this for you then could you send it, if hand-written to the FPP, PO Box address, or, if by email: [mary.parish@hotmail.co.uk](mailto:mary.parish@hotmail.co.uk)

**Look forward to hearing from you!**

## **My Fortress** by Ang

Trapped .....enclosed  
In a prison  
Walls made of fear  
Shame and guilt seep  
    in through the cracks  
Poisoning me like toxic fumes  
    Sickness builds deep within  
    Rising like a sea of pollution

Why me? Why us?  
    They keep saying – asking?  
Why? Why?  
Answers that I just cannot give

It's surreal .....was that real?  
Was that me?  
That child that I see  
    And can feel  
But can't protect

I feel like a house of cards  
    That's about to fold  
Collapse – fall flat  
    Into a pile – heap

My walls that appeared solid  
    Made of brick  
Feel unstable, and flimsy  
    The wind circles around them  
    Build some ore guys, build  
some more

I will not let my house crumble  
    fall-----

I will build some bigger, stronger  
walls  
    A castle – fortress  
    Strong, solid  
The wind can rage – they will not fall

**WE WILL NOT FALL**